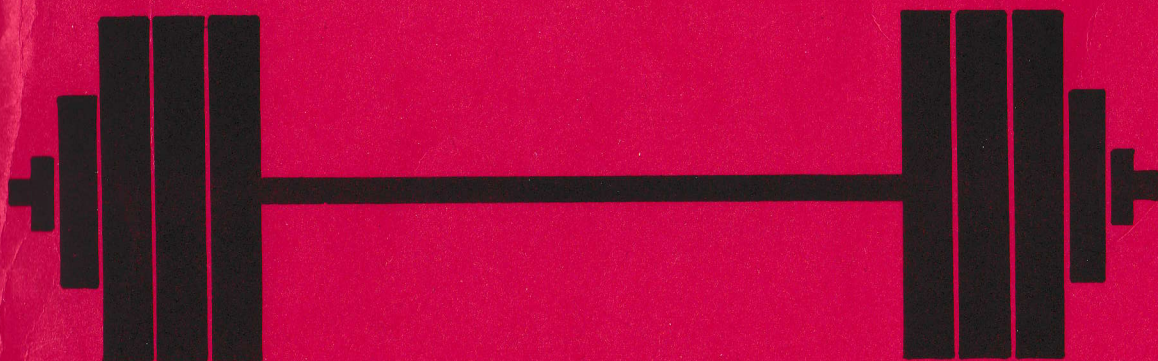


\$2<sup>50</sup>

**1984**  
**REGION XIII**  
**POWERLIFTING**  
**REVIEW**



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**ACKNOWLEDGEMENT.** Many thanks to Dr. Alan Kirshner for making these records possible for publication and his work in compiling the California Powerlift placements.

CALIFORNIA STATE MEN'S POWERLIFT RECORDS  
AS OF JANUARY 1, 1985

114 lb(52 kilo) Class				
Squat	534.5/242.5	Joe Cunha	International P/L Club	10/17/81
Bench Press	323.5/147	Joe Cunha	Mission Muscle Factory	7/10/82
Deadlift	430/195	Mark Champ	Unattached/Clovis	2/21/76
TOTAL	1223.6/555	Joe Cunha	Mission Muscle Factory	4/2/83
123 lb(56 kilo) Class				
Squat	540/245	Joe Cunha	Mission Muscle Factory	5/5/84
Bench Press	313.4/142.5	Chip Taylor	Bernie's Power Team	12/17/83
Deadlift	496/225	Glen Shoblock	Olympic Power Team	10/4/80
TOTAL	1223.6/555	Joe Cunha	Mission Muscle Factory	5/5/84
132 lb(60 kilo) Class				
Squat	474/215	Enrique Hernandez	Thompson Power Team	8/26/78
Bench Press	355/161.5	Al Hart	Olympic Health Club	7/8/78
Deadlift	589.7/267.5	John Carr	Marine Corps, San Diego	6/2/84
TOTAL	1322.8/600	John Carr	Marine Corps, San Diego	6/2/84
148 lb(67.5 kilo) Class				
Squat	529.1/240	George Bass	Love's Health Club	2/20/82
Bench Press	420.9/191	Armington Rafael	International P/L Club	5/17/80
Deadlift	633.8/287.5	Bill Cavalier	International P/L Club	6/5/82
TOTAL	1449.5/657.5	John Orsini	Thompson Power Team	7/8/80
165 lb(75 kilo) Class				
Squat	606.3/275	Bill Cavalier	Olympic Power Team	7/23/83
Bench Press	440.8/200	Armington Rafael	International P/L Club	9/4/82
Deadlift	705.3/320	Bill Cavalier	Olympic Power Team	3/12/83
TOTAL	1636.8/742.5	Bill Cavalier	Olympic Power Team	3/12/83
181 lb(82.5 kilo) Class				
Squat	705/319.8	Tom Overholtzer	Olympic Health Club	70
Bench Press	463/210	Jim Kostorgard	Unattached	11/14/82
Deadlift	733/332.5	Jim Grudzien	Unattached	3/13/82
TOTAL	1862.8/852.5	Jim Grudzien	Unattached	3/13/82
198 lb(90 kilo) Class				
Squat	744/337.5	Roger Estep	Unattached	9/11/82
Bench Press	518/235	Bud Ravenscroft	Olympic Health Club	75
Deadlift	738.6/335	Kent Bush	Unattached	3/12/83
TOTAL	1907/865	Bill Ennis	Weightlifter's Warehouse	12/6/80
220 lb(100 kilo) Class				
Squat	837.8/380	Fred Hatfield	Unattached	7/8/84
Bench Press	523.6/237.5	Steve Foster	Unattached	2/19/83
Deadlift	788.2/357.5	Kevin Fisher	Unattached	6/3/84
TOTAL	2022.7/917.5	Fred Hatfield	Unattached	7/8/84
242 lb(110 kilo) Class				
Squat	903.9/410	Fred Hatfield	Unattached	4/14/84
Bench Press	585/265	Sam Samaniego	Unattached	7/16/83
Deadlift	804.6/365	Terry McCormick	Thompson Power Team	8/27/78
TOTAL	2100/952.6	George Frenn	Westside B.C.	70
275 lb(125 kilo) Class				
Squat	909.4/412.5	Lee Moran	International P/L Club	12/4/82
Bench Press	600/272.5	Lee Moran	Pittsburg Wrecks	7/17/83
Deadlift	821.2/372.5	Terry McCormick	Unattached	12/17/83
TOTAL	2210/1002.5	Lee Moran	Pittsburg Wrecks	7/17/83
275+ lb(125+ kilo) Class				
Squat	1003.1/455	Lee Moran	Pittsburg Wrecks	7/8/84
Bench Press	628.3/285	Lee Moran	Pittsburg Wrecks	12/17/83
Deadlift	810/367.5	George Frenn	Westside B.C.	71
TOTAL	2292.8/1040	Bill Kazmaier	Thompson Power Team	11/4/79

CERTIFICATES AVAILABLE FOR ONE DOLLAR FROM: DR. ALAN M. KIRSHNER, P.O. BOX 3292, MISSION SAN JOSE, CA 94539

ADFPA CALIFORNIA STATE MEN'S POWERLIFT RECORDS  
AS OF JANUARY 1, 1985

**NOTE: All ADFPA California State Men's Powerlift Records have been set in officially sanctioned American Drug Free Powerlift Association contests either in California or at the national level by a California resident.**

<b>114 lb(52 kilo) Class</b>				
Squat	385.8/175	Gary Hunnicutt	Mission Muscle Factory	7/29/83
Bench Press	253.4/115	Gary Hunnicutt	Mission Muscle Factory	7/29/83
Deadlift	374.8/170	Gary Hunnicutt	Mission Muscle Factory	7/29/83
TOTAL	1014.1/460	Gary Hunnicutt	Mission Muscle Factory	7/29/83
<b>123 lb(56 kilo) Class</b>				
Squat	540/245	Joe Cunha	Mission Muscle Factory	5/5/84
Bench Press	314.2/142.4	Joe Cunha	Mission Muscle Factory	5/5/84
Deadlift	424.4/192.5	Mateo Mariano	Mission Muscle Factory	5/5/84
TOTAL	1223.6/555	Joe Cunha	Mission Muscle Factory	5/5/84
<b>132 lb(60 kilo) Class</b>				
Squat	413.4/187.5	Mateo Mariano	Mission Muscle Factory	5/5/84
Bench Press	242.5/110	Mateo Mariano	Mission Muscle Factory	5/5/84
Deadlift	446.4/202.5	Mateo Mariano	Mission Muscle Factory	5/5/84
TOTAL	1102.3/500	Mateo Mariano	Mission Muscle Factory	5/5/84
<b>148 lb(67.5 kilo) Class</b>				
Squat	457.5/207.5	Larry Duran	Pete's Power House	5/5/84
Bench Press	303.1/137.5	Dennis Albert	Mike's Gym	5/5/84
Deadlift	501.6/227.5	Larry Duran	Pete's Power House	5/5/84
TOTAL	1240.1/562.5	Larry Duran	Pete's Power House	5/5/84
<b>165 lb(75 kilo) Class</b>				
Squat	518.1/235	Fred Deisenroth	Elite Power Team	5/5/84
Bench Press	375/170	Fred Deisenroth	Elite Power Team	5/5/84
Deadlift	617.3/280	Rich Cirigliano	Mission Muscle Factory	5/5/84
TOTAL	1411/640	Rich Cirigliano	Mission Muscle Factory	7/29/83
<b>181 lb(82.5 kilo) Class</b>				
Squat	562.2/255	Jack Rose	Mission Muscle Factory	5/5/84
Bench Press	342/155	Jack Rose	Mission Muscle Factory	5/5/84
Deadlift	562.2/255	Jack Rose	Mission Muscle Factory	5/5/84
TOTAL	1444/665	Jack Rose	Mission Muscle Factory	5/5/84
<b>198 lb(90 kilo) Class</b>				
Squat	622.8/282.5	Parry Markle	Unattached	6/10/84
Bench Press	407.9/185	Parry Markle	Unattached	5/5/84
Deadlift	622.8/282.5	Parry Markle	Unattached	5/5/84
TOTAL	1648/747.5	Parry Markle	Unattached	5/5/84
<b>220 lb(100 kilo) Class</b>				
Squat	622.9/282.5	Tony Pinelli	West Coast Fitness #2	5/5/84
Bench Press	402.3/182.5	Tony Pinelli	West Coast fitness #2	5/5/84
Deadlift	600.8/272.5	Mike Musto	Pittsburg Wrecks	5/5/84
TOTAL	1576.3/715	Tony Pinelli	West Coast Fitness #2	5/5/84
<b>242 lb(110 kilo) Class</b>				
Squat	545.6/247.5	Dexter Hood	Mission Muscle Factory	5/5/84
Bench Press	418.9/190	Geoff Resnik	Unattached	5/5/84
Deadlift	567.7/257.5	Dexter Hood	Mission Muscle Factory	5/5/84
TOTAL	1477.1/670	Dexter Hood	Mission Muscle Factory	5/5/84
<b>275 lb(125 kilo) Class</b>				
Squat	573.2/260	Jeff Angli	Pete's Power House	5/5/84
Bench Press	407.9/185	Jeff Angli	Pete's Power House	5/5/84
Deadlift	606.3/275	Jim McNeil	Unattached	5/5/84
TOTAL	1548.7/702.5	Jim McNeil	Unattached	5/5/84
<b>275+ lb(125+ kilo) Class</b>				
Squat	727.5/330	Ben Hart	Iron Horse	5/5/84
Bench Press	435.4/197.5	Ben Hart	Iron Horse	7/21/84
Deadlift	650.4/295	Ben Hart	Iron Horse	5/5/84
TOTAL	1813.3/822.5	Ben Hart	Iron Horse	7/21/84

NORTHERN CALIFORNIA MEN'S POWERLIFT RECORDS

AS OF JANUARY 1, 1985

\*Denotes State Record

114 lb(52 kilo) Class					
Squat	523.6/237.5	Joe Cunha	Mission Muscle Factory		2/20/82
Bench Press	315/142.9	Joe Cunha	Mission Muscle Factory		4/24/82
Deadlift	400/181.4	Mark Shijo	International P/L Club		1/13/79
TOTAL	1223.6/555*	Joe Cunha	Mission Muscle Factory		4/2/83
123 lb(56 kilo) Class					
Squat	540.1/245*	Joe Cunha	Mission Muscle Factory		5/5/84
Bench Press	314.2/142.5	Joe Cunha	Mission Muscle Factory		5/5/84
Deadlift	485/220	Joe Bernazzani	Pete's Power House		10/9/71
TOTAL	1223.6/555*	Joe Cunha	Mission Muscle Factory		5/5/84
132 lb(60 kilo) Class					
Squat	451.9/205	Konrad Von Schoech	World Gym		12/17/83
Bench Press	315/142.9	Jim Sullivan	Pete's Power House		5/6/78
Deadlift	500/226.8	Joe Bernazzani	Pete's Power House		6/19/71
TOTAL	1240/562.5	Cliff Jackson	Pete's Power House		2/21/76
148 lb(67.5 kilo) Class					
Squat	529.1/240*	George Bass	Love's Health Club		2/20/82
Bench Press	420.9/191*	Armington Rafael	International P/L Club		12/5/81
Deadlift	551.1/250	Tom Fahey	Unattached		7/26/80
TOTAL	1449.5/657.5	Armington Rafael	International P/L Club		12/5/81
165 lb(75 kilo) Class					
Squat	600.8/272.5	Armington Rafael	International P/L Club		9/4/82
Bench Press	440.8/200*	Armington Rafael	International P/L Club		9/4/82
Deadlift	617.3/280	Rich Cirigliano	Mission Muscle Factory		5/5/84
TOTAL	1603.8/727.5	Armington Rafael	International P/L Club		9/4/82
181 lb(82.5 kilo) Class					
Squat	667/302.5	Jim Lem	International P/L Club		12/5/81
Bench Press	420/190.5	Rick Silva	International P/L Club		5/6/78
Deadlift	633.8/287.5	Jim Lem	International P/L Club		5/3/80
TOTAL	1681/762.5	Dolph Pierce	International P/L Club		12/17/83
198 lb(90 kilo) Class					
Squat	666.9/302.5	Dave Aggio	Unattached		4/15/84
Bench Press	462.9/210	Rick Silva	International P/L Club		4/2/83
Deadlift	689/312.5	Dave Aggio	Unattached		4/15/84
TOTAL	1758.2/797.5	Dave Aggio	Unattached		4/15/84
220 lb(100 kilo) Class					
Squat	723.5/320	Mike Foley	Unattached		4/24/82
Bench Press	512.6/232.5	Steve Johnson	Unattached		8/4/84
Deadlift	738.8/335	Mike Foley	Unattached		4/24/82
TOTAL	1912.5/867.5	Dave Aggio	Unattached		12/1/84
242 lb(110 kilo) Class					
Squat	755.1/342.5	Douglas Smith	World Gym		4/2/83
Bench Press	540.1/245	Lee Moran	International P/L Club		2/20/82
Deadlift	744/337.5	Scott Palmer	Power Unlimited		12/6/80
TOTAL	1940/880	Mark Salansky	Elite Power Team		12/1/84
275 lb(125 kilo) Class					
Squat	909.4/412.5*	Lee Moran	International P/L Club		12/4/82
Bench Press	587.7/262.5*	Lee Moran	International P/L Club		12/4/82
Deadlift	760.6/345	Scott Palmer	Power Unlimited		4/24/82
TOTAL	2110.9/957.5	Lee Moran	International P/L Club		12/4/82
275+ lb(125+ kilo) Class					
Squat	953.4/432.5*	Lee Moran	Pittsburg Wrecks		12/17/83
Bench Press	628.3/285*	Lee Moran	Pittsburg Wrecks		12/17/83
Deadlift	716.5/325	Larry Greehagen	International P/L Club		8/4/84
TOTAL	2287.3/1037.5	Lee Moran	Pittsburg Wrecks		12/17/83

CERTIFICATES AVAILABLE FOR ONE DOLLAR FROM: DR. ALAN M. KIRSHNER, 66 INDIAN HILL PLACE, MISSION SAN JOSE, CA 94539

REGION 13 MEN'S MASTERS POWERLIFT RECORDS  
AS OF JANUARY 1, 1985

**NOTE: No records exist in those age groups and weight classes not listed.**

133 lb(56 kilo) Class

45-49 Age Group

Squat	270/122.5	Robert Hughes	10/24/80
Bench Press	154/70	Robert Hughes	10/24/80
Deadlift	352/160	Robert Hughes	10/24/80
TOTAL	777/352.5	Robert Hughes	10/24/80

132 lb(60 kilo) Class

45-49 Age Group

Squat	341.5/155	Lary Tanager	9/4/82
Bench Press	226/102.5	Lary Tanager	11/5/81
Deadlift	457.4/207.5	Lary Tanager	9/4/82
TOTAL	1025/465	Lary Tanager	9/4/82

50-54 Age Group

Squat	336/152.5	Phil Neyer	10/24/81
Bench Press	193/87.5	Hank Fragoza	5/3/80
Deadlift	435/197.5	Phil Neyer	10/24/81
TOTAL	935/432.5	Phil Neyer	10/24/81

60-64 Age Group

Squat	292/132.5	Jack Hughes	1/16/83
Bench Press	182/82.5	Jack Hughes	1/31/82
Deadlift	386/175	Jack Hughes	1/16/83
TOTAL	860/390	Jack Hughes	1/16/83

148 lb(67.5 kilo) Class

40-44 Age Group

Squat	457.5/207.5	Larry Duran	5/5/84
Bench Press	298/135	Bob Crampton	2/10/80
Deadlift	502/227.5	Larry Duran	5/5/84
TOTAL	1240.1/562.5	Larry Duran	5/5/84

45-49 Age Group

Squat	391/177.5	Lary Tanager	4/18/81
Bench Press	280/127.5	Bob Crampton	4/18/81
Deadlift	479/217.5	Rich Abbott	3/20/83
TOTAL	1119/507.5	Lary Tanager	5/2/81

50-54 Age Group

Squat	457.5/207.5	Phil Neyer	4/14/84
Bench Press	298/135	Robert Cortez	1/16/83
Deadlift	513/232.5	Phil Neyer	1/16/83
TOTAL	1185/537.5	Phil Neyer	4/14/84

55-59 Age Group

Squat	275/125	Jack Hughes	6/28/80
Bench Press	226/102.5	Alex Hale	4/14/84
Deadlift	375/170	Jack Hughes	6/28/80
TOTAL	810/367.5	Jack Hughes	6/28/80

60-64 AAge Group

Squat	297.6/135	Jack Hughes	6/2/84
Bench Press	170/77.5	Thomas Hubbard	10/15/83
Deadlift	374.8/170	Jack Hughes	6/2/84
TOTAL	832.2/377.5	Jack Hughes	6/2/84

165 lb(75 kilo) Class

40-44 Age Group

Squat	546/247.5	Pete King	12/17/83
Bench Press	386/175	Pete King	12/17/83

(MEN MASTERS' RECORDS FOR 165 LB 40-44 AGE GROUP CON'T)

Deadlift	511/232.5	Michael Lukich	6/18/83
TOTAL	1411/640	Pete King	12/17/83
<u>45-49 Age Group</u>			
Squat	506/230	Stan Miyahira	6/18/83
Bench Press	336.2/152.5	Alan Kirshner	8/13/83
Deadlift	468/212.5	Stan Miyahira	6/18/83
TOTAL	1243/565	Stan Miyahira	6/18/83
<u>50-54 Age Group</u>			
Squat	579/240	Jim Lem	3/28/81
Bench Press	342/155	Jim Lem	3/28/81
Deadlift	590/267.5	Jim Lem	3/28/81
TOTAL	1510/685	Jim Lem	3/28/81
<u>55-59 Age Group</u>			
Squat	396.8/180	Martin Garry	12/15/84
Bench Press	253.5/115	Martin Garry	4/14/84
Deadlift	451.9/205	Martin Garry	4/14/84
TOTAL	1085.8/492.	Martin Garry	12/15/84
<u>60-64 Age Group</u>			
Squat	204/97.5	Thomas Hubbard	4/30/83
Bench Press	149/67.5	Thomas Hubbard	4/30/83
Deadlift	242/110	Thomas Hubbard	4/30/83
TOTAL	595/270	Thomas Hubbard	4/30/83
181 lb(82.5 kilo) Class			
<u>40-44 Age Group</u>			
Squat	551/250	Stan Miyahira	1/31/82
Bench Press	430/195	Richard Blair	1/31/82
Deadlift	551/250	Richard Blair	1/31/82
TOTAL	1477/670	Richard Blair	1/31/82
<u>45-49 Age Group</u>			
Squat	512.6/232.5	Stan Miyahira	4/14/84
Bench Press	363.8/165	Alan Kirshner	4/14/84
Deadlift	540/245	John Wright	12/18/82
TOTAL	1278.4/580	Chet Thomas	7/7/82
<u>50-54 Age Group</u>			
Squat	666.9/302.5	Jim Lem	12/5/81
Bench Press	385/175	Jim Lem	10/24/80
Deadlift	634/287.5	Jim Lem	5/3/80
TOTAL	1643/745	Jim Lem	12/5/81
<u>55-59 Age Group</u>			
Squat	666.9/302.5	Jim Lem	5/12/84
Bench Press	353/160	Jim Lem	12/17/83
Deadlift	606.3/275	Jim Lem	9/23/84
TOTAL	1620.4/735	Jim Lem	5/12/84
<u>60-64 Age Group</u>			
Squat	375/170	Erv Anthofer	10/24/81
Bench Press	243/110	Erv Anthofer	10/24/81
Deadlift	430/195	Erv Anthofer	10/24/81
TOTAL	1047/475	Erv Anthofer	10/24/81
<u>65-69 Age Group</u>			
Squat	231/105	B. Deemer	6/27/81
Bench Press	143/65	B. Deemer	6/27/81
Deadlift	286/130	B. Deemer	6/27/81
TOTAL	661/300	B. Deemer	6/27/81

**(MEN'S MASTERS CON'T)**

**198 lb(90 kilo) Class**

40-44 Age Group

Squat 628.3/285  
Bench Press 452/205  
Deadlift 683/310  
TOTAL 1697.5/772.5

Luis Hernandez 1/22/83  
Richard Blair 6/26/82  
Luis Hernandez 7/12/83  
Luis Hernandez 7/12/83

45-49 Age Group

Squat 622/282.5  
Bench Press 358.3/162.5  
Deadlift 633.8/287.5  
TOTAL 1571/712.5

Tom Eldridge 7/12/83  
Alan Kirshner 4/15/84  
Tom Eldridge 9/8/84  
Tom Eldridge 4/30/83

50-54 Age Group

Squat 650/295  
Bench Press 385/175  
Deadlift 635/288  
TOTAL 1670/757.7

Jim Lem 1/30/82  
Jim Lem 1/30/82  
Jim Lem 1/30/82  
Jim Lem 1/30/82

55-59 Age Group

Squat 385.8/175  
Bench Press 237/107.5  
Deadlift 429.9/195  
TOTAL 1052.7/477.5

George Mauly 4/14/84  
Howard Will 1/29/83  
George Mauly 4/14/84  
George Mauly 4/14/84

60-64 Age Group

Squat 275.6/125  
Bench Press 253.6/115  
Deadlift 391.3/177.5  
TOTAL 859.8/390

Rex Monahan 12/15/84  
Albert Smelko 2/19/83  
Rex Monahan 12/15/84  
Rex Monahan 12/15/84

70-74 Age Group

Squat 287/130  
Bench Press 221/100  
Deadlift 353/160  
TOTAL 860/390

Henri Soudieres 2/10/80  
Henri Soudieres 2/10/80  
Henri Soudieres 2/10/80  
Henri Soudieres 2/10/80

**220 lb(100 kilo) Class**

40-44 Age Group

Squat 837.8/380  
Bench Press 457.5/207.5  
Deadlift 727.5/330  
TOTAL 2022.7/917.5

Fred Hatfield 7/8/84  
Fred Hatfield 7/8/84  
Fred Hatfield 7/8/84  
Fred Hatfield 7/8/84

45-49 Age Group

Squat 628.3/285  
Bench Press 352.7/160  
Deadlift 623/282.5  
TOTAL 1576.3/715

Tom Eldridge 6/2/84  
Tom Eldridge 6/2/84  
Bob Caves 4/16/83  
Tom Eldridge 6/2/84

50-54 Age Group

Squat 473.9/215  
Bench Press 314.2/142.5  
Deadlift 573.2/260  
TOTAL 1410.9/640

Fred Lange 12/15/84  
Fred Lange 12/15/84  
Fred Lange 12/15/84  
Fred Lange 12/15/84

70-74 Age Group

Squat 314/142.5  
Bench Press 226/102.5  
Deadlift 380/172.5  
TOTAL 915/415

Henri Soudieres 6/27/81  
Henri Soudieres 5/3/80  
Henri Soudieres 5/2/81  
Henri Soudieres 10/25/81

75-79 Age Group

Squat 325/147.5

Henri Soudieres 6/26/82



**(MEN'S MASTERS' RECORDS FOR 220 LB 75-79 AGE GROUP CON'T)**

Bench Press	231.5/105	Henri Soudieres	2/7/82
Deadlift	402.5/182.5	Henri Soudieres	5/1/82
TOTAL	953/432.5	Henri Soudieres	5/1/82
242 lb(110 kilo) Class			
<u>40-44 Age Group</u>			
Squat	903.9/410	Fred Hatfield	4/14/84
Bench Press	474/215	Fred Hatfield	4/14/84
Deadlift	766/347.5	George Frenn	12/12/82
TOTAL	2083.4/945	Fred Hatfield	4/14/84
<u>45-49 Age Group</u>			
Squat	601/272.5	Bob Caves	3/5/83
Bench Press	429.9/195	Carl Nicol	12/15/84
Deadlift	628/285	Bob Caves	7/1/83
TOTAL	1571/715	Bob Caves	7/1/83
<u>50-54 Age Group</u>			
Squat	584/265	Bill Hartmann	5/1/82
Bench Press	413/187.5	Bill Hartmann	7/1/83
Deadlift	700/317.5	Bill Hartmann	1/16/83
TOTAL	1669.8/757.	Bill Hartmann	7/8/82
275 lb(125 kilo) Class			
<u>40-44 Age Group</u>			
Squat	882/400	Larry Kidney	11/14/81
Bench Press	557/252.5	Larry Kidney	7/13/80
Deadlift	750/340	Larry Kidney	11/14/81
TOTAL	2172/985	Larry Kidney	7/12/81
<u>50-54 Age Group</u>			
Squat	457.5/207.5	Bob Mosher	6/2/84
Bench Press	330.7/150	Bob Mosher	6/2/84
Deadlift	632.8/287.5	Ken Sommer	5/2/81
TOTAL	1339/607.5	Bob Moser	4/30/83
<u>55-59 Age Group</u>			
Squat	452/205	Jay McVeagh	3/20/82
Bench Press	325/147.5	Jay McVeagh	3/20/82
Deadlift	518/235	Jay McVeagh	3/20/82
TOTAL	1295/587.5	Jay McVeagh	3/20/82
275lb(125+ kilo) Class			
<u>40-44 Age Group</u>			
Squat	739/335	Larry Kidney	4/30/83
Bench Press	501.6/227.5	Ron Hudc	9/5/82
Deadlift	744/337.5	Larry Kidney	4/30/83
TOTAL	1984/900	Larry Kidney	4/30/83
<u>50-54 Age Group</u>			
Squat	451/205	Jay McVeagh	10/25/80
Bench Press	325/147.5	Jay McVeagh	10/25/80
Deadlift	518/235	Jay McVeagh	10/25/80
TOTAL	1295/587.5	Jay McVeagh	10/25/80

CERTIFICATES MAY BE OBTAINED FROM:

Dr. Alan M. Kirshner  
Mission Muscle Factory  
P.O. Box 3292  
Mission San Jose, CA 94539

PLEASE SEND ONE DOLLAR FOR POSTAGE AND HANDLING