

WABDL North American Bench Press and Deadlift Championships
March 14, 2015 Shilo Inn Portland, Oregon

There were 108 lifters gathered and a lot of records fell. In Push-Pull 4 World Records were set by Bill Splawn with 898.2 in L/F 40-47/259#. Leamon Woodley with 975.2 in 54-60/181#. Elaine May with 346.2 in 54-60/198# and Kegan Engelke with 1191.3 in Submaster 259.

In the Deadlift, lifters from the Washington School for the Blind set ten World Records in disabled in both men & Women aged 13-19. The most impressive of the group was Ella Donaghey with a 220.2 deadlift at 121.8#.

In Junior 242 Danny Grigsby was spectacular with a World Record 745.1 and passed the drug test. Alisha Howard, a Police woman from Olympia was equally impressive with a World Record Deadlift of 462.7 and a World Record Bench of 325 in L/F open and Submaster in the 198# weight class. She passed her drug test; she only weighed 187.2.

In Master 47-53/123# Marc Morishige had been retired for 15 years and came back and set a World Record Deadlift of 468.2 in 47-53/123. He tried 501.5 but hurt his hamstring.

Joe Fernandez pulled 699.7 in 47-53/275 and Leamon Woodley a member of the WABDL Hall of Fame pulled 628.2 at 181 at age 57.

In Master women Judith Petray, who is a trial Lawyer, pulled a World Record 309.6 at 68-74/165#. Judy Madsen at age 77 pulled 236.7 at 160.6 for a World Record and at 85-89 – 87 year old Catherine Kuehn pulled a World Record 133.3 at 143.6#, those ladies really impressed me. At 148# Kimberly Phanthavong pulled a strong 374.7 up 20# from her previous best.

Moving on to Bench Press in class 1, Shayne Unea smoked 523.5 at 242 for an Oregon Record. Mathew Ross put up a World Record 309.6 in disabled 20-39/242#. Jon Wolbers of Canada set a World Record bench of 381.3 in L/F 64+/220# in double ply. Alisha Howard set a World Record bench of 325 in both Submaster and L/F open 198#. In 40-46/181 Valentino Plummer - coached by Terry Luehrs, blasted 584 for a World Record. At 40-46 256# Troy Chun put up 606.2 easily and at Super 40-46 Sam Aumavae had the highest bench with 782.5.

In 61-67 Willard Crossen Jr continues to amaze with an outer worldly 699.7 at age 61 for a World Record and Perry Plush was spectacular with 391.2 at 61-67/181# for a World Record in double ply. Will Crossens' 699.7 was in single ply. In Law/Fire 48-55/220# Brian Reynolds of Washington set a State Record push of 504.8.

In Master Women 47-53/165# & Open 165 Cindy Shockman set a World Record with an astounding 344.8. In 54-60/148 Nadine Brack set a World Record 242.5 and Pat Robey coached by Joe Head, put up a World Record 231.2 in 68-74/181 at age 72. Kegan Engelke set a Washington Record 556.5 at 259. In Teenage 14-15/148 Mason Nakamura set an Oregon record 264.5 as well as a World Record 452.8 in the Deadlift at age 14!

The Judges were Dave Edmonson, Terry Luehrs, Don Frosland Jr., Dean Munsey, and Diana Sutton. Gus Rethwisch was the M.C. Christy McCormick was the scorekeeper. Troy Pia was the platform manager.

I want to thank our sponsors Brian Welker of Welker Engineering, Pete Alaniz of Titan Support Systems, Ken Anderson of Anderson Powerlifting, Shawn Madere of GLC 2000, Keith Lemm of CSS Sports, Neal Sprue and Odd Haugen of Dot-Fit, Reid Solar, Coby Washburn, David Smith, Matt Ogurek and Leonard Pokora.