NATIONAL MASTERS

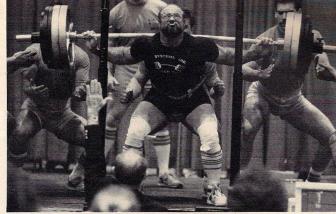
as seen by Mike Lambert



Jim Lem ended up with the Best Lifter and Best Squatter award for his session, and was ecstatic, winning over Dr. SQUAT Hatfield himself.

This year the USPF National Masters meet was held in downtown Salt Lake City, Utah, just around the corner from the Mormon Temple and right across the street from the Salt Palace, where the Utah Jazz and the L.A. Lakers battled in NBA playoff action the Friday before and on Sunday afternoon while the final session of lifting was finishing up. The host Marriott hotel was a beautiful venue, directly connected to a huge multi-level shopping mall. Some of the lifters got to chat with Pat Riley and some of the Lakers, and comedian Jay Leno was also seen in the hotel lobby, but the real celebrities, the ageless athletes of strength called Masters Powerlifters, were there in abundance

The Shendows, Jan and Lynda, know how to do meets right and this one was a world class presentation without doubt, complete with all the little touches that show how much they know and care about the needs of the lifters. An intermittent power cord complicated some of the computerized meet scoring, but otherwise it was very well organized competition, much appreciated by the lifters from all around the country. They had lots of help at the meet. In fact, it was estimated that half of the 70



Glen Stevans had been suffering with bronchitis and pneumonia and came into the meet way down in bodyweight, feeling "skinny" at 217 pounds.

or so registered lifters in Utah were on hand to assist with the meet, in which nearly 200 lifters and their attempts were so efficiently processed that all had time for an evening meal and social activities at a reasonable hour.

The women's competition, though not deep, saw lots of records, personal and national, go into the books. Jeannie Farabee, unfortunately, lifted with a painful injury, but Danni Hartmann had a great day and won the overal Best Lifter award. For the men, Jerry Ringi has had

For the men, Jerry Ringi has had a lot of practice lifting quality weights at 123 and won this title again at 40-44. There was lots of depth in this age group throughout the meet, but perhaps not so many lifters in the older age groups this year. Paul Trujillo was back again to try more records in the 50-54 age group, however, and did very well.

U.S.	P.F.	NATI	ONA	AL MA	ASTER	S
14,15	May	88 -	Salt	Lake	City,	UT
			-			

14,15 May 88 - Salt Lake City, UT							
	SQ	BP	DL	Total			
Women							
40-44							
M. Coffey-72.2	70	50	105	225			
J. Farabee-55.0	95	60	65	220			
45-49				E. LEV			
D. Hartmann-67.5		117.5	205	507.5			
E. Bream-67.5	165	100	185	450			
D. Delleree-78.0	142.5 150	95 65	187.5 170	425 385			
E. Kizer-59.5	115	83	152.5	350.5			
K. Reagan-55.7 50-54	113	03	152.5	330.3			
J. Redmond-55.7	105	60	130	295			
N. Lango-53.5	100	52.5	135	287.5			
N. Smith-47.8	75	45	112.5	232.5			
I. Alcouloumre-57.2	82.5	40	105	227.5			
G. Patillo-81.8	55	60	125	240			
L. Downum-81.0	65	40	95	200			
Men							
56 kg							
40-44							
J. Ringi	190	112.5	172.5	475			
A. Galant	137.5	92.5	175	405			
G. Vezina	137.5	87.5	180	405			
50-54	142 5	97.5	167.5	407.5			
P. Trujillo 55-59	142.5	97.5	107.5	407.5			
	117.5	87.5	152.5	357.5			
D. Smith 60 kg	117.5	07.5	132.3	337.3			
40-44							
L. Christ	192.5	122.5	217.5	532.5			
L. Muth	160	110	210	480			
J. Addy	137.5	75	180	392.5			
J. Sedmera							
45-49							
D. Sanford	120	85	150	355			
50-54							
F. Glass	147.5	72.5	195	415			
67.5 kg 40-44							
F. Pfister	152.5	107.5	252.5	512.5			
L. Eggleston	185	107.3	205	495			
D. Stoval	160	127.5	192.5	480			
R. Scott	165	92.5	200	457.5			
E. Johnson	165	102.5	167.5	435			
45-49			1, 79	To be to			
M. Lawson	222.5	112.5	215	550			
J. Capehart	180	115	185	480			
50-54							
L. Mintz	215	100	227.5	542.5			
55-59							
P. Neyer	190	92.5	235	517.5			
L. Rosenbloom	127.5	85	157.5	370			
60-64	122 -	07 5	160	200			
J. Morgan R. Brown	122.5 135	97.5 60	160 142.5	380 337.5			
70-74	133	00	142.5	337.3			
J. Van Sise	95	60	140	295			
75 kg	,,,	00	. 40	-33			
40-44							
G. Santee	237.5	167.5	242.5	647.5			

D. Smith	215	117.5	227.5	560
J. Christian	182.5	130	235	547.5
S. Brown	195	117.5	235	547.5
J. Kizer	197.5	122.5	170	490
R. Morgan	172.5	85	202.5	460
R. Grimaldo	132.5	145	167.5	445
F. Wambsgams	245			
M. Sperling				
G. Halliday 45-49				
M. Casatelli	215	115	212.5	542.5
J. Campbell	207.5	117.5	192.5	517.5
50-54				
B. Brent	212.5	97.5	242.5	552.5
M. Zepper	125	80	160	365
60-64				
D. Giller	172.5	132.5	225	530
A. Montini	170	92.5	225	487.5
65-69	127.5	105	145	377.5
H. Benner F. Archambault	135	97.5	137.5	377.3
70-74	133	37.3	137.3	370
L. Mason	140	42.5	230	412.5
B. Brand	127.5			
82.5 kg				
40-44				
B. McKee	237.5	172.5	295	705
R. Johnson	275	152.5	275	702.5
S. Fowler	250 270	160 147.5	287.5 265	697.5 682.5
B. Johnson T. Hicks	235	157.5	250	642.5
P. Roper	240	137.5	237.5	615
K. Hartmann	255	137.3	237.3	013
45-49				
L. Floren	152.5	102.5	200	455
D. McDaniel	125	90	150	365
50-54				
L.B. Baker	240	162.5	240	642.5
C. Thomas	242.5	140	242.5	625
r, wilson	227.5	137.5 132.5	220	585
R. Adams 55-59	220	132.5	212.5	565
I. Lem	270	145	277.5	692.5
R. Ramsrud	197.5	137.5	227.5	562.5
D. Ghareeb	172.5	130	220	522.5
R. Roberts	170	107.5	217.5	495
70-74				
B. Decker	137.5	75	175	387.5
J. Weiner	117.5	97.5	165	380
90 kg				
40-44	200 -	240		700
D. Thompson	302.5 272.5	210 172.5	277.5 260	790 705
L. Rapier L. Baker	252.5	152.5	252.5	657.5
F. Hughes	195	132.5	220	547.5
B. Taylor	147.5	140	182.5	470
D. Herrick				
45-49				
F. Hatfield	345	190	320	855
R. Pfieffer	255	167.5	255	677.5
K. Carpenter	227.5	195	242.5	665
E. Godfrey	237.5	162.5	242.5	642.5
H. Morgan	215	135 152.5	265	615
M. Scott	227.5	152.5	217.5	597.5

	B. Diciccio D. Taylor	167.5	117.5	215	500	
	D. Taylor					
	50-54	205	455	240	600	
	J.B. Adams T. Eldridge	285 245	155 147.5	240 245	680 637.5	
7	R. Strange	217.5	157.5	245	610	
	J. Vernacchio	212.5	130	212.5	555	
	N. McKown	195	115	230	540	
	J. Herbein	177.5	117.5	215	510	
	C. Wuest	165	127.5	175	467.5	
	55-59					
	B. Remley	205	132.5	210	547.5	
	B. Rosenfield	182.5	135	210	527.5	
	F. Lange F. Simmons	185	115	200	500	
	F. Simmons	150	97.5	210	457.5	
	L. McCauley	237.5	170	290	697.5	
	65-69	237.3	170	250	057.3	
	C. Lee	142.5	127.5	182.5	452.5	
	70-74					
	J. Kurpiel	155	97.5	202.5	455	
	100 kg					
	40-44					
	G. Stevans	320	185	312.5	817.5	
	D. Caldwell	322.5	177.5	305	805	
	G. Hogan	317.5	190	295	802.5	
	G. Turner C. Perkins	290 255	202.5 172.5	240 282.5	732.5 710	
	B. Rhodes	250	150	235	635	
	C. Daily	180	172.5	250	602.5	
	L. Jolicoeur	237.5	145	205	587.5	
	D. Opalka	145	130	180	455	
	T. Harris					
	45-49					
	O. Lomba	310	220	310	840	
	D. Hamblet	292.5	180	300	772.5	
	G. Zangas	250	160	272.5	682.5	
	W. Patillo K. Hansen	250 245	192.5 177.5	227.5 245	670 667.5	
	M. Bernard	243	1//.3	243	007.3	
	50-54					
	J. Englebert	267.5	155	320	742.5	
	B. Mooney	272.5	175	267.5	715	
	J. Salinas H. Holly	290	137.5	227.5	655	
	H. Holly	260	137.5	255	652.5	
	T. Bayers					
	55-59 D. Johnson	265	100	267 -	co	
	D. Johnson G. Tornberg	192.5	155 122.5	267.5 192.5	687.5 507.5	
	60-64	192.5	122.5	192.5	307.3	
	R. Monahan	102.5	92.5	147.5	342.5	
	65-69	102.5	32.3	147.5	342.5	
	E. Nagy	170	160	200	530	
	S. Robak	155	122.5	205	482.5	
	110 kg					
	40-44					
	J. Dumont	305	185	292.5	782.5	
	O. Jordan	282.5	192.5	295	770	
	T. Damon	290	192.5	280	762.5	
	B. Paiva D. Mullins	275 282.5	210	260 262.5	745	
	W. Shipp	250	187.5 172.5	262.5	732.5 660	
	S. Koenekamp	227.5	150	260	637.5	
	B. Jones	182.5	137.5	215	535	

C. Evans					
B. Kohlleppel					
45-49					
R. Pleticha	315	205	285	805	
R. Ray	267.5			780	
G. Roberson	305	177.5	297.5	780	
J. Duree	272.5		275	677.5	
J. Fisher	252.5	147.5	260	660	
J. Dalton	285				
50-54					
C. Nicol	285	180	277.5		
C. Walker	265	197.5	265	727.5	
55-59					
R. Murphy	250	155	230	635	
R. Gilliland	155	95	187.5	437.5	
R. Marwin	137.5	157.5	140	435	
60-64	4.5	440			
B. Harris	165	110	205	480	
D. Rice	95	87.5	115	297.5	
65-69					
J. Lano	150	115	200.5	465.5	
125 kg					
40-44					
B. Meek	335	202.5		842.5	
R. Carroll	290	187.5	305	782.5	
E. Gilbert	310	165	290	765	
D. McConnell	255	160	255	670	
B. Packer	235	132.5	242.5	610	
45-49	240 -	240			
D. Fa	342.5	210	272.5	825	
C. Iorio	295	192.5	285	772.5	
G. Bruton	215	137.5	250	602.5	
50-54	250	100	202 -		
H. Hudson	250	165	282.5	697.5	
T. Yost	207.5	145	210	562.5	
55-59	277 -	180	305	762.5	
W. Hartmann J. Dunn	277.5	142.5			
60-64	245	142.5	202.5	650	
H. Fox	222.5	142.5	217 5	582.5	
125 + kg	222.5	142.5	217.5	302.3	
40-44					
	245	250	200	905	
G. Garrett P. Wrenn	345 352.5	250 182.5	300 322.5	895	
K. Wochnick	315	220	305	857.5	
J. White	330	195	275	840 800	
	307.5	167.5	285	760	
W. Andrews W. Holt	260	200	267.5	727.5	
T. Cline	265	130	220	615	
45-49	200	130	220	013	
R Taylor	277.5	172.5	277.5	727.5	
B. Taylor R. Rood	230	135	245	610	
S. Leonardi	137.5	245	70	452.5	
50-54	13/.3	243	/0	432.3	
C. Braxton	322.5	195	245	862.5	
A. Siegel	235	135	345 250	620	
Best Lifter Day 1:					
2- Jim lem. Best Se	Tuest Day	1. line I	om Ros	+ Ronal	
Day 1: Larry Mcc	auley D	oct Dead	diff Day	1. Po	
Mason. Best Lifte	r Day 2.	Socion	1. Chu	L Read	
ton; Session 2- Bi	Il Harten	ann Po	et Saust	Day ?	
Chuck Braxton. B					
Rost Deadlift Da	v 2. Ch	uck Res	vton	onardi	
Best Deadlift Day 2: Chuck Braxton.					



Gordon Santee was very pleased with his 369 bench press at 165.

Larry Christ was the class of the 132s at 40-44, as was Dave Sanford at 45-49, and the veteran's veteran of Powerlifting, Fred Glass, held up his end in the 50-54s.

In the 148s, Fred Pfister, a terrific deadlifter from Massachusetts for years, made his masters debut a winner, as 2nd place (40-44) Larry Eggleston struggled. Masters greats Mike Lawson, Larry Mintz, Phil Neyer, and Jack Van Sise did what they usually do in this meet, and newcomer John Morgan joined the ranks of new Masters champs.

In the Middleweights, Gordon Santee (40-44) finished far ahead, but last year's champ Fabian Wambsgans was not there to challenge him at the end. This is understandably a popular class, and produced a lot of popular winners. Mike Casatelli was solidly up in the 45-49s, while likable Ben Brent took the 50-54s, coming back from a knee injury. Ben also spent some time judging the meet. Dick Giller, who cleaned house nationally and internationally in 1987 by lifting in the championships of all the different organizations, nailed another title here. Harrison Benner won last year over Roy Mason, but Roy is now up an age group, to the 70-74s.



Donna Delleree pulled a terrific 413 pound deadlift as a 181 pounder.

At 181, Bob McKee, IPF Men's World Champ from 1973 emerged on top of a hotly contested 40-44 age group competition. Troy Hicks tore his tricep loose in the benches, but gutted out one deadlift to finish 5th more surgery for him, after just taking care of his knee and back. Larry Floren is the new 45-49 champ, and rugged L.B. Baker repeated in the 50-54s. Jim Lem, a repeater to say the least, came away with more than an armful of awards as reward for his splendid lifting in the 55-59s and, as a result of the Masters Formula calculations, for his achievements in comparison to all the day's lifters.

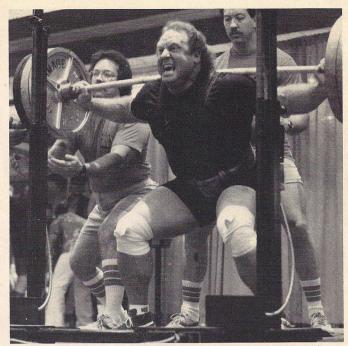
Bill Decker, recovering from recent surgery, went up a class, but still ran into tough Jack Weiner.

It was like the good old days of California lifting, at 198, seeing Denny Thompson handled by Bud Ravenscroft (primed for National Masters Physique competition this year). Dr. Herrick was much stronger than last year, when he got 3rd, but had a very awkward time getting a squat up. Dr. SQUAT Hatfield took the 45-49s, but had to repeat his 760 to get it on the boards, and J.B. Adams (50-54) was a challenge for Top Gun Team Coach (National Champs again!) Tom Eldridge in the 50-54 division. William Remley had a close contest in the 55-59 group, while Larry McCauley crushed his own total record of last year, by 110 lbs., at 60-64. All time Masters greats Charles Lee and Joe Kurpiel were unopposed champions this time.

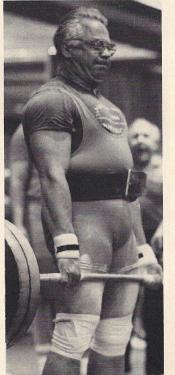
In the 220s, wayward (due to illness) Glen Stevans found himself in a division he hasn't lifted in for years, and was just glad to get a total in. Dusty Caldwell was one good pull away from taking it from Glen, but couldn't manage it without a hitch or two. It was nice to see Charlie Perkins on the national platform again in the 40-44s. We'll have a special story about one lifter here, Bud Daily, in the next issue of PL USA. At 45-49, Omar Lomba, was back, better than ever, and more than Dan Hamblet could manage to overcome. George Zangas had a fine day and almost a PR deadlift in 3rd place. There was also quality lifting, led by perennial champ Jerry Englebert, in the next age group up, and Daryl Johnson (whose car now sports a "PL USA" license plate) took the 55-59s strongly, as did champs in their own right Rex Monahan and Ernie "the Hungarian Rhapsody" Nagy.

In the 242s, John Dumont had a super day and was lucky he did because Onnie Jordan was "on" himself and had a winner deadlift opportunity in his hands. Bob Pleticha had lost 24 pounds due to illness and had been hospitalized prior to the meet. His friends thought he was nuts to go ahead and show up, but he had enough to head off a much improved Ronnie Ray and Gene Roberson. Carl Nicol and Curtis Walker had a good battle in the 50-54s, while Russ Murphy, Buck Harris, and Jack Lano had things well in hand.

Veteran lifters and winners Meek, Hudson, Hartmann (Best Lifter, Session 2), and Fox were joined by



Greg Garrett was a repeat champion from last year and took on great former National/International champs and record holders in Wrenn and White.



John Dumont had a beautiful, nine for nine day, after many disappointments in this meet in previous years.

Hawaiian lifter David Fa in the 275s. Bob Packer went up here from the 242s and revealed his true age through his entry in the meet.

In the Supers, it was good contest at 40-44, won by Garrett, while Buddy Taylor took the 45-49s, and Braxton had a field day at 50-54, taking home 4 massive awards, and cracking 1900 nicely once again.

The US Team for the IPF World Masters at the end of July is presently comprised of Ringi, Christ, Lawson, Santee, McKee, Thompson, Lomba, Stevans, Meek, and Garrett at 40-49, and Trujillo, Glass, Mintz, Lem, McCauley, Englebert, Mooney, Murphy, Hudson, and Siegel in the 50 plus group. Best of luck to them.

Look how the California lifters dominated here. Next year, we hear it'll be on the East Coast, so you guys we'll have your turn. Good Luck!

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