

**The 23<sup>rd</sup> Annual WABDL**  
**Welker World Championships**

There were 528 competitors from 32 states and 10 countries: USA, Thailand, Mexico, Canada, Brazil, Argentina, Guatemala, Peru, Finland and Ecuador.

**Manny Burruel's Eastside Gym** from Willows, California, won the Team Title with 292 points.

**Jim Mersberg's Team Shawn Strong** from Hawaii was 2<sup>nd</sup>, tied with **Joe Head's Headquarters Fitness** out of Seattle with 280 points, but Hawaii won on the Tie Breaker.

In 4<sup>th</sup> Place was Matt **LaMarque's Team Bovine Strength Systems** from Monterey, California. **Tommy Harrison's Gladiator Power Team** out of Chicago was 5<sup>th</sup> and the **Argentina Power Team** was 6<sup>th</sup>.

**Evolution Athletic Club** of Aberdeen, Washington, coached by Shaun Straka, won the Teenage World Championship and **Team Hawaii** was a close second.

Elected into the Hall of Fame: **Robert Fornachon** at age 92, who has been lifting since 1943. Robert is from Napa, California. **Keith Cunningham** from Seattle, **Valesca Cristina Rocha** of Brazil, **Joe Head** whose Headquarters Fitness Teams have won nine Team titles, **Eldon Olson** of Billings, Montana, **Daniel Smith III** of Riverside, California, who has benched 383.5 Raw at age 71 and served two tours in Vietnam, **Elizabeth Cabe** of Lahaina, Maui, has deadlifted 341.5 at age 49 at 94#. **Reid Solar** of Scottsdale, Arizona, a very popular World Judge, Deadlifted a World Record 562 at 220# in Disabled, **Fulton D. White** of Henderson, Nevada, has deadlifted 573 at 165# at age 57, **Yanto Soekardi** was selected posthumously as the Law/Fire Deadlifter over 700 # at 242#, **Tim Moon** of Georgia, who has benched 821 at 287#, **Mike Bonifield** of Napa, California, a very successful coach and disabled lifter who benched 455 Raw in his prime, **Joey Murphy** of Georgia, who has benched 722 at 275# and **Tom Gonnering** of Tuscaloosa, Alabama. All of these competitors are multiple World Record setters and multiple World Champions and meeting the minimum requirement of attending eight World Championships and competing in WABDL for 12 years.

***In the Deadlift on TUESDAY, November 12,***

***Master Men and Women 61 Years and Older competed***

In Age Group 61-67 Raw

At 181#, **Charles (Chuck) McFarland** of Oregon set a World Record of 512.5.

At 220#, **Reid Solar** set a World Record of 530.1.

At 242#, **Mike Clason** from Oregon set a World Record of 479.5. **Eugene Merrill** of Arkansas had set the World Record on a previous lift with 477 until Mike broke it.

Best Lifter was **Charles McFarland**.

In Age Group 61-67 Single Ply

At 193#, **Tom Eiseman** of New Jersey at age 64 was huge with a World Record of 662.3 at 193#.

Best Lifter in Age Group 61-67 Single Ply was **Tom Eiseman**.

In Age Group 61-67 Double Ply

At 198#, **David Bertier** of California set a World Record of 529.

In Age Group 68-74 Raw

At 123#, **Frank Principati** of Arizona set a World Record 270.

At 259#**Tom Matlock** of Arizona set a State Record of 407.7.

Best Lifter was **Robert Batko**.

In Age Group 68-74 Single Ply

At Super, only 18 months out of open heart surgery, **Alan Fraser** of Nevada set a World Record of 402.7.

In Age Group 68-74 Double Ply

At 198#, **Peter Murphy** of California set a World Record with 485.

In Age Group 75-79 Raw

At 178#, **Tom Haggemiller** of Minnesota set a World Record of 402.2. Tom

has attended 20 World Championships.

Best Lifter was **Ray Gandeza**

In Age Group 80-84 Single Ply

At 198#, **John Herbein**, Naval Academy graduate and the Nuclear Reactor operator who shut down Three Mile Island and averted the loss of at least a million lives, set a World Record at age 82 with 405.5.

In Age Group 80-84 Double Ply

At 148#, **Larry Vincent**, a retired Naval Officer and College Math Teacher, set a World Record of 314. Larry is in the WABDL Hall of Fame and nobody has set more World Records than Larry.

In Age Group 85-89 Raw

At 148#, **Gerald Foster** of Florida set a World Record of 181.7. At 198#, **Ray Mullar** of Arizona beat **William Leedy** 325 to 303.

Best Lifter was **William Leedy**.

In Age Group 90-94 Raw

At 198#, **Robert Fornachon** at 165# Raw set a World Record of 127.8.

At 198#, **James Weiss** set a World Record of 137.7.

In Master Women Age Group 61-67 Raw

At 97#, **Pam Robinson** of California set a World Record of 143.2.

At 105#, **Debbie Rogers** of Washington set a World Record 231.2.

At 148 weighing only 133.6#, **Jane McCubbin** was phenomenal at age 63 with World Record of 402.2. Jane passed her 5<sup>th</sup> drug test. **Nadine Brack**, who has never lost in Bench Press or Deadlift was a distant 2<sup>nd</sup> with 336. Nadine passed her 3<sup>rd</sup> drug test.

At 165#, **Jeanne Morris** set a National Record with 242.5.

At 220#, **Margie Huston** set a World Record of 287.6 and did a great job at the Scorer's Table with the Bar Load Program and computer facilitator.

Best Lifter was **Jane McCubbin**.

In Master Women Age Group 61-67 Double Ply

At 148#, **Peach Presley** won World's with a 336. She did 348 in August in Sacramento.

At 165# in Double Ply, **Kim Grimes** set a World Record of 220.2.

In Master Women Age Group 68-74 Raw

At 114#, **Sherry Ablett** set a World Record of 183.9.

At 123#, **Leona Perez** of Hawaii set a World Record with 182.8.

At 181#, **Marlene Wexler** set a World Record with 259, breaking the previous record by 40 pounds!

In Master Women Age Group 68-74 Single Ply

At 165#, **Judith Petray**, a trial lawyer, pulled 303.

In Master Women Age Group 75-79 Raw

At 123#, **Patricia Hamamoto** of Hawaii set a World Record of 132.2.

In Master Women Age Group 80-84 Raw

At 132#, **Carrie Reese** of Napa Valley easily Deadlifted 216.9 for a World Record. Carrie is a retired lawyer and registered nurse and has competed at Super, 220, 198, 181, 165, 148 and now 132 over the last 6 years.

***In the Deadlift on WEDNESDAY, November 13,***

***Disabled and Law/Fire Lifters Competed***

In Disabled 1 Age Group 13-19 Raw

At 148# **Clarence Kehres** set a World Record of 308.5.

**Asif Chishi** was the most amazing deadlifter in the meet. At 128.6# while standing on one leg, he did a perfectly balanced 181.7 World Record deadlift and had 203.7 up to his knees and still didn't lose his balance.

**Dustin McFarland** of Oregon, who has Stage 4 colon cancer and can't deadlift standing up or his entire intestines and stomach lining will explode, pulled 661

while sitting in a chair and moved the bar 11 inches.

In Disabled 1, Age Group 40-59 Raw

At 220#, **Steve Pena**, a blind lifter, set a World Record of 468.2.

In Disabled 2, Age Group 20-39 Raw

At 165#, **James Ferry** of California set a World Record of 253.5. At 181# **Martin San Felice** of Argentina set a World Record of 473.7. At 198# **Phillip Trotter** of Arizona set a World Record of 429.7. At 220# **Margarito Rodriguez** of Texas set a World Record of 534.5.

Best Lifter in Disabled 2 Raw was **Martin San Felice** of Argentina.

In Disabled 2 Age Group 40-59 Raw

At 275# **Don Miskinis** of Ohio set a World Record of 381.3. Don judged and worked the scorer's table all week.

In Disabled 2 Men Age Group 60+ Single Ply

At 165#, **Stan Miyahira** of Nevada set a World Record of 270.

In Disabled 2 Men Age Group 60+ Raw

At 220# **Reid Solar** set a World Record of 530.1.

In Disabled 2, Women Age Group 20-39 Raw

At 123# **Jozee Hofman** of Montana set a World Record of 303 weighing 121.6 pounds.

At 220# **Chloe Kealund** of California set a World Record of 336.

In Women Age Group 60+ Raw

At 181# **Marlene Wexler** set a World Record of 259.

In Law/Fire Age Group 40-47 Raw

At 198# **Jeff Holz** of Reno, Nevada, set a Nevada State Record of 557.6.

In Law/Fire Age Group 48-55 Single Ply

At 242#, **Wes Beach** of Idaho set a World Record of 703 and passed his second

drug test.

At 259#, **Terry Putman** of Oklahoma, the Oklahoma State Chairman and a member of WABDL Hall of Fame, pulled 650.2.

In Law/Fire Age Group 48-55 Double Ply

At 259#, **Mark Rakestraw** of California set a World Record 402.2.

In Law/Fire Age Group 48-55 Raw

At 308#, **Duke Gumpfar** of Hawaii set a World Record 600.7.

At Super, 7'1" tall **Scott Von Barga**n, who played basketball for Bobby Knight at Indiana, set a World Record 331.6.

In Law/Fire Age Group 56-63 Raw

At 198#, **Scott Sciaretta** opened at 430.8 for a World Record.

At 181#, **Dan Guches** opened with 518 and eventually did 540 for the World Record after the smoke cleared. Dan is a former 700 pound Deadlifter at 181# and is in the WABDL Hall of Fame and operates a logging company out of Medford, Oregon. **Scott Sciaretta** was a distant 2<sup>nd</sup> with 473.7, a Montana Record.

In Law/Fire Age Group 64+ Raw

At 181#, **Charles McFarland** set a World Record of 512.5.

In Law/Fire Open Raw

At 181#, **Marcelo Lobo** of Argentina set a World Record 600.7.

At 198#, **Jeff Holz** set a World Record 557.6.

At Super, **Keoni "Bulla" Reich** of the Big Island of Hawaii set a World Record of 672.2.

In Law/Fire Open Double Ply

At 220#, **Wayne Peabody** set a world Record 473.7.

At 242#, **Manny Burrue**l set a World Record of 420.9. Manny's team Eastside Gym out of Willows, California, won the Team title, which is remarkable considering all of his team members are out of Willows, which has a population

of about 8,000.

In Law/Fire Open Single Ply

At 242#, **Wesley Beach** set an Idaho Record of 703.

In Law/Fire Open Women Raw

At 123# **Jozee Hofman** of Montana set a World Record of 303.

In Law/Fire Open Women Single Ply

At 220#, policewoman **Alisha Howard** of Olympia, Washington, coached by Will Crossen, Jr., set a World Record of 534.5. Alisha passed her 4<sup>th</sup> drug test.

In Law/Fire Submaster Men Raw at 275# **Ryan Eamon** of Montana set a World Record of 529. **Anthony Marcus** of Hawaii pulled 672.2. He holds the World Record in both Law/Fire Open and Law/Fire Submaster Men at 275# with 716.2.

In Law/Fire Submaster Women Raw at 148# **Joi Kiel** of Hawaii set a World Record of 319.5 and **Lacey Lavernaz** of Oregon set a World Record of 203.7.

Outstanding Lifters were **Martin San Felice** of Argentina in Disabled Raw, **Wesley Beach** of Idaho in Law/Fire Master Equipped, **Marcelo Lobo** of Argentina in Law/Fire Open Raw, **Charles McFarland** of Oregon in Law/Fire Master Raw and **Keoni Reich** of Hawaii in Law/Fire Open Equipped.

***In the Deadlift on THURSDAY, November 14,***

***Class 1 Men and Women, Master Men Age Group 54-60 and***

***Master Women Age Group 54-60 Competed***

In Class 1 Men Raw

At 259#, **Matt Maini** of Alabama set a State Record of 606.2.

Best Lifter Class 1 Raw was **Matt Maini**.

In Class 1 Men Single Ply

At 242#, **Brian Fahrenfeld** of New York set a State Record of 639.2.

At 148#, **Jose Cabrera** of California pulled 496.

At 220#, **Austin Payne**, age 19, of Wisconsin pulled 606.2.

At 275#, **Dave Palmer** of Maine set a State Record of 672.2.

Best Lifter Class 1 Equipped was **Jose Cabrera**.

In Class 1 Women Raw

At 123#, **Bailee Stovall** of Tennessee set a State Record of 243.6.

Weighing 144, **Rebecca Carter** of Idaho set a State Record of 352.5, the highest lift in Class 1 Women.

**Rebecca Carter** was Outstanding Lifter.

In Class 1 Women Double Ply

At 181#, **DeAnna Dutton** of Washington set a State Record of 336.1.

**DeAnna Dutton** was Outstanding Lifter in Equipped.

There are no World Records in Class 1.

In Master Men Age Group 54-60 Double Ply

At 165#, **Keith Cunningham** set a World Record of 508.1 and was inducted into the WABDL Hall of Fame.

At 242#, **Jim Presley** of California set a World Record of 501.5.

In Master Men Age Group 54-60 Single Ply

At 165#, **Fulton White** of Nevada pulled 540 and was inducted into the WABDL Hall of Fame. **Nino Domingo** of Arizona came in 2<sup>nd</sup> and set an Arizona State Record of 451.7.

At 181#, **David Brekke** of Colorado set a State Record of 451.7.

At 259# **Terry Putman** set an Oklahoma Record of 650.2. Terry is the Oklahoma State Chairman and puts on a WABDL meet in Tulsa in May. The date is May 9<sup>th</sup> in Broken Arrow, Oklahoma.

At 275#, **Don Miskinis**, the Ohio State Chairman, set an Ohio Record of 381.3.

At 308#, **Steve Johnson** of Minnesota in his second WABDL meet, won with 457.2. He has the Minnesota State Record of 468.2.



Best Lifter was **Fulton White**.

In Master Men Age Group 54-60 Raw

At 220# **Jim Williams** of Minnesota set a State Record of 473.7 in his first WABDL meet.

At 242# **Bob Miller** of Minnesota set a World Record of 606.2.

At 308# **George Strutzel** of Montana set a State Record of 556.5.

**Bob Miller** was Best Lifter in 54-60 Raw.

In Master Women Age Group 54-60 Single Ply

At 114#, **Miriam Bucks** of California set a State Record of 264.5.

**Miriam Bucks** was Best Lifter in Master Women 54-60 Equipped.

In Master Women Age Group 54-60 Double Ply

A123# **Christine Rich** of Washington won World's with 170.7.

At 132# **Betty Hansen** of California set a World Record of 250.2, **Martha Godinez-Shim** of Hawaii reset the World Record with 292.

At 181#, **Deanna Dutton** of Washington set a World Record with 336. Joe Head of Headquarters Fitness is her coach. Joe's Team has won nine World Team titles and over the last 20 years, his lifters have set over 200 World Records.

In Master Women Age Group 54-60 Raw

At 114#, **Shirley Lopez** set a World Record of 214.7.

At 123#, **Griselda Soler** of Argentina set a World Record of 281.

**Annette McBride** of Idaho was challenged to a drug test by another lifter and therefore had to show up at World's to be tested. She not only passed her drug test, but also broke the World Record again with 348.1 at 130#, almost a triple body weight deadlift. Annette is a very impressive deadlifter!

At 181#, **Terry Aiwohi** of Hawaii set a World Record of 325.

At 198# **Deborah Maxwell** of California set a World Record with 231.2.

Best Lifter in Master Women 54-60 Raw was **Annette McBride** of Idaho.

***In the Deadlift on FRIDAY, November 15***  
***Submaster Men and Women, Master Men and***  
***Women 47-53, and Open Women Competed***

In Master Men Age Group 47-53 Raw

At 148#, **Travis Collyar** of Arkansas set a World Record of 486.1.

In Master Men Age Group 47-53 Single Ply

At 165# **Chris Balanga** of California won World's with 501.5 as well as setting a World Record in Push Pull with 903.7.

At 242#, **Tim Sparks** of Arizona hauled in 672.2 for his 11<sup>th</sup> WABDL World Title.

At 275#, **Dave Palmer** set a Maine State Record of 672.2 to beat **David Lewis** of Illinois who set a State Record of 633.7.

At Super, **John Heldt** of Nevada won World's with a 562 State Record.

Best Lifter Master Men Age Group 47-53 Equipped was **Tim Sparks**.

In Master Men Age Group 47-53 Double Ply,

At 242#, **Robert Exum** of California set a World Record of 644.7.

In Master Men Age Group 47-53 Raw

At 165# **Serafin De Simone** of Argentina set a World Record of 496.

At 181# **Marchand Fleming** of Oklahoma set a World Record of 573. He battled injuries over the last five years, but is back better than ever. **Randal Gandeza** of Hawaii set a State Record of 507 and came in 2<sup>nd</sup>. **Mike Stanchfield** of Minnesota set a State Record of 479.5 to come in 3<sup>rd</sup>.

At 259#, **Jon Gealon** of Oregon set a World Record of 650.2 in his first WABDL World's. **Matt Maini** of Alabama was 2<sup>nd</sup> with a State Record of 606.2.

At 308#, **Mike Dalpoas** of Oklahoma set a World Record of 639.2.

**Scott Wesley Jordan** of Arizona, former NFL offensive lineman, set a World

Record of 617.2 weighing 411.8.

Best Lifter Master Men Age Group 47-53 Lightweight Raw was **Marchand Fleming**.

Best Lifter Master Men Age Group 47-53 Heavyweight Raw was **Jon Gealon**.

In Women's Master Age Group 47-53 Deadlift Raw

At a light 105-97.6#, **Elizabeth Cabe** was inducted into the WABDL Hall of Fame and set a World Record of 292.

At 123#, **Barbara Perris** of Oregon set a World Record of 248.

At 165#, **Mirtha Delatorre** set a World Record of 374.7.

At 181#, **Artemira Sobrinho** of Brazil put up 451.7.

At 198#, **Akondaye Fountain** of Texas set a State Record of 358 for her First World Title.

In Women's Master Age Group 47-53 Single Ply

At 114#, **Valesca Rocha** of Brazil was inducted into the WABDL Hall of Fame and set a World Record with 363.7...more than triple her body weight.

At 148#, **Kathy Caraccioli** keeps improving. She jumped from 325 at the beginning of this year and ended up with 363.7 to beat a field of three. **Dede Soekardi** was 2<sup>nd</sup> with 330.5.

In Women's Master Age Group 47-53 Double Ply

At 132#, **Sagui Macias** set a World Record of 281.

Best Lifter Master Women Age Group 47-53 Raw was **Elizabeth Cabe** of Hawaii.

Best Lifter Master Women Age Group 47-53 Equipped was **Valesca Rocha** of Brazil.

In Open Women Raw

At 97#, **Diana Vallinoto** of Argentina set a National Record of 308.5.

At 105#, **Jennifer Genato** of California set a World Record of 325. Jennifer weighed 101.2 pounds and Diana weighed 92.8 pounds. Both were triple body

weight “plus” deadlifts!

At 105#, **Jade Bunk** of Wisconsin set a State Record of 308.5 to finish 2<sup>nd</sup> and **Micaela Lopez** of Argentina was 3<sup>rd</sup> with 281 – all three lifters were impressive.

Weighing 133#, **Jane McCubbin** at age 61, pulled a huge World Record Raw of 402.2. **Marianne Hartio** of Finland was 2<sup>nd</sup> with 352.5. **Artemira Sobrinho** of Brazil pulled a huge 451.7 at 171.4#.

At Super, **Poha Henson** of Hawaii pulled 529 and **Makala Davis** of Arizona was 2<sup>nd</sup> with a State Record of 473.7.

#### In Open Women Single Ply

At 114#, **Valesca Rocha** of Argentina ripped up 363.7 for her World Title.

At 131#, **Tracee Iranon** of Hawaii was huge with 374.7.

At 148#, **Janesa Yadao** of Hawaii set a State Record of 391.2. Not very far from triple body weight. **Samantha Panziera** was very aggressive with 374.7 for 2<sup>nd</sup>.

At Super, **Trisha Puou** of Hawaii set a State Record of 419.8 for her World Title.

#### In Open Women Double Ply

At 132#, **Martha Godinez-Shim** set a World Record of 292.

Best Lifter in Open Women Raw Lightweight was **Diana Vallinoto** of Argentina, Open Women Equipped was **Valesca Rocha** of Brazil and Heavyweight Raw Open was **Artemira Sobrinho** of Brazil.

#### In Submaster Men Deadlift Single Ply

At 165# **Ryan Snelling** of Missouri set a World Record of 629.3, but then **Edwin Manmano** of Hawaii blew it away with 700.8.

At 242#, **Tim Heisler** set a Montana Record of 551.

At 308#, **Jake Briles** of Idaho set an Idaho Record with 733.

#### In Submaster Men Deadlift Raw

At 165#, **Derrick Cooper** of Maine elevated 589.5.

At 220# **Nathan Ragragola** beat **Mariano Miravalles** of Argentina (and lifters

from Finland and Utah) 617.2 to 611.7.

At 242#, **Ira Kekaulua** of Washington set a World Record of 633.7.

At 275#, **Alfredo Rojas** of Argentina set a World Record 750.6.

Best Lifter Submaster Equipped was **Edwin Manmano** of Hawaii.

Best Lifter Submaster Lightweight Raw was **Derrick Cooper** of Maine.

Best Lifter Submaster Heavyweight Raw was **Alfredo Rojas** of Argentina.

#### In Submaster Women Raw

At 105#, **Jennifer Genato** set a World Record with 325. At 148#, **Jennifer Ayala** of California set a World Record of 336.

#### In Submaster Single Ply

At Super, **Annie Bowman** of Washington set a World Record of 380.2.

Best Lifter Submaster was **Diana Vallinoto** of Argentina.

### ***In the Deadlift on SATURDAY, November 16***

#### ***Open Men, Master Men and Women 40-46 and Junior Men Competed***

#### In Junior Men Raw

At 123#, **Travis Carr** of Minnesota set a World Record of 418.7.

At 165#, **Logan Dalpoas** of Oklahoma set a World Record of 501.5.

At 181#, **Timothy Farris** of Tennessee set a World Record of 644.7.

At 308#, **Alec Williamson** of Arizona passed his drug test and pulled a large 771.5 World Record.

At Super, **Kyle Lockhart** of Maine pulled 655.7 State Record to earn his second World Title.

Best Lifter in Junior Men Raw was **Travis Carr** of Minnesota.

In Junior Men Single Ply

At 165#, **Julio Alfredo Fernandez** of Guatemala set a National Record of 473.7.

At 181#, **Travis Woods** of California won with 429.7.

At 220#, **Haroldo Daniel Zepeda** of Guatemala set a National Record with a strong, smooth pull of 655.7.

At 242#, **Andrew Levensalor** of Maine won World's in Single Ply with 600.7.

Best Lifter Junior Men Equipped was **Julio Fernandez** of Guatemala.

In Master Men Age Group 40-46 eleven out of 15 lifters were equipped.

In Master Men Age Group 40-46 Double Ply

At 242#, **Eduardo Elgart** of Argentina set a World Record of 644.7.

In Master Men Age Group 40-46 Single Ply

At 259#, **Kari Pontinen** of Finland pulled 705 to win his 11<sup>th</sup> World Title.

At 275#, **Allen Heisler** of Montana pulled 573 for his World Title. He has done 611.7.

**Kari Pontinen** of Finland was Best Lifter 40-46 Equipped.

In Master Men Age Group 40-46 Raw

At 181#, **Chad Medina** of New Mexico was Best Lifter with a World Record of 584.

At 275#, **Jeff Shellenberger** of Arizona pulled 700 for his World Title.

At Super, **Ricardo Nort** of Brazil, who has deadlifted over 800 in his younger days, pulled 716.2 for a World Record.

In Master Women Age Group 40-46 Raw

Two women from Hawaii set World Records –

At 132#, **Leilani Felipe** pulled 330.5 and

At 148#, **Fayelyn Kamiko** pulled 347.

Best Lifter Master Women Raw was **Leilani Felipe**

In Master Women Age Group 40-46 Single Ply

At 220# **Alisha Howard** was spectacular with a World Record 534.5 and she had to fight it every inch of the way.

Best Lifter Master Women Equipped was **Alisha Howard**.

In Open Men in Double Ply

At 242#, **Robert Exum** set a World Record with 644.7 as did **Eduardo Elgart** of Argentina who came in 2<sup>nd</sup> to Robert because Eduardo was the heavier man.

At Super, **Keoni Reich** of Hawaii also set a World Record with 672.2.

In Open Men Raw

At 275#, **Alfredo Rojas** of Argentina won with 750.6.

In Super, **Ricardo Nort** of Brazil won the Division with 716.2.

In Open Men Single Ply

At 198#**Tom Eiseman** of New Jersey won his 21<sup>st</sup> World Title in Open with 662.3 and **Nick Rosencutter** of Wisconsin was close with 655.7 for 2<sup>nd</sup>.

At 220#, **Kalle Rasasen** of Finland pulled a National Record of 782.

At 242#, **Tim Sparkes** won the Equipped with 672.2 and won his 10<sup>th</sup> World Title.

At 259#, **Kari Pontinen** of Finland won with 705.2 and **Haroldo Hernandez Zepeda** of Guatemala was 2<sup>nd</sup> with 655.7.

In the Open Division, Gear outnumbered Raw 32 to 15.

Best Lifter Lightweight Equipped was **Tom Eiseman** of New Jersey.

Best Lifter Lightweight Raw was **Derrick Cooper** of Maine.

Best Lifter Heavyweight Open Equipped was **Kalle Rasasen** of Finland and

Best Lifter Heavyweight Raw was **Alfredo Rojas** of Argentina.

***In the Deadlift on SUNDAY, November 17***

***Junior Women and Teen Men All Age Groups Competed***

In Junior Women Double Ply

At 123#, **Natalie Massa** of California set a World Record of 220.2.

In Junior Women Raw

At 220#, **Shania Wood** of Washington set a State Record with 330.5.

In Teen Men 12-13 Age Group Raw

At 97#, **Landon Villareal** of Hawaii set a World Record of 236.7. At 105#, **Casen Ramirez** of Minnesota set a State Record of 177.3. At 165#, **Joseph Straka** set a Washington Record of 264.5.

Best Lifter in Teen Men 12-13 Raw was **Landon Villareal** of Hawaii

In Teen Men 14-15 Age Group Raw

At 126.6#, **Ramiro Yanez** set a Texas Record of 347.

At 148#, **Trey Anderson** set a Washington Record of 347.

At 165#, **Ethan Williams** of Minnesota set a World Record of 436.3. **Zander McElroy** was 2<sup>nd</sup> with an Idaho Record of 352.5.

At a light 181-174.4#, **Mathew Sabo** of Texas set a World Record of 418.7.

At 242#, **Blake Lemasters** of Oklahoma set a World Record of 403.3.

At 259#, weighing 251.6, **Nathan Ivey** of Washington set a World Record of 462.7.

Best Lifter in Teen Men 14-15 Raw was **Ramiro Yanez** of Texas who beat **Ethan Williams** in coefficient score 294.36 to 293.79 or by .57 of a point.

In Teen Men 16-17 Age Group Raw

At 128.4#, **Logan Villareal** set a Hawaii Record of 352.5.

At 181#, **Kaison Uehara** set an Oregon Record of 512.5. The World Record is 562 by **Quinn Morrison**.

In Teen Men 18-19 Age Group Raw



At 148#, **Tyler Farmer** of Montana set a State Record of 402.2.

At 220#, **Tony Delgado** of Washington set a State Record of 435.2 in Raw.

At 275#, **Fredrico Garcia** of Hawaii set a World Record of 523.5.

Best Lifter in Teen Men 18-19 Raw was **Tyler Farmer** of Montana.

In Teen Men 18-19 Age Group Single Ply

At 220#, **Austin Payne** of Wisconsin set a State Record of 606.2 to win World's.

In Teen Women 12-13 Age Group Raw

At 105#, **Carys Urasaki** of Hawaii set a World Record of 198.2.

In Teen Women 14-15 Age Group Raw

At 114#, **Trulayna Ballo** of Hawaii set a World Record of 292.

At 132#, **Iris Singleton** of Washington set a World Record with 264.5.

At 165#, **Mataya Straka** of Washington set a World Record at age 14 of 336.

At 220#, **Tyara Straka** set a World Record of 435.2 at age 15.

In Teen Women 14-15 Age Group Double Ply

At 132#, **Amanda Brown** of California set a World Record of 171.8.

Best Lifter in Teen Women 14-15 Raw was **Trulayna Ballo** of Hawaii.

In Teen Women 16-17 Age Group there were 7 World Records set by 9 different girls.

In Teen Women 16-17 Age Group Double Ply at 123#, **Katee Peabody** set a World Record with 292.

In Teen Women 16-17 Raw

At 97#, **Makalea Ramil** of Hawaii set a World Record of 176.2.

At 114#, **Emma Macdonald** of Washington set a World Record of 182.8.

At 123#, **Bailee Stovall** of Tennessee set a World Record of 243.6.

At 165#, **Keilani Davis** of Florida set a World Record of 304.1.

At 181#, **Jazzmin White** of Hawaii set a World Record of 292.

At 220#, **Sophie Larson** of Wisconsin set a World Record of 341.5.

In Teen Women 18-19 Age Group

At 148#, **Geneveve Sawyer** of Washington set a World Record of 270.

At 198#, **Brooklyn Hall** of Hawaii set a World Record of 308.5.

Best Lifter in 16-19 Age Group Raw was **Keilani Davis** of Florida.

**Welker WABDL World's**

**Bench Press Recap**

This Recap will involve World Records, National Records Best,  
Lifters and some State Records.

***In the Bench Press on TUESDAY, November 12,***

***Master Men and Women 61 Years and Older Competed***

In Master Men Age Group 61-67 Raw

At 148#, **Raul Gerardo Lizano** of Peru set a National Record Raw of 143.2. He spent three days and three nights in airports to get to WABDL World's!

At 242#, **Tom Gonnering** of Alabama, who was inducted into the WABDL Hall of Fame, set a World Record of 402.2 and was named Best Lifter in Heavyweight Division.

Weighing 290.6#, **Forest Hofer** of Washington set an incredible World Record Raw of 463.8. Forest passed his third drug test.

At Super, **Joe Morales** of Arizona set a World Record with 325.

**Robert Dye** of Ohio was Best Lifter in Lightweight Division.

### In Master Men Age Group 61-67 Single Ply

At Super, WABDL Hall of Famer, **Joe Mickelson** Benched 501.5 and won his 15<sup>th</sup> World Title.

### In Master Men Age Group 68-74 Raw

At 132#, **Gary Miller**, WABDL State Chairman for Nevada, set a World Record 210.3. Gary brought the vast majority of the equipment and he, Preston Quinn, Cory Espino and Dennis Schmidt set up the main stage and warm-up area. Preston Quinn and Cory Espino also carried the load all week in Spotter Loading and did a supreme job.

At 165#, **Keith Ha** of Hawaii set a World Record of 292.

At 181#, **Jack Crouse** of Arizona set a World Record of 236 and **Ed Regua** of New Mexico set a World Record of 264.5.

At 259#, **Kenny Tawzer** of California dedicated the meet to his wife Mary who has been battling breast cancer and set a World Record of 308.5..

Best Lifter was **Keith Ha** of Hawaii.

### In Master Men Age Group 75-79 Raw

At 181#, **John Bretz** of Pennsylvania Benched 214.7, five pounds from his State Record to beat a field of three. **Tom Haggemiller** of Minnesota was 2<sup>nd</sup> with a State Record 181.7. Tom has attended 22 World Championships and won the majority of them.

At 275#, **Ed Acey** of Utah set a World Record of 276.6 and was named Best Lifter.

### In Age Group 80-84 Equipped

At 148#, **Larry Vincent** of Oregon at Double Ply set a World Record of 203.7.

At 181#, **Bill Prince** of Nevada at Double Ply set a World Record of 209.2. Also at 181#, **Larry Joiner** of California set a World Record with 181.7 before Bill broke it.

At 198#, **John Herbein** was in Single Ply about a year ago and had the World Record at 211 before Bill Prince broke it.

**Ed Acey, Larry Vincent, Bill Prince and John Herbein** are all in the Hall of

Fame. They have all gone to at least 17 of the 23 WABDL World's Contests.

In Master Men Age Group 85-89 Raw

Best Lifter was **Joseph DiGregorio** of Nevada at 198# with a World Record of 181.7.

At 148#, **Gerald Foster** of Florida set a World Record with 89.1.

At 198#, **James Weiss** at age 92 set a World Record of 122.3 and was the oldest lifter in the meet.

In Master Women Age Group 61-67 Raw

At 148#, **Nadine Brack** set three World Records and passed her third drug test with 203.7. Nadine is in the WABDL Hall of Fame.

In Master Women Age Group 61-67 Double Ply

At 148#, **Peach Presley** passed her drug test and put up a 220.2. She holds the World Record at 231.2. Peach is in the WABDL Hall of Fame.

In Master Women Age Group 68-74 Raw

At 123#, **Leona Pereza** of Hawaii set a World Record of 104.5.

At 221+#, **Susan Arnett** of Hawaii set a World Record of 115.5.

In Master Women Age Group 75-79 Single Ply

At 165#, **Pat Robey** of Washington and Joe Head's Team put up a World Record of 181.7. Pat is also in the WABDL Hall of Fame.

In Master Women Age Group 80+ Raw

At 131.6# **Carrie Reese**, age 82, coached by Mike Dayton and Sherry Ablett set a World Record of 90.2.

At 198# in Raw, **Gloria Mighell**, age 90, set a World Record of 47.3. She was the oldest woman in the meet.

**Nadine Brack** was Best Lifter.

*In the Bench Press on WEDNESDAY, November 13,*

## ***Disabled, Law/Fire and Special Olympian Lifters Competed***

### In Disabled 1 Men Age Group 13-19

At 148#, **Clarence Kehres** of California set a World Record of 154.2.

### In Disabled 1 Men Age Group 20-39

At 132#, **Asif Chishi** of California set a World Record of 203.7.

At 220#, **Keith Stich** of Pennsylvania set a World Record 402.2 Keith is in a wheel chair with no leg drive—impressive Bench.

### In Disabled 1 Men Age Group 40-59 Raw

At 123#, **Gerardo Merino** of Ecuador set a World Record of 187.2.

### In Disabled 1 Men Age Group 60+ Raw

At 259#, **Mac McClatchey** of Wisconsin set a World's Record of 148.7.

### In Disabled 2 Men Age Group 20-39 Raw

At 165#, **James Ferry** of California set a World Record of 154.2.

At 198#, **Phillip Trotter** of Arkansas set a World Record of 352.5.

At 220#, **Margarito Rodriguez** of Texas set a World Record of 336.

### In Disabled 2 Men Age Group 40-59 Raw

At 165#, **Chad McFarland** of Oregon set a World Record of 187.2.

### In Disabled 2 Men Age Group 60+ Double Ply

At 198#, **Al Franke** of Nevada set a World Record of 207.

At 220#, **Dan Swift** of Illinois set a World Record of 336. Dan is in the WABDL Hall of Fame.

### In Disabled 2 Men Age Group 60+ Single Ply

At Super, **Alan Fraser** of Nevada set a World Record of 259.

**Gerardo Merino** of Ecuador was Best Lifter in Disabled Raw.

In Disabled 1 Women Age Group 60+ Raw

At 148#, **Susan Rosenquist** of California set a World Record of 106.7.

In Disabled 2 Women Age Group 20-39 Raw

At 121.6#, **Jozee Hofman** of Montana set a World Record of 126.7 on a 4<sup>th</sup> attempt.

At 220#, **Chloe Kealund** of California set a World Record.

In Disabled 2 Women Age Group 60+ Raw

At 181#, **Marlene Wexler** of Minnesota set a World Record of 93.5.

In Law/Fire Men Age Group 40-47 Raw

At 198#, **Raymond Cullar** of Illinois set a World Record of 369.2.

At 220#, **Wayne Peabody** of California set a World Record of 327.2.

In Law/Fire Men Age Group 40-47 Single Ply

At 238#, **Freddy Crosby** of Illinois benched 600.7.

In Law/Fire Men Age Group 48-55 Single Ply

At 308#, **Darren Kaleleiki** of Hawaii set a State Record of 501.5.

In Law/Fire Men Age Group 48-55 Raw

At Super, **Scott Von Barga**n of California set a World Record with 275.5. Scott is 7'1".

In Law/Fire Men Age Group 56-63 Raw

At 198#, **Scott Sciaretta** of Montana broke his World Record by 60 pounds with a 297.5.

At 220#, **Gary McFarland** of California set a World Record of 429.7 and has passed previous drug tests.

At 275#, **Rudolph Schaap** of California set a World Record of 391.2

At 308#, **Eric Jones** of Michigan set a World Record of 403.5.

In Law/Fire Men Age Group 64+ Raw

At 132#, **Gary Miller** of Nevada set a World Record of 210.3.

At 181#, **Charles McFarland** of Oregon set a World Record of 275.5.

At 259#, **Kenny Tawzer** of California set a World Record of 308.5.

At 275#, **Ed Acey** of Utah set a World Record of 276.6.

In Law/Fire Open Single Ply

Weighing 219.6#, **Ryan Marble** of Utah set a World Record that was an incredible 777. He missed 716.2 on his first two attempts, then set the Record of 744 on a third and made a smooth 777 on his fourth.

Weighing 282.6#, **Tommy Harrison**, a policeman from Chicago benched 633.7. He's done 815 in a Single Ply and he also is in the Hall of Fame.

At 220#, **Alisha Howard** of Washington set a World Record of 376.9 to go along with her World Record of 534.5 in the Deadlift.

In Law/Fire Open Raw

At 123#, **Jozee Hofman** of Montana set a World Record of 126.7.

In Law/Fire Submaster Men Raw

At 275#, **Ryan Eamon** of Montana set a World Record of 407.7.

In Law/Fire Open Women Raw

At 148#, **Joi Kiel** of Hawaii set a World Record of 159.7.

At 165#, **Lacey Alvernaz** of Oregon set a World Record of 99.

Best Lifter in Law/Fire 64+ Raw was **Ed Acey**.

Best Lifter in 56-63 was **Gary McFarland**.

***In the Bench Press on THURSDAY, November 14,  
Class 1 Men and Women, Master Men Age Group 54-60 and  
Master Women Age Group 54-60 Competed***

**\*World Records are not awarded in Class 1**

Best Lifter in Class 1 Raw was **Bryson Murata** of Hawaii with 418.7 at 198#.

Best Lifter in Class 1 Equipped was **Dave Palmer** of Maine who popped a 507 at 275#. Dave also produced the Live Stream.

Best Lifter in Class 1 Women Raw was **Rebecca Carter** of Idaho with an Idaho Record of 148.7 at 148#.

#### In Master Men Age Group 54-60 Single Ply

At 165#, **Deron Agaran** of Hawaii set a World Record with 519.1.

At 234.2#, **Ken Millrany** of Tennessee set a World Record of 674.4. Ken is in the WABDL Hall of Fame.

At 308#, **Tim Moon** of Georgia set a large State Record of 716.2 and was inducted into the WABDL Hall of Fame.

#### In Master Men Age Group 54-60 Double Ply

At 165#, **Keith Cunningham** set a Washington State Record of 331.6 and was inducted into the WABDL Hall of Fame.

At Super, **Gary Shim** of Hawaii set a World Record with 635.9.

#### In Master Men Age Group 54-60 Raw

At 165#, **Jimmy Mora** of Ecuador set a National Record of 214.7.

At 220# **Gary McFarland** of California set a World Record of 429.7.

At Super, **Keith Sayles** of Texas set a World Record with 181.7.

Best Lifter 54-60 Raw was **Gary McFarland**.

Best Lifter 54-60 Equipped was **Tim Moon**.

#### In Master Women Age Group 54-60 Double Ply

At 132#, **Betty Hanson** of California, who holds the World Record of 188.3 set in August had to settle for a 181.7 and a World Title.

At 148#, **Rebecca Moore** of Washington put up a PR 187.2, which was about twenty pounds more than she has ever done.



At 181#, **DeAnna Dutton** of Washington had to settle for a 192.2 after setting the World Record in August with 210.3, but she won Gold.

At Super, **Gloria Caughey** of Utah, the World Record holder in Double Ply with 238.9 was battling an injury and had to settle for being a World Champion with 214.7.

In Master Women Age Group 54-60 Raw

At 123#, **Griselda Solar** of Argentina set a World Record with 93.5.

At Super, **Dot Sosnicki** of Arizona set a World Record with 187.2. Dot also was one of the winners in the drawing for \$750.

Best Lifter in 54-60 Raw was **Griselda Solar**.

Best Lifter in 54-60 Equipped was **Betty Hanson**.

***In the Bench Press on FRIDAY, November 15  
Master Men 47-53 and Master Women 47-53, Open Women  
and Submaster Men Competed***

In Master Men Age Group 47-53 Raw

At 165#, **David R. Smith** of Texas set a World Record with 363.7. **Serafin De Simone** of Argentina was second to **David R. Smith** with a World Record of his own of 354.7. SeraFin is the President of the Argentinean Powerlifting Federation in WABDL and brought a full team of 10 lifters. His team came in 6<sup>th</sup>, but they had some last minute no shows or they would have done better.

At 308#, **Mike Dalpoas** of Oklahoma set a World Record of 473.7.

Best Lifter was **Mike Dalpoas** of Oklahoma.

Best Lifter Lightweight was **Serafin De Simone** of Argentina who only weighed 156.8 to David Smith's 164.8.

In Master Men Age Group 47-53 Single Ply

At 165# **Chris Balanga** of California set a State Record with a very respectable 402.2.

At 242#, **Joey Murphy** of Georgia set a World Record of 611.7 and was inducted into the WABDL Hall of Fame.

Best Lifter Equipped was **Joey Murphy**.

In Master Women Age Group 47-53 Raw

At 114#, **Valesca Cristina Rocha** of Brazil set a World Record with 126.7 on a third and then broke it again with 132.2. Valesca was then inducted into the WABDL Hall of Fame. She has made nine trips from Brazil to the WABDL World's and won all of them! The minimum requirement to be considered for the Hall of Fame is 8 trips to World's and win the majority of them and to have competed in WABDL for 12 years.

At 148#, **Tonya Shaffer** of Montana just missed a World Record of 182.8. She set the World Record at last year's World's of 170.7.

**Akondaye Fountain** of Texas, who is a real estate broker, set a World Record of 181.7 on a 3<sup>rd</sup> and 188.3 on a 4<sup>th</sup>.

Best Lifter in Women Raw 47-53 was **Tonya Shaffer**.

In Master Women Age Group 47-53 Single Ply

At 148#, **Dede Soekardi** benched 242.5 and just missed a World Record of 266.7.

In Master Women Age Group 47-53 Double Ply

At 181#, **Amy Rudder** of Tennessee set a World Record of 255.7. Amy is a Chiropractor.

In Open Women Raw

Weighing only 92.8 pounds, **Diana Vallinoto** of Argentina set a World Record of 132.2.

Weighing only 102.6 pounds, **Micaela Lopez** of Brazil set a World Record of 154.2.

Both of these Benches were spectacular!

Argentina has probably the best Lightweight Benchers in the world for women

and their deadlifts are fast approaching the likes of the front runners like **Elizabeth Cabe** and **Jennifer Genato**.

At 105#, **Jade Bunk** was second with a World Record of 148.7 until **Micaela Lopez** beat it.

In Push Pull, **Jade** beat both **Jennifer Genato and Micaela**. Jade is a new lifter from Wisconsin. These three 105 pounders should have many good battles to come.

At Super, **Poha Henson** of Hawaii set a World Record of 264.5 and passed her drug test. She's been tested three times. Her Raw Deadlift of 540 in Hawaii and Raw Bench of 264.5 makes her the strongest female lifter in WABDL.

At Lightweight Raw, Best Lifter was **Marianne Hartio** of Finland.

At Heavyweight Raw, Best Lifter was **Poha Henson** of Hawaii.

#### In Open Women Single Ply

At 123#, **Jamie Field**, trained by Matt Lemarque, holds the World Record of 244.7 had to settle for 203.7.

At 132, **Tracee Iranon** of Hawaii put up 220.2.

At 148#, Best Lifter in Open Women Single Ply was **Samantha Panziera** of California with 336.

At Super, Single Ply, **Annie Bowman**, trained by Joe Head, set a Washington Record with 352.5.

#### In Submaster Men Raw

At 165#, **Javier Taffetani** of Argentina set a World Record of 330.5.

At 181#, **Bobby Chanthavong** of Arkansas set a World Record of 387.9.

At 220#, **Atte Poikonen** of Finland set a World Record of 518.

At 275#, **Gary Pantilla** of Arizona set a World Record of 418.7 and **Alfredo Rojas** of Argentina set a National Record of 385.7 for Second Place.

Best Lifter Lightweight was **Bobby Chanthavong**.

Best Lifter Heavyweight was **Atte Poikonen**.

In Submaster Men Single Ply

At 220#, **Joey Lewis** of Oklahoma had a State Record of 413.2.

At 242#, Highest Coefficient was **Tim Heisler** of Montana with 462.7.

In Submaster Women Raw

Weighing only 92.8 pounds, **Diana Vallinoto** of Argentina set a World Record of 132.2 and was also Best Lifter in Raw.

In Submaster Women Single Ply

At 181#, **Nicole Campbell** of California set a World Record of 275.5 on a third and then moved it up to 304.1 on a fourth.

At Super, **Annie Bowman** exceeded her coach Joe Head's expectations with a Washington Record of 352.5 in a 4<sup>th</sup> – a 60 pound jump from her 3<sup>rd</sup>.

Best Lifter in Single Ply Equipped at 165# was **Lynn Gilpin-Parks** of Wisconsin. She set a State Record with 231.2.

***In the Bench Press on SATURDAY, November 16  
Elite Open, Junior Men, Master Men 40-46,  
Master Women 40-46 and Open Men Competed***

In Elite Men Single Ply

At 220#, the two highest Benches of the meet were done by **Greg Powell** of Texas with 749.5 who beat **Ryan Marble** of Utah with 744. However, on a 4<sup>th</sup> attempt, **Ryan Marble** put up 777, which was a Law/Fire World Record.

**Greg Powell** holds the World Record at 804.5.

At 165#, **Donald Ramil** of Hawaii with 529 beat **Deron Agaran** of Hawaii with 519.1. I've always said in general, the best Benchers as a group are from Hawaii. In 1974, I lived in Hawaii and competed in Hawaii from 1973 to 1990. There were seven lifters in Hawaii who didn't compete that could bench over 600 pounds Raw and none of them weighed more than 285# and some only weighed 220#. There were no lifters in Europe, Asia, South America or Canada that could

bench 600 Raw then. In the rest of the United States, there might have been 10 or 12 that could bench 600. **Pat Casey** of California was the first person in the world to Bench 600 in a contest in 1968.

Best Lifter in Elite Open was **Greg Powell**.

#### In Junior Men Single Ply

At 105#, **Michael Pearson** of Washington set a World Record of 214.7.

At 165#, **Julio Alfredo Fernandez** of Guatemala set a National Record of 308.5.

At 220#, **Haroldo Zepeda Hernandez** of Guatemala set a National Record of 429.7.

Other notable lifts were:

At 242# at age 21, **Andrew Levensalor** of Maine with 512.5 and at 169.8#, **Travis Woods** of California put up 385.7 to win World's.

Best Lifter Equipped was **Andrew Levensalor**.

#### In Junior Men Raw

At Super, **Kyle Lockhart** of Maine set a World Record of 462.7.

Best Lifter Raw was **Kyle Lockhart**.

#### In Master Men Age Group 40-46 Single Ply

There were no World Records set in Master Men 40-46. Some of the more notable lifts were:

At 165#, **Donald Ramil** of Hawaii with 529.

At 220#, **Jesse Avila** of Utah with 507.

Best Lifter Equipped was **Donald Ramil** of Hawaii.

#### In Master Men Age Group 40-46 Raw

**Jason Carson** of Illinois set a State Record with 435.2.

Best Lifter was **Jason "Tadow" Carson** of Illinois.

#### In Master Men Age Group 40-46 Double Ply

At 242#, **Eduardo Elgart** of Argentina set a National Record of 617.2 and was World Champion.

**Jeremiah Johnson** of Utah smoked 589.5. He holds the State Record with 662.3.

In Master Women Age Group 40-46 Single Ply

At 220#, **Alisha Howard** of Washington set a World Record with 376.9.

In Master Women Age Group 40-46 Raw

At 220#, **Tamara Perry** of Hawaii scorched 165.2 for a World Record.

Best Lifter was **Leilani Felipe** of Hawaii with 165.2 at 131#.

In Open Men Raw

At 165#, **David R. Smith** of Texas set a World Record with 363.7, **Serafin De Simone**, the President of WABDL in Argentina, broke the World Record initially with 354.7 and came in 2<sup>nd</sup>, and **Javier Taffetani** of Argentina came in 3<sup>rd</sup> with 330.5.

At 220#, **Atte Poikonen** of Finland set a World Record of 518.

At 308#, **Forest Hofer** at age 63, set a Washington State Record of 463.7 and passed his drug test. Forest is an emergency room physician.

At Super, **Mike McElroy** of Idaho had the highest Raw bench of the meet with a World Record 540.

Best Lifter Lightweight was **Serafin De Simone** of Argentina.

Best Lifter Heavyweight was **Atte Poikonen** of Finland.

In Open Men Single Ply

At 220#, **Kalle Rasasen** of Finland benched 699.7 for a Finnish National Record and the Gold Medal. Second Place was **Jerimiah Lopez** of California with 573. Jerimiah has benched 600 and is a Matt Lamarque student. **Haroldo Zepeda Hernandez** of Guatemala finished 4<sup>th</sup> and set a National Record of 429.7.

At 242#, **Ken Millrany** of Tennessee put up a 674.4.

At 308#, World Champion in Single Ply was **Kamuella Wassman** of Hawaii with

567.5.

In Open Men Double Ply

At 242#, **Eduardo Elgart** of Argentina set a National Record of 617.2.

Best Lifter Open Men Equipped Lightweight at only 170.6# was **Daniel Sisneros**, a student of Matt Lamarque, he put up 508.1.

Best Lifter Open Men Equipped Heavyweight at 234# was **Ken Millrany** of Tennessee with 674.4.

***In the Bench Press on SUNDAY, November 17  
All Teenage Men and Teenage Women Age Groups  
and All Junior Women Age Groups Competed***

There were 12 World Records set in Teen Men.

In Teen Men Age Group 12-13 Raw

At 97#, **Landon Villareal** of Hawaii with 94.6 and **Grady Springer** of Washington with 93.5 had a good battle. **Landon** won World's, but **Grady** ended up with the World Record on a 4<sup>th</sup> with 95.7.

At 148#, **Mikah Hall** of Hawaii set a World Record of 159.7.

Best Lifter was **Mikah Hall** of Hawaii.

In Teen Men Age Group 14-15 Raw

At 114#, **Brandon Newcomb** of Washington set a World Record of 137.7.

At 132#, **Ramiro Yanez** of Texas set a World Record of 176.2.

At 165#, **Zander McElroy** of Idaho set a World Record of 211.4.

At 181#, **Mathew Sabo** of Texas set a World Record of 214.7.

At 198#, **Issac Brandt** of Washington set a World Record of 253.5.

At 259#, **Nathan Ivey** of Washington set a World Record of 270.

At 275#, **Robert Vick, Jr.** of Nevada set a World Record with 225.7.

Best Lifter was **Issac Brandt** of Washington.

In Teen Men Age Group 16-17 Raw

At 123#, **Gregor Hocher** of Brazil set a World Record of 214.7.

At 181#, **Kaison Uehara** of Oregon set a State Record with a lift of 303.

At 275#, **Martin Rodriguez** of Texas set a State Record of 270.

In Teen Men Age Group 18-19 Raw

At 275#, **Fredrico Garcia** of Hawaii set a World Record of 293.1.

Best Lifter was **Jacob Meaker** of Tennessee who Benched 286.5 at 220# and won World's.

In Teen Men Age Group 18-19 Equipped

At 220#, **Jake Romo** of California had the highest lift of 501.5 and won World's.

In Teen Women Age Group 14-15 Raw

At 114#, **Trulayna Ballo** of Hawaii set a World Record of 121.2.

At 132#, **Iris Singleton** of Washington set a World Record of 137.7.

At 165#, **Mataya Straka** of Washington set a World Record of 159.7. Her sister, weighing 215.2#, **Tyara Straka** of Washington set an incredible World Record of 259.

Mataya and Tyara are the number 2 and 3 ranked shotputters in the Country in their age groups.

In Teen Women Age Group 16-17 Raw

At 132#, **Kylie Sandoval** of Utah set a World Record of 133.3.

At 181#, **Kamalio Kaaleleiki** of Hawaii set a World Record of 115.5.

Best Lifter was **Sophie Larson** of Wisconsin at 220# with a World Record of 165.2.



In Teen Women Age Group 18-19 Raw

At 132#, **Isabella Theobald** of Hawaii set a World Record of 143.2.

At 148#, **Geneveve Sawyer** of Washington set a World Record of 154.2.

At 198#, **Brooklyn Hall** of Hawaii set a World Record of 170.7.

***In Push Pull Division***

In Class 1 Men Raw

Best Lifter was **Robert Villagomez** of Arizona at 220# who put up 1002.9.

In Class 1 Women Raw

Best Lifter was **Anna Tamez** of Oregon weighing 128.6# with 446.2.

In Junior Men Raw

Best Lifter was **Timothy Farris** of Tennessee weighing 181.4# with 1008.4. It was also a World Record.

In Junior Men Single Ply

At 105#, **Michael Pearson** of Washington set a World Record of 479.2.

In Law/Fire Open Raw

Best Lifter at 220# was **Robert Rasor** of Oklahoma with 854.

In Law/Fire Open Equipped

Best Lifter at 308# was **Tommy Harrison** of Illinois with 1239.9.

**Dan Guches** of Oregon with 782.5 beat **Scott Sciaretta** of Montana with 771.2 in both Law/Fire Open and Law/Fire 56-63. They both got World Records in both Divisions, but **Dan**, who is in the WABDL Hall of Fame ended up with the World Records. **Dan** deadlifted over 700# in his early 40's.

In Law/Fire Age Group 40-47

At 242#, **Freddy Crosby** of Illinois set a World Record of 1206.9.

In Law/Fire Age Group 48-55 Raw

At 198#, **Jason Smith** of Oklahoma set a World Record of 887.

At Super, **Scott Von Barga**n of California set a World Record of 606.6

In Law/Fire Age Group 48-55 Single Ply

At 308#, **Darren Kaleleiki** of Hawaii set a World Record of 953.2

In Law/Fire Open Women Raw

At 123#, **Joze Hoffman** of Montana set a World Record with an extremely good 424.2.

In Law/Fire Open Women Single Ply

At 220#, **Alisha Howard** of Washington set an incredible World Record of 901.5. The second highest push pull total for Women in WABDL.

In Law/Fire Submaster Men Raw

At 275#, **Ryan Eamon** of Montana set a World Record of 931.2.

In Law/Fire Submaster Women Raw

At 148#, **Joi Kiel** of Hawaii set a World Record of 468.2.

At 165#, **Lacey Alvernaz** of Oregon set a World Record of 291.7.

In Master Men Age Group 40-46 Double Ply

At 242#, **Eduardo Elgart** of Argentina set a World Record of 1195.7.

In Master Men Age Group 40-46 Raw

At 181#, **Chad Medina** of New Mexico set a World Record and was also Best Lifter with 947.7.

In Master Men Age Group 47-53 Single Ply

At 165#, **Chris Balanga** of California set a World Record of 903.7 at 161 pounds, which coefficient wise is extreme big time.

At 242#, **John Westleigh** of Maine set a World Record with 1124.

At 275#, **David Lewis** of Illinois set a World Record of 1234.4.

In Master Men Age Group 47-53 Raw

At 181#, **Marchand Fleming** of Oklahoma set a World Record of 859.5.

At 220#, **Charles Farmer** of Montana set a World Record of 942.2 and he brought a total of 12 lifters to the World's.

At 259#, **Jon Gealon** of Oregon, a new lifter, made an impressive debut with a World Record of 1037. He is coached by the legendary Soren Sorensen. He Deadlifted Raw over 800 pounds at 242#. He witnessed another legendary lifter, "Dr. Deadlift" Doyle Kenady do two reps with straps at 1003 pounds. The so-called strongest men in the world on the World's Strongest Men Contest, Brian Shaw and a big lifter from Iceland, with straps are only doing about 1040. They are both about 6'8" and 440#. Doyle Kenady was only 5' 10.5" and weighed 305 #. Doyle did this feat of strength at his gym in Salem, Oregon, in 1982. Here we have two giants 37 years later and they're really not pulling anymore than somebody who they outweighed by 135 pounds.

Best Lifter was **Serafin De Simone** of Argentina who did 850.7 at 156#.

In Master Men Age Group 54-60 Equipped

At 165#, **Fulton White** of Nevada who was inducted into the WABDL Hall of Fame, put up 870.5.

In Master Men Age Group 54-60 Double Ply

At 165#, **Keith Cunningham** of Washington set a World Record of 839.7 and he was also inducted into the WABDL Hall of Fame this year.

In Master Men Age Group 54-60 Raw

At 242#, **Bob Miller** of Minnesota set a World Record of 947.7.

At 308#, **George Strutzel** of Montana set a World Record of 981.8.

In Master Men Age Group 61-67 Raw

At 242#, **Tom Gonnering** of Alabama set a World Record of 794.5 and was inducted into the WABDL Hall of Fame.

Best Lifter was **Charles McFarland** of Oregon who was inducted into the WABDL Hall of Fame last year. At 181#, he set a World Record of 788.

In Master Men Age Group 68-74 Raw

Weighing 179.2# at age 74, **Robert Batko** of Michigan was Best Lifter with 605.9.

In Master Men Age Group 75-79 Raw

At 181#, **Tom Haggemiller** of Minnesota set a World Record of 583.9.

In Master Men Age Group 80-84 Double Ply

At 148#, **Larry Vincent** of Oregon set a World Record of 495.7. Larry was an Ensign in the Navy and taught Mathematics in high school and college. Larry has probably set more World Records in WABDL than anybody.

In Master Men Age Group 80-84 Single Ply

At 198#, **John Herbein** of Pennsylvania, who graduated from the Naval Academy and was a Captain, set a World Record of 614.7.

In Master Men Age Group 85-89 Raw

At 148#, **Gerald Foster** of Florida set a World Record of 270.8.

In Master Women Age Group 40-46 Raw

At 132#, **Leilani Felipe** of Hawaii set a World Record of 495.7.

At 148#, **Tonya Patrick** of Arizona set a World Record of 468.2

At 220#, **Tamara Perry** of Hawaii set a World Record of 495.7.

Best Lifter was **Leilani Felipe**.

In Master Women Age Group 40-46 Single Ply

At 220#, **Alisha Howard** of Washington set a World Record with a huge 901.5.

At Super, **Trisha Puou** of Hawaii set a World Record of 728.3.

In Master Women Age Group 47-53 Raw

At 105#, **Elizabeth Cabe** of Hawaii set a World Record of 380.

At 198#, **Akondaye Fountain** of Texas set a World Record of 539.7.

Best Lifter was **Mirtha Delatorre** of California.

#### In Master Women Age Group 54-60 Raw

At 114#, **Diana Fisler** of Colorado set a World Record of 319.2. She's coached by Ron Garofalo, who has deadlifted 700 at 181# in his fifties.

At 181#, **Terry Alwohi** of Hawaii set a World Record of 468.2.

At 198#, **Deborah Maxwell** of California set a World Record of 352.4. **Analia Zalopany** of Hawaii was 2<sup>nd</sup> to Deborah and she also had a World Record until Deborah Broke it.

Best Lifter at 132# was **Annette McBride** of Idaho with 474.8 and she passed her drug test which she took as a result of being challenged. She's a very tough competitor that will be very hard for anyone to beat. She had a World Record deadlift of 348.1.

#### In Master Women Age Group 54-60 Double Ply

**Betty Hansen** coached by her brother, Jim Presley who is in the WABDL Hall of Fame, set a World Record with 431.9.

#### In Master Women Age Group 61-67 Raw

**Jane McCubbin** who had 539.9 barely beat **Nadine Brack** who had 539.7. Nadine was mostly a back yard lifter, having only gone to one World Championship since 2004. She was also challenged with a drug test and passed for the 3<sup>rd</sup> time. Jane and Nadine both grew up on farms and were exposed to lots of manual labor. I grew up in a farming community in Iowa and did tons of manual labor, both on farms and in my dad's lumber yard in Harper's Ferry, Iowa – population 253 on the Mississippi River. That is the background that enabled me to go from a 400 pound deadlift to 871 Raw in 5 years. I baled hay, shoveled ears of corn and shoveled coal out of a railroad car onto a truck with a scoop shovel. The work was exhilarating and the rush was the ultimate natural high.

#### In Master Women Age Group 68-74 Raw

At 123#, **Leona Pereza** of Hawaii set a World Record of 287.3. She didn't start lifting until five years ago and she has made tons of progress.

At 181#, **Marlene Wexler** of Minnesota set a World Record of 352.5. She has won the the Gary Thomas Courage Award three times for her fight with breast cancer, knee surgery, and hip surgery and she has lifted in the last three World Championships only a month removed from spending at least two weeks each

time in the hospital. She will be inducted into the WABDL Hall of Fame at the next World Championships in Wisconsin Dells.

#### In Open Men Single Ply

At 148#, **Pablo Rodriguez** of Argentina set a National Record of 793.2.

At 165#, **Julio Alfredo Fernandez Rodriguez** of Guatemala set a National Record of 782.2.

At 198#, **Nick Rossencutter** of Wisconsin set an impressive Wisconsin Record of 1063.4.

At 220#, **Michael Early** of Arizona set a World Record of 1239.7. He brought 11 lifters from Arizona to the World Championships.

Best Heavyweight Lifter Equipped was **Michael Early**.

**Harold Zepeda Hernandez** of Guatemala came in 2<sup>nd</sup> to Michael Early and set a National Record of 1085.4.

At 308#, **Kamuela Wassman** of Hawaii was impressive with 1300.5. He pulled 733 and Benched 567.5.

#### In Open Men Double Ply

At 242#, **Eduardo Elgart** of Argentina set a World Record of 1195.7.

At Super, **Keoni Reich** of Hawaii set a World Record with a 1112.9.

#### In Open Men Raw

At 165#, **Serafin De Simone** of Argentina set a National Record with 850.7, which is about 50 pounds from the World Record. He was also Best Lightweight Lifter. Argentina won more Best Lifter awards than any team and **Serafin De Simone** of Argentina won more Best Lifter awards than any male in the meet.

**Steven Bassetti** of California was Best Heavyweight Lifter with a California Record of 991.9.

At 220#, **Mariano Miravalles** of Argentina set a National Record of 953.2 and beat a field of five to win his Gold Medal.

At 259#, **Juha Marsyla** of Finland set a National Record of 1002.9.

Best Lifter at 275# was **Alfredo Rojas** of Argentina with 1136.3 which was also a

World Record.

#### In Open Women Single Ply

At 132#, **Tracee Iranon** of Hawaii set a World Record of 594.9, which is a tremendous total for someone weighing only 131 pounds.

At Super, **Trisha Puou** of Hawaii set a World Record with 728.3, which included a World record Deadlift of 419. Trisha will eventually deadlift over 500 pounds. She is making slow, steady gains.

Best Lifter Open Women Equipped at 120.6# was **Jamie Field** of California with 517.7.

#### In Open Women Raw

At 148#, **Marianne Hartio** of Finland beat a field of three with 561.7, only 6 pounds shy of the World Record.

At Super, **Poha Henson** of Hawaii set a World Record of 788, which included a 529 deadlift and a 264.5 bench. She has deadlifted 540 in a contest and has done 560 in the gym. Her goal is to deadlift 600 pounds and she has passed three drug tests.

Best Lifter was **Diana Vallinoto** of Argentina. She won more Best Lifter awards than any woman in the meet. Weighing 92 pounds, **Diana** set a National Record with 440.7.

**Jade Bunk** of Wisconsin set a World Record of 457.2 to beat **Jennifer Genato** of California who also set a World Record of 451.7. **Micaela Lopez** of Argentina was a close 3<sup>rd</sup> with 435.2. Those three lifters and **Kristy Esch** of Wisconsin will be battling for years to come. **Kristy** has done 414.3, only 43 pounds behind **Jade Bunk**.

#### In Special Olympian Raw

At 220#, **Chloe Kaalund** of California set a State Record of 506.7.

#### In Submaster Men Raw

At 198#, **Kincaid Antolin** of Hawaii set a World Record with 881.5.

At 220#, **Nathan Rragogola** of Hawaii set a State Record of 1019.4 that was only 51 pounds shy of a World Record and he beat a field of four that included

lifters from Utah, Finland and Argentina.

At 275#, **Alfredo Rojas** of Argentina set a World Record of 1136.3 and was Best Lifter in Submaster Men Raw. **Gary Pantilla** of Arizona was 2<sup>nd</sup> and he exceeded the World Record with a World Record of his own of 1046.9, but his record was broken by Alfredo on short notice.

At Super, **Kelly Koli** of Hawaii set a World Record of 920.

#### In Submaster Women Raw

At 92#, **Diana Vallinoto** of Argentina was Best Lifter with a 440.7. Based on her five Best Lifter awards: in Submaster Bench and Open, Submaster Deadlift and Open and Submaster Push Pull, she was the most successful female Lifter of the entire meet.

At 105#, **Jennifer Genato** of California set a World Record of 451.7. Jennifer held seven and now she holds six different World Records in Submaster and Open in Bench Press, Deadlift, and Push Pull, including both Single Ply and Raw.

At Super, **Poha Henson** of Hawaii set a World Record of 788.

#### In Submaster Women Single Ply

At 114#, **April Hamon** of Texas set a World Record with 474.8 weighing only 112 pounds. That is impressive to say the least.

At Super, **Annie Bowman** of Washington set a World Record of 732.7.

#### In Submaster Women Double Ply

At 165# **Jamie Farmer** of Montana set a World Record with 517.7. **Charlie Farmer and Jamie Farmer** were the only husband and wife duo to both set World Records.

#### In Teen Men Age Group 12-13 Raw

At 97#, **Landon Villareal** of Hawaii set a World Record of 320.3.

Also at 97#, **Grady Springer** of Washington set a World Record of 291.7.

At 148#, **Mikah Hall** of Hawaii set a World Record of 396.4 and was named Best Lifter.



#### In Teen Men Age Group 14-15 Raw

At 114#, **Brandon Newcomb** of Washington set a World Record of 346.9.

At 165#, **Zander McElroy** of Idaho set a World Record of 561.7.

At 181#, **Mathew Sabo** of Texas set a World Record of 622.4.

At 259#, **Nathan Ivey** of Washington set a World Record of 732.7.

Best Lifter was **Ramiro Yanez** of Texas with 523.2 at 130#.

#### In Teen Men Age Group 16-17 Raw

At 132#, **Logan Villareal** of Hawaii set a World Record of 517.7. He joined his brother Landon as both brothers from Hawaii have set World Records.

#### In Teen Men Age Group 18-19 Raw

At 148#, **Tyler Reopelle** of Montana set a World Record of 744 and was named Best Lifter.

#### In Teen Men Age Group 18-19 Single Ply

At 220#, **Austin Payne** of Wisconsin set a World Record of 969.9.

#### In Teen Women Age Group 14-15

At 114#, **Trulayna Ballo** of Hawaii set a World Record of 396.5 at 113 pounds, which is a tremendous total for a fourteen year old.

At 132#, **Iris Singleton** of Washington set a World Record of 402.2.

At 165#, **Mataya Straka** of Washington set a World Record of 495.7, exceeding the previous World Record by 130 pounds!

At 220#, **Tyara Straka** set a World Record of 694.2 and was Best Lifter for Teen Women. Her total at the age of 15 is only exceeded by eight women in WABDL. Her third deadlift of 435.2 was controversial, two reds and one white. After consulting with the Head Judge and the other Side Judge, the Head Judge's comment to me was it was close and could have gone either way. So the Head Judge changed his call and the other Side Judge did not change his call.

#### In Teen Women Age Group 16-17

At 97#, **Makalea Ramil** of Hawaii set a World Record of 264.2.

At 114#, **Emma Macdonald** of Washington set a World Record of 282.9.

In Teen Women Age Group 18-19 Raw

At 132#, **Isabella Theobald** of Hawaii set a World Record of 381.3.

At 148#, **Geneveve Sawyer** of Washington set a World Record of 418.7.

### **Thanks to Our Staff**

I want to thank our staff, **Elma Thomas** who worked 18 hour days from about October 7 until the meet ended on November 17. Elma had no time off and also had to deal with health problems and personal problems. She is 81 and nobody can keep up with her.

**The Caugheys** of Utah did an excellent job. Gloria and Billy stayed by Elma's side throughout the day and stayed up until about midnight every day of the meet. **Natalie** helped with the Bar Load Program and helped sell tickets. **William B. Caughey** helped in the weigh-in room.

**Preston Quinn** of Wisconsin and **Cory Espino** of California did the majority of the spotting due to a lack of communication. They worked tirelessly. **Nick Buck** and **Dylan Wysocky** of Wisconsin did some of the spotting. **Preston, Cory, and Gary Miller** spent about 8 hours setting up and tearing down the main stage and warm-up room.

**Dennis Schmidt** of Minnesota helped set up and was the Weigh-in Room Supervisor for six days at seven hours a day. He stuffed 320 packets with t-shirts, programs and posters. He had to sort through seven boxes of t-shirts and accomplished the job in only four hours. In years past, it would take three or four people six to seven hours to accomplish the same job. He's the best Weigh-in Room Supervisor I've ever had. His wife, **Rebekah** helped for three days. **Mike Saito and Gary Shim** of Hawaii, **Warren Orr and Dorothy Orr** of Canada and **William B. Caughey, Natalie Caughey and Martha Shim**, and **Jeannie Morris** also helped in the Weigh-in Room.

**Gary Miller** of Pahrump, Nevada, brought the majority of the equipment. Gary rented a U-Haul and spent four hours loading all of the warm-up equipment and the warm-up benches. He spent two hours unloading the equipment with help at the hotel and then another six hours loading the equipment out of the hotel and unloading the equipment at his house, a total including drive time of about 14

hours. **Alan Fraser** also helped with equipment.

**Beverly Anolin** of Pacifica, California, called to volunteer her help and she was at the ticket booth for four days. **Raquel Reed** of Colorado and **Natalie Caughey** of Utah also helped at the ticket booth. **Lisa Leong** of Hawaii was in charge of the ticket booth for all six days.

**Jocelyn Ronolo** of Hawaii helped with a little bit of everything. **Deron Agaran** of Hawaii Judged and was Scorekeeper and relieved me as an M.C. on numerous occasions after I lost my voice. **Shannon Needles** of Chico, California, did an excellent job of scorekeeping for five days as did **Martha Shim** of Hawaii and **Brant Bishop** of Alabama.

**Margie Huston** of Washington, **Natalie Caughey**, **Martha Shim** and **Brant Bishop** also did the Computer Facilitator and Barload Program.

The Judges were **Jim Snodgrass** of Texas, **Reid Solar** of Arizona, **Jim Presley** of California, **Bob Levering** of California, **Don Miskinis** of Ohio, **Gary and Martha Shim** of Hawaii, **Mike Saito** of Hawaii, **Donna Delleree** of Arizona, **Deron Agaran** of Hawaii, **Peach Presley** of California, and **Warren Orr** of Canada.

**Dave Constantineau** of Wisconsin handled Door Security for five days and relieved the Nighttime Security every morning. He also helped sell tickets and was responsible for bringing over 20 lifters from Wisconsin to World's for the 5<sup>th</sup> year in a row. **Robbie Dilg** of Utah handled Nighttime Security.

**Dave Palmer** of Maine facilitated the live streaming.

**Peach Presley**, **Shannon Needles**, **Jeannie Morris** and **Betty Hansen** distributed trophies. **Don Miskinis** also helped at the Scorer's Table on numerous occasions. **Raquel Reed** also helped sell tickets. **Keith Lemm** of CSS was the official meet photographer.

The main sponsors were **Brian and Denise Welker of Welker Engineering** out of Sugar Land, Texas. They have been sponsors for seventeen years. Brian Welker is in the WABDL Hall of Fame. Also, **Coby Washburn and David R. Smith** out of Texas, **Reid Solar and Kelly Solar** out of Scottsdale, Arizona, **GLC Direct Joint Formula** and **Shawn Madere** out of Kentucky whose booth was manned by **Tiny Meeker and Jim Presley**. Also, **Suzette and Dan Swift with Usana Health Products** out of Pekin, Illinois, **Anderson Powerlifting and Ken Anderson** and **Kevin Pittman** out of Dallas, Texas, **Keith Lemm** and

**California Sports Spotlight** out of California, **Ivanko Barbell and Chet Groskreutz** out of San Pedro, California, **Matt Ogurek** out of Michigan, **Ken Richardson** out of Michigan, **Odd Haugen of DotFit** and **Teresa Plowman**.