

WABDL World Cup Bench Press and Deadlift Championships
April 9, 2016 Chula Vista Resort, Wisconsin Dells

One Hundred Twenty One lifters signed up for this event. There were over 200 room nights at the hotel. It was a long day with 14 flights. We started at 8:00am and we were done with the lifting at 7:00pm. We passed the trophies out at the end.

World Records in the Bench Press were set by Brad Vinyard in Disabled 1 20-39/259# with a perfectly executed 424.2. Steve Porter in Disabled 1 40-59 got an easy 347 World Record at 165#. In Disabled 2 60+ Bob Brodt set a World Record 319.5 at 242# and Alayna Easterly set a World Record 121.2 in 12-13/97# and she did it raw. Freddy Crosby put up a large 563.1 World Record in Law/Fire 40-47/242#.

Other notable Bench Presses were Dylan Price Junior 165 with a 440.7 Michigan Record, Ray Voight with a 650.2 at 308 and he passed the drug test. At Law/Fire 40-47/275# Marcus Ellison smoked 551. At Super in Class 1 Women, Tiffany Capouch of Minnesota set a State Record 170.7; she is coached by Jason Burgoon. Marcus Ellison and Freddy Crosby are coached by Tommy Harrison. In 40-46/259 Jeff Bignell of Minnesota set a State Record 429.7. In 47-53/259 Dave Sickler set a Wisconsin Record 425.3. Karen Campbell had input 121 lifters in the computer at weigh-ins on Friday from 11:00am until 11:00pm and then punched out a 501.5 in Single Ply weighing 193.8. She is the greatest drug free bencher of all time in any federation. She is also 52! Jennifer Sahy of Wisconsin slammed 170.7 at 160.2 in Master 40-46. Sean Maly set a Wisconsin Record 534.5 in Open 242 in Double Ply. In Teen 18-19 at 181 Tyler Voda set a Wisconsin Record 338.2 in Single Ply.

In the Deadlift World Records were set by Bronson Giernet in Junior 242 with a world class 766. Three weeks previous to this meet he set the World Record in Junior 259 with 766 and passed the drug test. Gion Prevard, trained by Tommy Harrison set a World Record in Law/Fire 48-55 Women with 314. Ron Ringewold of Michigan pulled a tremendous World Record at age 81 at 181 with 364.8. In 47-53/198 and Open Karen Campbell set a World Record 512.5 and passed the drug test for the 5th time. She also benched 501.5 for a World Record total of 1014. Sean Maly pulled a World Record 600.7 in Open 242 in Double Ply. In 12-13/97 Alayna Easterly set a World Record 270 at age 12 weighing 96.4 destroying Taylor Lachappelle's record of 236, which at the time appeared to be unbeatable. Her training partner Kylie Rodriguez set a World Record in 12-13/123 with 281. Both of those teenage girls are in the stratosphere of teenage female lifting. Another woman who is in the stratosphere of deadlifting is Jane McCubbin who pulled an unbelievable 444 at age 58 weighing 130#, she is going to Minneapolis on July 30 to get the World Record at 123! She set World Records in both 54-60/132 and Open 132.

Other notable deadlifts in Class 1 275 was Jason Sacre with 617.2, Brianna Bernard with a 292 Minnesota Record in Class 1-148, Nichole Timmer of Michigan set a Class 1 Record at 165 with 260.1, Chase Ulrick of Minnesota set a State Record 606.2 in Junior 275. In Junior Women 165 Katherine Carpenter and Samantha Kasprzak battled with Samantha getting the Wisconsin Record 363.7. Katherine got a very respectable 358. Gerald Habanek, lifting raw, set 2 Wisconsin Records of 534.5 in Law/Fire 40-47/259 Master 40-46/259. Alfred Gruenwald set 2 Wisconsin Records at 40-46/148 and Open with 479.5. At Super Makala Davis of Arizona set a State Record 462.7 and was close with 501.5. Matt Krueger set a Michigan Record 661.2 in Submaster 220 and Adrian Thompkins of Minnesota set a State Record 573 in Submaster 275. Jennifer Sahy pulled a Wisconsin Record 435.2 at 165 Open - a big time lift - also record at Master 40-46.

Best Lifter in the Bench in Disabled was Steven Porter with 347 at 165, in Junior Lightweight Dylan Price 440.7 at 165; Junior Heavyweight was Ray Voight 650.2 at 308, in Law/Fire Tommy Harrison 705.2 at 275. Tommy is in WABDL Hall of Fame. Other Best Lifters were; in Master 40-46 Jeff Bignell 429.7 at 252.6, in Master 47-53 Dave Sickler 425.3 at 255.8, in 54-60 Ron L'Huillier 457.2 at 242, in Master Women 40-46 Jennifer Sahy 170.7 at 165, in

47-53 Women Karen Campbell a World Beater 501.5 at 193.8. In Open Men Tony Coduto 523.5 at 197.4, in open Women Karen Campbell, in Submaster Men James Guffy 551 at 275, and in submaster Women, Lori Scrima 143.2 at 148.

Best Lifters in Deadlift: in Class 1 – Dave Constantineau 479.5 at 146.6, Junior Men – Bronson Giernet 766 at 240.6, Junior Women – Samantha Kasprzak 363.7 at 164.4, Law/Fire Master – Marcus Ellison 562 at 272.8, Master Men 40-46 – Alfred Gruenwald 479.5 at 147.2, Master Men 54-60 – Tom Eiseman from New Jersey with an incredible 706.3 at 194.2, Master Women 40-46 – Jennifer Sahy 435.2 at 160.2, Master Women 47-53 – Karen Campbell 512.5 at 193.8 – the 2nd highest Deadlift in WABDL ever, Master Women 54+ - Jane McCubbin 444 at 130.0lbs, Open Men - Alfred Gruenwald in Lightweight and Tom Eiseman in Heavyweight, Open Women Lightweight Jane McCubbin and Open Women Heavyweight was Karen Campbell, Submaster Men Matt Krueger, Teen Men was Landon Tibbs with a Minnesota Record 187.2 at 105# at age 12, in Teen Women was Alayna Easterly 270# at 96.4 at age 12.

Push Pull World Records were set by Dylan Price of Michigan with 1041.4 at Junior and Open 165, Freddy Crosby of Illinois with 1036 at Law/Fire 40-47/242, Tommy Harrison of Illinois with 1327.9 at Law/Fire Open/275, Dave Forstner of Michigan with 1404.9 at Master 40-46/308 – one of only 3 WABDL lifters with a total of over 1400, Dave Constantineau of Wisconsin with 755 at 54-60/148, Dana Barnes of Illinois with 407.7 at Law/Fire Sub/181, Karen Campbell of Maine with 1014 at both Master 47-53/198 and Open 198 – the highest by a Women in WABDL and I doubt whether another woman will ever total 1000 in WABDL again. Moving on to more Push Pull World Records - Daeja Barnes of Illinois with 258.5 in 12-13/165; all of the aforementioned Push Pull Records were in Single Ply. Sean Maly of Wisconsin was the only lifter to set a World Record in Push Pull in Double Ply with 1135.2 in Open 242.

The Judges were Jim Snodgrass, Dennis Johnson, Dave Constantineau, Neal Heisick, and Al Stork. Karen Campbell did the computer work and Jason Burgoons lifters – Tiffany Capouch among others were the scorekeepers. Tommy Harrisons Team won 1st place and Jason Burgoon's team was 2nd.

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.