

WABDL National Push Pull Championships May 28, 2016  
Sheraton Crescent Hotel

Sixty Seven lifters participated. The hotel has a world class swimming pool and the grounds are lush with vegetation. Temperature was only 90-95 degrees the week after Memorial Day weekend. The temperature usually jumps to 105-110 degrees.

In the Deadlift Jimmy House pulled 727.5 in Open and Junior 259, the junior lift was an Arizona Record. Chuck McTheny ripped 606 at 40-46/275. Gary Miller set a Nevada Record 376.9 in 61-67/148. Charles Folinus set an Arizona Record 464.9 in 61-67/220. James Hayden set an amazing Arizona Record 314 at age 81 in 80-84/242. Irving Dominguez set an Arizona Record 600.7 in Junior 220, Logan Gneck set an Arizona Record 535.6 in 18-19/181 – a very good pull for that category. Noor Sherif was equally impressive with an Arizona Record 551 at 193.6 in 18-19. Marissa Aguayo set an Arizona Record 341.5 at Junior/165 and Elton Daimolin set an Arizona Record 573 in 40-46/198.

In the Bench Press Lawrence DeAlva set an Arizona Record 40-46/198 with 562. Joe Mickelson set a Washington State Record 574.1 in 54-60.Super. Elton Daimolin set an Arizona Record 446.7 at 40-46/198 to go along with his State Record in the Deadlift. James Hayden set an Arizona Record 277.7 in 80-84/242 – again, a damn good lift for age 81.

In Push Pull, 8 World Records were set. At Junior 181 Women in Single Ply Raelyn Panzica put up 539.9, in Law/Fire/64+/148 and 61-67/148 in Double Ply Gary Miller pulled and pushed his way to 701.9, Mark Marczak in 47-53/275 in Single Ply recorded 771, Juan Us Santiago at Single Open 148 totaled 683.2, Matt Scroggins in Single Ply at Open 242 totaled 1019.4, Matthew Oleson in 18-19/165 in Single Ply recorded 700.1 and Tvu Hsuan Yen at 18-19/123 at raw totaled 457.2.

The Judges were Reid Solar, Jim Dainty, Pat Holloway and Al Stork, Dennis and Rebekah Schmidt took tickets at the door. Randy Patterson was the scorekeeper and Karen Campbell worked tirelessly on the computer which definitely affected her lifting. She totaled a World Record 1014 in Wisconsin Dells on April 9 with a 501.5 bench and a 512.5 Deadlift. At this meet she got a 473.7 deadlift, at worlds she might go 518 on the bench and 523 on the deadlift.

The Sponsors were: Brian and Denise Welker of Welker Engineering, Dan and Suzie Simmons of USANA Health Products, Pete Alaniz of Titan Support Systems, Ken Anderson of Anderson Powerlifting. Shawn Madere of GLC Joint Products. Keith Lemm of CSS Photo Design, Reid Solar, Coby Washburn, David R. Smith, Matt Ogurek, Chet Groskreutz of Ivanko Barbell and Keith Sayles.