

WABDL Welker Engineering World Bench Press and Deadlift Championships November 17-22 Bally's/Paris Resort Casino, Las Vegas, NV

Five hundred twenty-five lifters signed up and five hundred five lifters showed up at the events center which was 40,000 square feet.

On Tuesday, **Masters 61 and Over Men and Women** competed. In **Master Men 61-67**, At 165, Freddie Evangelista who is in the WABDL Hall of Fame set a World Record bench press of 418.7 in single ply. Jody Fjelstad of MN set a world record in Double Ply at 165 with 336. At 220, Tom Gonnering of Alabama set a World Record 452.8 in Double Ply. At 198, Joseph Kim of Hawaii set a State Record 347 in Single Ply. All of those lifts were respectable and above for their age.

In Master Men 68-74: At 165, in Double Ply Bryan Yager set a World Record 297.5, Gary Witzel also set a World Record 265.6 in the same category before Bryan broke it. At 181, in Double Ply Daniel Hofeditz set a World Record 297.5. At 198, Robert Rudge benched 363.7 raw at age 70 weighing 195.4 an unbelievable raw bench for a 70 year old man. At 220, Dan Swift who is in the WABDL Hall of Fame benched a World Record 479.5 in Single Ply. Daniel Smith III benched a 341.5 raw weighing 231, both of those guys are combat veterans of Vietnam and both are marines.

Best lifters in bench were: Dan Swift 68-74 Heavyweight, Robert Rudge 68-74 Lightweight, and Walter Richter 75+ with a 225.5 raw bench at age 87 – a tremendous raw bench for a man his age. Freddie Evangelista was best lifter for 61-67 Lightweight, Tom Gonnering was best lifter 61-67 Heavyweight.

In the women's bench on Tuesday Betty Lafferty who is in the WABDL Hall of Fame set a World Record 150.9 in 68-74/105. She was also best lifter for all women 61+. Linda Barnes set a World Record 192.7 in 61-67/105. Jill Porter set a World Record 152 in 61-67/132. Leona Perez set a World Record 115.5 in 68-74/132 in Double Ply. Jill Porter also won the Joe Pablo Courage Award overcoming cancer, hip replacement surgery and other various injuries.

In Wednesday's bench press which was **Disabled, Special Olympian and Law/Fire**; there were 13 World Records set in Disabled with the most notable being Keith Stich doing 303 in 20-39/181. He has only one leg. Benjamin Bleskin who is paralyzed from the waist down did a tremendous inspiring 341.5 raw bench in 13-19/259, Brady Tanner who was equally impressive with a World Record 440.7 in 20-39/275. Brady is also a special Olympian who chose to lift in Disabled 2. Keith Stich is from Pennsylvania, Benjamin Bleskin is from Montana and Brady Tanner is from Kansas. Other Notable lifts in Disabled 2 were Joseph Pyle's World Record 451.7 in 40-59/275 and Vince Breaux's World Record 424.2 in Disabled 2 60+ in the 220 weight class. Vince will no longer be able to lift in Disabled 2 since his 424.4 is more than the World Record he set in April 2014 in Master 68-74 with 419.8. He had open heart surgery and has recovered nicely. Scott Dolan who had open heart surgery and had over 20 stents put in his heart set a World Record 336 in Disabled 2, 60 242# class. In Disabled 2, 60 Jill Porter set a World Record 152 at 126#.

In Law/Fire Bench in 40-47 - At 259, Chris Chopp of Utah set a World Record 545.5 in his 1st Worlds. At 275, Tommy Harrison who is in the Hall of Fame put up 672, his right forearm bone has been shattered

twice. Prior to that he had benched 815. Bobby Gray benched 369 raw at 270 and Brian Reynolds benched 507 at 220 in Single Ply. Eric Jones of Michigan set a State Record 419.8 in 48-55/275. In 56-63/242 Mike Frizzell set a World Record 600.7 in Single Ply 56-63/242 and has passed two drug tests. Manny Burruel set a World Record 286 in Double Ply in the same category. Manny was inducted into the WABDL Hall of Fame. He was also inducted into the USPF Hall of Fame and has been in the sport for 40 years. Jay Simmons set a Texas Record 490.5 in 56-63/275. In 64+ 148 Gary Miller set a World Record 341.4 in Double Ply. In Law/Fire Open 198 Ryan Marble was huge with a World Record 600.7 and passed his drug test. In Law/Fire Open 308 William Lee set a World Record 612.8 and passed his drug test. In Law/Fire Open 181 Donavin Bender set a North Dakota Record 352.5 and served 4 years of combat duty in the Army in Iraq and Afghanistan.

In Law/Fire Women Alisha Howard a police officer from Olympia Washington set a World Record 348.1 in Open 181.

The 3rd day of bench press was **Class 1 and Masters 54-60**. At 165, In Class 1 Robert Hutchens of New Jersey set a State Record 347. Nick Buck of Wisconsin was the World Champion with a 385.7 in Single Ply. In Double Ply Rich Michaud of Maine, trained by Al Stork, set a State Record 374. At 198, Preston Quinn of Wisconsin set a State Record 468.2 and was the World Champ. Pete Rumundo of New York set a State Record of 402. At 220 John Westleigh of Maine and trained by Al Stork was the World Champ with a 501.5 in Single Ply. At 242 Frank Powell of Oklahoma was World Champ with an Oklahoma State Record of 458.3 in Single Ply. In Double Ply 200 Will Potter of Washington was the World Champ with a State Record 341.5. At Class 1 259 Daniel Oldman of Idaho was World Champ with a State Record 556.5 in Single Ply and passed his drug test. At 259 Double Ply Mick Quilici of Nevada was the World Champ with a State Record 480.6. At 275 Marcus Ellison of Illinois set a State Record 380.2 in Single Ply for the world title.

In Class 1 Women – At 132, Dolores Garcia Munro set a California State Record of 148.7 but Lynn Puana of Hawaii was the World Champ with a 159.7 in Single Ply. At 148, Kayla Krueger of Wisconsin set a Single Ply record of 165.2 while lifting raw. At 165, Victoria Osuna of Oregon set a State Record 170.7 in Single Ply to win Worlds. In Double Ply at 165, DeAnna Dutton of WA set a State Record of 148.7 to win Worlds in Double Ply. At 181, Deborah Maxwell of California set a State Record of 154 to win Worlds. Millicent Jefferies of Illinois did a raw 148.7 to finish 2nd but took home a 1st place trophy. At 198, Destinee Pakani of Hawaii set a State Record 203.7 in Single Ply and was also very valuable all week long working the bar loader program and working as the computer facilitator. At 221, Tiffany Capouch set a Minnesota Record 159.7 and helped her team Bodies by Burgoon of Minneapolis come in 2nd place in the team standings which was quite an accomplishment since they beat teams from: Brazil, Finland, and Canada; Smash City of Portland Oregon, The Willows California Power Masters and Storks Power from Maine.

In Master Men 54-60 - Dave Constantineau won Worlds at 148 with 286.5 and was inducted into the WABDL Hall of Fame. Last year he was voted State Chairman of the Year and he has been in Powerlifting as a Judge and lifter for 33 years. At 181 Bob Levering set a California record 424 and won Worlds. Danny Winslow of Idaho was 2nd with a 396.7 State Record. Cody Evans of Texas won at 198 with 396.7. Joel Korotkin of California was 2nd with a raw 275.5. His wife lifts with him and they travel to a lot of

meets together. Mike Frizzell set an Illinois record 600.7 and keeps adding to his collections of World Titles. At 275, Jim Presley benched 501.5 in a Double Ply for a California Record. He's slowly coming back from shoulder problems and has benched 451.7, 473.7 and 501.5 in his last 3 meets. Joe Mickelson, the Washington State Chairman won Worlds in Super at Single Ply with 523.5 and he was inducted into the WABDL Hall of Fame.

In Women 54-60 - At 123, Martha Godinez-Shim benched a World Record 165.2 as well as Judge and Work at the score table all week. At 132 Delores Garcia-Munro won Worlds with a 148.7 in Single Ply and at 148 Double Ply Peach Presley put up a solid 225.7 she was close with the World Record of 237. Tierney Korotkin was pretty impressive with a raw 137.7 at 148 weighing 140. At 220 Susan Johnson of Hawaii set a World Record 203.7 in Double Ply and Gloria Caughey of Utah set a World Record 215.8 at 221+.

Best lifters in Bench for Day 3 were Nick Buck Class 1 lightweight, John Westleigh Class 1 Middleweight, Daniel Oldham Class 1 Heavy weight, Lynn Puana Class 1 Women Light Weight, Destinee Pakani Class 1 Heavy weight, Bob Levering 54-60 light weight and Mike Frizzell 54-60 Heavy weight.

Day 4 in the Bench Press featured **Master Men and Women 47-53 and Sub Master Men and Women and Open Women.**

In Master Men 47-53 – At 198, Patrick Rocha set a Texas Record 435 in Double Ply but Jim Noblit was the World Champ with 462.7. At 220, Tony Coduto set an Illinois Record 524.6 but Brian Reynolds was the World Champ with 507 because Tony didn't make weight at 198. At 259, David Palmer was the World Champ with a 501.5 Maine State Record. Going back to 220, Juha Pukkila of Finland was 4th with a 462.7 and at 242, Marcelo Schneider of Brazil set a National Record 407.7. At 308, Tim Moon of Georgia set a State Record 755 and passed his 4th drug test. John Stewart was 2nd with 705 and Warren Orr of Canada was 3rd with a Canadian Record 501.5. At Super Gary Shim in Double Ply set a World Record 664.5.

In Master Women 47-53 - Yuxin Hao of Ohio set a State Record at 105 with 181.7 and Ana Catia Portilho Couto set a Brazilian Record 170.7 at 132. At 165 Virpi Pukkila of Finland and Cindy Shockman of Oregon hooked up in their 3rd big bench battle with Virpi winning the meet with 347 and the World Record of 352.5 and she and Cindy both passed their drug test. Cindy set a World Record 348.1 that Virpi beat later with the 352.5.

In Open Women Ekaterina Romanova of Russia set a World Record 148.7 at 97# in Single Ply. At 105 Linda Barnes set a California Record 192.7. At 132 Rachel Strauss of Hawaii set a State Record 225.7 and Ana Catia Couto of Brazil was 2nd with a raw 170.7. At 148 Candice Kinney of Hawaii was the World Champ with 303. At 165 Virpi Pukkila of Finland was World Champ with 347 and in Double Ply Peach Presley was World Champ with 225.7 at 148. At 181 Elizabeth Couture of Massachusetts was World Champ in Single Ply with 264.5. At 198 Mary Denning of Washington set a World Record 292 to help Joe Heads Team Headquarters Fitness tie Matt Lamarques Team out of Monterey, California for 1st place. Joe Head's Team is out of Seattle. At 221+ Gloria Caughey of Utah set a State Record 215.8.

In Sub Master Men, At 148, Jake Fiscus of Oregon set a State Record 402.2 and Brian Mitchell of Idaho set a Single Ply State Record while lifting raw with 281. At 181, Will Crossen III was lifting large with a 523.5 in Single Ply. At 259 Eduardo Ribeiro of Brazil set a National Record 418.7 and at 275 Patrick Mitchell set a Michigan Record 440.7. At 275, Mike McElroy of Idaho benched 468 raw for his World Title, very impressive to bench that kind of weight raw. At 318, Joseph Giannetti set an Arizona record

Single with a stellar 518 raw bench and passed his drug test. At Super, Chris Sutton benched 777, the highest bench of the contest.

In Sub Master Women, Rachel Strauss set a Hawaii record 225.7 at 132#, and at 148 Lynn Gilpin-Parks set a Wisconsin Record 176. Nida Namathep of Arizona benched a raw 192.7. At 198 Alisha Howard set a World Record 348.1 in Single Ply and Mary Denning set a World Record 292 in Double Ply. Alisha is a Police Woman in the Olympia, Washington Police Department.

Outstanding lifters for Day 4 were: Tim Moon in Master 47-53 Heavy weight, Jeff Woods 47-53 light weight, Virpi Pukkila 47-53 Heavyweight, Yuxin Hao 47-53 Women Lightweight, Virpi Pukkila Open Women Heavyweight, Kandice Kinney Open Women Lightweight, Willard Crossen iii Sub Master Lightweight, Chris Sutton Sub Master Heavyweight and Alisha Howard Sub Master Women.

Day 5 Bench Press featured **Elite Open Men Junior Men, Master Men and Women 40-46 and Open Men.** In Elite Open the story was Donald Ramil of Hawaii with a World Record 563.1 to beat the legendary Kerwin Unten's World Record at 165 and he passed his drug test.

In Junior Men no World Records were set but at 148 Josh Sisneros set a California State Record of 331.6, Dinesh Mangra set a New York Record 380.2 in Double Ply, Dylan Price set a Michigan Record 402.2 at 165# and won Worlds in a field of 4. Jerame Dawley set an Oregon Record 358 for 2nd at 181 Matt Jones of Michigan did a raw 325 to beat, Andrew Vickery's shirted 308.5. Walter Kupihe of Hawaii popped a 600.7 at 308. Ray Voight of Michigan was 2nd with a Michigan Record 485. In Junior 308 Colby Ballinger put up a raw 424.2.

In Master Men 40-46 Bench, Chris Balanga of California set a State Record 330.5. At 165 David R. Smith of Texas blasted 518 in Single Ply. At 181 Chad Medina of New Mexico won Worlds with 358. At 198 in Double Ply Matt Lamarque who is in the WABDL Hall of Fame, set a World Record 578.5. At 220 Coby Washburn one of WABDL's sponsors set a Texas Record 601.8. In 2nd place was Brian Fahrenfeld with a New York Record 374.7. Brian brought 13 lifters from New York and New Jersey. At 242 Joey Murphy of Georgia set a State Record 633.7 and passed his drug test. At 275 David Lewis of Illinois won Worlds with 655.7 and passed his drug test. At 308 Jeremiah Johnson of Utah got a PR 600.7 in Double Ply for a State Record. At Super, 2 out of 4 bombed out – Tiny Meeker and Robert Vick bombed and Scott Bromeisl got 1 out of 3 attempts for a 584.

In Master Women 40-46 Donnie Rogers of Hawaii set a State Record 176.2 at 198 but Olympia Soto of California was World Champion with 231.2. Suzanne Davis of Arizona put up 181.7 raw weighing 121.4. Dayna Ng of Hawaii won at 148 with 165.2 in Single Ply.

In Open Men Jallel Fabro set a World Record 404.4 at 128.6#. At 148 Jake Fiscus of Oregon and Raymond Gallegos of California both elevated 402.2 but Fiscus was the lighter man. Sixty-one year old Freddie Evangelista won the 165# class with 418.7. Willard Crossen III of Washington won Open 181 with 523.5 over Daniel Sisneros who set a California Record 451.7 in Single Ply. At 198 Kim Paivoki of Finland won his 7th World Title with 496. At 220 Coby Washburn won his 2nd Division World Title with 601.8. Chad Bertelmann who benched 661 last year and passed his drug test had to settle for 2nd with 584. At 242 Ken Millrany who bombed in Master came back with a 617.2 Tennessee Record in Double Ply. Ken is in the WABDL Hall of Fame. At 275 Single Ply Norman Tavares set a Hawaii Record 585.1 and Daniel Oldham won at 259 with an Idaho Record 556.5. In Double Ply Jim Presley set a California Record 501.5 at 275. At 308 Tim Moon won with 755 the 2nd highest bench of the contest and he has passed 3 drug tests. At Super Scott Bromeisl won at Single Ply with 584 and Gary Shim of Hawaii won in Double Ply with 664.5.

Best lifters were Donald Ramil in Elite Open, Dinesh Mangra in Junior Lightweight, and Walter Kupihe in Junior Heavyweight, David R. Smith Master 40-46 Lightweight, Joey Murphy 40-46 Heavyweight, and Suzanne Davis Master Women 40-46 Lightweight, Olympia Soto Master Women 40-46 Heavyweight, Jallel Fabro Open Men Lightweight, Joey Murphy Open Men Middleweight and Tim Moon Open Men Heavyweight.

On Day 6 in the bench the **Junior Women and all Teenage competed.** At 97, Ekaterina Romanova of Russia was the World Champ with 143.2. At 148, Cristal Cabral set a Texas Record 225.7. At 165, Zena Kiyota of Hawaii set a State Record 264.5. At 181, Jessica Muscat set a Hawaii record 214.7 all in Single Ply. In Double Ply Kayla Sua won at 181 with 225.7. At 221+, Rachelle Meidinger set a World Record in Single Ply while benching a raw 265.6. She's a very solid 283 and is trained by James Greene who has been a raw lifter his whole life – 540 raw bench and 725 raw deadlift.

In Teen Men in 12-13 Kaison Uehara set a World Record 198.2 at 118#. **In 14-15** – At 114, Max Schierl set a Wisconsin and World Record 171.8 both of those lifters wore Single Ply. In Double Ply Seth Franke set a World Record at 132 with 159.7. At 165, Drayden Steel-Kawewehi of Hawaii set a State Record 303. At 181, Michael Berrian of Colorado set a State Record 281. At 220, Dahlton Franco of Hawaii set a State Record 270. **In 16-17** - 165 Karter Brachear set an Illinois Record 319.5. He has set over 40 World Records in Teen 12-13, 14-15 and now 16-17 in various weight classes in bench, deadlift, and push pull. Ziyang Xia of Montverde Academy in Florida set a Florida Record with 303 and his team won the Teenage World Championships. Cherokee Widner set a Virginia Record at 165 with 270. It's a Single Ply Record, but he did it raw. At 220, Alejandro Ruiz of Florida set a State Record 336.

In Teen Men 18/19 - At 114, Michael Saldivar, who is in a wheel chair, paraplegic, set a World Record 286.5. He is trained by Tiny Meeker. At 132, Jallel Fabro of Hawaii set a World Record 404.4 which pound for pound and age for age is phenomenal. At 259, Benjamin Bleskin did a 341.5 Montana Record as a paraplegic. At 275, Robert Cervantes set a Texas record 420.9.

In Teen Women Emily Jondron in 16-17/181 set a World Record 304.1 and Eda Natek set a World Record in 18-19/132 with 203.7 both in Single Ply and both are from Texas. In 16-17/123 Kali Schierl of Wisconsin beat Mindy Prado of Texas 203.7 to 170.7 and in 18-19/148 Sierra Johnson of Oregon set a State Record in Single Ply with 137.7.

Best lifters were: Junior Women Zena Kiyota, for Teen Men 14-15 was Drayden Steel-Kawewehi, Teen Men 16-17 was Karter Brachear, Teen Men 18-19 was Jallel Fabro and Teen Women was Emily Jondron.

Deadlifts Day 1 61+, In 61-67 Gary Miller set a World Record in Double Ply at 148 with 374.7. Gary did a tremendous amount of work bringing weights and working the weigh-in room. He also has a great meet with great trophies on February 27 in Pahrump, Nevada.

Freddie Evangelista pulled an Oregon Record 507 at 155#. Peter Assuma set a New York Record 358 at 220#. Charles Folinus set an Arizona Record 463.8 at 220 but Bob Hafner of Texas pulled an inspiring 501.5 with no room to spare for the World Title. At 242, Arkansas State Chairman Eddie Morgan pulled 606 in Single Ply. Manny Burrueel pulled a World Record 562 in Double Ply. Tom Matlock of Arizona was the World Champ at 259 with a raw 462.7 and Eddie Morgan's brother Tom was the World Champ at 275 with 451.7. They host the Southern Nationals in Jonesboro, Arkansas on February 27.

In Master Men 68-74 – At 165, James Christian, a member of the WABDL Hall of Fame attended his 17th World Championship winning his 12th World Title with a 418.7. Martin Montgomery was inducted into

the WABDL Hall of Fame on Friday Nov 20, but had a heart issue on Tuesday November 17 after pulling 407.7. He was taken to the hospital and had a stent inserted in one of his arteries. He had said he had pulled 475 in the gym.

Stefan Lemire of Utah was 2nd at 165# with a State Record 408.8. At 181, Robert Batko of Michigan pulled 457.2 for the World Title and Jack Rankin was 2nd with a Washington State Record 435.2. At 198, Al Franke set a World Record 330.5 in Double Ply. In Single Ply, W. Fred Rice was amazing with 529. At 259, James Hodges was Superman, pulling 666.7 at age 72 and passed his drug test. He pulled a World Record 705 at age 70 on February 22, 2013. At 275, Mike Fryar won his 8th World Title with a 518. He was also inducted into the Hall of Fame.

In Master Men 75-79, John Herbein, a retired Navy captain and a graduate of the Naval Academy pulled a Pennsylvania Record 404.4 at 198 to edge out Robert Andre of North Dakota who pulled 402.2. In 85-89, William Leedy was too good to be true with a World Record 352.5 at 191# at age 86.

In Master Women 61-67, Linda Barnes at 104#, age 64, pulled a World Record 325 in Double Ply. She is 4'10" tall and pulling more than triple her bodyweight. At 132, Susan Chioupek beat a field of 3 with 253.5. At 148, Carolyn Vanslow-Edgar set a World Record 154.2 in Double Ply. There are a lot of Double Ply Deadlift World Records for the taking since we approved Double Ply Deadlift and Squat suits a year ago. At 220, Sue Vaterlaus set a California Record 243.6.

In Master Women 68-74, Flo Robinson set a California Record 248 at 132 and Gerda Shupe set a World Record 326.1 at age 70. **Marlene Wexler, who won the Joe Pablo Courage award last year pulled 242.5 (in the wake of numerous cancer treatments)**, Pat Robey, who is in the WABDL Hall of Fame, pulled 264.5 at age 73 weighing 176. Carrie Reese, who is a retired lawyer and registered nurse, pulled a California Record 226.8.

Outstanding lifters on Tuesday were; William Leedy in Master 75+, James Hodges in Master 68-74 Heavyweight, W. Fred Rice in Master 68-74 Lightweight, Linda Barnes Master Women 61+, Freddie Evangelista 61-67 Lightweight and Eddie Morgan 61-67 Heavyweight.

In Wednesday's Day 2 Deadlift was Disabled, Law/Fire and Special Olympians.

In Disabled 1, 13-19 - At 123, Clarence Kehres set a World Record 225.7 which is very inspirational because he has extreme difficulty walking. Matthew Holling only did 77# but he is severely handicapped with his legs, and it was a World Record in **Disabled 1 20-39/165#**. Steve Pena, one of the strongest blind lifters in the world set a World Record 523.5 in **Disabled 1 40-59/242#**. Chad McFarland set an Oregon Record 440.7 at 165 in **Disabled 2 20-39**. Will Beavers, who almost died from Leukemia, and only cutting edge treatment from Stanford University saved him, got a 303 World Record in **Disabled 2 20-39/220**. One year ago he was in urgent care for one month and months straight in the hospital. Brady Tanner of Kansas got a 529. Vilmar Oliveira of Brazil got a 440.7 in **Disabled 2 40-59/181**. Vilmar is in charge of WABDL in South America. Reid Solar, a major sponsor in WABDL, pulled 562 in **Disabled 2 40-59/220**. He has had 2 hip replacements and one knee replacement. Duane Burlingame, who has attended WABDL meets in; Wisconsin Dells, Collinsville, Illinois, Minneapolis, Minnesota, Lansing, Michigan, and Toledo, Ohio, pulled 507 to finish 2nd to Reid Solar. Duane has also attended 8 WABDL Worlds. Dawane Harris, who is missing an index finger pulled 600.7 for a World Record in **Disabled 2 40-59/275**. Stan Miyahara from Nevada, Bob Hafner from Texas, Vince Breaux from Louisiana, J.P. Krachunis from California, Cassidy Bauer from Massachusetts, and Jill Porter from Texas all set World Records in **Disabled 2**.

In Law/Fire 40-47/242, Troy Fryar set a Washington Record 683.2. He is a Lt. Commander in the Coast Guard. He and his family surprised his dad Mike who had no idea he was being put in the WABDL Hall of Fame. Troy and his dad have been lifting together for 25 years. Larry Esquivel got a California Record 429.7 in **Law/Fire 48-55/165**. David Edborg got a New York Record 451.7 in **Law/Fire 48-55/198#**. Luis Fernando Meireles Dias of Brazil ripped up a 531.2 National Record in **Law/Fire 48-55/198**. Al Bianchi got a World Record 694.2 in **Law/Fire 48-55/220** and passed his drug test. He worked as a prison guard for 25 years and now has a great Personal Training business in Worcester Massachusetts. I picked up a couple of good tips from him on the deadlift. Lance Davis set a Utah Record with 501.5. **In Law/Fire 56-63**, Charles McFarland at 198 pulled 551. He's been pulling between 550 and 590 for 23 years, he is 61 now. William Denniston, a Michigan State Trooper, goes to many WABDL meets with his wife Karon. She has set many Michigan Records and Bill set a World Record 418.7 at 220. Manny Burruel, who entered a team called The Willows Power Masters, set a World Record 562 in Double Ply at 242. Mike Frizzell, who has been tested twice and passed, set a World Record 611.7 in Single Ply in at 242; Michael Johnson of California set a World Record 451.7 in Double Ply at 275. Jay Simmons set a Texas Record in at 275 with 413.2. **In Law/Fire 64+/148#**, Gary Miller set a World Record 374.7. John Wolbers of Canada who was inducted into the Hall of Fame last year pulled 540 in **Law/Fire 64+/220#**.

In Law/Fire Open, William Lee of Texas hoisted a 540 World Record at 308. He also got a World Record in **Law/Fire SubMaster**. Donavin Bender got a North Dakota Record 518 at 181. Ryan Marble got a Utah Record 529 at 198 and passed his drug test. He also benched 600 at 198. Troy Fryar got a Washington Record 683 at 242. In Law/Fire Open/165, Eli Huizar Zuniga of Washington set a World Record 396.7 and J.P. Krachunis pulled 232.3 for a World Record in Law/Fire 64+, 2 months after a serious stroke. The two biggest deadlifts in Law/Fire were done by Al Bianchi 694 and Troy Fryar at 683.

In Law/Fire Women, Gion Prevard set a World Record 286.5 in **Law/Fire 48-55/165**, and Robin Martin set a World Record 314 in **Law/Fire 48-55/220**. They are both trained by Tommy Harrison who won both **the Law/Fire 40-47** and **Open** with 562. He benched 672 and is in the WABDL Hall of Fame. Tommy and the two ladies are in Chicago Police Department. Dana Barnes set an Illinois Record 220.2 in **Law/Fire Sub/181#**. Nick Berriman pulled 507 at 211# in **Law/Fire SubMaster**.

In Special Olympian, Dylan Kuehl pulled 363.7 at 181 and Chloe Kaalund in **Special Olympian Women** pulled a California Record 304.1 at 194# a big achievement for Chloe.

Outstanding lifters were Reid Solar in Disabled 2, Gion Prevard in Law/Fire Women, Charles McFarland Law/Fire Masters Lightweight, Jon Wolbers Law/Fire Masters Heavyweight and Troy Fryar Law/Fire Open.

Day 3 of the Deadlift featured Class 1 and Master 54-60.

In Class 1 Men - At 165, Rick Michaud set a Maine Record 424.2. At 198, Antjuan Buffet was huge with a 629.3 Texas Record and Matt Collins got a California Record 451.7 in Double Ply. Rick Michaud was 2nd to James Lin of Washington who won the Worlds with a 440.7, Ben Dehgen slammed a very competitive 551 at 181 for his World Title and Collins and Buffett were World Champs in Double Ply and Single Ply respectively at 198. Preston Quinn did a raw 562 at 198 and took him a 1st place trophy but was 2nd in Single Ply results. Michael Collins set a California Record in Double Ply at 220. In Single Ply 220#, Adam Pixton of Utah, in only his 2nd meet, and only training for about 8 months, pulled 600.7 to beat a field of 6 that was very competitive. John Westleigh of Maine, Bradley Hosley of Utah, and Marks Lobostrie III of Texas pulled 585.1, 584, and 551 respectively. At 242, Dennis Schmidt missed 612.8 and then came

back and made it to beat a field of 4. At 259, David Palmer of Maine beat a field of 4 with a ripped 612.2.

At 275, Jason Sacre of Utah, who has only been powerlifting for 20 months, pulled an explosive 650 raw for his World Title. He had room for a 665 or better. His competition, Marcus Ellison of Illinois and Gene Cameron of Arizona, also lifted raw and set State Records of 606.2 and 601.8 respectively. At 308, Tarlus McDaniel of Houston Texas was the World Champion with 589.5 and he bought 13 lifters for his team Code Red.

In Class 1 Women, Rebecca Moore pulled a Washington Record 236.7 and a World Title. Danielle Llamas of Oregon set and Oregon Record 314 at 132 to beat a field of 6 for the World Title. Lynn Puana of Hawaii pulled 297.5 with aggression. Michelle Kahakalau of Hawaii pulled 270 and Ardith Stitt of Utah pulled 256.6, all of them State Records. Susan Chioupek of Washington pulled 253.5 for a Washington Record and Mitzy Hurtado pulled 242.5 for a Texas Record. All of those lifters were Single Ply, except Ardith Stitt, who was raw. At 148, Kayla Krueger from Wisconsin was World Champ, with a raw 325. At 165, Briana Lacy of Arizona was World Champ with a 308.5 raw pull. Deanna Dutton pulled a Washington Record 303 and Victoria Osuna pulled an Oregon Record 292. At 181, Millicent Jefferies won Worlds with a 336 Illinois Record, and she pulled it raw. At 198, Linda Gerking of Washington ripped 375.8 with room for 15 more. Felicia Thomas set an Illinois record in Single Ply with a raw 352.5. At 220, Jescella Durr of Illinois pulled raw and set an Illinois record 402.2. Millicent, Felicia, and Jescella are all trained by Tommy Harrison and they are all from Chicago. Tommy brought 14 lifters from 'the Windy City'. Scharlotte Spencer of Texas pulled a State Record 341.5 to come in 2nd to Jescella. At 221+, Tiffany Capouch has improved dramatically due to the training of Alden Tibbs and Jason Burgoon and lifting raw beat the more experienced Kay Kadoun of Washington 347 to 341.5 for a World Title and Minnesota Record. Lakisha Campbell of Texas popped 330.5 for a State Record and 3rd.

In Masters 54-60 Men, James Valmoja of Hawaii was lifting large with a 512.5 World Record in Double Ply at 148#. In Single Ply, Dave Constantineau beat Steve Winslow 429.7 to 424.2. Dave is from Wisconsin and Steve is from Idaho. Dee Vajgrt of California set a California 320.6 lifting raw but finished 3rd to Dave and Steve. At 165, Fulton White won Worlds for the 7th time with a 545.5 weighing 161. At 181, Leamon Woodley, who is in the WABDL Hall of Fame won his 11th World Championship with a 655.7. It was his 15th Worlds that he has attended. Danny Winslow was 2nd with an Idaho Record 501.5. At 198, Kevin Dunford from Canada won his 1st World Title. At 220, Reid Solar of Arizona pulled 562 in Single Ply, Duane Burlingame of Illinois was 2nd with 507 and Jim Curley of Colorado was 3rd with 501. Pete Diaz of New Jersey set a State Record with 473.7 and won a 1st place trophy because he lifted raw, but finished 4th in the actual meet results. Gene Wenzel of Ohio pulled 402.2 but Gene's claim to fame is that in the last 6 years he has gone to more WABDL meets than any WABDL lifter – 29 meets. At 242, Mark Vainas of Massachusetts hoisted 479.5 to win Worlds and at 275 Ted Stewart was the World Champion with 485 with his 5th World Title and 12th Worlds attended. At Super, Joe Mickelson was the World Champ with 556 – his 9th World Championship and 13th Worlds.

In 54-60 Women, Karon Denniston set a World Record 214.7 at 123# in Double Ply, weighing 118. In Single Ply, Martha Godinez-Shim set a Hawaii Record 306.3 in 123#. Lori Robinson of Minnesota set a State Record 236.7 weighing 115#. At 132#, Jane McCubbin of Wisconsin pulled a phenomenal 424.2 at 130.8# at age 56. Delores Garcia-Munro set a California Record 310.7 to come in 2nd. Ardith Stitt set a Utah Record 254.6. In Double Ply 148#, Peach Presley set a World Record 308.5. In Single Ply, Marsha Goodman pulled 253.5 raw for the World Title. At 165#, 181#, and 220#, Deanna Dutton of Washington, Margie Huston of Washington, and Susan Johnson of Hawaii, pulled 303, 325, and 363.7 respectively to win their World Titles. Susan Johnson's 363.7 was a World Record in Single Ply.

Best lifters for Day 3 were; Class 1 Men Lightweight – Ben Dehghan of Washington with 551 at 172.8, Class 1 Men Middleweight – Antjuan Buffett of Texas with 629.3 at 197.2, and Class 1 Men Heavyweight – Jason Sacre of Utah 650.2 at 275.0, Class 1 Women Lightweight – Danielle Llamas of Oregon 314 at 128.6, Class 1 Women Heavyweight – Linda Gerking of Washington 375.8 at 193.6, Master Men 54-60 Lightweight – Leamon Woodley 655.7 at 178.8, Master Men 54-60 Heavyweight – () 562 at 213, Master Women 54-60 Lightweight – () 424.2 at 130.8, Master Women 54-60 Heavyweight – Margie Huston 325 at 179.2.

On Day 4 It was Open Women, SubMaster Men and Women and Masters 47-53 Men and Women and the Hall of Fame Presentation.

In Master Men 47-53, Eddie DiFruscia of New Hampshire pulled 644.7 at 198 in Single Ply to easily win his World Title and also win Outstanding Lifter in Lightweight. It was Eddie's 9th straight Worlds and he has won 6 of them. He is building a Hall of Fame resume. Keith Cunningham won 165 class with a 501.5 and Chris Goyes won 181 with 507. In Double Ply, Dave Franke of Nevada set a World Record 418.7 at 198#. John Westleigh of Maine won the 220 Class with a field of 5 with a 585.1 State Record. George Phipps of Nevada was 2nd with a 523.5 in Single Ply. George trains anywhere from 2-7 young men at any given time and brings them to Worlds. He also witnesses to them about Jesus Christ. At 242, Tim Sparkes set an Arizona Record of 705.2 to take the World Title. Robert Exum was 2nd with 622.7, he has done 700. Tim brought about 11 lifters from the Phoenix area. Marcello Schneider of Brazil set a National Record 573. At 259, Terry Putnam edged David Palmer 622.7 to 617.2. That was Terry's 12th straight World appearance and 9th World Title. He also has built a Hall of Fame resume. At 275, Patrick Holloway only got his opener at 782.5 before he hurt his hamstring. Patrick is a cinch for the Hall of Fame when his career is either over or on the down swing. At the present he is still capable of 832 to 859, his best is 854. Jesse Johnson of Utah pulled 556.5 in Double Ply at 275#. Jesse competes in Barbeque Rib contests and has finished 2nd in the Nation and is usually in the top 5 of all the major contests. I have been to his house for ribs – the best I have ever had. At 308, Gary Palumbis pulled 639.2 for a World Title and at Super Thomas Guiney pulled 578.5.

In Master Women 47-53, Elizabeth Cabe was spectacular pulling a 341.5 World Record at 95. In both **Open and Masters 47-53,** Anna Santiago Ordonez of Guatemala and Cheryl Anderson are 2nd and 3rd All Time with 330.5 and 325 respectively. Elizabeth is 47 and they were barely 30. That is a record that will never be broken, she obviously will be in the Hall of Fame someday. At 105, Yuxim Hao pulled an Ohio Record 275.5 at 132#. Ana Catia Portilho Couto of Brazil, set a National Record 407.7 at 129.8#. At 165, Cindy Shockman set a World Record 475.9 and passed her drug test. A phenomenal lift and she also has a Hall of Fame Career. At 123 and 148, Rebecca Moore and Kathy Caraccioli pulled 236.7 and 303 respectively to win their World Titles. Artemira Dede Sobrinho of Brazil lifted 440.7.

In Open Women, Linda Barnes set a California Record 325 at 105#. Valesca Cristina Rocha of Brazil set a National Record 330.5. Last year she pulled 360.2 at 114# in Masters 40-46 for a World Record. She weighed 109, which is a tremendous coefficient of 363.72 which ranks her 7th All Time in WABDL. #1 is Elizabeth Cabe at 384.56, #2 is Jane McCubbin at 381.18, #3 is Rebekah Schmidt at 372.64, #4 is Ana Santiago Ordonez at 369.40, #5 is Cheryl Anderson at 365.9, #6 is Debbie Daminga at 363.88, #7 is Valesca Cristina Rocha at 363.72, #8 is Cindy Shockman at 353.64, #9 is Linda Barnes at 347, and #10 is Karen Campbell at 340.25. At 123, Martha Godinez-Shim pulled 306.3, At 132, Jane McCubbin of Wisconsin out pulled Ana Catia Portilho Couto of Brazil 424.2 to 407.7. At 148, Kimberly Phanthavong beat a field of 5 with 363.7. Peach Presley won in Double Ply with a World Record 308.5 which exceeded her Personal Record by 33.5# in only her 3rd meet. At 165, Cindy Shockman set a World Record to beat a field of 5. At 181, Kayla Sua pulled 424.2 and was away from the sport for 4 years. At

that point she had pulled 435. She is capable of 500 within 18 months if she sticks with it. Sophia Hussary of Arizona pulled 429.7 raw for 2nd place. Artemira Dede Sobinho of Brazil pulled 440.7 raw at 181. At 198, Alisha Howard a Police Woman from Olympia, Washington won the World Title with a Washington Record 473.7. Irene Peterson was 2nd with a Massachusetts Record 353.6 and Amy Rudder was 3rd with a Tennessee Record 325. Sarah Hartman pulled 407.7 and Kirsten Shockman pulled 402.2 to finish 1, 2 in raw at 198. In the meet results Sarah Harman will be 2nd and Kirsten Shockman will be 3rd since the raw was for trophies only. At 220, Holly Garner pulled 479.5 raw and Megan Dutton of Texas pulled 374.7 in Single Ply. At 221, Makala Davis of Arizona set a State Record 458.3 in Single Ply but she lifted raw and Ashley Boykin of Illinois set a State Record 374.7 in Single Ply and she lifted raw.

In SubMaster Men in Double Ply, Ryan Snelling set a World Record at 165 with 600.7 and was inducted into the WABDL Hall of Fame. Romar Logamo at 181 set a Hawaii Record 727 in Single Ply and passed his 3rd drug est. Matt Krueger set a Michigan record 606.2 at 220. Brady Hosley of Utah was 2nd with 584. At 165, 198 and 242, Brian Mitchell of Idaho, Derek Kumagai of Washington, and Jesse Gavin of Minnesota were World Champs with 457, 462 and 473.7 respectively at Single Ply. At 259, Aldon Tibbs of Minnesota edged Eduardo Turrini Riberio of Brazil 473.7 to 462.7. At 259, Jason Sacre won his 2nd Divisional World Title with 650.2. Two women and two men flunked their drug tests at Worlds. One was from Finland and one from Brazil and two from the United States. Joseph Gianetti of Arizona passed his drug test with an Arizona Record 727.5. The person that beat him set a World Record but flunked his drug test. At Super, William Mott of Utah got 815 easily and almost made 826 but lost his grip at the top. Bill will do 30 sets of 5 reps in one workout. He passed his drug test which makes his lift all the more amazing. Harry Tyrvainen of Finland pulled 773.2.

In SubMaster Women - At 132, Nichole Machado of Hawaii beat a field of 3 with 336. At 148, Rebekah Schmidt of Minnesota beat a field of 4 with 440.7. She was dealing with a flu virus all week so she wasn't at her best. She is in the WABDL Hall of Fame and has set 14 World Records in the Deadlift, has beaten men in Strongman Contests in Minnesota and has won 6 World Titles. At 181, Sophia Hussary set an Arizona Record 429.7, and at 198, Irene Peterson set a Massachusetts Record by easily beating Mary Denning 353.6 to 314. Mary did 292 last year at Worlds. At 220 Holly Garner was way off her World Record of 512 with 479.5 but she was still the World Champ. At 221+, Keeya Sutherland of Texas set a Texas Record 402.2, Janessa Sturtz and Christine Ruscher, both of Minnesota did 325 and 308.5 respectively and both were raw.

Best lifters were 47-53 Lightweight – Eddie DiFruscia 644.7 at 183.2, 47-53 Heavyweight – Patrick Holloway 782 at 270.4, Master Women 47-53 Lightweight – Elizabeth Cabe 341.5 at 95.2, Master Women 47-53 Heavyweight – Cindy Shockman 475.9 at 159.2, Open Women Lightweight – Elizabeth Cabe 341.5 at 95.2, Open Women Heavyweight – Cindy Shockman 475.9 at 159.2, SubMaster Lightweight Romar Lagamo 727 at 180.6, SubMaster Heavyweight – William Mott 815 at 310.4, SubMaster Women Lightweight 440.7 at 142.4, SubMaster Women Heavyweight – Sophia Hussary 429.7 at 178.

New Hall of Fame Members were:

1. Mike Fryar born October 2, 1945 and lives in Vancouver, Washington.

- Won ten WABDL World Championships in Deadlift in Law/Fire – Master and regular Master in age groups 47-53, 54-60, 61-67, and 68-74 in 259# and 275# weight classes.
- Is ranked 5th All Time in 54-60/275 in the Deadlift with 606.2
- Is ranked #2 All Time in 61-67/275 with 563.1

- Is ranked #2 All Time in 68-74/275 with 534.5
- Won USPF National Deadlift Championships
- Competed in WABDL for 18 years
- Won WABDL Nationals in the Deadlift 3 times
- Set four WABDL World and National Records

2. Cliff Sandberg born January 26, 1949 and lives in West Richland, Washington.

- Won 9 WABDL World Championships in the Deadlift at 242 in Master 47-53, 54-60, and 61-67 from 2000-2012.
- Finished 2nd in 2010 WABDL World
- Won 6 Best Lifter trophies at Worlds
- Competed in Powerlifting for 38 years
- Set two WABDL World Records in the Deadlift in Masters 54-60/242 with 617 and 663
- Is ranked #7 in WABDL All Time Masters Deadlift 47-53/242 with 663.7
- Is ranked #5 in WABDL All Time Masters Deadlift 54-60/242 with 640.3
- Is ranked #3 in WABDL All Time Master Deadlift 61-67/242 with 606.2

3. Kari Pontinen born January 27, 1973 and lives in Lapua, Finland.

- Won 9 WABDL Championships in the Deadlift in 110 Kilo/242 class
- Won 6 Finnish National Championships
- Finished 2nd in Finnish Nationals 9 times
- Finished 3rd two times in WPC World Championship
- Finished 3rd two times in European Championships
- Finished 2nd three times in WABDL Worlds and attended 12 WABDL Worlds spending a total of 360 hours on planes and in airports to get to those 12 WABDL Worlds
- At 242, has best lifts of 859 Squat, 551 Bench Press, and 760.5 Deadlift

4. Manny Burruel Jr. born April 11, 1954 and lives in Artois, California.

- Has been competing in Powerlifting for 37 years
- In 2006, was inducted into the USPF Hall of Fame
- Won 7 WABDL World Championships in the Deadlift at 242, 259, 275, and 308 in Law/Fire
- Set 45 World Records in WABDL in the Deadlift
- Is ranked #5 All Time in Master Deadlift 54-60/308 with 612.8
- Is ranked #5 All Time in Master 61-67/242 Deadlift with 600.7
- Is ranked #7 in All Time WABDL Master Deadlift 54-60/275 with 600.7 as well as #9 in 47-53/275 with 650.2
- Best lift in Squat at 275 was 859, which was an American Record in the USPF in 1984

5. Ryan Snelling born August 14, 1980 and lives in Brashear, Missouri.

- Has set 11 WABDL World Records in the Open and SubMaster 148 and 165 classes
- Is ranked #5 All Time in WABDL Deadlift at 165 with 650.2
- Is ranked #2 All Time in WABDL Deadlift at 148 with 673.3
- Has won 11 WABDL World Championships
- Has won 4 World Championships Best Lifter Awards

- Won 2 World Championships in AAU
- Totaled Elite in APC with 1684 at 165 and set 4 National Records in APC
- Won a World Championship in Son-Light Power
- Won “The Night of the Living Deadlift” Championship in 2012
- Has attended 16 WABDL World Championships

6. Dan Guches born March 8, 1962 and lives in Central Point, Oregon.

- Was on 2 Oregon State High School Football Championship teams
- Won 13 WABDL World Championships – 5 at 181# and 8 at 198# in Masters 40-46 and Law/Fire
- Promoted 12 WABDL Northwest Regional Championships in Medford, Oregon
- Is a WABDL World Judge
- Set 4 WABDL World Records in the Deadlift
- Best lifts at 190lbs were 680 Squat, 385 Bench, and 685 Deadlift
- Is ranked #5 All Time WABDL Deadlift in 40-46/181 with 622.7
- Is ranked #10 All Time 47-53/181 with 573
- Is ranked #14 All Time 47-53/198 in the Deadlift with 601.8

7. Dave Constantineau born January 11, 1957 and now lives in Madison, Wisconsin.

- Been Competing in Powerlifting for 32 years
- Won 12 WABDL National Championships
- Won 9 WABDL World Championships
- WABDL Wisconsin State Chairman for 7 years
- Won State Chairman of the Year award in WABDL in 2014
- Won 8 AAU World Championships and set 2 AAU World Records in 45-49/165# with 485 & 490
- Won National Championships in WABDL, AAU, NASA and UPA
- At 181# Deadlifted 632, Squatted 592, and Benched 392
- Is ranked #5 All Time in WABDL Deadlift at 54-60/148 with 498 and #8 in 47-53/148 with 451.7

8. Joe Mickelson born September 29, 1957 and lives in Everett, Washington.

- Is ranked #3 in WABDL All Time Deadlift 54-60/Super with 600.7
- Won 5 WABDL World Championships in the Bench Press
- Won 5 WABDL Worlds in the Deadlift
- Won World Championships in WABDL in 8 different years
- Has been WABDL Washington State Chair for 12 years
- Won 4 WABDL National Championships
- Has attended 12 WABDL Worlds in succession, 13 in all
- Holds World Records in the Push Pull with 1036# in 47-53/308, 1047# in 54-60/308 and 1069 in 54-60/Super
- Was 1st team ALL State in High School Basketball in Washington
- Is ranked #12 All Time in WABDL Bench Press at 47-53-Superheavy with 563
- Is ranked #4 All Time in Bench 54-60/Super with 556.5 and also is #4 at 54-60/308 with 546.6

9. Bennie Dooley born March 1, 1952 and lives in Kennewick, Washington.

- Won 2 USPF National Championships in the Bench Press
- Won 6 World Championships in the Bench Press in WABDL
- Won 2 World Championships in WPC
- Won 2 World Championships in APA
- Won 3 WABDL National Championships
- Set 15 World Records in WABDL in the Bench Press
- Is ranked #12 All Time in WABDL in the Bench Press at 47-53/275 with 584
- Is ranked #3 All Time in WABDL in Bench Press at 54-60/275 with 611.7

10. Martin Montgomery born Dec 1, 1942 and lives in Richmond, Indiana.

- Won 8 WABDL World Championships in Masters Deadlift
- Finished 2nd in WABDL Worlds twice
- Holds WABDL National Record 68-74/165 with 490.5
- Won 11 World Championships in AAU in Masters Deadlift
- Set 8 World Records in AAU including a 502 at 65-69/165
- Won a World Championship in the IPL by Deadlifting 429 raw in 70-74/165
- Is ranked 13th All Time in WABDL Masters Deadlift 54-60/165 with 418.7
- Is ranked #4 All Time in 61-67/165 with 501.5
- Is ranked #2 All Time in 68-74/165 with 490.5 at age 71
- Won 7 National Championships in Son-Light Power
- Is in the Preble County Hall of Fame for coaching High School Football with a record of 88-13

11. Perry Plush of Seattle Washington

- Is ranked #5 All Time in Bench 54-60/181 with 385.7
- Won 3 World Championships in Master Deadlift at 165 & 181
- Won 6 World Championships in Master Bench Press at 165 & 181
- Ranked #1 All Time in WABDL 61-67/165 in Bench with 352.5
- Ranked #7 All Time in WABDL 54-60/165 with 352.5

On Day 5 of the Deadlift featured Open Men, Master 40-46 Men & Women and Junior Men.

In Junior Men - At 148, Jonathan Iloreta of Hawaii pulled an impressive 518, Wayne Schmidt of New York wasn't far behind with 490.5, Augustin Soto of Texas popped a 446.2 and James Wells set a Vermont Record 424.2. At 165, Dylan Price put up a huge 584 for a Michigan Record. At 181, Matt Griffin of Texas was feeling it with 661.2 and beat a field of 5 for a World Title. At 198, Kyle Sugi of Hawaii was the World Champ with 644.7. At 220, Joshua Yong of Hawaii was World Champ with 611.7. At 242, David Morrison of Massachusetts was unopposed with a 479.5 and an easy World Title. At 259 Joshua Winterrowd of Montana pulled a 628.2 State Record. At 308, Colby Ballinger pulled 734 raw and was drug tested in March when he pulled 749 and he passed. At Super, Donald Loew of Wisconsin set a State Record 600.7 for his 1st World Title.

In Master Men 40-46 – At 148, in Double Ply, Chris Balanga of California set a World Record 501.5. At 198, Single Ply, Pasi Koukkula of Finland beat Matt Lamarque 655.7 to 633.7 and Robert Miller of Texas was 3rd with 617.2. At 220, Drew Burton of Canada pulled a National Record 661.2 for his 2nd World Title. At 259 Kari Pontinen of Finland won his 9th World Title in the Deadlift and was inducted into the

WABDL Hall of Fame. He smoked 710.7. Nick Massey of California was 2nd with 644.7 and Allen Heisler of Montana was 3rd with a State Record 562. At 275, Joe Carter of Tennessee beat Chris Johnson of Washington 683 to 666.7. Chris got a 1st place trophy because he was raw. At 308, Dave Forstner set a World Record 661.2 in Double Ply. Jeremiah Johnson was 2nd with a World Record 633.7 that was obviously beaten by Dave's 661.2. At Super, Keoni Reich of Hawaii pulled 705.2 and Scott Wesley Jordan of Arizona pulled 606.2 for 2nd but he got a 1st place trophy because he was raw.

In Master Women 40-46 – At 114, Valesca Cristina Rocha of Brazil pulled 330.5. Suzanne Davis pulled an incredible World Record 436.3 at 123. At 132, Arlene Jara set a Nevada record 314 for her World Title. At 148, Keya Douglas of Texas pulled 308.5 and Wendy Hibbitts of Oregon pulled 303 at 165 for their World Titles. At 198, Olympia Soto pulled 369.2 to beat Donnie Rogers who did 352.5. Olympia was raw so both her and Donnie Rogers received 1st place trophies. At 220, Leanne Coetser pulled 380.2 for her World Title and Scharlotte Spencer of Texas and Angela Heins of Minnesota pulled 341.5 and 270 respectively for Texas and Minnesota Records.

In Open Men - Ray Padilla of California pulled 418.7 at 148 in single and James Valmoja of Hawaii pulled 512.5. In Double Ply at 165 Derrick Martini of Minnesota easily won Worlds with 622.7 to beat a field of 4. At 181, Romar Logamo was an easy World Champ. He pulled 777 at 198 last year and had 810 over his knees and passed the drug test last year and this year. He is becoming a superstar. He beat a field of 8. In Double Ply, Edwin Manmano set a World Record 705.2. Edwin has done 717.3 at 165 for a World Record and 683 at 148 for a World Record - a real Superstar Deadlifter! At 198, Pasi Koukkula of Finland beat Eddie DiFruscia of New Hampshire 655.7 to 644.7. At 220, Al Bianchi of Massachusetts pulled 694 to beat Jimmy House of Arizona who pulled 668.9 and Drew Burton of Canada who hauled in 644.7 and a National Record 661.2 on a 4th. Christopher Calderon of Texas was 4th with 622.7. Dustin McFarland of Oregon was World Champion in Double Ply with 584 at 220. At 242, Tim Sparkes was World Champ with 705.2. At 259, Kari Pontinen of Finland was World Champ with 710.7. At 275, Patrick Holloway of Arizona had an off day with 782 but still won Worlds. Joe Carter of Tennessee was 2nd with 683.2, Joe pulled 744 but was coming back from an injury. He trains deep in the hills of Tennessee and loves to Deadlift. Dwight Anderson of Wisconsin was 3rd with a Wisconsin Record 633.7. At 275, Double Ply, Jim Presley was World Champ with a World Record 501.5. At 308, Harry Vaisanen of Finland pulled 773.7. At Super, Bill Mott passed his drug test and pulled a World Record 815 and had 826.2 all the way but couldn't hold it. Colby Ballinger set a California Record 734.1 at 308.

Outstanding lifters for Day 5 were; Open Men Heavyweight – Patrick Holloway 782.5 at 270.4, Open Men Middleweight – Eddie DiFruscia 644.7 at 183.2, Master Women 40-46 Lightweight – Suzanne Davis 436.3 at 121.4, Master Men 40-46 Lightweight – Chris Ballanga 501.5 at 146.6, Master Men 40-46 Heavyweight – Kari Pontinen 710.7 at 246.4, Master Women 40-46 Heavyweight – Olympia Soto 369.2 at 189.8, Junior Men Heavyweight – Colby Ballinger 734.1 at 278.2, Junior Men Lightweight – Matt Griffin 661.2 at 177, Open Men Lightweight – Romar Logamo 727.5 at 180.6.

On Day 6 Deadlift were Junior Women, Teen Men, and Teen Women.

In Junior Women - At 114, Brook Caraccioli pulled 203.7 unopposed and at 123, Hannah Barnhill pulled 270 for her World Title. At 148, Crystal Cabral of Texas pulled 402.2 and had 20 more in her. Natalie Caughey of Utah was 2nd with a State Record of 314. At 165, Zena Kiyota was formidable with 369.2 to beat a field of 5. At 181, Kayla Sua pulled 424.2. Jessica Muskat of Hawaii was in the ballpark with a solid 380. At 221, Makala Davis set a World Record 458.3 and has the potential for 540.

In Teen Men, Kaison Uehara pulled 286.5 at 118 in **12-13** age group. **In 14-15** – At 165, Draydon-Steele Kawewehi pulled 363.7. At 181, Michael Berrian of Colorado pulled 380.2 for the World Titles. At 220, Brennon Ettinger of Canada set a Canadian Record 325. At 242, Noah Tibbetts of Maine set a State Record 396.7. **In Teen 16-17** - At 132, Jun Yang of Montverde Academy in Florida, pulled 314 Single Ply and Hany Sukkary Jr. of California pulled 341.5 raw. At 148, Benjamin Boyette of Montverde Academy pulled a huge 451.7 at 144.2 to easily win his World Title. At 165, Michael Megler pulled a very impressive 501.5 at 160.2 with precision, Ziyun Xia pulled 429.7 - both of Montverde Academy. Karter Brachear pulled 440.7 raw and this was one of the few times he came in 2nd in any meet. Michael Megler is truly an above average lifter and could conceivably close in on the World Record. Karter Brachear got a 1st place trophy for lifting raw but Michael Megler got the win in the final meet results. Cherokee Widner lifted raw and came in 4th with 374.7. At 181, Brandon Keith of Oregon elevated 396.7 for his World Title. **In 16-17/220**, Alejandro Ruiz of Montverde Academy pulled a huge Florida State Record of 540. At 275, Wyatt Burnett of Missouri pulled 529. At Super, Fernando Cavazos of Texas set a World Record 611.7 while weighing 388.

In Teen Men 18-19 - At 148, Sung-Yueh Chang of Montverde Academy pulled 402.2. The Montverde Academy team was coached by Eric Pauli. They were always ready to approach the platform with room to spare. At 165, Caleb Nute of Maine set a State Record 402.2. At 181, there was a battle with Zane Vanderwal of Washington and Daniel Buchak of Arizona both doing 496 with Vanderwal being the winner by virtue of being the lighter lifter. They both got 1st place trophies with Zane lifting in Single Ply and Daniel lifting raw. At 220, Jimmy House set a World Record 668.9. He passed a drug test in Arizona in May on another World Record. At 275, Robert Cervantes of Texas pulled 523.5 for his World Title.

In Teen Women 12-13 - At 123, Sophia Lamarque set a California Record 165.2. Daniella Tipton of Idaho set a State Record 264.5 at 113 **in 14-15** – a very solid lift for her age and weight. Alexis Marotta squeezed out an Arizona Record 220.2 at 14-15/114. An impressive female Teenage lifter was Ashtyn Burget of Texas with a 347 Texas Record **16-17/165** - She weighed 158. Misty Prado of Texas had a good coefficient with 275.5 at 119 in **16-17**. Alexandra Pecktol pulled 330.5 at 130.8 in 18-19 which earned her best lifter. She has set numerous World Records in 14-15, and 16-17 age groups.

Outstanding lifters were; Teen Men 18-19 – Jimmy House with 668.9 at 218.4, Teen Men 16-17 – Michael Megler of Montverde Academy with 501.5 at 160.2, Junior Women Lightweight – Cristal Cabral with 402.2 at 138.4, Junior Women Heavyweight – Kayla Sua with 424.2 at 180.2, Teen Women 18-19 – Alexandra Pecktol with 330.5 at 130.8, Teen Women 16-17 – Ashtyn Burget with 347 at 158, and Teen Women 14-15 – Daniella Tipton with 264.5 at 113.8.

Montverde Academy of Florida won the Teenage Team Title, they were coached by Eric Pauli.