

20th Annual WABDL Welker Engineering Worlds November 15-20, 2016

Day 1 - Bench Press

In 61-67/148 Double Ply, Gary Miller set a World Record 352.5. He has set over 20 World Records in the Bench and Deadlift over the last 5 years. In 61-67/165 Double Ply, Freddie Evangelista set a 440.7 World Record – one of about 35 that he has set in his 25 year career. Alan Sheen of Louisiana set a State Record 226.8 at 181. However Barry Murphy was the World Champion with 292. At 198, Ernest Reyes of Utah set a State Record 374.7 and at 61-67/220 Charles Folinus of Arizona set a State Record of 338.2.

In Master Men 68-74, Moses Timbal of Hawaii set 3 State Records at 148 ending up at 233.4 in Single Ply. At 181, Arnold Perez set a Hawaii Record 265.6 in Double Ply. At 198, Robert Rudge benched 341.5 Raw at age 74. At 220, Ed Marshall set an Arizona Record 281 in Single Ply. Ed Acey of Utah set a State Record 341.5 and a Law/Fire 64+ World Record in Single Ply. At 275, John Von Rohr of South Carolina set a State Record 303. He's the new South Carolina WABDL State Chair.

We had 11 lifters at 75 and older compete. At 123, Gary Nye Schwebs set a World Record in Single Ply with 192.7. In 80-84/148, Larry Vincent of Oregon set a World Record in Single Ply with a 215.8 Bench. Larry is in the WABDL Hall of Fame. In 85-89, Joseph Cavness at 158# set a World Record in Single Ply with 179.5 and he did it raw!! He's 87, weighs 158 and raw benches 180# - that's a mindblower! In 85-89/220, 6'5" Russell Combest of Ohio raw benched 209.2. Russell is in the WABDL Hall of Fame and is 85.

In Master Women 61-67, Jill Porter set a World Record 165.2 at 130# in Double Ply. At 148, Carolyn Vanzlow-Edgar set a World Record 110 in Double Ply.

Moving on in Women's 61-67, Sue Vaterlaus set a World Record 218 at 220. Sue has set 5 World Records in the last two years in Single Ply. In Women 68-74 at 132, Leona Perez set a World Record 116.6 and then 121.2 in Double Ply. Gerda Shupe at 75-79/181 set a World Record 104.5 in Single Ply.

Outstanding Lifters in the Bench Press on Day 1 were: Joseph Cavness in Master 80/84, Freddie Evangelista in Master 61-67 with a 440.7 at 157.8, Jill Porter in Master Women 61+, William Prince in Master Men 75-79 with a 253.5 at 181, Robert Rudge with a raw 341.5 at 192.2 for Master 68-74 and Larry Vincent for Master 80-89 with 215.8 at 141.6 lbs.

Day 1 - Deadlift

At 61-67/148, Gary Miller set a World Record 386.8 and also won 6 Gold medals in Double Ply. In Master Men 61-67/165 in Double Ply, Freddie Evangelista who is in the WABDL Hall of Fame, set a World Record with 523.5 his best Deadlift ever at age 62. At 181, Alan Sheen, whose home was devastated in Hurricane Katrina, set a Louisiana State Record 341.5. Alan was getting his life back together for the last four years and didn't have time to train. It was good to see him back. At 198, Gary Ferstler pulled 600.7 after being absent from WABDL for a few years. At 220, Charles Folinius beat a field of 3 and set an Arizona Record 479.5. Eddie Morgan of Arkansas pulled 622.7 at age 65. Will Crossen Jr. pulled 600.7 at 259 and benched 644.7 at age 62. Larry Risky set an Oregon Record 374.7 at 308.

In age group 68-74 at 148, Moses Timbal of Hawaii set 3 State Records ending up at 415.4. At 181, Terry Henderson set a Washington Record 529. At 198, Mark Clark of Oregon beat a field of four and set a State Record with 485 in Single Ply. At 220, Jon Wolbers of Canada set a World Record 562. Jon is in the WABDL Hall of Fame. At 259, James Hodges who has pulled 705.2 at age 70 and passed his drug test pulled 633.7 at age 72!

In 75-79/123, Gary Nye Schwebs of Nevada set a World Record 220.2. John Herbein of Pennsylvania who has been to 16 World Championships in a row and is in the WABDL Hall of Fame pulled 402.2 at age 76 at 198, very impressive. He is a graduate of the Naval Academy and retired as a Captain or the equivalent of an Army Colonel.

In 80-84, Larry Vincent of Oregon, who is also in the WABDL Hall of Fame set a World Record 325 at 141.6 lbs. At 181, Ron Ringewold of Michigan set a World Record 385.7 at age 81! At 308, J.P. Krachunis set a World Record 170.7. In 85-89/198, William Leedy pulled a World Record 359.1 at age 87 – that's serious weight for that age. At 220, Russell Combest was equally impressive with 385.7 World Record at age 85.

Moving on to the Women in Deadlift at 61-67, Susan Chloupek of Washington pulled a State Record 281 in Single Ply. In Double Ply, Jill Porter set a World Record 264.5. At 148, in Double Ply, Jane Stabile pulled a World Record 347. Carolyn Vanzlow-Edgar pulled a World Record 176.2 before Jane did 325 shortly thereafter to beat it. At 220, Sue Vaterlaus set a California Record 265.6.

In 68-74, Judith Petray, a Trial Lawyer pulled 286.5. Marlene Wexler, who was presented with the Gary Thomas Courage Award for the 2nd time in 3 years due to her battles with breast cancer pulled 242.5 only one month after a 6 week bout of chemotherapy. She was in the 181# class. At 220, Jacqueline Fendler of Minnesota set a World Record 220.2. In 75-79/181, Gerda Shupe set a World Record 242.5 one of many that she has set over the last 6 years. Last, but not least by any means... 90 year old Evelyn Kilgore set a World Record at 173.4 lbs with 82.5 lbs.

Best Lifters - In the Deadlift in 61-67 Lightweight were Freddie Evangelista and 61-67 Heavyweight was Eddie Morgan. Master 68-74 best lifter was James Hodges. Master Men 75-79 best lifter was John Herbein. Master Men 80+ was William Leedy. Master Women 61-67 was Jane Stabile and 68-74 Women best lifter was Judith Petray.

Day 2 - Bench Press

In Law/Fire 40-47 Men at 220, Chad Bertelmann of Hawaii set a World Record 672.2 and passed his drug test. At 242, Freddy Crosby of Tommy Harrisons team put up a very respectable 567.5. In Double Ply Flip Silva a Border Patrol Agent from Brownsville, Texas won a Gold medal with 512.5. At 259, Bill Splawn set a Washington Record 402.2. Tommy Harrison, who is in the WABDL Hall of Fame is usually over 700 and has done 815, had to settle for 644.7. Keoni Reich of Hawaii at 6'5" put up a 573 at super to win the Single Ply and Jonathan Koma of Hawaii won the Double Ply with 705.2 and missed a World Record 733.

In Law/Fire Master 48-55, Darren Kaleleiki of Hawaii blasted 545.5. At 275, J.C. Tolle won Gold at 462.7. Eric Jones of Michigan did a raw 413.2 at 275 and Warren Orr put up a 496 at 308. In Law/Fire 48-55 Women, Gion Prevard set an Illinois State Record 176.2 in Single Ply and Robin Martin set a Single Ply Record 137.7 at 220 lifting raw. In Law/Fire 56-63, Mike Frizzell set a World Record 601.8 at 242. At 275, Jay Simmons in Double Ply set a World Record 457.2.

In Law/Fire 64+, Gary Miller set a World Record 352.5 at 148 in Double Ply. At 181, in Single Ply, Bruce Begue of Ohio set a World Record 325. He was coached by his Hall of Fame son Jeff Begue. Jon Wolbers of Canada put up 369.2 at 220. Howard Lavin a Police Colonel from Louisiana set a World Record 325 in Single 242 and Ed Acey set a World Record in Single Ply 259 with 341.5. At 275, John Von Rohr of South Carolina set a State Record 303.

In Law/Fire Open, William Lee set a World Record in both Law/Fire Open and Law/Fire Submaster with 650.2 in Double Ply. At Super Brian Vickers did a raw 501.5.

In Disabled 1 13-19, three lifters from the Washington School for the Blind set World Records – Justin Naramoor, Damian Parra and Husai Sanchez. At 132, in Disabled 1 13-19 Clarence Kehres of California set a World Record 126.7. In Disabled 1 – 60, Steve Still of Texas set a World Record 168.5 at 165.

In Disabled 2 – 20-39, Todd Moore of Canada set a World Record 143.2 at 94lbs – he is a definite eye opener. In Disabled 2 - 20-39/275, Brady Tanner of Kansas put up 429.7 as well as a 546.6 World Record Deadlift. In Disabled 2 40-59/308, Joseph Pyle set a World Record 469.3. In Disabled 2 – 60+. Scott Dolan of Idaho and Bob Brodt of Wisconsin set World Records with 292 at 220 and 314 at 242 respectively. In Disabled 2 – 60, Jill Porter of Texas set a World **Day**

Day 2 – Deadlift

Law/Fire 40-47/181, Stacy Domingo set a World Record 352.5 raw. Dan Guches of Oregon in Law/Fire 48-55/198 ripped a World Record 529 in Double Ply. Robin Martin of Illinois set a Women's World Record 330.5 in Law/Fire 48-55/220. Charles McFarland, who has been pulling over 540 for over 20 years set a World Record 545.5 in Law/Fire 56-63/181.

Mike Frizzell set a World Record 612.8 in Law/Fire 56-63/242. In Double Ply 56-63/242, Manny Burruel set a World Record 573. Manny is in the WABDL Hall of Fame as is Dan Guches.

Jay Simmons of Texas in addition to his World Record in Bench, put up a Double Ply World Record Deadlift of 466 in Law/Fire 56-63/275. Michael Johnson of California levitated a World Record Deadlift of 468.2 in Double Ply in Law/Fire 56-63/308. Gary Miller in Double Ply, set a World Record 386.8 in Law/Fire 64 – 148 lbs. William Lee also in Double Ply set a World Record 606.2 in Law/Fire Open 308 and also Law/Fire Submaster 308. One of the few female Law/Fire lifters had one of the hardest fought deadlifts of the whole meet – Alisha Howard was amazing with tremendous fight from start to finish – a World Record 501.5 in Law/Fire Open 198.

Best Lifters in Bench Press on Day 2 were Clarence Keyres in Disabled 1 – 13-19, Cody Colchado is Disabled 1 20-59, Bob Brodt Disabled 2 – 60, Chad Bertelmann Law/Fire 40-47, Darren Kaleleiki Law/Fire 48-55, Mike Frizzell Law/Fire 56-63, Gary Miller Law/Fire 64+ and Freddy Crosby Law/Fire Open.

Best Lifters for Deadlift on Day 2 – Disabled 1 – 13 – 19, Clarence Keyres, Brad Vinyard best lifter disabled 1 Men 20-39, Disabled 2 – 60 Jon Herbein, Law/Fire 40-47, Tommy Harrison, Law/Fire 48-55 Al Bianchi, Al was also inducted into the WABDL Hall of Fame. Law/Fire 56-63 Manny Burruel, Manny was inducted into the WABDL Hall of fame in 2015. Law/Fire Open Keoni Reich.

Day 3 - Bench Press

There were virtually no records set. Kenny Rodriguez at 308 in Single Ply set a California Record 568.6 and Mike McElroy at 308 set an Idaho Record 507 in Single Ply and he accomplished that feat raw. Preston Quinn of Wisconsin did 468.2 at 220 and Mick Quilici of Nevada popped a 490.5 in Double Ply at 259, were some of the more notable lifts.

In Class 1 Women Rosa Narikiyo of Hawaii set a State Record of 214 at 148 and went way past the Class 1 Women limit and now has to compete in Open. Joni Texeira of Oregon was 2nd with a State Record 165.2. At 165, Tracey Jo Taylor set a Hawaii Record 170.7 in Single Ply. Kayla Krueger set a Wisconsin Record 181.7 and she slammed it up raw. She also worked as scorekeeper all week. At 181, DeAnna Dutton set a Washington Record 176.2 in Double Ply.

At 198 Stephanie Boden set an Oregon Record 159.7. At 220 in Double Ply, Caylen Gapusan almost made 260.1 for a Hawaii Record.

In Master Men 54-60, Deron Agaran of Hawaii set a World Record 501.5 at 181 in Single Ply. Michael Ioannou of Massachusetts set a State Record 330.5 at 181 in Double Ply. At 198, Bob Levering of California set a World Record 473.7 in Double Ply. There were many lifters wearing Double Ply shirts and suits at the Worlds – about 35%. Last year it was about 20%. At 220, Neal Gerace of New Jersey set a State Record 270 and he lifted raw. Mike Frizzell set a World Record at 242 in Single Ply with 601.8. Ron L'Huillier the WABDL Webmaster, put up a very respectable 462.7 and later in the day deadlifted 611.7 after having serious cervical spine surgery 2 years prior. Eric Jones set a Michigan record 424.2 raw and Big Jim Mersberg blasted 677.7 at Super.

In Master Women 54-60 Bench, Gloria Caughey set World Records of 218 and 220.2 at Super. At 148, Peach Presley put up a notable 214.7.

Best Lifters on Day 3 were: Nick Buck in Class 1 Lightweight, Preston Quinn class 1 Middleweight, Kenny Rodriguez Class 1 Heavyweight, Rosa Narikiyo Class 1 Women, Deron Agaran Master Men 54-60 Lightweight, Mike Frizzell Master Men 54-60 Heavyweight and Peach Presley Master Women 54-60.

Day 3 - Deadlift

Class 1 Men – Samuel Lopes, Luan Franco and Diogo Miotto of Brazil all set National Records. Brazil sent a team of 22 lifters this year which I'm sure really upsets USA Powerlifting and the IPF. USA Powerlifting and the IPF have been slandering WABDL for years. They claim we really don't drug test, we don't send in the drug tests, our Judging is loose, we're unchristian. Any USA Powerlifter that competes in WABDL is either suspended or threatened with suspension.

Other notable Deadlifts in Class 1 were - Brian Fahrenfeld of New York with 600.7 at 231.4 lbs a few months after a hip replacement. He is not lifting in disabled either. Shane Tsukayama of Hawaii pulled 650.2 at 275 and Jason Sacre got a PR 672.2 after only 2 ½ years of training. He had 705.2 locked out and as he was getting the down signal it dropped out of his hands. Darnell Fenderson in FLHui Single Ply 242 and Brady Hosley also Single Ply both pulled 600.7 but Darnell was the lighter man and took the Gold.

In Class 1 Women at 110 lbs, Vanity Tuquero of Hawaii set a triple body weight State Record of 330.5. In Double Ply 123, Rebecca Moore of Washington set a World Record 248. At 132, Susan Chloupek set a Washington Record 275.5 at Single Ply. Belinda Livers set a Texas Record 259 in Single Ply lifting raw. At 148, Natalie Caughey of Utah set a State Record 319.5 to finish 2nd in Single Ply. Levyann Magcalas of Hawaii set a State Record 369.2. At 165,

Tischia Gordon of Texas set a State Record 275.5 lifting raw. Kayla Krueger was very powerful with 358 for a Wisconsin Record. Janessa Yadao of Hawaii was 2nd with a State Record 352.5. At 198, Stephanie Boden of Oregon lifted raw and pulled a State Record 292. She is coached by long time lifter and Pro Wrestler Tod Becraft.

In Master Men 54-60 Deadlift at 132, Chet Mangra of New York set a State Record 266.7. At 165, Fulton White was impressive with a monster 567.5. At 181, Tom Eiseman and Leamon Woodley, both in the WABDL Hall of Fame, battled it out with Eiseman setting a World Record 684.3 in Single Ply and Leamon smoking 650.2. At 198, David Edborg set a New York Record 468.2 in Single Ply. At 220, Reid Solar pulled a 501.5 in Single Ply. At 242, Mike Frizzell edged Ron L'Huillier by one pound 612.8 to 611.7. This was Ron's first Worlds in 3 years due to cervical spine surgery and the doctors told him he'd never lift again. At 259 in Double Ply, Jim Presley set a World Record 468.2. Jim has only been deadlifting for two years. At 275, Jay Simmons set a Texas Record 466 in Double Ply. At Super, in Double Ply, Joe Mickelson set a World Record 578.5 and was also inducted into the WABDL Hall of Fame.

In Master Women 54-60, Miriam Bucks set a California Record 231.2 in Single Ply. At 132, Jane McCubbin was unbelievable with an incredible World Record 446.2 weighing only 128.6 at age 57 – the highest coefficient ever in WABDL. At 148, Beverly Anolin set a California Record 341.5. At 148 in Double Ply, Peach Presley set a World Record 315.1 and Margie Huston pulled 325 at 190 lbs for a Gold medal.

Best lifters for Day 3 Deadlift were - Luan Franco of Brazil in Class 1 men Lightweight, Diogo Miotto of Brazil Class 2 Middleweight, Jason Sacre of Utah Class 1 Heavyweight. Vanity Tuquero Class 1 Women Lightweight, Kayla Krueger Class 1 Women Heavyweight, Tom Eiseman Master Men 54-60 Lightweight, Ron L'Huillier Master Men 54-60 Heavyweight, and Jane McCubbin Master Women 54-60.

Day 4 - Bench Press

No World Records were set in Master Men 47-53 bench Single Ply, except for Kerwin Unten's 567.5 at 165. Kerwin was inducted into the WABDL Hall of Fame and has been lifting in Gus Rethwisch's meets since 1994 and of course WABDL from the beginning. He holds the Elite World Record of 573 at 148 and the 47-53 World Record was also the Elite World Record at 165 formerly held by Donald Ramil with 563.1. In Double Ply Tony Coduto set a World Record 556.5 in 47-53/198 breaking it by 72 lbs! At 220 in Single Ply, Joey Murphy set a Georgia Record 562 in Single Ply. Marcelo Puga and Marcelo Schneider of Brazil set National Records. At 242, Ken Millrany in Double Ply hit a 672.2 Bench. Ken is in the WABDL Hall of Fame. In Double Ply 165 Keith Cunningham won Gold with 325 and Mark Grouchy was 2nd with a Louisiana Record 286.5. At 259 John Johnson of Michigan hit a 562. At 308, Tim Moon got 722

and Warren Orr of Canada got 496. Gary Shim tied his World Record at Super in Double Ply with 664.5.

In Master Women 47-53, Rebecca Moore set a World Record in Double Ply with 161.9 weighing 121.4. Virpi Pukkila of Finland set a National Record 319.5 to beat a field of 4. Virpi is in the WABDL Hall of Fame. At 181, Josefina Jackson of Texas set a State Record with 181.7. At 220, Linda Gerking set a World Record 242.5 in Double Ply and at Super Arletha Phillip set an Arizona Record with 231.2 in Single Ply lifting raw.

In Open Women, Christie Luehrs set a State Record with 288.7 in Single Ply at 148 and Mary Denning set a World Record 293.1 in Double Ply 198. Amy Rudder of Tennessee was 2nd with a very respectable 264. Minna Pajulahti of Finland won at 198 with 242.5 raw bench. In Double Ply 221+, Gloria Caughey won Gold and set a Utah Record 218.

In Submaster 220, Jerry Aquino of Hawaii set a World Record 707.4 and passed his drug test. At Submaster 242, Heikki Tyrvanen of Finland tied the World Record in Double Ply with 700.8 and set a Finnish National Record. In Submaster Super, Darren Elisaga of Hawaii passed his drug test and set a Hawaii Record 740.7 and Eduardo Ribeiro of Brazil set a National Record 424.2 at 275.

In Submaster Women, Christie Luehrs set a World Record 288.7. Christie is in the WABDL Hall of Fame and has set many World Records starting with Teenage in 1998. Nichole Machado put up a 192.7 at 132 easily and won her Gold medal. Mary Denning in Double Ply won her Gold with 281 at 198.

Outstanding lifters on Day 4 were - Kerwin Unten 47-53 Lightweight, Joey Murphy 47-53 Middleweight and Tim Moon 47-53 Heavyweight. In Master Women 47-53 - Rebecca Moore at lightweight and Virpi Pukkila at Heavyweight. In Open Women - Lightweight Valesca Rocha, Middleweight Christie Luehrs and Mary Denning Heavyweight. In Submaster Men – Jackson Jones Lightweight, Jerry Aquino Heavyweight. In Submaster Women – Christie Luehrs Lightweight and Mary Denning Heavyweight.

Day 4 – Deadlift

In Master Men 47-53, Keith Cunningham set a World Record 501.5 at 165 in Double Ply. Mark Grouchy set a Louisiana Record 440.7 for 2nd in Double Ply. At 220, Lance Davis set a Utah Record 573. Eddie DiFruscia of New Hampshire put up a 644.7 for Gold and he lifted in his 12th straight Worlds. Tim Sparkes, who brought ten lifters from his Hardcore Gym in Peoria, Arizona hit a 672.2. Robert Exum got a California State Record 703.0 at 259 as did Terry Putman with 703.0 Oklahoma State Record. Patrick Holloway got a World Record 777 at 308.

At Super, Scott Bromeisl won Gold with a Wisconsin State Record 606.2. At 275, Nick Frazzeta set an Illinois Record 589.5 lifting raw. At 242, Steven Peterson got a PR 578.5.

In Master Women 47-53, Rebecca Moore got a World Record 248 at 123 in Double Ply. Elizabeth Cabe of Hawaii pulled 319.5 at 95lbs. She has done 341.5, an incredible lift! Juliana Kasberg of Hawaii pulled a very good 308.5 in 123 Single Ply. At 148, Deb Kesper pulled an above average 319.5. At 165, Wendy Hibbitts beat a field of 3 with 308.5. At 181, Artemira Dede Sobrinho of Brazil pulled a high octane 440.7 and passed her drug test. That lift goes in the books as a Brazilian Record. Josefina Jackson of Texas set a State Record 336 in 181 Single Ply. At 220 in Double Ply, Linda Gerking set a World Record 402.2 and at 221+ Arletha Phillip of Arizona set a World Record in Single Ply with 426.4.

In Open Women - At 114, Valesca Cristina Rocha, who has competed in beauty pageants in Brazil pulled a huge 363.7 World Record. Vanity Tuquero set a Hawaii Record 330.5 and Yuxin Hao set an Ohio Record 292 to come in 3rd. At 123, Maricela Perez set a World record in Double Ply with 254.6. Miia Jussila of Finland won Single Ply 123 with 259 – a Finnish National Record. At 132 Jane McCubbin set a World Record 446.2 at the age of 57. Nichole Machado of Hawaii was 2nd with 348.1 and Franciele Andrade of Brazil was 3rd with 330.5. Both lifts normally could win at 132 but not against Jane McCubbin. At 148, Jane Stabile set a World Record in Double Ply with a stupendous 402.2 at age 63! Peach Presley was 2nd with a World Record 315.1 until Jane broke it twice. At 148, five women lifted raw with Andressa Lima of Brazil winning with a large 440.7. Morgan Taylor of Utah was 2nd with a superb 391.2. Krystal Miller won the Single Ply with a Nevada Record 370.3 a good 30# PR for her. At 165 Open, Mirela Silva of Brazil pulled a 352.5 raw Deadlift. Maria Souza of Brazil was 2nd with 341.5. In Single Ply 165, Marissa Bautista of Hawaii pulled a 374.7 for Gold. At 181, Sophia Hussary set an Arizona Record 447.3 lifting raw. In Single Ply, Jessica Muskat of Hawaii pulled a 391.2. Nicole Camacho of Hawaii was 2nd with a 358. At 198, Debora Ester dos Santos of Brazil pulled 490.5 and Minna Pajulahti of Finland was 2nd with 468.2. At 220, Shayla Rubbani of Wisconsin pulled 385.7 raw for Gold. At 221, Makala Davis of Arizona pulled 446.2 raw for Gold and Trisha Puou of Hawaii won in Single Ply with 380.2. Artemira Dede Sobrinho of Brazil flunked her drug test last year but passed this year with 2nd place 440.7 at 181.

In Submaster Men, Ryan Snelling, who is in the WABDL Hall of Fame, set a World Record with 622.7 in Double Ply at 165. At Submaster 181, Ben Dehgan of Washington set a World Record in Double Ply with 600.74. At 242, Matt Krueger of Michigan pulled a 644.7 to beat a field of 3 in Single Ply. At 275, Joseph Giannetti of Arizona got a large 727.5 to win his division and Jason Sacre won 308 lifting raw with 672.2.

In Submaster Women, Nichole Macado set a Hawaii Record 348.1 Rosa Narikiyo of Hawaii won Single Ply 148 with 330.5 and Maria Souza of Brazil beat a field of 3 in Submaster 165 with a 341.5 raw. Sophia Hussary lifted 447.3 raw at 181. In Submaster 198, Debora dos Santos of Brazil set a World Record 490.5. She has passed two drug tests. Maggie Castellano of Texas

won Submaster Women 181 Single Ply with 352.5 and Keeya Sutherland of Texas won Submaster 221+ with 374.7 raw. They are both coached by Tarlus McDaniel out of Houston. Tarlus has had a lot of success with his team.

Outstanding Lifters - In Deadlift at 47-53 Lightweight Eddie DiFruscia of New Hampshire – he has won many Best Lifter awards over the years. Patrick Holloway at 47-53/Heavyweight, Elizabeth Cabe 47-53 Lightweight, Kathy Caraccioli 47-53 Middleweight, Artemira Dede Sobrinho of Brazil 47-53 Heavyweight. Elizabeth Cabe Open Women Lightweight, Jane McCubbin Open Women Middleweight, Debora Ester dos Santos of Brazil Open Women Heavyweight, Nichole Machado Submaster Women Lightweight, Nichole Macado and Submaster Women Heavyweight Debora Ester dos Santos of Brazil.

Day 5 - Bench Press

In Elite Open at 148, Donald Ramil of Hawaii put up a top of the line 529. Kerwin Unten was even further up the line with a World Record 567.5 at 165. At 220, Greg Powell put up a huge into the stratosphere 800.1 that was shrouded in controversy. The call was 2 whites to one red and I won't say any more. He also had done 766 that was easy and perfect in a Single Ply shirt. All of the aforementioned lifts were in Single Ply. There is no Elite Open Bench in Double Ply, and needless to say the 766 and 800.1 were World Records and pound for pound probably the greatest benches ever in WABDL. In 2nd place at 220 Elite was Jerry Aquino of Hawaii with a 707.4 Hawaii State Record in Elite. Hawaii has more Elite Benchers than any State or Country. At 308lbs, David Lewis put up an Illinois Record 677.7. He has done 804.5 at 275 which is a World Record in 40-46/275 in Single Ply.

Moving on to Junior Men Bench Press - Benjamin Maielua of Hawaii set a State Record 513.6. At Single Ply 123, Jallel Fabro of Hawaii set a World Record 381.3 at 121.6. He is on the cusp of being Elite. At 165, Dylan Price of Michigan set a State Record 473.7 in Single Ply. At 242, Renan Moreno of Brazil benched 462.7 for a National Record and Gold. At Super, Ray Voight set a Michigan Record 705.2 and just missed a World Record 714.

In Master Men 40-46 at 148 Single Ply, Donald Ramil who had the World Record of 563.1, until Kerwin Unten broke it with 567.5, had to settle for 529. Oscar Martinez of Washington who had a fine 507 Deadlift set a State Record Bench of 336 but came in 3rd. At 198, Matt Lamarque set a World Record 628.2 in perfect form and room to spare. Chad Bertelmann set a monster World Record at 220 with 672.2. Chad is from Hawaii and another Hawaii lifter on the cusp of Elite. Daniel Ducharme of Arizona set a State Record 554.3 at 242 in Single Ply and beat a competitive field of 5. At 275 and 308, Tommy Harrison and David Lewis respectively put up 644.7 and 677.7. They both train at the same gym. At Super, Jonathon Koma of Hawaii put up a huge 705.2 and 4 lifters bombed at 308 and Super. Robert Vick had 859 drop on his chest with such force that the bar bent – Robert was ok.

In Master Women 40-46 at 148, Chelsea Miller of Oregon was very respectable with a 214.7 in Single Ply. At 165, Tracey Jo Taylor of Hawaii set a State Record in Single Ply with 170.7. Leanne Shumaker of Arizona set a State Record 154.2 and did it raw. At 198 Double Ply, Amy Rudder set a World Record 264.5 and at 181 Single Ply, Olympia Soto won Gold with 214.7. In 221+ Single Ply, Trisha Puou of Hawaii won Gold at 220.2.

In Open Men - Jallel Fabro of Hawaii set a World Record 381.3 at 123. At 148, William Lumayas was above average with a large 391.2. At 165, Dylan Price popped a fine looking 473.7 in Single Ply. In Double Ply, Freddie Evangelista popped a 440.7 at age 62 at 165. At 181, Daniel Sisneros elevated 418.7 to beat a field of 3 and he's well coached by Matt Lamarque. At 198, Ryan Marble beat Hall of Famer Matt Lamarque 623.8 to 600.7. Matt got World Record 628.2 on a 4th and Ryan got 639.2 and both are now in Elite. The Elite World Record is 640.3 just 1.1 # higher than what Ryan did. In Double Ply Tony Coduto popped a 556.5. At 220, Joey Murphy of Georgia beat a field of 5 with 562. At 242, Jerimiah Lopez beat a field of 5 with 573. Ryan Martin won raw with 424.2 and Heikki Tyrvanen of Finland won Double Ply with 700.8 and Ken Millrany who is in WABDL Hall of Fame was 2nd with 672.2. At 259, Will Crossen JR won Single Ply with 644.7 at 60. Pauli Jussila of Finland won raw at 512.5. Jim Presley won Double Ply with a World Record 451.7. Jim has done 611.7 in Single and was a World Class Arm Wrestler and is in the WABDL Hall of Fame. Lately his work requirements have limited his gym time and that along with a shoulder injury has kept him from the mid 500 range. At 275, Norman Tavares of Hawaii won easily with 573. Hawaii has more good benchers than any State or Country in the World. When I first started lifting in 71 – Hawaii had at least 7 lifters that could bench 600 raw and one that could reverse bench 520 raw. At 308, Tim Moon benched 722 and has passed 3 drug tests. At Super, Darren Elisaga of Hawaii hit a 740.7 and passed his drug test. Scott Bromeisl of Wisconsin who has attended the last 4 Worlds got a 545.5. His best is 628. Brian Vickers of Texas got a raw 501.5. Joe Mickelson who was inducted into the WABDL Hall of Fame won in Double Ply with 523.5.

Day 5 – Deadlift

In Junior Men at 132, Jaimeson Cuesta of Hawaii pulled a huge 541.1 for a State Record and #2 on the All Time List behind Richard Hawthorns 600.7. At 165 Luis Alaniz of Texas pulled a World Record 661 and Dylan Price was 2nd with 600.7. At 198, Joseph Karamatic set a World Record in Double Ply with 501.5. In Single Ply Andrew Tabisula of Hawaii ripped up 622.7 for his Gold medal. At 220#, Rafael Gogola of Brazil and Victor Medeiros of Brazil were 1, 2 respectively with 584 and 545.5 in raw. In Single Ply, Irving Dominguez of Arizona set a State Record 606.2. At 242, Andrew Fuller pulled 705.2 raw. At Super, Donald Loew of Wisconsin set a State Record 633.7 to win his Gold.

In Master Men 40-46, Alfred Gruenwald of Wisconsin won Gold at raw with a Wisconsin Single Ply record of 490.5 at 148. Oscar Martinez of Washington won at Single Ply with 507 breaking his State Record by over 40#. At 181, Jonathon Domingo of Hawaii set a State Record 589.5. At 198, Matt Lamarque got a 622.7 to go along with his 628.2 bench. At 242, WABDL State Chair from New York, Brian Fahrenfeld set a State Record 600.7. Brian puts on a 9/11 Memorial WABDL meet every year. Next year it's August 5th. It's in Nanuet, at a Crown Plaza Hotel that is about 15-20 minutes from downtown Manhattan. At 259, Kari Pontinen of Finland won at 259 with 644.7. Kari has won ten WABDL World Championships and he was inducted into the WABDL Hall of Fame last year. At 275, Chuck McTheny of Arizona won the 275 Gold with 611.7 in raw and Joe Carter of Tennessee hit a 738.5 to win Single Ply. Joe calls me a lot to talk old school – Jon Cole, John Kuc, etc. He trains by himself in the back hills of Tennessee. He is lifetime drug free and he is a bull. At 308, Harri Vaisanen of Finland pulled 777 to easily win his Gold medal. Scott Wesley Jordan of Arizona won the raw at Super with a 589.5. He has benched over 700# but he has had shoulder issues lately.

In Master Women, Valesca Cristina Rocha of Brazil, set an amazing World Record 361.3 in 40-46 at 114. At 165, Leanne Shumaker set an Arizona Record in Single Ply with 330.5 raw. At 181, Olympia Soto set a Single Ply California State Record with a raw 380.2. Scharlotte Spencer of Texas set a State Record in Single Ply with a 380.2 and won Gold. At 198, Alisha Howard set a World Record 501.5 in an extremely exciting hard fought pull. It really fired me up on the microphone. At 221, Sue Priver of Massachusetts smoked 418.7 raw and Trisha Puou set a Hawaii State Record 380.2 Single Ply.

In Open Men, Jaimeson Cuesta of Hawaii was the star with a huge 541.1 at 132 for a Hawaii State Record. At 148, Alfred Gruenwald set a Wisconsin Record 490.5. At 165, weighing 157lbs, Freddy Evangelista set a World Record 523.5 in Double Ply and also a PR for Freddy at age 62. That is incomprehensible. In Single Ply, Dylan Price of Michigan ruled the day with 600.7 at 165. At 181, Elton Muniz of Brazil won in raw with 562. In Single Ply, Edwin Manmano of Hawaii set an unbelievable World Record of 783.6 and then went for the all-time mark of 795 and got it to his knees. Tom Eisman, Leamon Woodley and Luan Franco of Brazil pulled 684.3, 650.2, and 617.2 respectively to finish 2, 3 and 4. At 198 in Double Ply, Dustin McFarland of Oregon set a World Record 600.7. In raw 198, Diogo Miotto of Brazil won Gold with 617.2. In Single Ply, Nick Rosencutter of Wisconsin edged out Eddie DiFruscia of New Hampshire 655.7 to 644.7. At 220, Davey Silva of Hawaii narrowly beat Tim Sparkes 677.7 to 672.2 and beat out a field of 6. At 242, Bronson Giernet of Minnesota pulled a huge State Record 771.5 and took a shot at a World Record 800. Daniel Winslow was 2nd with 716.2. Bronson Giernet passed his drug test. At 259 in raw, Pauli Jussila of Finland pulled 771.5 for a Finnish National Record. At 275, Terry Putnam pulled 703 for an Oklahoma Record and the Gold in Single Ply. Terry was inducted into the WABDL Hall of Fame. At 308, Harri Vaisanen of Finland pulled 777 for Gold and Dave Forstner, who has done 749, pulled a 633.7 for 2nd.

Dave is in the WABDL Hall of Fame. At Super, Joe Mickelson won Double Ply with a World Record 578.5 and Single Ply was won by Scott Bromeisl with 606.2.

Best Lifters for Day 5 in the Bench Press were - Greg Powell of Texas in Elite Open, Jallel Fabro of Hawaii Junior Lightweight, Ray Voight of Michigan in Junior Heavyweight, Donald Ramil of Hawaii Master Men 40-46 Lightweight, Chad Bertelmann of Hawaii Master Men 40-46 Middleweight, David Lewis of Illinois Master 40-46 Heavyweight, Jallel Fabro of Hawaii Open Men Lightweight, Heikki Tyrvanen of Finland Open Men Middleweight, Tim Moon of Georgia Open Men Heavyweight.

Best Lifters on Day 5 in Deadlift were - Jameson Cuesta of Hawaii in Junior Men Lightweight, Donald Loew of Wisconsin Junior Men Heavyweight, Oscar Martinez of Washington Master Men 40-46 Lightweight, Joe Carter of Tennessee 40-46 Heavyweight, Valesca Cristina Rocha of Brazil Master Women 40-46, Edwin Manmano of Hawaii Open Men Lightweight, Bronson Giernet of Minnesota Open Men Middleweight and Pauli Jussila of Finland Open Men Heavyweight.

Day 6 - Bench Press

In Junior Women, Cailee Awa of Hawaii at 104.4 slammed up an easy 165.2 Single Ply State Record. Shirley Dalila Mogollon of Peru set a National Record 159.7 at 132 in Single Ply. At 148, Sierra Johnson set an Oregon Record 154.2 in Single Ply. At 148 raw, Marianne Hartio of Finland set a National Record 203.7. At 181, Jessica Muskat of Hawaii was prominent with 214.7 in Single Ply. At 220, Roberta Garcia of Texas set a State Record 286.5 in Single Ply.

In Teen Men, Robert Vick Jr. set an Illinois Record 137.7. Blake Gillam of Washington set a State Record 209.2 in 14-15/123. Kaison Uehara of Oregon set a State Record 231.2 at 14-15/132. He has set eleven World Records in Bench and Deadlift at 12-13/114 and 123. At 148, Cyrus Jumalon of Hawaii has set multiple World Records in 12-13 and 14-15 age groups in three weight classes. At this Worlds he got 248 for Gold. At 198 in 14-15, Yvan Longin of Florida set a State Record 231.2. He is part of the Montverd Academy High School Team which won the World Championship Team Trophy in the Teenage Division for the 2nd year in a row. Their school has students from 35 countries. Noah Tibbets of Maine set a State Record 347 in 14-15/308.

In 16-17 Teenage Men Bench Press - Alejandro Ruiz of Florida set a State Record 391.2. At 242 Yadai Katsumata also of Florida set a State Record 407.7. Both records were Single Ply and both are from Montverde Academy, which by the way is always ranked in the top 5 in the Nation in USA Today in Basketball.

At 259, Marco Bueno of California set a State Record in 18-19. At 165 in 18-19, Trevor-James Horibata of Hawaii got a 314 and Michael Megler of Montverde Academy in Florida was 2nd with 286.5.

Moving on to Teen Women - There weren't any World Records and only 5 lifts of note: Emily Jondron of Texas a huge 275.5 at 165. She holds the World Record of 297.5 at 16-17/165. Morgan Taylor got a raw 176.2 at 18-19/148. In 18-19/165 in Single Ply, Marissa Bautista of Hawaii pushed up an easy 220.2 and Savannah Helton of Oregon hauled in a State Record 220 at 221+ weight class.

Best Lifters in the Bench Press were - Cailee Awa of Hawaii in Junior Women, Kaison Uehara of Oregon in Teen Men 14-15, Yadai Katsumata of Florida in Teen Men 16-17, Trevor -James Horibata of Hawaii in Teen Men 18-19 and Emily Jondron of Texas in Teen Women 16-17.

Day 6 - Deadlift

In Junior Women at 105, Cailee Awa of Hawaii ripped up 297.5 to move into #5 all time in WABDL. At 123, Jenobia Chamberlain pulled an easy 341.5 raw and tried a World Record 367. She is the most aggressive and intense female Deadlifter I have ever seen. She has a huge future in Deadlifting. At 132, Shirley Dalila Mogollon of Peru set a National Record 352.5. At 148, Marianne Hartio of Finland pulled a National Record 319.5 raw. At 181, Jessica Muskat of Hawaii pulled a large 392.2 State Record in Single Ply. At 221+, Makala Davis of Arizona elevated with ease 446.2 for her Gold medal.

In Teen Men 14-15/132, Kaison Uehara is moving up the ladder with a 347. He will hit 400 in a few months. At 14-15/198, Cyrus Jumalon of Hawaii set a World Record 453.9. At 165, Sam Bassan of Wisconsin was huge with a World Record 534.5 at age 15. At 181, another Wisconsinite Shane Kierstyn set an amazing World Record 578.5 at age 15. That doesn't seem possible! Both young men are trained by Nick Buck. He has trained numerous Wisconsin teenagers to World Records in the Bench and Deadlift. At 198, Yvan Longin of Florida set a State Record 418.7 in winning his Gold medal.

In 16-17/132, Anthony Rangel of Texas was fairly close to triple body weight with 336. At 148, Jeremiah Head of Washington in Double Ply set a World Record 374.7. At 148 Single Ply, Christian Naipo of Hawaii was above average with a 451.7. At 165, Karter Brachear of Illinois pulled 507 raw for an Illinois Record. At 181, Austin Payne of Wisconsin set a State Record 486.1. Ziyana Xia of Florida was 2nd with 451.7. At 220, Alejandro Ruiz of Florida won Gold with 573. At 242, Yudai Katsumata of Florida reigned supreme with 534.5.

In Teen Men 18-19, Michael Megler of Florida was in charge with 556 at 165 and beat out a field of 4. Trevor-James Horibata of Hawaii was 2nd with 507. Sivan Najita of Hawaii won at 220 raw with 424.2.

In Teen Women 12-13/123, Gabriela Aguilera of Texas hoisted a big girl like 176.2. At 132 in 12-13, Lilaine Jackson of Texas set a State Record 225.7. The amazing fact is that both girls are only 12. In Teen Women 14-15/165, Maddie Burke stood out with 275.5. At 181, Cydney Gonzalez was noteworthy with 248 at age 14. In Teen Women 16-17, Daniella Tipton of Idaho set a State Record 275.5 at 122.2 lbs. At 105, Emily Krause set a Wisconsin Record 203.7 at only 100 lbs. At 165, Ashtyn Burget of Texas went way up the scale to 352.5. Emily Jondron of Texas was 2nd with 314.

In Teen Women 18-19 at only 96.8, Samantha Guevara of Texas set a State Record of 209.2. At 148, Morgan Taylor of Absolute Fitness Gym in Ogden Utah and coached by Jeremiah Johnson was world class with a World Record 391.2. At 165, Amber Kierstyn of Wisconsin, also coached by Nick Buck, set a State Record 402.2 and just missed a World Record 414.3. Amber and Shane Kierstyn almost became the first brother and sister tandem to set World Records the same day in WABDL. In 2nd place was Marissa Bautista with an impressive Hawaii Record 380.2. At 221+, Savannah Helton of Oregon set a State Record 380.2.

Best Lifters in Deadlift were - Jenobia Chamberlain in Junior Women, Sam Bassan in Teen Men 14-15, Karter Brachear 16-17 Lightweight, Alejandro Ruiz Teen 16-17 Heavyweight, Michael Megler Teen Men 18-19, Ashtyn Burget Teen Women 16-17 and Morgan Taylor Teen Women 18-19.

In Deadlift there were 316 Single Ply Divisions, 40 Double Ply and 115 raw or 356 lifters wore Deadlift suits and 115 lifters were in singlets. In the Bench Press there were 280 Divisions with Single Ply, 71 Double Ply and 98 raw. 351 lifters wore bench shirts and 98 lifted raw. So altogether there were 707 Divisions equipped and 213 raw. So 77% of WABDL lifters at this years Worlds wore Bench shirts and Deadlift suits are equipped.

Push-Pull Day 1

Master Men 61-67/148, the following lifters set records: Gary Miller set a World Record in Double Ply with 739.3. Gary is a future Hall of Famer and has set over 20 World Records at 148 and 165 in Push Pull, Bench and Deadlift in Single Ply and Deadlift. Gary puts on a great meet in Pahrump about 55 miles North of Las Vegas. In 2017 his meet is March 4. For any of you cold weather lifters that need a break from the snow and cold, a Feb 25-March 5 vacation to Pahrump and Vegas with temperatures in the 70's would be a welcome respite. His trophies are sculptured aliens and crystals that cost \$100.00 each for Best Lifters.

Freddie Evangelista set a World Record 964.2 in Double Ply in 61-67/165. He is already in the Hall of Fame and with a 440.7 Bench and 523.5 Deadlift at 158 at age 62 defies description. At 181, Charles McFarland of Oregon set a World Record in Single Ply with an 837.5 total. At 220, Charles Folinius of Arizona set a State Record 817.7 in Single Ply. At 242, Eddie Morgan set a

World Record 925.7 in Single Ply. Tom Morgan, Eddie's brother (both from Arkansas) set a World Record at 275 in Single Ply lifting raw with 765.7. Freddie Evangelista was Best Lifter.

In Master 68-74 Single Ply, Moses Timbal of Hawaii got a State Record 648.8. Mike Haigwood of Nevada got a State Record 619.1 at 181 in Single Ply lifting raw. At 198, Frank Hammer of Hawaii got 490.2 for a State Record and finished 2nd to Willie Kindred of Arizona who totaled 705.2. At 220 in Single Ply, Jon Wolbers, who is in the Hall of Fame and is from Canada, managed a World Record 931.2 and was Best Lifter for 68-74.

In Master Men 75+, Gary Nye Schwebs of Nevada added to his World Record collection with 401.9 in 75-79/123 in Single Ply. Larry Vincent of Oregon, who is in the WABDL Hall of Fame, added to his World Record collection with a 524.3 at 80-84/148 (only weighed 141.8) and was Best Lifter 75+. Cleophus Scrutchions of Illinois set a World Record in 80-84/181 with 352.4.

In Master Women Push Pull - Jill Porter of Texas set a World Record 429.7 in Master Women 61-67/132 in Double Ply. Sue Vaterlaus of California set a World Record 483.6 at 61-67/220 in Single Ply. Gerda Shupe of California set a World Record 347 at 75-79/181.

Push-Pull Day 2

Law/Fire Disabled - Keoni Reich did a World Record 1300.5 in Law/Fire 40-47 and Law/Fire Open in Super. J.C. Tolle in 48-55/259 did a World Record 1002.7 in Single Ply, Darren Kaleleiki of Hawaii in 48-55/275 set a World Record 1002.7. Charles McFarland of Oregon in Law/Fire 56-63/181 set a World Record 837.5. Mike Frizzell in Law Fire 56-63/142 of Illinois set up a World Record of 1214.6. Jay Simmons of Texas in Law/Fire 56-63/275 in Double Ply set a World Record 923.2. Gary Miller in Law/Fire 64/148 Double Ply set a World Record 739.3. Paul Goodwin Law/Fire 64/259 set a World Record 650. In Women Law/Fire 48-55/220, Robin Martin set a World Record 468.2 in Single Ply.

In Law/Fire Open 220, Jordan Rodriguez of California set a World Record 1013.5. Freddy Crosby Jr of Illinois Law/Fire Open 242 in Single Ply set a World Record of 1102.0. William Lee of Texas in Law/Fire Open 308 and Law/Fire Submaster in Double Ply set a World Record of 1230.0. Brian Vickers Law/Fire Open Super did a Texas State Record Single Ply of 1003.0, and he did it raw.

In Law/Fire Submaster/242, Single Ply Nick Berriman of Oregon set a World Record 903.5. Dana Barnes in Law/Fire Submaster Women set a World Record at 181 with 385.4.

In Disabled 1 20-39/242, Brad Vinyard of Illinois set a World Record 727.2. Cody Colchado in Disabled 1 40-59/259 Single Ply set a World Record 925.7. Cody is in the WABDL Hall of

Fame and has competed all over the world in the Blind Olympic Games. He has won those games twice.

In Disabled 2 20-39/275, Brady Tanner of Kansas set a World Record of 976.3 and he accomplished the feat raw. Brady has been voted one of the 10 most interesting people in the state of Kansas by the Kansas State Legislature and he will be inducted into the WABDL Hall of Fame in 2017. In Disabled 2 60+/132 Double Ply, Jill Porter set a World Record of 429.7

Push-Pull Day 3

In Class 1 records were set by Preston Quinn of Wisconsin who set a State Record 1024.7 at 220 lbs. and was named Best Lifter. Brian Fahrenfeld of New York put up a State Record 1013.9. Preston did a great job spot loading all week and Brian has a great 9/11 Memorial meet on August 5th in Nanuet New York. Mike McElroy of Idaho set a State Record 1030.5 at 308 lifting raw. Trevor Ucker of Utah set a State Record 931 beating the record by almost 200 lbs. at Super.

In Class 1 Women - Dolores Garcia-Munro was named Outstanding Lifter with her 440.7 at 132 which was not a record. Kayla Krueger of Wisconsin set a State Record 539.7 at 165. Kayla Krueger did a great job of scorekeeping all week. Rebekah Platzer of California set a California Record 374.5 and came in 3rd and Tracey Jo Taylor of Hawaii was 2nd with a State Record 440.7. At 181 Scharlotte Spencer of Texas set a State Record 501.4 and a 1st place. Stephanie Boden of Oregon set a State Record 451.7 at 198 for her Gold medal.

In Master Men 54-60 Push Pull – Leamon Woodley was named Best Lifter Master Men Lightweight with a 975.2 total at 181 and a Gold medal. At 198 Joel Korotkin set a California Record 639.2. At 242, Ron L’Huillier set a Michigan record 1074.4. Michael Collins in Double Ply and Harry Munro in Single Ply at 220, did not set any records. Eugene Merrill set an Arkansas Record 777 at 242. At 259, Jim Presley set a World Record 914.4 in Double Ply. At 275, Jay Simmons of Texas got a State Record 923.2 in Double Ply. At Super, Big Jim Mersberg at 347# got a World Record 1184.4 in Single Ply and Joe Mickelson gutted out a World Record in Double Ply at Super with 1102.

In Master Women 54-60, Peach Presley got a 529.8 in Double Ply at 148 - Her World Record 542.2. No other records were set but Dolores Garcia Munro and Tierney Korotkin won Gold medals at 132 and 148 Single Ply respectively.

Push-Pull Day 4

Master Men 47-53/165, Mark Grouchy of Louisiana was Best Lifter in Master 47-53, and set a World Record in Double Ply with 727.2. At 198 Single Ply, Carlos Martinez set a Texas Record with 843. At 220 Single Ply, Chris Hatley of Arkansas set a State Record 804.2. At 242 Single Ply, Steven Peterson of Texas beat Marcelo Schneider of Brazil 1030.2 to 925.7. Marcelo was credited with a Brazilian Record 925.7 and Steven got a World Record 1030.2 in Single Ply.

In Master Women 47-53 Single Ply, Yuxin Hao of Ohio beat the World Record by 100# at 114 lbs. with a 457.2 and was Best Lifter for Master Women 47-53. At 165 Single Ply, Wendy Hibbits of Oregon set a State Record 468.2. Becky Mauney, who totaled 457.2 to break the old record of 391.2, came in 2nd to Wendy. At 181 Single Ply, Deborah Maxwell of California set a California Record with 418.7, barely breaking the old record of 418.0 and she got a Gold medal in the process. At Super Single Ply, Arletha Phillip of Arizona got a World Record 657.6 and Gold medal and she did it raw.

In Open Women Single Ply, Yuxin Hao shattered the World Record of 291.7 in Open 114 with a 457.2 but ultimately had to settle for an Ohio Record. Velesca Cristina Rocha of Brazil came along and hit 493.5 for the Gold at 114 and Best Lifter. She also set World Records in the Deadlift in both Open and Master with 361.3 at 113.4 lbs. She, Elizabeth Cabe, and Jane McCubbin are the best female lightweight Deadlifters I've ever seen.

At 132, Nichole Machado of Hawaii set a State Record 540.8 in Single Ply. At 148 in Double Ply, Peach Presley at age 58 put up an impressive 529.8 – about 11# shy of the World Record. At 148, Single Ply Morgan Taylor of Utah set a State Record 567.4 raw, but she was beaten out for the Gold by Krystal Miller of Nevada who set a Nevada Record 623.5 – Pretty big number for 148. At 181 Single Ply, Nichole Camacho of Hawaii set a State Record 578.2 and was named Best Lifter for Open Women Heavyweight. At 220 Single Ply, Stephanie Brown of Washington set a World Record 594.9 to win her Gold. At 221+ Single Ply, Trisha Puou of Hawaii broke the World Record by 40# with 600.4.

In Submaster Men Push Pull – Matt Krueger of Michigan set a State Record 1024.9 at 242 Single Ply to easily win his Gold.

In Submaster Women at 114 Single Ply, Jamie Field of California set a World Record 413.2. Wendy Spence of Texas set a State Record at 132 Single Ply, with 435 and came in 3rd. Leilani Felipe of Hawaii set a State Record 446.2 for 2nd place. The World Champion was Nichole Machado of Hawaii with a World Record 540.8 and Best Lifter for Submaster Women. At 148, in Single Ply Lynn Gilpin-Parks of Wisconsin was 3rd with a State Record 413.2. In 2nd was Holly Morello of California with a World Record 451.7 and the World Champion was Rosa Narikiyo of Hawaii with the last word in the World Record with 544.5. At 181 Single Ply, Maggie Castellano of Texas set a State Record 528.7.

Push-Pull Day 5

In Junior 165 Single Ply, Luis Alaniz of Texas set a World Record 1079.7 to beat Dylan Price of Michigan who was a very close 2nd with 1074.4, which was also a World Record until Luis beat it. At 181 Single Ply, Andrew Vickery of California set a State Record 776.7. At 198 Single Ply, Benjamin Maielua of Hawaii set a World Record 1086.6 to beat Joey Miguel of Nevada who got a State Record 953.2 for 2nd place. Best Lifter for Junior Lightweight was Dylan Price who weighed 164.8. At 220 Single Ply, Matthew Allen of Nevada was Best Lifter for Junior Heavyweight with a 969.7. Ricky Jensen of Utah was 3rd with a Utah Record 821. At Super, Ray Voight of Michigan broke the World Record by 350 lbs. with a large 1261.7 Single Ply.

In Master Men 40-46/148 Single Ply, Oscar Martinez of Washington set a World Record 843. Oscar had a very successful meet with 3 Golds, 3 State Records and 1 World Record. At 165, Chad McFarland of Oregon set a World Record 633.4 in Single Ply. At 198 Single Ply, Matt Lamarque was named Best Lifter in Men's 40-46 and set a World Record 1223.4. Matt's form on both Bench Press and Deadlift is as good as any that I've seen. At 220 Single Ply, Byron Fletcher of Illinois set a State Record 881.5. At 242 Single Ply, there were two bomb outs and John Anthony of Oregon beat Brian Fahrenfeld of New York 1079.9 to 1013.9. Brian's total was a New York State Record. At 308 Single Ply, David Lewis of Illinois set a State Record 1311.4.

In Master Women 40-46/114 Single Ply, Valesca Cristina Rocha of Brazil was named Best Lifter in Womens 40-46 and set a World Record 493.5. Valesca won 3 Best Lifter awards and set 4 World Records in 4 different divisions. At 132 Single Ply, Katie Lynch of Nevada set a State Record 402.2 and garnered a Gold medal. At 165 Single Ply, Tracy Jo Taylor of Hawaii set a State Record of 440.7. At 181 Single Ply, Natasha Williams of Arizona set a State Record 528.7. At 198 Single Ply, Alisha Howard shattered the World Record of 617.2 with an impressive 811.1 World Record – the 2nd highest total by a woman in WABDL. At Super Single Ply, Trisha Puou of Hawaii tied the World Record of 600.4 held by Arletha Phillip of Arizona.

In Open Men Double Ply at 165, Freddie Evangelista set a World Record 964.2. In Open Men 165 Single Ply, Dylan Price totaled 1074.4 for a World Record. At 198 Single Ply, Ryan Marble set a Utah Record 1174.8 about 33lbs shy of Matt Lamarques World Record. At 220 Single Ply, Jordan Rodriguez of California set a State Record 1013.7 and beat out Byron Fletcher of Illinois who set a State Record 881.5. At 242 Single Ply, Marcelo Schneider of Brazil set a National Record 925.7. At 259, Pauli Jussila of Finland hit a big number with 1284 in Single Ply for a Finnish Record and was named Best Lifter for Open Heavyweight. Dylan Price was named Best Lifter for Open Lightweight. At 259, Double Ply, Jim Presley set a World Record 914.4. At 308 Single Ply, Dave Forstner totaled 1278.4. His World Record total is 1349.9. Joshua Koch of Oregon got a State Record 914.4 for 2nd place. At Super, in Double Ply, Joe Mickelson put up a World Record 1102. Joe was also inducted into the WABDL Hall of Fame. At Super, in Single Ply, Brian Vickers set a Texas State Record of 1003 and put it up raw.

Push-Pull Day 6

Junior Women 105 Single Ply, Cailee Awa of Hawaii set a World Record 462.7. Hawaii lifters set more World Records by far than any other State or Country at this years' Worlds. At 123 Single Ply, Jenobia Chamberlain of Texas set a World Record 512.2 and won 3 Gold medals in Bench, Deadlift and Push Pull. She broke the existing total record by 118lbs and she did it raw. She is a very aggressive lifter and that will carry her to great heights in the future. At 148, Marianne Hartio of Finland set a National Record 523.2 in Single Ply and she was raw. The World Record is 633.7. At 220 Single Ply, Roberta Garcia of Texas set a World Record 666.7.

In Teen Men 12-13/259 Single Ply, Robert Vick Jr set a World Record 368.9. In 14-15/132 Single Ply, Kaison Uehara of Oregon set a State record 578.2. In Teen 14-15/148 Single Ply, Cyrus Jumalon of Hawaii set a World Record 701.9. At 14-15/181 Single Ply, Shane Kierstyn of Wisconsin broke the World Record by 130 lbs. with a 903.5. At 198 Single Ply, Yvan Longin of Montverde Academy in Florida set a State Record 649.9 not too far from the World Record of 693.9. At 308 in 14-15 Single Ply, Noah Tibbetts of Maine set a World Record 738.2 and he did it raw. Shane Kierstyn was Best Lifter in Teen Men 14-15.

In Teen Men 16-17/132 Single Ply, Anthony Rangel of Texas set a State Record 473.7 and he lifted raw. At 165 Single Ply, Karter Brachear of Illinois set a State Record 760.5 lifting raw and was Best Lifter in 16-17. Ziyang Xia of China set a National Record 754.7 at 181. At 198 Single Ply, Zepeng Lu of Florida set a State Record 638.9 to help Montverde Academy win the Teenage Team Title. At 220 Single Ply, Alejandro Ruiz of Florida shattered the World Record of 876 with 964.2. Yudai Katsumata of Japan set a World Record 942.2 in 16-17/242 Single Ply. Jarome Torres of Texas set a State Record 699.7 to finish 2nd.

In Teen Men 18-19, Jun Yang set a Florida Record 545.4 at 132 Single Ply. At 165 Single Ply, Michael Megler of Florida beat a field of 4 with a World Record 842.5 – easily beating the old Record of 777. Trevor James Horibata was 2nd with a World Record of his own at 821, but in the end Michael Megler took home the Gold and the Record. At 220 Single Ply, Gaven White of Arizona beat Anthony Campos of Oregon 782 to 773.7 both were State Records. Paula Finau of Nevada at 275 was 7[#] from the World Record but had to settle for a State Record 936.

In Teen Women 12-13/114 Single Ply, Autumn Allen of Oregon set a World Record 321.4. She is coached by Terry and Christie Luehrs. In Teen Women 14-15/165 Single Ply, Maddie Burke of Texas set a World Record 413.2 - her 2nd year in a row that she set a World Record at Worlds.

In Teen Women 16-17/123 Single Ply, Daniella Tipton of Idaho set a State Record 413.2. At 132 Single Ply, Ashley Ramos of Texas set a World Record 275.2. At 16-17/148 Single Ply, Abigail Castillo of Texas set a World Record 512.2 and was Best Lifter for Teen Women 16-17. At 165 Single Ply, Emily Jondron totaled 589.5 but was 30lbs shy of her World Record. At 16-17/198 Single Ply, Samantha Hernandez set a World Record 396.7.

In Teen Women 18-19 at 97# Single Ply, Samantha Guevara of Texas set a World Record 275.2 and she did it raw. She is coached by Juan Aguilera whose San Benito Texas Teenage Team came in 2nd to Montverde Academy in Florida. Morgan Taylor of Utah set a World Record 567.4 at 18-19/148 Single Ply and she lifted raw. At 18-19/165 Single Ply, Amber Kierstyn of Wisconsin had a close battle with Marissa Bautista of Hawaii who was the reigning World Record holder with 572.7. Marissa broke her own record with 600.4 but Amber broke Marissa's new record with 616.9 and the Gold medal and World Record was taken back to Wisconsin as well as Best Lifter for 18-19 Women. In 18-19/221+ Single Ply, Savannah Helton of Oregon set a World Record 600.4.

What seems to stand out the most about this meet were the Women Deadlifters. All ages, many weight classes, World Records were set.

Moving on to team standings

Joe Head's Headquarters Fitness won with 296. Manny Burruels Eastside Gym was 2nd with 280 along with Matt Lamarques' Bovine Strength Systems, but Manny's Team won on the tiebreaker. Three teams from Hawaii were 4th, 5th and 6th respectively. Montverde Academy of Florida won the Teenage World Title, with San Benito, Texas 2nd and Team Wisconsin 3rd.

Credits

I want to thank our sponsors - Brian and Denise Welker and Welker Engineering, Shawn Madere and GLC Direct Joint Formula, Ken Anderson and Anderson Powerlifting, Pete Alaniz and Titan Support Systems, Slavich Samoylich and Events by Idea the official T-shirt printer for WABDL, Suzy and Dan Simmons of USANA Health Products, Reid Solar, Coby Washburn, Keith Lemm and CSS Photo Design the official photographer of the meet, David R Smith, Natasha Williams of B2Y Rehabilitation & Sports Therapy – who has helped my back tremendously by the way. Also, Matt Ogurek, Keith Sayles, Chet Groskruetz of Ivanko Barbell, and Odd Haugen of Dot Fit.

I want to thank our staff – Elma Thomas and Karen Campbell who worked many hours usually until 2:00am every day and one day it was 6:00am. Deron Agaran, who helped M.C. and also judged many days. Gary and Martha Shim who judged - Martha was also scorekeeper and computer facilitator, Jocelyn Ronolo – computer facilitator, Dawn Sacre who worked the barload program all week without relief. Kayla Krueger and Christie Luehrs were great scorekeepers. Christie also helped with computer facilitator. The weigh-in room staff of – Dennis Schmidt, Karen Campbell, Rebekah Schmidt, Melissa Zumwalt, Eric Zumwalt and Gary Miller. Gary also loaded all the plywood for staging, two benches and 3,000 lbs. of weights and brought it to the meet from Pahrump. Dave Constantineau and Troy Pia Provided Door Security. Freddie

Evangelista was the night time security guy. The platform manager was Troy Pia and he and Preston Quinn, Steve Barnes, Kevin Alves and Shahid Shubazz were spotter-loaders.

Judges were - Jim Snodgrass, Ron L'Huillier, Terry Luehrs, Deron Agaran, Mike Saito, Jim Presley, Gary and Martha Shim, Reid Solar, Al Stork and Warren Orr. Trophy set up was Al Stork and Freddie Evangelista. Drug control officers were Al Stork and Dr. Mark Webber. David Palmer provided "the Live Stream". Jason Sacre also brought weights as well as Gus Rethwisch and Alan Fraser. Teresa Plowman and Lisa Leong sold tickets and t-shirts.

NOTE: A LOT OF WORLD RECORDS ARE BEING SET IN DOUBLE PLY, ESPECIALLY IN THE DEADLIFT AND PUSH PULL. THERE ARE MANY MORE TO BE SET SO LIFTER'S MAY WANT TO INVEST IN A DOUBLE PLY DEADLIFT OR SQUAT SUIT.

ALL TITAN, INZER AND METAL SQUAT AND DEADLIFT SUITS INCLUDING CANVAS ARE APPROVED FOR THE DEADLIFT.

ALSO, ALL DOUBLE PLY BENCH SHIRTS IN TITAN, INZER AND METAL ARE APPROVED EXCEPT CANVAS AND SPLIT NECK. THE NECK LINE HAS TO BE ONE COMPLETE CIRCLE. THE REST OF THE BACK OF THE SHIRT CAN BE OPEN OR SECURED BY VELCRO STRAPS.

SOME PEOPLE THINK OPEN BACK MEANS THE NECK LINE CAN BE SPLIT. KEEP IN MIND THERE ARE STILL TWO RULES THAT APPLY TO ALL BENCH SHIRTS. THE BOTTOM OF THE NECK LINE NEEDS TO BE 4" ABOVE THE BOTTOM OF THE STERNUM AND THE NECKLINE CAN'T BE EXPOSING ANY PART OF THE DELTOID.