

**22<sup>nd</sup> Welker Engineering WABDL World Bench Press & Deadlift Championships**  
**Bally's / Paris Resort Hotel November 13-18, 2018**

**Deadlift**

In Class 1 Men – Noah Anderson set a WA Record 490.5 at 165 and was outstanding lifter in Class 1 equipped. In Class 1 275 Desmond Coleman of TX pulled a 650.2 Raw Record and was Best Lifter Class 1 Raw. Other notable lifts were a MN State Record 462.7 Raw by Westin Fryar at 198, Robert Rasor set an OK Record in Raw 220# with 485 and Joseph Karamatic set a CA Record 573 at 242 in Double Ply.

In Class 1 Women – Ann Dorschel set a WI Record 225.7 at 105 in Single Ply, Susan Chloupek set a WA Record in Double Ply with 259 at 132. Natalie Caughey steadily improves at every meet and set a UT Record at 326.1 at 165 in Single Ply. Mayra Licea set a CA Record in Double Ply at 165 with 275.5. Terry Aiwohi set a HI Record 336 at 181 Raw. Amanda Doty set a TX Record with 315.1 at 181 Raw to finish 2<sup>nd</sup>. DeAnna Dutton set a WA Record in Double Ply with 308.5 at 181. In the 220# Division Tara Walsh pulled 336 in Single Ply for a CA Record and Ana Selena Galicia set a TX Record Raw with a hard fought 358. Kathy Caraccioli with 336 at 148 was Best Lifter equipped and Terry Aiwohi was Best Lifter Raw.

In Disabled 1 Men – 20-39/181 Dustin McFarland set a World Record 523.5 at 181. He has state 4 terminal colon cancer. His brother Chad set a World Record in Disabled 2 40-59/165 with 369.2. In Disabled 2 – 60 Gordon Santee set a World Record 342.6 at 148. Stan Miyahira of NV, Gary Flood of OK, Bob Brodt of WI, Alan Fraser of NV and Alceed Thomas of OK all set World Records in Disabled with Gary Floods 396.7 Double Ply at Disabled 2-60 220# being the most impressive.

In Disabled Women – Chloe Kaalund set a World Record 319.5 Raw at Disabled 2 20-39 220#. Jill Porter set a World Record at Disabled 2-60 at 148 with a very competitive 303.

In Junior Men – Cody Mondeau of WI set a State Raw Record of 501.5 at 198. Raymond Gutierrez set a TX Record 529 Raw at 220 and Joseph Karamatic set a World Record 573 in Double Ply at 242. Walter Kupahe held the World Record in Junior 308 with 628 but it was broken by a fellow Hawaiian Brad Waiki with 705.2. However, Walter did get a PR 639 and was Best Lifter Junior Men Raw.

In Junior Women – Cailee Awa of HI set a World Record 325 weighing only 113 in Raw. Natalie Massa of CA set a Double Ply World Record of 214.7 at 114. Emily Wahl of WI won a battle with Yesenia Valdez of TX. They both pulled 276.6. Emily won the World Championship on body weight 130.2 to 130.6. However, Yesenia ended up with the World Record of 281. Jamie Tsuji pulled a CA Record of 374.7 at 148 in Single Ply. Marianne Hartio of Finland set a National Record Raw of 352.5 at 148 and Christina Hipa of HI set a World Record 391.2 Raw at 198. Cailee Awa was Best Lifter Junior Women Raw.

In Law/Fire Deadlift at 40-47 age group Jeff Holz of NV set a State Record 502.6 at 198 Raw. Jeff laid off for two years and came back strong – 501.5 deadlift Single Ply before his lay off and 502.6 Raw after. Nick Berriman set an OR Raw Record 479.5 at 220. Troy Fryar of VA and a Commander in the Coast Guard set a World Record 622.7 at 242. Micah Coleman of IL set a World Record at 308 Raw with 457.2. Ramon Gutierrez of TX set a World Record at Super with 644.7 – a gut busting pull.

In Law Fire 48-55 – at 198 Jason Smith of OK set a World Record 556 Raw. Pantaleon Monzon Amado of Argentina set a Raw World Record of 363.7 at 259. Best Lifter in Law/Fire 40-55 age groups; Troy Fryar Raw and Lance Davis of UT Equipped. Troy was inducted into the WABDL Hall of Fame.

In Law/Fire 56-63 – Larry Esquivel set a Single Ply World Record at 165 with 402.2. Dan Guches of OR set a World Record 574.1 in Double Ply 198 and was named Best Lifter.

In Law/Fire 64+ - Garry Miller set a World Record 325 at 132. Gary has set numerous World Records at 132, 148, 165, and 181. Charles McFarland, who was inducted into the WABDL Hall of Fame this year set a World Record 512.5 at 198. Willard Crossen Jr set a very respectable 584 World Record Deadlift at 275 Single Ply. He has deadlifted 600 and benched 690 Single Ply at age 62. Reginald Garcia, Manny Burruel and J.P. Krachunis also set World Records in Law/Fire 64+. Mike Fryar was Best Lifter Law/Fire 64+ Raw with a 451.7 at 259 at age 74.

In Law/Fire Open Deadlift – at 148 Trevor Banaszak of TX set a World Record with 424.2 Raw. Jeff Holz set his World Record of 502.6 at 198 Raw. Dan Guches who is in the WABDL Hall of Fame set his 2<sup>nd</sup> World Record of the day with a 574.1 at 190 Double Ply at age 60. Robert Rasor set an OK Record 485 in Raw. Troy Fryar got his 2<sup>nd</sup> World Record of the day with 622.7 and Anthony Marcus of HI went large with a 705.2 Raw at Super for a World Record. Best Lifter for Law/Fire Open Raw was Troy Fryar his 2<sup>nd</sup> Best Lifter trophy of the day. Reid Solar was Best Lifter Disabled Raw.

In Master 40-46 – Joel Mendez of Argentina set a National Record 473.7 Raw at 165. Argentina had 10 lifters on their team this year. In Double Ply 165 Amit Bhardwaj set a World Record 336. There are a lot of World Records to be had in Double Ply Deadlift. That category was only started in WABDL 4 years ago. The same is true for Double Ply Push Pull. At 181 Chad Medina of NM set a World Record 567.5 upping his previous World Record 44 lbs. Eduardo Elgart of Argentina set a World Record in Double Ply at 242 with 639.2. Kari Pontinen of Finland pulled 705.2 in Single Ply at 259. Mike Desroisier of AZ set a Record 644.7. Mike was noted for his Bench Press of 600#+ in Single Ply but his Deadlift is now his best lift. At 275 Joe Carter tied Patrick Holloway for the highest Deadlift in the meet with a Raw World Record of 727.5 at 259. Alan Heisler of MT continues in steady progress in his deadlift with a MT Record 606.2. Chuck McTheny of AZ set a World Record also in 275 Raw but then Joe Carter upped the ante and Chuck ended up with the Silver medal and an AZ Record. Janni Ihalainen of Finland set a World Record in Double Ply at 40-46 / 275 with 639.2 and a Gold medal. Janni is in the WABDL Hall of Fame. Best Lifter for Master Men 40-46 Raw was Joe Carter.

In Master Men 47-53 – Travis Collyar of AR set a rocket World Record 479.5 Raw at 165. Marchand Fleming of OK set a World Record Raw of 536.6 at 181. Eddie DiFruscia of NH won his 10<sup>th</sup> World Title and was elected to the WABDL Hall of Fame this year. He pulled a 622.7 Single Ply at 198. Alejandro Lamperti of Argentina and Julio Cesar Berrocal Sanchez of Peru set National Records. Mike Stanchfield of MN set a State Record 468.2 at 181 Raw. Al Bianchi edged Bob Miller in a big duel at 220 Raw 606.2 to 601.8 and both lifts were World Records. Aparecido Junior and Eduardo Grumann of Brazil set National Records at 220 Single Ply and 220 Raw respectively. Erik Dye of OK set a National Record 435.2 at 220 Double Ply. John Thomas set a FL record 551 at 242 Raw with a huge sustained all out pull. Matt Maini of AL set a World Record of 596.1 Raw at 47-53/259. Nick Massey of CA and Jesse Johnson of UT fought it out at 259 Double Ply with Nick Pulling out the win 556.5 to 551. Both lifts were World Records. Patrick Holloway tied Joe Carter for the 2<sup>nd</sup> highest deadlift of the meet with 727 and was Best Lifter Heavyweight equipped at 47-53 and Eddie DiFruschia of NH was Best Lifter Lightweight equipped. AL Bianchi of MA was Best Lifter 47-53 Raw. Scott Wesley Jordan of AZ who has benched over 700# is now strictly a deadlifter and pulled a World Record 606.2 Raw.

In Master Men 54-60 – Keith Cunningham of WA set a World Record 507 in Double Ply at 165. Ron Harlow of IL pulled a World Record 700.8 at 259 Single Ply and passed his drug test. Tom Pennella of WA set a World Record 673.3 at 275 Single Ply and passed his drug test. Both Ron and Tom exerted big time for their World Records. No quit in either one of them. George Strutzel of MT set a World Record 545.5 at 308 Raw and had room for 20 more lbs. Best Lifter in 54-60 Lightweight equipped was Tom

Eiseman of NJ with 650.2 at 198 and Heavyweight equipped was Ron Harlow of IL with 700.8 at 259. Best Lifter 54-60 Raw was Reid Solar of AZ.

In Master Men 61-67 Deadlift – at 132 Raw, Gary Miller of NV set a World Record at 325. At 148 Dave Constantineau broke the World Record Raw bench by 103# with 440.7. David Bertier destroyed a CA Record with 540 at 181 Raw. Leamon Woodley of WA who has been pulling 650-700lbs for 25 years set a WA record 644.7 Single Ply. Peter Murphy of CA, Jim Curley of CO, and Randy Waldorf of MN competed at 220 Double Ply with Peter Murphy the no contest winner with a World Record 485. At 242 Mike Clason of ID set a World Record of 402.2 Raw. At Super Joe Mickelson set a World Record 545.5 in Double Ply. Joe is in the WABDL Hall of Fame and has benched and Deadlifted 600# at age 60. Best Lifter 61-67 Raw was Dave Constantineau and 61-67 equipped was Leamon Woodley.

In Master Men 68-74 Deadlift – Gordon Santee of CA set a World Record 342.6 at 148 Raw and then Judged all day Wednesday. Gordon has been lifting and Judging since 1972. Robert Batko of MI set a World Record 452.8 at 181 Raw. Imre Budai of CA set a World Record 391.2 at 220 Raw. Best Lifter 68-74 Raw was Robert Batko.

In Master Men 75-79 at 165 Ray Gandeza Sr. pulled a World Record 363.7 Raw and then broke it on a 4<sup>th</sup> with 369.2. Both he and Martin Montgomery who also set a World Record Deadlift of 347 were 1<sup>st</sup> place winners since Ray lifted on Sunday instead of Tuesday due to a death in the family. Sigurd Sandstrom of Wisconsin set a World Record 259 at 220.

In Master Men 80-84 at 198 John Herbein of PA set an impressive World Record of 403.3 in Single Ply. There are very few lifters in the world that can pull 400 lbs. at age 80 at 148. Larry Vincent of Brookings OR looks 62 but is 82 – he has abs and could compete in body building. He is more ripped than anybody ever at 82. He pulled a World Record 264.5 Raw again at 148. Paul McCuiston of CA pulled a Raw World Record 253.5 at 220 in only his 2<sup>nd</sup> meet ever at age 83. William Leedy at age 88 pulled 319.5 Raw for a World Record and Best Lifter at 75+. At age 97, Dr. Donald Dreyer of LA pulled an amazing 165.2 for a World Record Single Ply. He is the oldest lifter ever to compete in WABDL and he is one of the reasons I will never retire.

In Master Women 40-46 Deadlift – Mariela Zarate of Argentina set a National Record 187.2 at 132. At 181 Natasha Williams of AZ edged out Sophia Hussary also of AZ 381.3 to 374.7 and set a Raw World Record in the process. Natasha is a chiropractor and pressure point healer who I would highly recommend. She is a miracle worker and if any lifters in the Phoenix, Prescott or Tuscon area have reoccurring injuries she is your answer. Trisha Puou of HI set a State Record 415.4 at Super Single Ply.

Alisha Howard, a police woman from Olympia, WA set a World Record in 40-46/220 Single Ply with 490.5. Alisha just recovered from a freak injury – a Best Lifter sword from a previous meet fell from its perch and went through her foot. Best Lifter for Master Woman Raw was Natasha Williams.

In Master Women 47-53 at 97# Elizabeth Cabe of HI set a World Record with 297.5 Raw. Valesca Rocha of Brazil set a World Record at 114 in Single Ply with 341.5. She has set a World Record every year in the Deadlift for 8 consecutive years. Ling Tarr of UT set a State Record 336 Raw at 148. Mirtha Delatorre of CA beat Terry Aiwohi of HI and Karma McMillian of WI at 165 with a 363.7 with Terry and Karma setting HI and WI State Records. Artemira Sobrinho of Brazil passed her 2<sup>nd</sup> drug test after failing one 3 years ago with a 468.2 World Record at 181. Cindy Shockman was a distant 2<sup>nd</sup> with an OR Record 397.8. Cindy holds the World Record in Single Ply 47-53/165 in the Deadlift with 490.5. However, in Raw bench Cindy destroyed Artemira 281 to 220.5 and Cindy also passed her drug test for the 5<sup>th</sup> time. Cindy has benched 347 with a Single Ply bench shirt. Mary Thomas of FL set a World Record in Raw at 198 with an explosive 374.7. Deana Bowes set a World Record in Double Ply 198 with 253.4. Outstanding lifters in

47-53 Raw was Artemira Sobrinho and 47-53 equipped was Valesca Rocha – both women are from Brazil.

In Master Women 54-60 Deadlift – Ann Dorschel of WI set a State Record 225.7 at 105 Single Ply. Martha Godinez Shim set a World Record in Double Ply at 114 with 292. Tierney Korotkin set a CA Record 270 at 132 Raw to go along with her World Record Bench Press. Beverly Anolin pulled huge with 374.7 at 165 but no record – she won Gold and was inducted into the Hall of Fame. Deb Kesper set a MA Record 297.5 at 165 Raw. Deb has a great backside story in that she lost 100# and is now a personal trainer. She has pulled 325 in her late forties. Josefina Jackson out of TX set a Raw World Record of 320.6 at 181. Josefina doesn't let age slow her down. She gets better with age. Linda Gerking of WA set a World Record in Double Ply with 385.7 at 198. Best Lifter 54-60 equipped was Jane McCubbin of WI and 54-60 Raw was Tierney Korotkin.

In Master Women 61-67 – the only World Record was Joan Gray of HI with 198.2 at 220 Raw. Both Susan Chloupek of WA and Jill Porter of TX set Double Ply State Records.

In Master Women 68-74 Deadlift – there were 3 World Records – all of them in the Raw category. Leona Perez of HI with 187.2 at 132, Carolyn Vanzlow-Edgar of NV with 199.3 at 148, and Terri Sorrell of FL with 225.7 at 181. Those three women are all 70 or over – compare those women with the average couch potatoes at 70 – they are either in rest homes or need some form of care. For these 3 women and many others in WABDL say 65 and up to 90 are all self-sufficient. That's the real beauty of weight training – you compete for the thrill, you train for the mental and physical health with the main benefit being endorphin release. I read an article in the paper today about the benefits of exercise and good nutrition. I always thought you could turn the clock back 10 maybe 15 years. Today's article said 30 years – in other words a 70-year-old in reasonably good cardio and physical shape had the same enzymes and capillaries as a 40-year-old and 40% more aerobic capacity than a 70-year-old that didn't train. Best Lifter Master Women 68-74 was Leona Perez.

In Master Women 75-79 at only 103 lbs – Betty Lafferty a yoga instructor – set a World Record 154.2 at age 76 lifting Raw. She has had a knee replacement and a hip replacement. Gerda Shupe at 181 set a World Record 248 Raw and was inducted into the WABDL Hall of Fame. Betty Lafferty was previously inducted into the WABDL Hall of Fame. Carrie Reese a retired Registered Nurse and Lawyer was the oldest woman in the contest, at 82 set a Single Ply World Record of 159.7 at 132.

In Open Men Deadlift – Brett Doberdruk of MT at 181 Raw set a World Record 601.8. Steven Bassetti was impressive with 462.7 Raw CA Record at 158 lbs. Antero Makila of Finland set a Raw National Record 529 at 198. Tom Eiseman of NJ easily won Single Ply with 650.2 at age 63. Edwin Manmano of HI had the highest Deadlift of the meet with 744 at 220 Single Ply and beat a field of 4. Miguel Chain Jr. of Brazil set a National Record 507 at Double Ply. Janni Ihalainen of Finland set a World Record in Double Ply at 275 with 639.2. Best Lifter for Open Men Lightweight Raw was Brett Doberdruk of MT. Best Lifter Open Lightweight equipped was Tom Eiseman. Best Lifter Heavyweight Raw was Ira Kekaulua and Heavyweight equipped was Edwin Manmano. Edwin Manmano is the only lifter in WABDL to hold World Records in the Deadlift in 4 weight classes. His 744 at 220 is only 16# from the Submaster World Record of 760 – when he beats that Record, he will hold World Records in 5 weight classes.

In Open Women – the most amazing lift of the whole meet was Stacia Al-Mahoe of HI who set a World Record 413.2 at 103lbs in Double Ply. She passed her 2<sup>nd</sup> drug test and is the only female lifter or male lifter to deadlift 4 times her body weight. Jennifer Genato was also very impressive with a World Record 342.6 in Open Single Ply to beat Elizabeth Cabe's record of 341.5. I never thought her Record

would be broken. Jennifer only weighed 94.8 which is about 35lbs shy of 4 times her body weight. Jessica Diana Vallinoto of Argentina set a World Record 297.5 at 105 Raw – another lift that is close to triple body weight. Valesca Cristina Rocha of Brazil who has the World Record in Single Ply at 114 at 364.8 still got a 341.5 which was a World Record in 47-53. Martha Godinez-Shim got a World Record 292 with a huge effort in Double Ply 114. She has been competing since 1983 in my meets and has squatted over 400lbs at 132. Artemira Sobrinho of Brazil obliterated the 181 Open World Record - with a 468.2 Raw and then Linda Gerking shattered the 198 Record with 385.7 Double Ply. At Super, Poha Henson made a 501.5 Raw World Record look routine. She also passed her drug test. Trisha Puou of HI set a State Record in Super Single Ply with 415.4. Best Lifter for Open Women equipped was Jennifer Genato. Artemira Sobrinho was Best Lifter Open Women Raw.

In Submaster Men Deadlift – Mariano Miravalles of Argentina set a World Record Raw at 220 with 623.8. Dave Gronenthal of ID set a State Record 551 at 198 and Edwin Manmano of HI set a State Record 744 at 220 Single Ply – one of the best Deadlifters in the world in any federation. Cory Kapetanov of UT set a World Record Double Ply at 220 with 529. Miguel Chain Junior of Brazil set a World Record in Double Ply in Sub 242 with 507. Tulsa Uyeda of HI set a State Record 595 at 259 Single Ply and Billy Hines of UT set a World Record 639.2 at 308 Double Ply. Dennis Schmidt of MN and David Ayotte of UT set State Records – Ayotte popped a 556.5 at 242 beating his old record by 50#. Best Lifter Submaster equipped was Edwin Manmano.

In Submaster Woman at 105 Jessica Diana Valinoto of Argentina set a Raw World Record of 297.5. Argentina fielded a full 10-person team that set a lot of World Records this year. Natalie Day of UT set a Raw World Record at 132 with a perfect form 314. Kehaulani Richardson of HI was huge with a World Record 447.3 in Single Ply to break one of Alisha Howards World Records. Catie Preis of Finland set a World Record 315.1 Raw at 181. Best Lifter Submaster Women Raw was Jessica Diana Vallinoto of Argentina.

In Teen Men 12-13 Deadlift at 242 – Nathan Ivey of WA set a World Record 363.7 Raw. Mikah Hall of HI set a Raw World Record of 176.2 at 123. Best Lifter 12-13 Raw was Nathan Ivey.

In Teen Men 14-15 at 105 Olin Kobayashi of HI set a World Record Raw with 248. Logan Villareal of HI at 132 set a Raw World Record of 358. Zander McElroy of ID set a State Record 308.5 at 148 and Michael Lando of MA set a Raw World Record of 352.5 at 220. Logan Villareal of HI was Best Lifter Raw 14-15.

In Teen Men 16-17 Deadlift Quinton Morrison of AL was the only lifter in the age group to set a World Record – an eye-popping 556.5 at 177lbs Raw. Kaison Uehara ripped up an above average OR Record 457.2 at 165 Raw and Ryan Magee smoked 479.5 MT Record at 181 to come in 2<sup>nd</sup> to Quinton Morrison. Tyler Farmer set a MT Record 308.5 Raw at 123. Best Lifter 16-17 Raw was Quinton Morrison and Hunter Giesbers of OR and Richard Martinez of ID also set Raw State Records and Sam Bassan set a Single Ply WI Record 628.2 – the highest Teen Deadlift.

In Teen 18-19 Jonas Rickman of TX elevated like a machine 562 for a Raw World Record at 242.

In Teen Woman 12-13 Deadlift – Trulayna Bello of HI set a Raw World Record at 114 of 225.7. Iris Singleton of WA did the same weight but only tied the World Record. Mia Linamen of FL set a World Record 270 at 148 Raw – very impressive for that age. Mataya Straka was even better with a World Record 319.5 at 165. Best Lifter 12-13 Raw was Mataya Straka.

In 14-15 / 198 – 14-year-old Tyara Straka pulled an incredible 374.7 short of her 385.7 World Record she pulled as a 13-year-old. Katie Peabody set a World Record 259 in Double Ply in 16-17/114.

Alaysha Whitehead of UT set a World Record Raw in 16-17/181 with 231.2. Genevieve Sawyer of WA got a State Record Raw 270 at 16-17/148.

### **Moving on to Bench Press**

In Class 1 Men – Nick Buck didn't get a Record, but he got Best Lifter in Single Ply equipped with a 391 Single Ply at 160. He's 5'10" and definitely not built for benching – which makes his lifting unique. He doesn't compete in Deadlift yet. He is one of the best Deadlift coaches I've ever seen. The Wisconsin Teenagers that he's coached are the best teenage deadlifters in WABDL as a whole. Hunter Hume of OK set a State Record 286.5 Raw. Noah Anderson of WA set a State Record Double Ply of 325. Ricky Jensen a State Trooper from UT set a State Record 347 Raw at 220. Robert Rasor of OK finished 2<sup>nd</sup> but got an OK Record 325. Joseph Karamatic of CA set a State Record 458.3 in Double Ply 242. Joe also did a good job of Judging throughout the week. Brant Gapusan of WA finished 2<sup>nd</sup> with a WA Record 451.7 in Double Ply. Michael Happach of IL got a PR Single Ply 473.7 at 242 which was the highest bench in Class 1 and Desmond Coleman rammed up with authority, a TX Record 385.7 Raw at 275 and won Best Lifter Class 1 Raw.

In Disabled 1 Men at 20-39/198 Benjamin Bleskin of MT broke the World Record of 242.5 held by Gustavo Pozza of Brazil by 110# with an effortless 352.5 World Record. He also won Best Lifter Disabled Raw. In Disabled 1 40-59.181 Scott Rickford of MN set a World Record 304.1 in Raw.

In Disabled 2 – 60 – At age 77, Al Franke at 198# set a World Record in Double Ply with 201.5. Reid Solar of AZ in Disabled 2 – 60/220 Raw set a World Record 231.2. Reid Judged all week and is a major sponsor along with his wife Kelly. Gary Flood of OK set a State Record Double Ply of 275.5. Don Adams of WI set a World Record 358 in Disabled 2 – 60/242 Single Ply. Eldon Olson of MT at age 73 put up a spectacular World Record of 380.2 in Disabled 2-60/259 IN Single Ply. Alan Frasier who recently had Open Heart Surgery set a World Record Raw in Disabled 2 – 60/308 with 231.2. Best Lifter equipped in Disabled was Eldon Olson.

In Disabled Women Chloe Kaalund of CA set a Raw World Record of 170.7 which all things considered is very competitive. She's a Special Olympian and is in Disabled 2 20-39/220. Jill Porter of TX set a World Record 165.2 in Disabled 2 – 60/148 in Double Ply and Marlene Wexler of MN set a World Record 110 Raw at age 73. Marlene has battled breast cancer 3 times, had a hip replacement and knee surgery twice in the last 4 years.

In Elite Open Men at 181 – Spencer Shoesmith of ID in Single Ply blasted 589.5 and Will Crossen III of WA put up 573 at the same weight. The World Record is 606 held by Don Linerud at 606.2. He trains with Spencer. Dave Lenius who benches 545 at 198 and Dave Gronenthal who benches 578 at 198 also trains with Spencer. I would say that those 4 benchers are as good as it gets for pushing one another to new heights. Ryan Marble got his 1<sup>st</sup> 700lb bench in WABDL with a UT Record 705.2 in Elite Open at 220. He also passed his drug test.

In Junior Men Bench – Michael Saldivar, who is in a wheel chair and refuses to compete in Disabled, set a Single Ply World Record of 386.8 at 123 with obviously 0 leg drive. That is more than triple body weight. Jallel Fabro of HI was equally impressive with a more than triple body weight World Record 418.7 at 132 Single Ply. Spencer Shoesmith got a World Record with his previously mentioned 589.5 Single Ply. Walter Kupihe of HI set a World Record Raw of 534.5 in Junior 308. Kyle Lockhart of Maine set a State Record 435.2 at Super. Walter Kupihe was Best Lifter in Junior Raw Bench.

In Junior Women Bench – Jacqueline Arelliano of HI set a World Record at 105 Raw with 110 and Cailee Awa of HI set a World Record 163 Raw at 114 – you can't find a better Raw bench at that weight drug free in any federation. Jamie Tsuji of CA set a State Record 236.7 at 148 Single Ply - She is coached

by the legendary Steve Wong. Cynthia Allison of UT set a Raw World Record 155.3 at 181. Cailee Awa was Best Lifter for Junior Women Raw.

In Law/Fire 40-47 Men – Micah Coleman of IL set a Raw World Record 341.7 at 308. Tommy Harrison of IL who is in the WABDL Hall of Fame set a Double Ply World Record 722 at 308 and had the highest Bench in the whole contest.

In Law/Fire 48-55 Bench – Boyd Sears of CA set a Raw World Record of 192.7 at 165. Dwayne Stewart of CA set a Raw World Record of 225.7 at 181. Darren Carr – a policeman from Draper, UT – set a Single Ply State Record of 446 at 198. Darren has been competing in WABDL since 2002. Jason Smith of OK shattered the Raw World Record at 198 by 100# with a 374.7. Arnold Weaver of AR set a World Record in Double Ply at 275 with a quick and easy 601.8. Warren Orr from Canada set a National Record 512.5 at Super Single Ply.

In Law/Fire 56-63 William Denniston of MI set a World Record 413.2 in Double Ply at 220. Amado Monzon of Argentina set a World Record Raw at 259 with a hard fought 347. Eric Jones of MI set a World Record 402.2 at 308.

In Law/Fire 64+ The following all set World Records in the Raw Division: Gary Miller of NV 209.2 at 132, Charles McFarland of OR 286.5 at 198, Butch Martinez of CA 259 at 220, and Ed Acey of UT 286 at 259. In Single Ply Eldon Olson of MT set a World Record 380.2 and Willard Crossen JR of WA put up a large 606.2 at 275 for a World Record at age 65. Will has been competing in my meets since 1987 – 31 years and he still totals 1200 or better in Push Pull.

In Law/Fire Open 148 Trevor Banaszak of TX set a Raw World Record Bench of 281. Ricky Jensen of UT set a State Record 347 at 220 Raw. Robert Rasor of OK was 2<sup>nd</sup> at 220 with a State Record 325. Ryan Eamon of MT is a rising star with a huge MT Record in Single Ply at 308 with 589.5 and Tommy Harrison set a World Record 722 at Double Ply at 308. Anthony Marcus of HI set a World Record at Super in Raw with 473.7 it was also a World Record in Law/Fire Submaster. Best Lifter Law/Fire Master Bench Raw was Jason Smith of OK. Will Crossen Jr was Best Lifter Law/Fire Master equipped. Tommy Harrison of IL was Best Lifter Law/Fire Open equipped, and Anthony Marcus of HI was Best Lifter Law/Fire Open Raw.

In Law/Fire Women in 48-55/148 - Monica Hagen of CA broke her Raw World Record by 30# and got 132.2. In Law/Fire 56-63/114 Kumiko Katie Moore of NV was something to watch with a 156.4 Raw Bench at 109# which was easily a World Record. I don't see anybody breaking that record for a long time other than Kumiko. In Law/Fire Open Women Dana Barnes of IL at 198 Raw set a World Record 154.2 and Alisha Howard of WA set a World Record in 220 Single Ply with 352.5. She also deadlifted 490.5 Single Ply.

In Master Men 40-46 Bench – Joel Mendez of Argentina set a National Record 319.5 at 165 Raw. Chad Bertelmann benched 672.2 at 242 Single Ply for a HI Record. Matt Lamarque benched 633.7 Single Ply for the highest two benches in Master Men 40-46. No World Records were set in this division. Jeremiah Johnson had the highest bench in the Double Ply division with 606.2. Eduardo Elgart of Argentina set a National Record 529 in Single Ply at 242. Michael Botticelli of NV set a State Record Single Ply with 584. Marvin Bishop of Ohio set an Ohio Record at Super in the Raw Division with a 479.5 – only 6 lbs. shy of the World Record held by Ricardo Nort of Brazil. Best Lifter 40-46 Lightweight Raw was Chad Medina. Best Lifter 40-46 Heavyweight Raw was Malcolm Lehano. 40-46 Lightweight equipped was Matt Lamarque and 40-46 Heavyweight equipped was Chad Bertelmann.

In Master Men 47-53 Bench David R Smith of TX set a World Record Raw at 352.5 at 165. Jason Smith of OK set a State Record Raw at 198 with 374.7. Alejandro Lamperti of Argentina was 2<sup>nd</sup> with a

National Record 325 and Julio Cesar Sanchez of Peru was 3<sup>rd</sup> with a National Record Raw of 292. Aparecido Junior of Brazil was World Champion at 220 Single Ply with 396.7. Eduardo Grumann of Brazil in Raw 220 beat Dave Wallentine of Washington in bodyweight. They both put up 347. John Westleigh of Maine set a State Record Single Ply 556.5 at 242 and passed his drug test. Michael Neely of MT was 2<sup>nd</sup> with 508.1 and a MT State Record. John Thomas of FL set a State Record Raw of 369.2. Mick Quillici of NV beat Glenn Machado of HI in Bodyweight – one lb. difference, they both set State Records with 562 in Single Ply. Jesse Johnson of UT in Double Ply beat Nick Massey of CA 529 to 507 – both were State Records. Warren Orr of Canada and Scott Bromeisl of WI hooked up at Super Single Ply and Warren won on bodyweight and both elevated 512.5. Al Tanner of OK in Raw set a World Record 435.2. Tom Terry of AR was 2<sup>nd</sup> with a State Record 396.7. Best Lifter 47-53 Lightweight equipped was Chris Balanga with a CA Record 385.7 at 148. Best Lifter 47-53 Lightweight Raw was David R Smith. Best Lifter 47-53 Heavyweight equipped was Glenn Machado and Heavyweight Raw was Al Tanner.

In Master Men 54-60 Bench – Deron Agaran of HI in Single Ply at 181 was huge with a World Record 518. Deron helped Judge, M.C. and helped with the weigh-ins. Dwayne Thompson of AR set a World Record 292 at 165 Raw. John Cunningham set a World Record 353.6 Raw at 181 and passed his drug test. Tony Coduto of IL shattered Jody Woods World Record 512.5 with a 551 at 198 in Single Ply. Tony is in the WABDL Hall of Fame and has passed 4 drug tests. Ken Millrany of TN and I talk to all the time about sports trivia – Baseball, Basketball, and Football. He is very knowledgeable in all 3 – past and present. He is also a very good bencher – knows as much as anyone in weight training and has trained various college athletes to go on to the pros. He set a World Record 673.3 in Single Ply at 242. Randy Hilmer of AR almost bombed out but made his 3<sup>rd</sup> for a State Record 347 Raw at 242. Juha Pukkila of Finland won Gold in Raw 242 with 352.5. Dave Sickler of WI won Gold at 259 Single Ply with a State Record 446.2. Scott Hane of FL set a State Record Raw at 259 and won Gold with 374.7. Jim Presley won Gold in Double Ply with 451.7. Eric Jones of MI set a State Record Raw at 308 with 402.2 and George Strutzel of MT came in 2<sup>nd</sup> with a Raw Record 374.7. Gary Shim of HI at Super set a World Record Double Ply with 589.5. Best Lifter 54-60 Lightweight equipped was Deron Agaran. Best Lifter Lightweight Raw was Jon Cunningham. Best Lifter 54-60 Heavyweight equipped was Kenneth Millrany and Heavyweight 54-60 Raw was Eric Jones.

In Master Men 61-67 at 132 Raw Gary Miller set a World Record 209.2. Dave Constantineau at 148 Raw set a World Record 236.7. Mike Frizzell of IL set a World Record 530.1 at Single Ply and passed his drug test. Tom Gonnering of AL set a State Record 451.7 in Single Ply. Forest Hofer of WA set a Raw World Record of 424.2 at age 63 and passed his drug test. Joe Mickelson at Super set a World Record 540 in Double Ply. Best Lifter equipped 61-67 was Mike Frizzell and Raw 61-67 was Forest Hofer.

In Master Men 68-74 at 181 – Vietnam combat vet Dan Hawkinson set a World Record 225.7 Raw. Jon Wolbers of Canada at 220 Raw beat Imre Budai of CA 275.5 to 272.2 both lifts were World Records. Best Lifter 68-74 Raw was Jon Wolbers.

In Master Men 75-79 at 132 Eugene Kawamata of HI set a World Record 104.5 Raw. Greg Nieto of CA set a State Record 181.7 Raw at 181. Mike Haigwood of NV set a State Record at 198 of 214.7 and won Gold. Daniel Smith III of CA, who served two combat tours in Vietnam set a World Record 303 Raw at 242 breaking the previous Record by 115#. Daniel holds the World Record Raw at 68-74/242 with a phenomenal 383.5. Ed Acey of UT who is in the WABDL Hall of Fame set a World Record Raw at 259 with 286.5.

In Master Men Bench 80-84 at 148 Larry Vincent of OR set a World Record Raw 203.7 Larry has set over 30 World Records and is in the WABDL Hall of Fame. John Herbein of PA and a graduate of the



Naval Academy set a State Record 210.3 in Single Ply. William Prince of NV who was inducted into the WABDL Hall of Fame set a World Record at 198 Double Ply with 253.5. Johnny Yong of FL benched 270 Raw to beat a field of 3. Johnny holds the World Record Raw with 275.5. Joseph DiGregorio set a NV State Record Raw with 176.2 and Paul McCuiston set a CA State Record Raw with 121.2. Dr. Donald Dreyer benched 99# at age 97 in Single Ply. Best Lifter 75-79 Raw was Daniel Smith III and Best Lifter 80+ Raw was Johnny Yong.

In Master Women 40-46 Bench - Mariela Zarate of Argentina at 132 set a National Record Raw of 110. Veronica Gutierrez of TX set a State Record 137.7 Raw at 181. Natasha Williams of AZ set a World Record 182.8 and 187.2 at 181 Raw. Amy Rudder of TN set a World Record for her 3<sup>rd</sup> Worlds in a row with a 250.2 in Double Ply breaking Laura Feusi's Record of 240 that stood since 2001. Alisha Howard a police woman from Olympia had the highest female bench in the contest with a World Record 352.5 Single Ply at a light 220 (204). Trisha Puou of HI broke her own HI State Record in Single Ply 28lbs – an easy 314 at Super. Best Lifter Master Women 40-46 Raw was Tonya Shaffer of MT with 165.2 at 140.2 lbs. and equipped Best Lifter was Alisha Howard.

In Master Women 47-53 at 97# Raw Elizabeth Cabe set a World Record 93.5 to along with her World Record Deadlift of 297.5 at 114#. Valesca Cristina Rocha of Brazil set a National Record 110#Raw – 12# shy of the World Record. Terry Aiwohi of HI set a State Record Raw 148.7 at 181 and Cindy Shockman of OR set a huge 281 Raw World Record and passed her drug test. Deana Bowes of CA set a World Record Double Ply at 198 with 121.2. Best Lifter 47-53 equipped was Virpi Pukkila of Finland with 319.5 and 47-53 Raw Best Lifter was Cindy Shockman.

In Master Women 54-60 at 97# Jennifer Souders of WA set a World Record 91.3 Raw. Kumiko Katie Moore of NV had a huge 156.4 for a Raw World Record at 111.6. Martha Godinez Shim of HI set a State Record 137.7 at Double Ply 114 – only 11# shy of the World Record. Betty Hansen at 132 Single Ply set a World Record 178.4 the 4<sup>th</sup> time she has broken that Record. Tierney Korotkin at 132 Raw set a World Record 149.8. Beverly Anolin of CA who was inducted into the WABDL Hall of Fame set a State Record Single Ply of 243.6. Josefina Jackson of TX set a World Record Raw 154.2 at 181 to go along with her World Record Deadlift. Deborah Maxwell of CA broke the World Record Raw of 120 with 121.2 at 181 but then Josefina broke it again to win Gold. Linda Gerking of WA set a World Record 225.7 in Double Ply. Best Lifter Master Women 54-60 Raw was Kumiko Katie Moore and 54-60 equipped was Beverly Anolin.

In Master Women 61-67 Bench at 132 Single Ply Karon Denniston of MI tied her State Record of 143.2 to take Gold. Peach Presley of CA at 148 set a World Record 214.7. Jill Porter of TX in Double Ply 148 set a World Record 165.2. Susan Arnett of HI set a Raw World Record of 123.4 at Super. Best Lifter 61-67 equipped was Peach Presley.

In Master Women 68-74 Jean Santivasci of NV at 123 Raw, Leona Perez of HI at 132 Raw, Carolyn Vanslow Edgar of NV at 148 Raw and Marlene Wexler of MN at 198 Raw all set World Records. Leona Perez was Best Lifter 68-74 Raw with her World Record 106.7 at 132.

In Master Women 75-79 Betty Lafferty of AL set a Single Ply World Record of 137.7 at 105 at age 76. Gerda Shupe set a Raw World Record 99 at 181 and Carrie Reese of CA set a Raw World Record at age 82 at 132 with 82.5. The 132# weight class was her 7<sup>th</sup> weight she has competed at in only 7 years. She lost 143# during that time – an impossible feat at her age.

In Open Men Bench - Landon Sakai of HI set a World Record 308.5 at 114 in Single Ply. Kekoa - Pasion Alameida of HI benched 501.5 at 165 Single Ply for Gold. David R Smith of TX set a Raw World Record of 352.5. Spencer Shoesmith of MT benched 562 in Single Ply to win Gold in Open 181 and then

went on to bench 589.5 in Elite Open. Jukka – Pekka Tillikka of Finland set a Raw World Record at 181 with 374.7 and won Gold over lifters from Utah, Brazil, and Argentina. Javier Taffetani of Argentina set a National Record Raw at 181 with 314. Gustavo Almada of Argentina set a National Record 446.7 in Double Ply 181. Max Panziera of CA was vastly improved with Gold winning performance at 198 Single Ply 584 bench. Coby Washburn of TX won Gold at 220 Single Ply with 584. Coby is also one of WABDL's sponsors along with David R. Smith. Ken Millrany set a TN Record 673.3 at 242 in Single Ply. Donovan Ballo of HI set a State Record 396.7 Raw at 242 and Jonas Rickman set a TX 242 Raw Record of 358. Mick Quilici of NV set a State Record 562 Single Ply at 259 and Renan Moreno of Brazil was way excited over a 4<sup>th</sup> attempt National Record of 661.2 Single Ply at 259 that he made with Tiny Meekers help. Norman Tavares of HI won Gold at 275 Single Ply with a 584 and passed his drug test. River Newman of MT at 308 Single Ply set a State Record 551 and won Gold. Walter Kupihe of HI set a World Record 534.5 Raw at 308 for Gold. Scott Bromeisl was the only lifter at Super out of 4 who didn't bomb. He won Gold with 512.5 in Single Ply. Best Lifter in Open Lightweight Raw was David R. Smith of TX. Best Lifter Open Heavyweight Raw was Atte Poikonen of Finland. Best Lifter in Open Lightweight equipped was Spencer Shoemsmith of MT. Open Best Lifter Middleweight equipped was Max Panziera of CA and Heavyweight Open equipped Best Lifter was Ken Millrany of TN. The Open Division equipped lifters outnumber Raw lifters 33 to 21.

In Open Womens Bench Press there were 5 World Records set; Elizabeth Cabe of HI in 97# Raw with 88#, Jessica Diana Vallinoto of Argentina in 105 Raw with 126.7, Stacia Al Mahoe of HI in 105 Double Ply with an amazing 270, Kandice Kinney of HI in 165 Raw with 225.7 and Cindy Shockman of OR in 181 Raw with 281. Additional impressive lifts were Samantha Panziera of CA in Single Ply 281 at 148, Marianne Hartio of Finland with 198.2 Raw at 148, Beverly Anolin 243.6 Single Ply at 165, Trisha Puou of HI with a State Record 314 at Super in Single Ply and Victoria Real of CA with a State Record 170.7 Raw at 131.4. Virpi Pukkila of Finland a 319.5 Single Ply at 165, Poha Henson of HI set a State Record Raw 225.7 at Super and Brittney Pasion-Almeida of HI set a State Record 226.8 in Single Ply 132. Best Lifter Lightweight Open equipped at 145.2 was Samantha Panziera of CA. Lightweight Open Raw was Marianne Hartio of Finland, Heavyweight Open Equipped was Virpi Pukkila of Finland and Heavyweight Open Raw was Cindy Shockman of OR.

In Special Olympian Raw Chloe Kaaland set a CA Record 170.7 at 220.

In Submaster Men at 181 Raw Charlen Luz of Brail set a World Record 330.5 to beat B.J. Crocker of OK who did the same weight but was a couple of pounds heavier. However, B.J. broke Charlen Luz's record on a 4<sup>th</sup> with 341.5 and the new World Record. Brett Doberdruk set a MT Record 308.5 Raw at 181 to come in 3rd. Humberto Rodriguez of AZ came in 4<sup>th</sup> with a State Record 278.8. David Ayotte of UT set a State Record Raw of 347 and Billy Caughey of UT set a State Record 347 at 275 Single Ply. Dave Gronenthal of ID is a World Class bencher and got 567.5 at 198 and 600.7 locked out but turned down 2 to 1. Norman Tavares of HI popped a 584 at 275 Single Ply. Best Lifter in Submaster equipped was Dave Gronenthal of ID and Submaster Raw was Atte Poikonen of Finland.

In Submaster Women Jessica Diana Vallinoto of Argentina set a World Record Raw at 105. Jamie Field of CA set a State Record 209.2 at 123 in Single Ply only 12<sup>th</sup> from the World Record. Victoria Real of CA set a World Record at 132 Raw with an easy 170.7 and was Best Lifter in Submaster Women Raw.

In Teen Men Bench there were 5 World Records; Mikah Hall of HI 89.1 Raw at 12-13/123, Nathan Ivey of WA 203.7 Raw in 12-13/242, Michael Lando of MA 192.7 Raw in 14-15/220, Jonas Rickman of TX 358 Raw in 18-19/242. Notable State Records were set by Luke Gratz of WI in 16-17/165 with 286.5 Raw in beating Kaison Uehara of OR who put up a 270 Raw State Record for 2<sup>nd</sup> Place. Kaison

set numerous World Records in age groups 12-13 and 14-15. Also, Ryan Magee of MT beat Quinton Morrison of AL 308.5 to 303 in 16-17/181. Both lifts were State Records Raw. Best Lifter Teen Men 12-13 Raw was Nathan Ivey of WA and Teen Men 16-17 Raw was Luke Gratz of WI.

In Teen Women there were 9 women and 7 set Raw World Records; Mia Linamen of FL was spectacular with a 165.2 at age 12 and 148, Mataya Straka of WA got 148.7 at age 13 at 165, Tyara Straka of WA put up 220.2 Raw at age 14 at 198 – a very good Raw bench at that age, Geneveve Sawyer of WA did 132.2 at 16-17/148, Brooklyn Hall of HI did 159.7 at 16-17/220, Anna Phinney of WA got 214.7 at 16-17/Super and Cristina Munoz of CA popped 143.2 at 18-19/165. Katee Peabody of CA set a World Record in Double Ply in 16-17/114 with 148.7. Best Lifter 12-13 Raw was Mia Linamen of FL.

### **Moving on to Push Pull**

In Push Pull Class 1 Men some notable Records were: Dave Constantineau of WI set a State Record 677.4 at 148 Raw, Connor Fuqua set a CO Record 688.7 at 165 Single Ply. Craig Barnes of HI set a State Record Single Ply of 958.7. Joseph Karamatic of CA set a Double Ply Record 242 of 1031.3. Desmond Coleman of TX set a Raw Record at 275 of 1035.9. Best Lifter Class 1 Men Raw was Desmond Coleman.

In Class 1 Women Alexia Juarez of WA set a Raw State Record of 352.2 at 148. Terri Aiwohi set a HI Record Raw at 181 with 491.3 and Ana Selena Galicia set a TX Record 528.7 Raw at 220. Terry Aiwohi was Best Lifter Class 1 Women Raw.

The Washington School for the Blind had 3 of their lifters set World Records in Disabled 1 13-19 at 148, 165, and 181 respectively with Alex Johnson being the most impressive with 473.7 at 148.

In Disabled 2 40-59/165 Chad McFarland of OR set a Raw World Record 556.4. Gary Flood of OK set a Double Ply World Record of 672.2 in Disabled 2 60 at 220. Alan Fraser of NV who had Open Heart surgery only 5 months ago was gutsy with 591.4 at Disabled 2 60/308 a Raw World Record. Best Lifter Disabled 2 Raw was Reid Solar with 738.2 in the 60+ Division at 220.

In Disabled 2 Women in 20-39/220 Chloe Kaalund of CA set a Raw World Record of 473.2 and Jill Porter of TX set a Double Ply World Record of 468.2.

In Junior Men Push Pull Jallel Fabro of HI set a World Record 831.9 in Single Ply at 132. Joseph Karamatic set a World Record at 242 Double Ply with 1031.3. Walter Kupihe of HI set a Raw World Record of 1162.7 at 308. Joseph Koenecke of WI had the most impressive State Record with 909.2 at 198 Raw.

In Junior Women Cailee Awa was very above average with 484.7 Raw at 111 lbs. for a World Record. Yesenia Valdez of TX had a good Raw World Record 392.1 at 132. Jamie Tsuji of CA set a State Record 611.4 at 148 in Single Ply. Marianne Hartio of Finland set a National Record 550.7 Raw at 148 and Cynthia Allison of UT set a World Record Raw at 181 with 469.3.

In Law/Fire 40-47 Push Pull at 220 Raw Nick Berriman of OR set a World Record 805.6. Jason Dexter of IN at 242 Raw set a World Record of 1024.7. Tommy Harrison of IL set an upper level World Record in Double Ply at 308 with 1273. Ramon Gutierrez of TX set a World Record 980.7 Raw at Super.

In Law/Fire 48-55 at 198 Raw Jason Smith of OK set a World Record 931.2 and was Best Lifter for Law/Fire Raw Master. Pantaleon Monzon Amado of Argentina set a Raw World Record of 699.7 at 259.

In Law/Fire 64 there were 3 World Records in Raw; Gary Miller of NV 534.2 at 132, Charles McFarland of OR 768.5 at 198, and J.P. Krachunis 214.7 at 308. Will Crossen Jr set a Single Ply World Record of 1190.2 at 275. Will has been benching over 600 lbs. and deadlifting over 580 for the last 26 years.

In Law/Fire Open Men there were 5 World Records; Trevor Banaszak of TX 705.2 at 148 Raw, Elias Huizar of WA 710.7 Double Ply at 181, Ricky Jensen of UT 843 at 220 Raw, Tommy Harrison of IL 1273 at 308 Double Ply and Anthony Marcus of HI 1178.9 Raw at Super. In Law/Fire Submaster Elias Huizar and Anthony Marcus also had World Records in Double Ply and Raw respectively.

In Law/Fire Open Women 198 Raw Dana Barnes of IL set a World Record 379.9 and Law/Fire Submaster 165 Raw Lacey Alvernaz set a World Record 253.2.

In Master Men 40-46 at 165 Joel Mendez of Argentina won Gold and set a World Record 793.2. Chad Medina of NM set a World Record 936.7 at 181 breaking the old record by 38 lbs. Jesse Avila of UT set a World Record at 220 Single Ply with 1085.5 and won Gold to beat a field of 3. Byron Fletcher set an IL Record with 980.7 to finish 2<sup>nd</sup>. Bryan Johnson of MT set a State Record 837.5 at 220 Raw. Jason Dexter of IN beat Mel Lezano of HI 1024.7 to 920.2. Both lifters got State Records. Allen Heisler of MT set a State Record 1068.9 in Single Ply 259 to win his Gold medal. Joe Carter of TN was moving a lot of weight with a Raw World Record 1102. Best Lifter Push Pull equipped 40-46 was Matt Lamarque with 1234.4 at 198 and Chad Medina was Best Lifter Raw with 936.7 at 181.

In Master Men 47-53 six World Records were set, Chris Balanga at 148 Single Ply with 887.2, Marchand Fleming of OK with 794.6 at 181 Raw to beat Mike Stanchfields World Record of 782.2, John Westleigh of ME with 1085.5 in Single Ply 242, Kevin Pitman of TX with 1151.7 in Single Ply 308, Bob Miller of MN with 910.3 at 220 Raw, and DeWitt Martin of IN with 1201.2 at Super Raw. Best Lifter in 47-53 equipped was Kevin Pitman and Raw 47-53 Best Lifter was DeWitt Martin.

In Master 54-60 there were five World Records set; Jon Cunningham of UT with 755.8 at 181 Raw, Percy Taylor of TX with 898.2 at 220 Double Ply, Ron Harlow of IL with 1092 at 259 Single Ply, Jim Presley of CA with 964.2 at 259 Double Ply, and George Strutzel of MT with 920.2 at 308 Raw. Best Lifter for Master 54-60 Raw was George Strutzel of MT and 54-60 equipped was Fulton White of NV with 881 at 165 which was also a Nevada Record.

In Master Men 61-67 there were 6 World Records set; Gary Miller of NV with 534.2 at 132 Raw, Dave Constantineau of WI with 677.4 at 148 Raw. Leamon Woodley of WA with 997.2 at 198 Single Ply, Eddie Morgan of AR with 914.7 at 259 Single Ply, Fletcher Gibbs of FL with 820.7 at 275 Single Ply, and Joe Mickelson of WA with 1085.5 at Super Double Ply. Best Lifter Master 61-67 equipped was Freddie Evangelista with 916.9 at 165.

In Master Men 68-74 – Robert Batko of MI set a World Record Raw at 181 with 629. It was his 1<sup>st</sup> meet in 4 years due to injuries. Tom Haggenmiller of MN set the World Record first but ended up with a MN Record 529. Tom has gone to 20 World Championships out of the 22 that WABDL has had. He's not a backyard lifter. Backyard lifters are some of the best lifters in WABDL but they either are afraid of the competition at Worlds or they don't really have the passion for the sport of Powerlifting. The only thing worse than a backyard lifter is a gym lifter. I used to know this guy in HI back around 1980-85 that claimed he could deadlift 900. In a meet one time my wife was sitting next to his wife. I deadlifted 854 Raw, squatted 903. His wife said, "my husband can do 900 for reps". I started calling him at the gym he trained at. After at least 10 calls he answered. I told him I would give him \$500 if he could deadlift 860. I put 5 \$100 bills under the bar after I loaded it up to 800. He said his back was injured. I did 5 reps with it without warming up because I was pissed. Then I said, "your turn". He just looked at me. I picked up the 5 \$100 bills and walked out. Back to the meet. Imre Budai of CA set a World Record total of 663.4 at 220 Raw. He's set World Records in his category for the last 4 meets. Best Lifter 68-74 Raw was Robert Batko.

In Master Men 80-84 Larry Vincent set a World Record 462.7 Raw at 148 – he has set World Records at almost every meet he has entered since 1997 – at least 40 meets. Julio Cesar Berrocal Carriedo of Peru set a World Record at 165 Raw with 291.7. Paul McCuiston of CA set a World Record Raw at 220 with 369.2 and 97-year-old Dr. Donald Dreyer of LA set a World Record 264.2 at 95+ in Single Ply.

In Master Women 40-46 at 132 Mariela Zarate of Argentina set a National Record 297.2. Leilani Felipe of HI holds the World Record with 446.2. Julia Mosco Campos of Peru set a National Record 286.2 at 165. Natasha Williams of AZ set an impressive World Record of 564.1 Raw at 181. Natasha Williams of AZ was Best Lifter 40-46 Women.

In Master Women 47-53 at 97 lbs. Elizabeth Cabe of HI, a future Hall of Famer set a World Record Raw with 374.5. Valesca Rocha of Brazil set a National Record Single Ply with 451.5, Terri Aiwohi of HI set a State Record Raw 491.3 and won Gold. Mirtha Delatorre of CA has both the World Record at 40-46/165 and 47-53/165 with 484.7 and 534.4 respectively. Artemira Sobrinho of Brazil set a huge World Record of 688.4 at 181. Artemira Sobrinho of Brazil was Best Lifter.

In Master Women 54-60 – 5 World Records were set; Jennifer Sounders of WA with 276.3 at 97 lbs., Martha Godinez Shim of HI with 429.7 at 114 Double Ply, Beverly Anolin of CA 618.3 at 165 Single Ply, Josefina Jackson of TX with 462.7 at 181 Raw and Linda Gerking of WA with 600.4 at 198 Double Ply. Best Lifter 54-60 Women equipped was Beverly Anolin who was inducted into the Hall of Fame.

In Master Women 61-67 at 148 Jill Porter of TX set a World Record 468.2 Double Ply.

In Master Women 68-74 Leona Perez of HI set a World Record at 132 Raw of 287.2 and was named Best Lifter. Carolyn Vanzlow Edgar of NV set a World Record of 280.7 at 148. Judith Petray of CA, who is an attorney and travels all over the country to meets, set a World Record 396.5 at 165 Single Ply. Pat Robey of WA was only one tenth of a pound behind her with 396.4 World Record of her own but lost it to Judith.

In Master Women 75-79/181 Gerda Shupe set a World Record 347 Raw. Carrie Reese set a World Record 242.2 in Master Women 80-84/132 Raw.

In Open Men there was only one World Record – Walter Kupihe of HI with 1162.7 at 308 Raw. Some of the more impressive State Records were set by Charlen Luz of Brazil with an 804.2 National Record at 181, Byron Fletcher of IL with 980.7 at Single Ply 220, Joshua Winterrowd of MT 1013.7 at 242 Single Ply, Nick Massey of CA 1063.5 Double Ply (Jesse Johnson of UT beat him with 1080), Norman Tavares of HI with 1168 at 275 Single Ply, River Newman of MT with 1102 at 308 Single Ply, Tommy Mendoza of CA with 1046.9 Raw at 308, and DeWitt Martin of IN with 1201.2 at Super Raw. Best Lifter Push Pull Open equipped was Max Panziera of CA with 1168 at 198 and Best Lifter Open Lightweight Raw was Ralph Young of Ohio with an Ohio Record 943.3 and Best Lifter Open Heavyweight Raw was Walter Kupihe of HI.

In Open Women there were 5 World Records; Jennifer Genato of CA with an eye opening 493.5 at 97# Single Ply, Elizabeth Cabe of HI with 374.5 Raw at 97#, Martha Godinez Shim of HI with 429.7 at 114 Double Ply, Cynthia Allison of UT with 469.3 at 181 Double Ply, and Poha Henson of HI with 716.2 at Super Raw. Best Lifter Open Women Raw was Jessica Diana Vallinoto of Argentina with a 413.2 World Record at 105. Samantha Panziera of CA put up an impressive 650.2 at 148 only 8lbs shy of Jeanne Watt's World Record.

In Submaster Men at 181 Charlen Luz of Brazil set an 804.2 Raw National Record. Cory Kapetanov of UT set a 958.7 Word Record at 220 Double Ply. He was one of David Edgell's lifters – three of them set World Records. Norman Taveras of HI passed his drug test and set a State Record 1168

Single Ply at 275 and Billy Hines of UT set a World Record 1068.9 at 308 Double Ply. Mariano Miravalles, the Vice President of the Argentinian Powerlifting Federation, set a National Record 970.8 Raw at 220, and was named Best Lifter in Submaster Raw.

In Submaster Women Push Pull 5 World Records were set; Jessica Diana Vallinoto of Argentina with 413.2 at 105 Raw, Jamie Field of CA with 517.7 at 123 Single Ply, Natalie Day of UT with 424 at 132 Raw, and Joni Texeira of OR with 451.7 at 165 Raw, Jamie Farmer of MT also set the Record at 165 Raw but was surpassed by Joni when the smoke cleared.

In Teen Men 12-13 Mika Hall of HI and Nathan Ivey of WA set World Records with 253.2 at 123 and 567.4 at 242. Nathan is 6'4" and just turned 13 and was named Best Lifter for 12-13.

In Teen Men 14-15 Logan Villareal of HI set a Raw World Record at 132 of 490.2. Trey Anderson of WA set a State Record 407.7 at Raw 148.

In Teen Men 16-17 3 World Records were set; Tyler Farmer of MT with 440.7 at 123 Raw, Quinton Morrison of AL with 843 at 181 Raw and Ryan Magee of MT who broke the Record first at 181 Raw with 788 but then Quinton ended up with the Record. Hunter Giesbers of OR got a State Record 633.4 at 16-17/242 Raw. Quinton Morrison of AL was Best Lifter 16-17 Raw.

In Teen Men 18-19 at 220 Single Ply Austin Payne of WI set a State Record 909 and at 242 Raw. Jonas Rickman of TX set an impressive World Record of 920.

In Teen Women at 12-13 there were 3 World Records set; Iris Singleton of WA with 335.7 at 114 Raw, Mia Linamen of FL with 430.8 at 148 Raw, and Mataya Straka of WA with 468.2 at 165 Raw. Mia Linamen of FL was Best Lifter 12-13 Raw.

IN Teen Women 14-15 Tyara Straka set a World Record 594.9 at 198 and in 16-17 Geneveve Sawyer of WA and Brooklyn Hall of HI set World Records with 402.2 at Raw 148 and 451.7 at Raw 220.

We had 468 lifters from 31 states and 7 countries. Next years Worlds will be at Bally's/Paris Resort in Las Vegas again November 12-17. Harrah's in San Diego was 50 miles from San Diego. The Prices for rooms ranged from \$179 - \$229 at other venues in Mission Bay and Mission Valley about 10 minutes from San Diego ballroom cost was \$30,000 or more.

I want to thank our sponsors Brian and Denise Welker of Welker Engineering, Reid and Kelly Solar, Shawn Medere of GLC Direct Joint Formula, David R. Smith and Coby Washburn, Kevin Pitman and Kevin Anderson of Anderson Powerlifting, Dan and Suzette Swift of USANA Vitamin Supplements, CSS Sports Photos, Matt Ogurek and Odd Haugen and Dot Fit Supplements.

I want to thank our staff who worked tirelessly throughout the week. Elma Thomas, Dawn Sacre, and Billy Caughey on the computer. The judges were Jim Sheffield, Reid Solar, Jim Presley, Peach Presley, Shawna Sheffield, Brent Biddle, Jim Snodgrass, Gary Shim, Billy Caughey, Mike Saito, Joseph Karamatic, Deron Agaran, Warren Orr, Martha Shim and Gordan Santee. The computer warm-up facilitators were Billy Caughey, Diane Biddle, Jocelyn Ronolo and Gloria Caughey. Dave Palmer provided the live stream. The Scorekeepers were: Martha Shim, Jocelyn Ronolo, Shawna Sheffield and Diana Biddle. Dennis Schmidt did an excellent job making the weigh-ins go smooth and was ably helped by Mike Saito, Gary Shim, Martha Shim, William B Caughey, Gloria Caughey, Warren Orr, Dorothy Orr, and Betty Lafferty. Door Security was Dave Constantineau and Troy Pia. Night time security was Freddie Evangelista and Robbie Dilg. Platform Manager was Troy Pia along with the best spotters ever: Anthony Mortara, Preston Quinn, Robby Dilg and Cory Espino. Gary Miller brought staging, kilo set, warm-up weights, benches and bars, T-Shirts, computer equipment – you name it. Jason Sacre, Gary Miller, Preston Quinn, Robby Dilg and Cory Espino set up and tore down. Jason Sacre brought weights a bench and tools. Jason Sacre and Troy Pia did a little bit of everything. Dr. Mark Webber, Jim Snodgrass and

Martha Shim did the drug testing. Lisa Leong, Linda Meade and Natalie Caughey sold tickets and t-shirts at the door. Keith Lemm was the Official Meet Photographer. Gloria Caughey, William B. Caughey, Natalie Caughey and Billy Caughey helped in many ways.

Joe Heads Headquarter Fitness and Manny Burruels Eastside Gym of Willows CA tied for the World Championship Team Trophy. Joe Heads Team won on a tie breaker system. Team Hawaii (huiOHanai'i) with Mike Saito, Gary Shim and Jocelyn Ronolo came in 3<sup>rd</sup>, Shawn Strong, coached by Jim Mersberg came in 4<sup>th</sup> and Team Brazil was 5<sup>th</sup>. Argentina and Finland had too many Raw lifters to qualify for Team status. Shaun Straka's Team Evolution out of Aberdeen, WA won the Teenage Team Title.

If there are any mistakes on updated Records or meet results – any record – any meet – please either call Gus Rethwisch at 503-901-1622 or e-mail [Loken@thempxgroup.com](mailto:Loken@thempxgroup.com) or text him between 10:00 AM and 9:00 PM any day of the week. Include your name when texting or he will not know who you are. (He does not store any numbers in his phone) Please do not e-mail Elma Thomas or call her until after Jan 20, 2019.

#### Meet Schedule for 2019:

Feb 17 – Sonny's V Hawaii Island – Hilo, HI - Jocelyn Ronolo 808-387-8776  
March 2 – Southern Nationals – Jonesboro, AR - Eddie Morgan 870-219-1452  
March 2 – Monterey Bay Classic – Monterey Bay, CA - Matt Lamarque 831-277-4766  
March 30 – North American Championship – Portland, OR - Gus Rethwisch 503-901-1622  
April 6 – Big Sky Classic – Missoula, MT - Gus Rethwisch 503-901-1622  
April 13 – Push Pull Nationals – Phoenix, AZ - Gary Miller 775-209-4916 / Gus Rethwisch 503-901-1622  
April 27 – World Cup – Wisconsin Dells, WI - Gus Rethwisch 503-901-1622  
May 11 – Oklahoma Bench & Deadlift – Broken Arrow, OK - Terry Putman 918-361-7316  
May 11 – Florida State – Lakeland, FL - Ken Snell 863-687-6268  
May 18 – Southeastern Record Breaker – Gadson, AL - Brant Bishop 256-390-4436  
June 1 – California State – Chico, CA - Jim Presley 530-518-5024 / Gus Rethwisch 503-901-1622  
June 8 – Rocky Mountain Regionals – Salt Lake City, UT - Gus Rethwisch 503-901-1622  
June 29 – Northeast Regionals – Portland ME - Dave Palmer 207-951-5673  
June 30 – Sonny's XV WABDL (National Championships) – Honolulu, HI - Jocelyn Ronolo 808-387-8776  
July 20 – Western Nationals – Boise, ID - Jason Sacre - 435-730-0889  
July 20- Great Lakes Regional – Toledo, OH - Gus Rethwisch 503-901-1622/Don Miskinis  
miskinis@windstream.net  
July 27 – Southwest Regional- Plano, TX - Alex Calvo – 817-403-3525  
Aug 2 – Tennessee Volunteer Classic – Manchester, TN - Ken Millrany 931-308-4224  
Aug 3 – Midwest Regional – Minneapolis, MN - Gus Rethwisch 503-901-1622  
Aug 3 – Southeast Regional – Lakeland, FL - Ken Snell 863-687-6268  
Aug 10 – West Coast – Sacramento, CA - Jim Sheffield 916-833-0045 / Gus Rethwisch 503-901-1622  
Aug 17 – Great Northern – Olympia, WA - Jason Sacre 435-730-0889 / Gus Rethwisch 503-901-1622  
Nov 12-17 Welker Engineering World Championships – Bally's/Paris Resort – Las Vegas, NV - Gus Rethwisch 503-901-1622 / wabdl@comcast.net

The following lifters were inducted into the WABDL Hall of Fame: Eddie DiFruscia of NH, Troy Fryar of VA, Beverly Anolin of CA, Mike Frizzell of IL, Edwin Manmano of HI, David Butch Martinez of CA, Sue Vaterlaus of CA, Charles McFarland of OR, Jim Noblit of OR, Peach Presley of CA, Bill Prince of NV, Jim Sheffield of CA, and Gerda Shupe of CA.

Certificates won't be sent out until Feb 1<sup>st</sup> in order to give my Secretary a vacation over the Holidays.