

WABDL World Cup Bench Press and Deadlift Championships Aril 11, 2015  
Chula Vista Resort Wisconsin Dells, Wisconsin

There was a record turnout for the event which has been held for 10 years – 130 lifters. In the Push Pull, Karen Campbell, coached by Al Stork, was phenomenal with a World Record Bench of 501.5 on an opener! She also pulled a 501.5 Deadlift. Her Push Pull is a World Record that will never be broken by anybody; 1003# in master 47-53/198 and open 198. She was given the first \$500.00 drug test in WABDL; there are 4 pages of results- she passed. Her deadlift; 504.8 at 181 is only ranked 10<sup>th</sup> in WABDL among women, so she is human.

The top ten female deadlift coefficients without regard to age are:

1 - Suzanne Davis 435.2 at 122# = 400.73    2 - Elizabeth Cabe 339.6 at 95# 385.95  
3 - Jane McCubbin 441.8 at 131# = 383.30    4 - Rebekah Schmidt 468.2 at 145.2# = 372.64  
5 – Anna Santiago Ordonez from Guatemala 330.5 at 95# = 369.4    6 – Cheryl Anderson 325 at 95# = 365.9    7 – Debbie Daminga 457.2 at 148.6 = 355.19    8 – Cindy Shockman 473.7 at 164.6 = 343.10    9 – Linda Barnes 325 at 103.8 = 341.25    10 – Karen Campbell 504.8 at 181.6 = 340.23  
Needless to say that is an impressive lineup of female Deadlifters. Then consider their ages – Linda Barnes 65, Jane McCubbin 55, Debbie Daminga 50, Karen Campbell 51, Elizabeth Cabe 46, Cindy Shockman 48, Suzanne Davis 45. (At the time they did the lift)

Moving on with Push Pull Dylan Price of Michigan set a World Record 944.4 in Junior 165. Lean Foss of Iowa set a World Record 506.7 at Junior 132, Gregory Kleyn of Illinois set a World Record 771.5 at 61-67/181. Deanna Cassata of Illinois set a World Record in Double Ply 40-46/132. Dave Forstner was huge with 1362 in 40-46 super. Heath Thiel of Wisconsin set a State Record 1041.4 in Open Super. Matt Krueger of Michigan set a World Record 1019.4 in Submaster 220. Marlene Wexler of Minnesota set a World Record 336 in 68-74/165. Karter Brachear of Illinois set a World Record 763.7 in Teen 14-15/181 and Ray Voight and Austin Schneider of Michigan set Junior/308 and Teen 16-17/181 with 997.2 and 771.5 respectively.

Moving on to the Deadlift Jade Socoby of Maine set a World Record 363.47 in Law/Fire Open 220. Willie McCoy of Omaha Nebraska after a 15 year layoff set a World Record 699.7 at 54-60/259. Karen Campbell set a World Record 501.5 in 47-53/198. Deanna Cassata set a World Record in Double Ply in Open 275 with 633.7. Dave Forstner pulled 700.8 at Super and he and James Guffy have been drug tested multiple times. Rebekah Schmidt of Minnesota set a World Record 452.8 in Submaster 165 and only weighed 150.6. Ryan Ratcliffe of Wisconsin set a World Record 600.7 at 16-17/308. Taylor Klemmensen of New Richmond Wisconsin was a machine and pulled a World Record 363.7 at 18-19/123. She is only 18 and that lift ranks her all time at #8 in WABDL.

In Super Janessa Sturtz of Minnesota set a State Record 352.5 at Super. She is coached by Jason Burgoon who brought 25 lifters. His right hand people are Dawn Bryant and Aldon Tibbs. Jason pulled 523.5 at 198 raw and he went 15# past his PR. Dawn set a Minnesota record 110 in Submaster women 148. Al Stork brought a team from Maine and won the Team Championship. Jason Burgoons teams finished 2<sup>nd</sup> and 3<sup>rd</sup>. There were 6 teams.

Moving on to the Bench Press Hall of Famer Tommy Harrison set a World Record 755 in Law/Fire 40-47/275. He is a Chicago Policeman and has been drug tested 6 times over the last 8 years. In L/F open 198 Richard Derengowski set a World Record 573, he is ranked 9<sup>th</sup> all-time at 198 in WABDL. Tony Coduto of Illinois set a World Record 585.1 in 47-53/198 and of course Karen Campbell set World Records in Open and Master 47-53 at 198# that will never be broken. Whether you count women that are drug free or aren't Karen is the best of all time in

any federation. Also Karter Brachear set a World Record 367 in 14-15/181. He has set a total of 25 World Records going back to age 12-13. And finally, Lauren Lugdon set a World Record in Double Ply bench with 252.4 in 18-19/181.

There were lifters from Nebraska, Iowa, Minnesota, Michigan, Illinois, Wisconsin, Maine and Massachusetts. 8 States in all.

The Judges were Jim Snodgrass, Dennis Johnson, Ron L'Huiller, Dave Constantineau, and Bob Vivier. Janessa Sturtz was the scorekeeper, Karen Campbell did the computer. Dan Pasholk and Madtown Fitness provided the equipment.