

WABDL Northwest Regional Bench Press and Deadlift Championship  
June 6, 2015 Valley River Inn Eugene, Oregon

The hotel is famous for hosting Elvis Presley, Willie Nelson, and Madonna among others. It's in the biggest shopping center in Eugene. Fifty-eight lifters signed up.

In the Bench Press World Records were set by Alisha Howard with 336 in both Submaster & Law/Fire Open. Will Crossen III 503.7 in Submaster 165, Shun Talmadge 353.6 in Teen 14-15 Super, and Joe Beteta 391.2 in 68-74/198 double-ply. Alisha Howard was also very impressive with a 485 World Record Deadlift, which is a big time total of 821. I've witnessed some of the best female lifters on the planet over the last 3 months.

Continuing with the Bench Press Valentino Plummer got a 556.5 at 47-53/181. He holds the World Record with 584. Terry Luehrs is his coach. Terry has trained numerous WABDL World Record holders in the Bench Press over the last 22 years. Michael-Jon Hartley smoked a 534.5 bench raw at 340# and pulled a 672 Raw Deadlift in his 1<sup>st</sup> contest. He has trained for 15 years. He also passed his drug test. He had room for a 550 raw bench. I don't believe there are more than 40 lifters in the world that can do a 550 raw bench and be drug free. Ed Macauley got a 551 bench at 54-60/242. He has set 8 WABDL World Records in the last few years and he and his wife Andi train and compete together.

Moving on to the Deadlift Holly Garner set a Submaster/220# World Record with 512.5. She competes in Strong Woman and is truly one of the strongest women in the world. She passed her drug test. Other World Records in the deadlift were Travis McCormick 783.6 in Submaster and Open 259. Travis is ready for 800, he also worked extremely hard picking up warmup weights and benched from a local club and setting up the warm up platforms and main competition platform. Shun Talmadge set a World Record 523.5 in 14-15/Super and Dawane Harris set a World Record in disabled 2 40-59/275# with 556.5. He's missing and index finger on his right hand. Omar Antilla pulled 738.5 in Submaster 242 about 17# shy of Travis McCormick Oregon record of 755. In Push Pull Kegan Engelke set a World Record 1213.3 with a 557.6 bench and a 655.7 deadlift. In Submaster 259 Josh Fales set a State Record for Oregon in Submaster 181 with 969.7 weighing 177. Dan Guches set a Push Pull World Record of 865 in L/F 48-55/198.

I want to thank Travis and Christie McCormick for making the meet possible. Joe Fernandes and Jennifer Taylor brought equipment 100 miles. The spotters were Kyle Hite and Darren Knight Christi McCormick took tickets and Diana Sutton was the scorekeeper. The judges were Don Frosland, Dean Munsey, Terry Luehrs, Dan Guches and Gustavo Warrington.

I want to thank our sponsors Brian and Denise Welker of Welker Engineering, Ken Anderson of Anderson Powerlifting, Pete Alaniz of Titan Support Systems, Shawn Madere of GLC 2000... the best joint formula on the planet. Keith Lemm of CSS Sports the Official Photographer, Chet Groskreutz of Ivanko Barbell, Neal Spruce and Odd Haugen of Dot Fit Reid Solar, Coby Washburn, David R Smith, Matt Ogurek and Leonard Pokora.