

18<sup>th</sup> Annual WABDL/WELKER World Championships  
Bally's / Paris Resort Hotel  
November 18-23, 2014

Five Hundred Ninety Lifters signed up and 574 showed up to lift. The judging was tight, consistent and fair. The Venue is in the heart of the strip. The lifting was fantastic especially the women so we will start with the women deadlift.

In Junior 148, Kimberly Phantavong set a Washington state record with 374.7. In Master Women 40-46 / 114lb, Valesca Cristi Rocha of Brazil was phenomenal with a world record 360.2; more than triple body weight. At 47-53 / 148lb, Ana Catia Portilho Couto of Brazil pulled a National record 418.7. At 47-53 / 165lb, Cindy Shockman set two world records in master and open with 473.9. She also set a world record in the bench press with 343.7. She was drug tested twice in the last two years and passed each time. Cindy is a very competitive hard driving, hard-working lifter. She knows no boundaries in lifting. In 47-53 / 181, Brenda Herman benched 275.5 and deadlifted a Wisconsin record 374.7. In 47-53 / 198, Karen Campbell had benched 500 in training and pulled 518. She might have been over-trained and ended up with 451.7 in the deadlift and 424.2 in the bench at age 51, super star to say the least and she has passed 5 drug tests. In 54-60 / 181, Marie Huston set a Washington record 365.9. The greatest female dead lifter of the whole contest was Jane McCubbin, a farm girl from Wisconsin. She pulled a painfully slow perfect style conventional 441.8 at 131lbs at age 56!! A big time world record on any planet is the best way to describe the lift.

Continuing on with the women's deadlift, Gerda Shupe at the age of 71 pulled 314 at 165.8 lbs. for a world record. Linda Barnes pulled 330.5 in 61-67 at age 65 weighing 108lbs. for a world record and Carrie Reese at age 78 pulled 222.4 at 170.8 lbs. for a world record.

In the open women, the aforementioned Jane McCubbin's 441.8 at 132 was a world record. Rebekah Schmidt pulled a Minnesota record 468.2 at 148 lbs. and is only 32lbs off the world record held by Linda Okoro. She formerly held the 181lb open world record with 503.7. There were 6 competitors in her weight class from Brazil, New Zealand, Washington, California and Utah. At 165, Cindy Shockman set the world record with 473.9. At 220, Holly Garner of Oregon and Nicole Marie Jones of Texas hooked up in a great battle. They both pulled 451.7 with Holly winning on a lighter body weight. At 181, Sophia Hussary of Arizona pulled a state record 407.7 for the world title over 4 other contestants. At 198, Debora Ester dos Santos of Brazil pulled a world record 507 last year and passed the drug test. This year she had to settle for 473.7 but still good enough for the world title.

In submaster women, Rebekah Schmidt pulled a world record 468.2 at 148lbs. and police woman Alisha Howard set two world records at 181lbs. in Law/Fire open and Submaster with 446.2 and she threw in her first 300# bench press for a good measure, a 303 Washington state record.

In teen women, in 14-15 / 123lbs, Madison McKendrick of Utah pulled a world record 310.7. She barely turned 15. In teen women 16-17 / 123, Taylor Klemmensen of Wisconsin pulled a huge 347 world record. In 18-10 / 165, Lauren Lugdon of Maine pulled a state record 363.7. I don't recall any world championships in WABDL with that caliber of deadlifts by the women.

In Women's bench press, Karen Campbell was out of this world with 424. Her best is 462.7. Cindy Shockman rammed up 343.7 at 165 at age 48. Karen Campbell is 51.

In junior women, Julia Goldstein of Utah set 3 world records ending up at 264.5 at 129.6 lbs. Alisha Howard set a Law/Fire Open world record with 303.

In Master women bench press, there were 11 world records. In Double-ply, there were 5 world records. Amy Rudder of Tennessee 200.4 at 40-46 / 220. Rebecca Moore of Washington benched 160.8 at 47-53 / 123. Linda Gerking of Washington benched 225.7 at 47-53 / 198. Gloria Caughey of Utah 193.8 at 54-60 / Super and Leona Perez of Hawaii 104.5 at 68-74 / 132.

In single ply, there were 6 world records: Cindy Shockman of Oregon 343.7 at 47-53 / 165. Tunya Sytsma of Hawaii 275.5 at 47-53 / Super, Juana Kaanapu of California 203.7 at 61-67 / Super Carrie Reese, a lawyer and registered nurse of California 93.5 at 75-79 / 181.

In Open women, Kandace Kinney of Hawaii pushed 286.5 at 148. Virpi Pukkila of Finland got a national record 336 and Cindy Shockman got a world record 343.7.

In Teen Women, Emily Jondron of Texas got a world record 231.2 at 14-15 / 165 in the bench. Kali Schierl set a world record 214.7 in 16-17 / 123. She weighed 121 and in 18-19 / 165, Lauren Lugdon of Maine set a world record in Double ply with 232.3.

Moving on to Men's Deadlifts, Jerry Pritchett pulled an amazing 903. He was in a rush to get to a strongman event the next day and was not drug tested so it won't count as a world record or as 1<sup>st</sup> place in the super division. Jerry is a good friend of mine and I was out of the ballroom dealing with hotel business for one hour. No favoritism. I was looking for him to drug test and then to give him his trophy at the trophy presentation for deadlifts is when I call the names. Jerry has the world record with 810 at super in the open and in the past he was tested numerous times and passed.

In class 1 deadlifts, Daniel Libre of Washington was the outstanding lifter with 644.7 at 220 lbs. He was drug tested.

In Junior men, Andrew Tabisula of Hawaii pulled 589.5 at 181 to beat out a field of 5. Lyle Sugi of Hawaii pulled 644.7 at 198 for a state record and the world title with a field of 7. At 220, Tyler Carlson of Montana pulled 600.7 to beat a field of 5. At 242, Joshua Winterrowd of Montana edged out Seth Reed 633 to 628 for the world title. At 275, Colby Ballinger looked like a Greek God and pulled 762.7 for a world record. He's a very defined 6'6". He also spot-loaded for the rest of the week. He was drug tested.

In Law/Fire 56-63/242, Mike Frizzell set a world record 607.3 and also benched 551. He was drug tested. In Law/Fire 64+, 67 year old Jon Wolbers pulled a world record 585.1 at 220. He was also inducted into the Hall of Fame. Flip Silva a border Patrol agent in Texas won both Law/fire 40-47 and Law/Fire Open with 600.7. At super, Keoni "Bulla" Reich, 6'5" 332lbs, pulled a world record 756.1 in Law/Fire Open.

In Master men, 40-46, Robert Miller beat a field of 6 at 198 lbs. with a 633.7 to edge out Drew Burton of Canada who did 628.2, Matt Lamarque of California was 3<sup>rd</sup> with 617.2. At 220, George Soto elevated a 650.2 for the world title. At 242, Evandro Casagrande of Brazil set a National Record 705.2 and was drug tested. At 259, Kari Pontinen of Finland took Gold with a 705.2. At Super Keoni Reich set a world record with 756.1. David Edgell was 2<sup>nd</sup> with a 688.7 Utah record.

In Master 47-53 deadlift, Ron Garofalo of Colorado who coaches Team Virtus pulled a huge 661.2. Two years ago, he ripped up 700.8 at 181. At 198, Eddie DiFruscia of New Hampshire won Worlds with a state record 655.7. Eddie has won at least 6 world titles. Russ Clark of Colorado was 2<sup>nd</sup> with 644.7. Eddie was drug tested. At 220, Al Bianchi pulled 672.2 which was good enough for a world title and a Massachusetts record. At 242, Tim Sparkes beat out a field of six with a 672.2 Arizona state record. At 259, Ron Harlow pulled 666.7 for a world title and at 275, Patrick Holloway pulled 826.5 for his 7<sup>th</sup> world title. Terry Putnam was 2<sup>nd</sup> with a respectable 683.2. Patrick weighed 268 and was drug tested. He has passed 5 drug tests and is obviously a world class deadlifter. His best pull is 854 at 266 lbs.

In the master 54-60, Dean Kaneshiro of Hawaii was inducted into the WABDL Hall of Fame and won his 8<sup>th</sup> World Title with 545.5 at 148. At 165, Fulton White beat a field of 4 with 567.5 and his 7<sup>th</sup> world title. At 181, Leaman Woodley who is in the Hall of Fame, pulled a huge 667.8 for his 9<sup>th</sup> world championship. At 198, Jody Woods and Tom Eiseman battled it out with Jody winning 655.7 to 650.2. Tom pulled 705.2 but the lift was turned down. He wasn't quite locked out. At 242, Mike Frizzell pulled 607.3 for an Illinois record and the pace setter for a field of 4. Mike was drug tested mainly because of his 551 bench press.

In 61-67, Eddie Morgan pulled a very respectable 622.7 at 237.2. In 68-74 / 165, Martin Montgomery pulled a 451.7. Martin will be inducted into the WABDL hall of Fame for 2015. In 75-79 / 132, 78 year old Precious McKenzie pulled a world record 380.2 and was inducted into the WABDL hall of Fame. Precious was also inducted into the IPF Hall of Fame and the British Weightlifting Hall of Fame. He competed in 3 Olympic Games. He is from Auckland, New Zealand and brought other team members with him to compete at worlds. Next year, Precious says he is bringing many more lifters and will have a team next year also. In 75-79 / 198, 77 year old John Herbein, a retired Navy captain who graduated from the naval Academy pulled a Pennsylvania record 403.3, only 21lbs from the world record. John is also in the Hall of Fame and won his 7<sup>th</sup> world title. In the 80-84 / 165, Bill Tinkler of Florida set a world record 354.7, a huge lift for his weight and age group.

In Open 165 deadlift, there was a hotly contested battle with Edwin Manmano doing 655.7 for the world title and Anthony Low coming in 2<sup>nd</sup> with 633.7. Derrick Martini was 3<sup>rd</sup> with 622.7. Manmano and Low both train at the Wailua recreation center on the North Shore of Oahu and martini is from Wisconsin. At 198, Romar Lagamo of Hawaii pulled an incredible world record 777, which was a bigger co-efficient than Jerry Pritchett's 903. Romar was drug tested. Evandro Cadagrande of Brazil was 2<sup>nd</sup> with 705.2. At 259, Travis McCormick set a world record 782.5 on an opener! Kari Pontinen of Finland was 2<sup>nd</sup> with 705.2 and Alex Miqueloni Fracola of Brazil was 3<sup>rd</sup> with 661.2. At 275, Patrick Holloway did an easy 826 and missed 860 at his knees. At, Super, Andreas Stahlberg of Finland set a Finnish record with 727.5. He is a lifter for the future at 6'4" and 322lbs. and no fat.

In Submaster men at 161.8lbs, Ryan Snelling set a Missouri and world record 622.7 at the 165lb weight class. He has attended 15 world championships and won 25 in teenage, open and submaster in the deadlift. At, 132, Jonathan Rosete and Rodell Esteban both set world records with Rodell winning the world championships and Jonathan ending up with the world record 469.3, Rodell did 468.2. Ben Deghan of Washington out pulled a field of 6 in 181 with a 551. At 220, Ira Kekaulua of Oregon beat Miguel Chain Junior from Brazil 650.2 to 617.2. At 242, Omar Antila pulled a big aggressive 727. At 259, Travis McCormick set a world record 782.5 on an opener.

In teen men, Cyrus Jumalon of Hawaii set a world record 314 in 12-13/123. He weighed 118. I used to train at Cyrus father's uncle's gym in Hawaii called George Perry's Gym. At 14-15/132, Mason Nakamura set a world record 424.2. He had set 4 world records in the 12-13 age groups. Wesley Luce of Texas set a world record 526.8 in 14-15/220. In 18-19/148, Thomas Wilson of Utah set a state record 451.7 and in 18-19/220, John Weiss set a Colorado record 523.5.

In Men's bench press, the most impressive bench in class 1 was Ryan Marble, with a Utah record 502.6 at 198. Ulrich Zamora of Nevada put up an easy 551 at 242 for a state record and Colby Ballinger at 6'6" did a very impressive 573 in double ply at 275.

In Disabled 1, Scott Rickford paralyzed from the waist down got a world record 363.5 at 173.8lbs. He had the same weight slam into his stomach but he came back and put it up easily. A great recovery after a traumatic experience.

In junior men, Dinesh Mangra of New York got a state record 363.7 at 148 in double ply. At 181, Jacob Rogers slammed 429.7 for a Oklahoma record. At 198, Edgar Garcia Sierra of Oregon set a state record 451.7 and at 220, Seppo Juntilla of Finland was the world champion with 540. At 242, Seth Reed coached by Al Stork, put up a huge 650.2 at age 20 in double ply for a world record. At 259, Palli Peltonen of Finland set a world record 573 in double ply. At 275, Colby Ballinger set a California record 573 in double ply.

In Law/Fire 40-47 supers, Keoni Reich at 6'5" set a Hawaii record 622.7. In Law/Fire 48-55 /220, Joe Gardner of Illinois set a world record 545.5. In Law/Fire 48-55 275, Darren Kaleleiki of Hawaii set a world record 612.8. He also won the worlds in Law/Fire Open. In Law/Fire 56-63 / 242, Mike Frizzell of Illinois set a world record 551. In Law/Fire Open 198, Richard Derengowski set a world record 567.5 and is ranked at 198 in regular open all time #5.

In Law/Fire Submaster, Chad Bertelmann was alien like with a 661.2 weighing 218.2 for a world record. He was drug tested. In Master men 40-46, Rob Gologano of Maine got a world record 734.1 at 242. He is getting very close to Elite. At 181, Valentino Plummer had a huge co-efficient world record 551. At 259, WABDL hall of Fame James Hunter got a California record 735.2. At 275, Joey Murphy of Georgia got 705.2 and Dave Forstner got a Michigan record 644.7.

In 47-53, Bill Welch of Tennessee tried twice to finally get a 699.7 state record at 308. Tony Coduto of Illinois beat a big field at 198 for the world title with 523.5. He holds the world record at 584.

In 54-60, Jody Woods was the star of the class with 479.5 at 198 but his brother Jeff finally beat him with 501.5 in 47-53 /198. Two other stars of the 54-60 were Ed Macauley of Oregon with 584 at 242 for a state record and Will Crossen Jr. who holds the world record at 275 with 705 got 683.2 this time. That is unbelievable weight for a 57 year old.

In 61-67, the two stars were Perry Plush coached by Joe Head with a world record 380.2 at 181 in double ply at 220 and Dan Swift who got 468.2 at 220. Dan holds the world record at 507. Dan is an ex-Marine and is in the Hall of Fame. Perry will go into the Hall of Fame next year. He was supposed to go in this year but couldn't accept his award due to travel complications.

In 68-74 master bench press, Bryan Yager at 132 set a world record 275.5. Daniel Hofeditz set a world record 330.5 in double ply 198 to edge out Al Franke who also set a world record 311.8. At 220, Al Williamson, a WABDL Hall of Famer set a Wisconsin record 343.7. At 242, Daniel Smith III, at age 70 did

a raw lift of 352.5! He's an ex-Marine and served two tours in Vietnam and saw extensive combat. He served 28 years in the marine corp. At 259, Ed Acey of Utah set a world record in double ply with 352.5. Gary Witzel of Washington and Arnold Perez of Hawaii set world records of 253.5 at 165 and 234.5 at 181 respectfully in double ply.

In 75-79, Bill Prince at age 77 pushed up an eye opening 297.5 at 180.4 lbs. Bill still rides Harleys. In 80-84, John McEwen, a retired Colonel in the Air Force set a California record 210.3 at 181. In 85-89, 87 year old Walter Richter set a world record 253.5 at 237lbs!!

In Open men, Jason Arnold of California reigned at 148 with 363.7. At 165, there were 3 bombs and Will Crossen III was still standing with 474.8 for a Washington record and a world title. At 198, Matt Lamarque was an easy winner with 589.5 in a field of 8. Matt is in the WABDL Hall of Fame. At 220, Coby Washburn of Texas set a Texas record 578.5 to beat lifters from Finland and Brazil to win worlds in single ply. In double ply, Ken Millrany punched out a 622.7 to win worlds at double ply. He's in the WABDL Hall of Fame and has won 9 world titles. At 242, Rob Golgano beat a field of nine with an eye opening 734.5. Brant Bishop hit a 567.5 in double ply for the world title. At 259, James Hunter set a world record 735.2. He has set at least fifteen world records. At 275, Tim Moon hit 727.5 for the world title and he was drug tested. At supers, Scott Bromeisl won in single ply with 617.2 and Gary Shim won in double ply with 650. Tiny Meeker had been to at least 6 meets this year including trips to Russia and London and he was worn out. He opened with 920 and was close on his 3<sup>rd</sup> try. He's done 1102 in a multi-ply open back shirt.

In submaster bench, Chad Bertelmann of Hawaii set a world record 661.2 in double ply and Coby Washburn was the winner in single ply with 578.5. At supers, 461lb. Christopher Sutton of Texas opened with 744 and won his first world title.

In teen men, in 14-15 / 165, Karter Brachear of Illinois set a state record 297.5. He's set 16 world records in 12-13 and 14-15. In 16-17/114, Michael Saldivar set a world record 293.1. He's coached by Tiny Meeker. Michael is in a wheel chair and is an inspiration to everyone. Camryn Knox also coached by Tiny Meeker also set a world record in double ply 16-17/165 with 385.7. Giovanni Golgano of Maine set a state record in single ply 16-17/165 with 352.5. In 18-19/super, Slade Murrell set a world record in double ply with 468. He weighs 347 lbs.

The Ekahi team from Hawaii won the team world title in the Open division and Brian Kaczmarzskis High School Team from New Richmond, Wisconsin won the teen team title.

The new inductees into the WABDL Hall of Fame were: Precious McKenzie of New Zealand, Tatu Avola of Finland, Jani Ihalainen of Finland, Kim Paivoke of Finland, Dean Kaneshiro of Hawaii, Tom Eiseman of New Jersey, Rick Hagedorn of Alabama, Bobby Driskill of Alabama, Brent Howard of Nevada, Steve Pena, a blind lifter from California, Sam Pectol of Oregon, Dean Munsey of Oregon, Alfredo Evangelista from Oregon, Frank Wakakuwa of Hawaii, Sherry Abblett of California and Jon Wolbers of Canada.

I want to thank our staff that made this 18<sup>th</sup> WABDL Worlds possible. First, Gary and Elma Thomas who both ran the weigh-in room for a few days and did the computer work to enter lifters who weighed in, so their hours were 10a.m. until midnight from Monday, November 17 to Sunday, November 23. Also Dave Edmondson who judged for 6 days, worked in the weigh-in room and brought 3,000 lbs. of equipment. He loaded it at his house, unloaded it at the meet, loaded it back up at the

meet and unloaded it at his house – bars, kilo set, warmup weights, bench, staging, judging lights and rubber mats. Al Stork relieved the night watchman every morning between 2:30 and 3:15 a.m. and then put out 1100 trophies as well as helped setup the main stage and warmup area. He also helped at the door and helped with weigh-ins on Monday and brought the bar load program. Colby Ballinger brought two benches and trophies and supplied the spotter loaders. Jeff Kats, Jeff Smith, Destry Brown and himself. Wyatt Dickinson was the night watchman and Shahid Shabazz also helped spot-load.

The judges were Dave Edmondson, Neil Heisick, Don Miskinis, Dean Munsey, Jim and Shawna Sheffield, Gary and Martha Shim, Jim Presley, Gordon Santee, Jim Snodgrass and Diana Sutton.

Gary miller brought the main stage bench for the competition and lots of weights, plywood and rubber mats. Gary was weigh-in supervisor. Eric and Melissa Zumwalt were also supervisors in the weigh-in room. Lisa Wheeler, Gus Rethwisch and James Green were the MC's. Score keepers were Don Miskinis, Lynette Green, Martha Shim, Lisa Wheeler, and Gus Rethwisch. Helping pass out trophies were Rebekah Schmidt, Jim Presley, Peach Presley and Karen Campbell. Dennis and Rebekah Schmidt worked the weigh-in room for 4 days. Computer warm-up facilitators were Don Miskinis, Brant Bishop, and Jocelyn Ronolo. Bar load program was operated by Shawna Sheffield, Karen Campbell and Cynthia Miller. Martha Shim filled in for both the bar loader program and computer facilitator. Dr. Mark Webber and Dave Edmondson did the drug testing. Mark was also the official medical staff with Dave Edmondson.

Dave Palmer did an excellent job in providing the live stream. Dave Constantineau was door security for 5 days from 8a.m. to 6:30 p.m. The ticket booth and t-shirts were sold by Linda Meade, Lisa Leong and Teresa Plowman.

Our sponsors were Brian and Denise Welker of Sugar Land, Texas, Ken Anderson of Anderson Powerlifting and Pete Alaniz of Titan Support Systems. Tiny Meeker operated the GLC2000 booth owned by Shawn Madere. Craig Bitton operated the Body Evolution booth and Keith Lemm was the operator of the CSS photo booth. Individual sponsors are Coby Washburn, David R. Smith, Matt Ogurek and Reid Solar. All of the benches for the contest were made by Forza and the kilo set on the main stage was made by Ivanko.