

Push – Pull

On Tuesday – Day 1 were master men and women 61+.

In 61-67/165 Freddie Evangelista of Oregon set a world record 925.7 in single ply. Freddie has possibly set more world records than anybody in WABDL. He has been competing in WABDL from the start in 1997. In 61-67/181, Gregory Kleyn set a world record with 799. Gregory has broken 7 world records in the deadlift. At 61-67/198, Charles McFarland of Oregon set a world record in single ply with 876. Charles has been deadlifting between 551 and 590 for over 20 years with numerous Law/Fire world records. In 61-67/220, Charles Folinus of Arizona set his 2nd world record in push/pull with 800.9 but then Jon Wolbers of Canada beat it with 903.7. In 61-67/242, Manny BurrueI set a world record 848.5. In 61-67/272, Alan Fraser of Las Vegas set a world record 765.7. Alan has lost 50lbs over the last 8 months and still is breaking records. Outstanding lifter for push/pull 61-67 was Freddie Evangelista.

In 68-74/123, Gary Nye Schwebs of Nevada set a world record 369.9. Gary is a descendant of James Warren Nye, the first Governor of Nevada and Nye County is the home of Alien Paranormal talk radio. The show is called, “Coast to Coast”. Gary is also the signature artist for the Las Vegas opera. Stefan Lemire of Utah set a world record 673.3 in 68-74/165. He was also outstanding lifter for push/pull 68+. In 75-79/198, John Herbein set a world record of 619.1. In 80-84/181, Cleophus Scrutchions set a world record 269.7.

In master women, Jill Porter set a world record 377.7 in 61-67/132. In 61-67/148 Carolyn Vanzlow Edgar set a world record 247.7. She could pass for 50 or less. She looks very youthful due to her exercise and lifting regimen. Pat Robey set a world record 484.7 in 68-74/181. Pat is in the WABDL Hall of Fame as is John Herbein, a retired Naval Captain and graduate of the Naval Academy. Also previously mentioned on Day 1 push pull results, Freddie Evangelista, John Wolbers and Manny BurrueI are also in the WABDL Hall of Fame.

On Day 2 push/pull was Disabled, Law/Fire and Special Olympics.

Mathew Holling set a world record 363.5 in Disabled 1 20-39/165. He is on Tony Kaim’s team out of Ontario, Orgeon. In Disabled 1 40-59/242, Steve Pena, who is blind, set a world record 1037.1. In Disabled 2 20-39/165, Chad McFarland set a world record 683.2. Will Beavers, in Disabled 2 20-39/220 set a world record 672.2. Vince Breaux in Disabled 2 60+/220, set a world record 898.2. Cassidy Bauer, in Disabled 2 20-39/148 set a world record 276.3. Jill Porter, who won the Joe Pablo Courage award, set a world record 377.7 in Disabled 2 60+/132.

In Law/Fire 40-47, Freddy Crosby set a world record in single ply with 947.7. In Law/Fire 40-47/242, he lifted Raw. Tommy Harrison, in Law/Fire 40-47/275 set a huge world record of 1234.2. He is also in the WABDL Hall of Fame. In Law/Fire 40-47/275 single ply, Bobby Gray set a world record 870.7 and he lifted raw before Tommy shattered it.

In Law/Fire 48-55/198, Dan Guches broke the world record by 1.1 lbs with 866.1. He was inducted into the Hall of Fame at this meet. In Law/Fire women 48-55/165, Gion Prevard set a world record of 517.7 She was one of about 13 lifters associated with the Chicago Police Department that Tommy Harrison brought to the worlds. Robin Martin of that same group set a world record 440.7 in law/Fire Women 48-55/220.

In Law/Fire men 56-63 /198, Charles McFarland set a world record 876. In Law/Fire 56-63/242, Mike Frizzell set a world record 1212.4. In Law/Fire 56-63/275, Jay Simmons set a world record 903.7. In Law/Fire 64+/148, Gary Miller set a world record 716.2. Gary has set as many as 8 world records in 3 weight classes in 3 weeks. He has a WABDL meet in Pahrump on February 27th at the Nuggett Hotel. He probably has the best unique trophies, great hotel and it’s only ½ hour from Las Vegas.

In Law/Fire Open 165# in Double ply, Eli Huizar Zuniga of Oregon set a world record 672.2. In Law/Fire Open 198, Ryan Marble of Utah set a world record of 1103.1. In Law/Fire Open and Law/Fire Submaster308#, William lee of Texas set a world record 1085 in double ply.

In Law/Fire Submaster 220,Nick Berriman in single ply set a world record 920.2. In Law/Fire Submaster 181# Women, Dana Barnes, another Chicago police woman that is in Tommy Harrison's group, set a world record 379.9.

On Day 3 Push/Pull was Class 1 Men and Women and 54-60 Master men and women.

In class 1/198, Preston Quinn set a Wisconsin record 1030.2. WABDL doesn't have world records for class 1. At 220, Michael Collins set a California record 749.2. At 242, William G. Caughey set a Utah record 688.4 and Harry Munro was second with a California record 545.4. At 259, David Palmer set a Maine record 1118.7. Preston Quinn was best lifter for Class 1.

In Class 1 women, Jeanne Morris set a California record 280.7 at 114 and Danielle Llamas set an Oregon record 468.2 and Delores Garcia Munro was 2nd with a California record 459.4. At 165, Victoria Osuna set an Oregon record 462.7. At 181 Millicent Jefferies set an Illinois record 484.7 and in 2nd was Pamela Michaels with a 391 Washington record. At 198, Felicia Thomas set an Illinois record 490.2 and at 221+ Kay Kadolin set a Washington record 534.2. Best Lifter for Class 1 women was Danielle Llamas.

In 54-60, Dave Constantineau beat Dee Vajgrt 716.2 to 557.3 at 148# with Dee's lift being a California record 557.3. At 181 Leamon Woodley set a world record 991.7. At 275, Jim Presley set a world record 1003 in double ply. In 54-60/Super, Joe Mickelson set a world record 1080. Leamon Woodley was best lifter for push/pull 54-60.

In women's 54-60 push/pull, Delores Garcia Munro set a world record 459.4 at 132. At 148 in double ply, Peach Presley set a world record 528.7 and was Best Lifter.

On Day 4 Divisions Contested were Open Women, Master 47-53 Men and Women and Submaster Men and Women.

In master men 47-53 at 220, Gary Gulseth of Wisconsin set a world record 1013.7 At 259, David Palmer of Maine set a world record 1118.7. Gary Gulseth was best lifter in 47-53. In women master 47-53 at 105, Yuxin Hao of Ohio set a world record 457.2. At 132, Ana Catia Portilho Couto of Brazil set a world record 578.4 At 165, Becky Mauney of Oregon beat Melissa Benson of Colorado 391.2 to 390.2. Both were state records. At 198, Felicia Thomas set an Illinois record 490.2. Best Lifter was Ana Catia Portilho Couto of Brazil.

In Open Women at 132, Ana Catia Portilho Couto of Brazil set a world record 578.4 and was also outstanding lifter for Open women. Rachel Strauss of Hawaii was 2nd with a state record 539.7. At 148, in single ply, Krystal Miller set a Nevada record 595 for her world title and Peach Presley set a world record 528.7 in double ply. At 165, Kyla McCarty, set a California record 403.3

In Submaster men at 165, Brian Mitchell set a world record 738.2 and was best lifter in Submaster push/pull. At 242 Jeffrey Mott of New York set a state record 771.2. At 275 Patrick Mitchell of Michigan set a world record 920.2. At 308 Joseph Giannetti of Arizona set a huge world record of 1245.5. Tarlus McDaniel of Texas set the world record of 909 before Joseph broke it. Tarlus ended up with a state record.

In Submaster women, Rachel Strauss must have miscalculated what she needed to break the world record of 540. She did 539.7 for a Hawaii record. At 148, Lynn Gilpin-Parks set a Wisconsin record 407.4 and at 221+ Michelle Garrett of Texas set a world record 479.2.

Day 5 Push/Pull was Junior Men, Master Men and Women 40-46 and Open Men.

In Junior men at 148 Wayne Schmitt of New York set a state record of 766 lifting raw. At 165, the best push/pull battle of the day took place. In 2nd place Dylan Price set a Michigan record 986.4 and

the world champion was Luis Alaniz with 1030.4 and a world record in single ply. At 181, Matt Griffin of Texas put together a world record 1079.9 that should be around for a while unless Matt himself breaks it again. In 2nd place was Andrew Vickery of California with a state record 771.2. At 198, Kevin Zybert of New York set a state record 854. At 308 Ray Voight of Michigan set a state record 1036 and at Super Devin Del Vecchio of Arizona set a world record 881.5. Best lifter for Junior was Luis Alaniz.

In Master 40-46 at 148 Chris Balanga set a double ply world record 832. At 198 Robert Miller of Texas set a state record 1041.4. At 242 there was another good battle with Joe Guerra of Texas beating Steve Pena of California 1041.5 to 1037.1 both of them were state records. At 259 Allen Heisler of Montana set a state record 991.7. At 275 Dawane Harris of Oregon set a state record 1135.2. Chris Johnson of Washing was 2nd with a state record 1074.4. At 308 in double ply Jeremiah Johnson of Utah set a world record 1234.4 – a very good total. Kevin Krauss was 2nd with a New York record 865. Best lifter for push/pull in 40-46 master men was Chris Balanga.

In master woman 40-46 in push/pull at 165 Wendy Hibbitts of Oregon set a world record 462.7. At 198 Donnie Rogers of Hawaii set a state record 479.2 with Olympia Soto the world champ at 600.4.j

In Open men Tanner Kennedy set a New York record 732.7 with Freddie Evangelista the world champ with 927.7 at age 62. At 181 Matt griffin was the world champ with a world record 1079.9 and Leamon Woodley of Washington was 2nd with a state record 991.7. At 198 Kevin Zybert of New York got a state record 854. At 275 in double ply Jim Presley got a world record 1003 and in Super Joe Mickelson got a Washington record 1080 at age 57. Best lifter for push/pull open was Matt Griffin.

On Day 6 Junior Women and Teen Men and Women were contested.

In Junior women at 114 Brooke Caraccioli set a world record 297.2. At 148 Natalie Caughey of Utah set a world record 429.5. At 165 Zena Kiyota set a world record 633.7. At 221+ Rachelle Meidinger of Montana set a world record 617.2. Best Lifter for Junior women push/pull was Zena Kiyota of Hawaii.

In Teen men 12-13 at 123 Kaison Uehara of Oregon set a world record 480.3. In Teen 14-15 at 181 Michael Berrian set a Colorado record 661.2. At 242 Noah Tibbetts set a world record 677.7.

In Teen men 16-17 at 148 Benjamin Boyette of Florida from Montverde Academy set a world record 682.9 and was Best Lifter in push/pull in 16-17 age group. At 165 Karter Brachear of Illinois beat Michael Megler of Montverde Academy in Florida 760.2 to 755. Both were state records. At 220 Alejandro Ruiz of Montverde Academy in Florida set a world record 876. At Super Fernando Cavazos of Texas set a world record 1002.9.

In Teen men 18-19 at 148 Sung-yueh Chang of Montverde Academy set a Florida record 627.9 and was Best Lifter for 18-19push/pull. At 181 there were no records set. At 275 Robert Cervantes of Texas set a world record 944.4.

In Teen Women at 12-13/123 Sophia Lamarque set a California record 220.2. In 14-15/114 Daniella Tipton of Idaho set a world record 347. In 14-15/181 Kristina Cavazos of Texas set a world record 396.7. In 16-17/123 Misty Prado of Texas set a world record 446.2. In 16-17/181 Emily Jondron of Texas set a world record 568.6 and Eda Hnatek of Texas set a world record 468.2 in 18-19/132. Best Lifter in 16-17 women push/pull was Misty Prado.

Concerning the choice of gear there was a grand total of 738 benchers and dead lifters. The lifters that wore single ply gear were 446 lifters, double-ply was 78 lifters and 214 RAW lifters.

In team standings, Matt Lamarque's Bovine Strength of Monterey California had 288 points. Joe Head's Team Headquarters Fitness of Seattle had 288 points also. One Tie-Breaker had Matt Lamarque's team ahead 297 points to Joe Head's team at 294. Another tie-breaker had Joe Head's team at 344 and Matt Lamarque's team at 342 so they both are co-world champions. "Bodies by Burgoon" with Jason Burgoon and Aldon Tibbs as team captains, was 2nd with 280 points. Willows Power masters with Manny Burruel was 3rd with 276 points. Smash City of Oregon with Jim Noblit was

4th with 272 points. Hawaii Ekahi was 5th with 256 and Texas Power Station of Houston was 6th with 252 points.

I want to Thank Gary and Elma Thomas who were battling some very tough times during the championships. Gary's Prostate cancer that was in remission for 7years mainly due to prayers, Jesus and the Holy Spirit and father has reared its ugly head. So it's back to the prayer board. That's why the meet results were later than usual to be on the web. Gary is taking chemo now but they are still doing their job and certificates should be in the mail by January 1st. They both worked from 9am to 1am 7 days in a row. I also want to thank Gary Miller who brought most of the weights and two Forza benches and helped set up the lifting stage and warmup platforms along with Al Stork, Jason Sacre, Dave Edmondson, Colby Ballinger and his spotter/loader crew. The spotter/loaders were Jeff Kats, Wyatt Dickinson, Tom Holman, and Jeff Smith. The announcers were Lisa Wheeler, James Greene and Gus Rethwisch. The scorekeepers were Linette Greene, Gus Rethwisch, Lisa Wheeler, Martha Shim and Shawna Sheffield. The computer warm-up room facilitators were Jocelyn Ronolo, Shawna Sheffield, Don Miskinis, and Martha Shim. The Bar Load Programmers were Dawn Sacre, Destianee Pakani, Karen Campbell, Martha Shim and Krystal Miller.

The weigh-in room staff was Dennis and Rebekah Schmidt, Gary Miller, Al Stork, Karen Campbell, Garrett Muro, James and Linette Greene, Gary and Martha Shim. The Live-Stream was done by Dave Palmer from Maine. The drug control officer was Dr. Mark Webber. Door Security was Al Stork and Dave Constantineau.

The Judges were Jim and Shawna Sheffield, Dave Edmondson, Gary and Martha Shim, Deron Agaran, Don Miskinis, Jim Presley, Jim Snodgrass, Ken Anderson, James Valmoja, Dean Munsey, Warren Orr and Steve Peterson.

Gus Rethwisch and Jason Sacre also brought equipment. Night Security was Freddie Evangelista who did a terrific job. Selling tickets and t-shirts were Teresa Plowman and Lisa Leong. Computer and meet preparations – Gary and Elma Thomas. This was the best staff I ever had. They all obeyed every request I had and then they all had initiative. Some staff members in the past meets have their own way of doing things which isn't always my way.

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