

The National Push Pull Championships were held at the Sheraton Crescent in Phoenix on May 23, 2015. Seventy six lifters attended.

In Push Pull Justin Bennett totaled 903.7 in class 1 - 242 for an Arizona record; Pamela Michaels totaled 352.4 in Class 1 - 165 for a Washington record. In Junior Super Devin Del Vecchio set a World Record 865 total. In Open 198 Matt Lamarque totaled 1171.8 shy of Jody Woods World Record; In 14-15/165 Trey Sheppard set a World Record 773.7. Daniel Hernandez in 16-17/220 got a World Record 777. Daniel won the 2A Arizona State wrestling Championships this year as a Junior. In the Deadlift, Makala Davis set a World Record 457.2 in Junior Super. Suzanne Davis set a World Record 435.2 in Open 123 with the highest coefficient ever for a woman – 400. Joanne Vargas pulled a State Arizona Record 413.2 in Open 165. Sophia Hussary pulled 424.3 at Open 181. All of those women are coached by Tim Sparkes who got a World Record 706.3 in 47-53. Tim and Suzanne Davis were drug tested as well as Mike Desrosier. Mike pulled a 628.2.

In Law/Fire 56-63/148 Deadlift Gary Miller ripped up a World Record 402.2 In Master 40-46/198 Matt Lamarque pulled a California State Record 623.8. Rebekkah Schmidt weighing 149 pulled a World Record 474.8 in both Open and Submaster. She was tested in Wisconsin Dells on April 11 and passed. In 14-15/165 Trey Sheppard set a Texas Record 507. In 14-15/220 James Thompson set an Arizona Record 446.2.

Moving on to Bench Press Freddie Evangelista of Oregon put up a 473.7 at age 54-60/165. Matt Lamarque popped on easy 584 in 40-46/198. Both Freddie and Matt are in the WABDL Hall of Fame and have been lifting in WABDL for 19 years.

Best lifter awards in the bench went to Nida Namathep with 181.7 at 148# in Class 1 women, Romy Brubaker 104.5 World Record at 75-79/148# in Master Women, Trey Shepard 275.5 at 14-15/165# for Teen men 12-15, Eric Nieves 352.5 at 16-17/220# for Teen Men 16-19, Lance Biggs 418.7 at Class 1/242# for class 1 Men, Matt Lamarque 584 at Open/198# for Open Men, Eric Patterson 451.7 at 40-46/275# for Master Men 40-46, Freddie Evangelista 473.7 at 54-60/165# for Master Men 47-60, Charles Folinus 314 at 61-67/220# for Master Men 61-67 and Daniel Hofeditz 286.5 World Record at 68-74/181 for Master Men 68+.

I want to thank the Judges Jim and Shawna Sheffield, Pat Holloway and Jim Dainty. Mike Desrosier brought the spotter loaders. Jerry Pritchett supplied the weights as well as Lawrence DeAlva. Pat Holloway lined up sponsors and he and Jerry Pritchett set up the competition and warm up area.