

**WDFPF World Bench Press (kg)  
24-26 Sep 93 - Zakopane, Poland**

Girls Teen 14-15	56	R. Bartlomiej	110
50	40	B. Mirosław	97.5
K. Major	32.5	W. Pawel	90
63	65	K. Mariusz	152.5
I. Szpulak	70	D. Tomasz	110
70	50	S. Dariusz	140
S. Baron	63	T. Tomasz	117.5
Girls Teen 16-17	55	82.5	
55	25	S. Jacek	165
N. Peujffe	25	G. Rafal	165
63	25	F. Dariusz	157.5
M. Maj	47.5	90	
53	35	B. Piotr	165
M. Surowiec	50	N. Zbigniew	165
M. Plajzler	100	M. Robert	160
Girls Teen 18-19	85	M. Adam	160
47.5	70	N. Tomasz	130
I. Wasiak	60	P. Tyberiusz	120
50	52		
M. Nowicka	57.5	P. Jaidelski	62.5
L. Trebeoutte	60	56	
70	80	B. Radke	110
K. Sidor	65	M. Kosior	107.5
Boys Teen 14-15	75	60	
56	105	M. Suchodolski	107.5
J. Przemyslaw	80	K. Mzur	100
60	75	M. Herok	75
G. Marcin	80	67.5	
G. Tomasz	80	E. LaRiboter	155
75	150	M. Kuczera	150
M. Przemyslaw	140	A. Jasinski	140
Z. Piotr	135	B. Regis	135
Boys Teen 16-17	180	K. Rolka	170
52	165	J. Wegiera	165
J. Piotr	147.5	P. LeBlieles	147.5
56	145	M. Duhem	145
L. Daniel	145	D. Sowinski	145
60	170	J. Luka	170
M. Kamil	170	G. Philippe	170
T. Tomasz	167.5	M. Lalko	167.5
B. Marcin	165	R. Golla	165
67.5	162.5	V. Nikiszine	162.5
G. Wieslaw	155	M. Bacha	155
B. Marcin	195	M. Marie-Sainte	195
67.5	185	M. Koziol	185
G. Wieslaw	167.5	W. Hirsz	167.5
B. Marcin	165	R. Mitana	165
67.5	100		
G. Wieslaw	107.5		
Z. Jaroslaw	105		
M. Rafal	90		
75	97.5		
U. Adam	90		
82.5	100		
B. Adam	95		
G. Bernard	90		
90	110		
S. Dariusz	85		
B. Andrzej	100		
Boys Teen 18-19			



**Poland Power... Mariusz Kuczera took the 148s, 18-19 age group, at the WDFPF World Bench Press Championships (Polski Zwiasek photo)**

A. Rigby	205	Stachniak-51	140	G. Dally	485	250	530	1265
A. Jablonski	192.5	Maciejewski-52	130	H. Binder	505	245	515	1265
Z. Nadolski	165	90		Open 198				
H. Mieczek	165	R. Lordelot-52	175	T. Chwieroth	525	435	600	1560
H. Mieczek	110	W. Gilbert-53	150	B. Rupertus	535	325	560	1420
L. Gaspar	190	VanDenBlifh-51	147.5	R. Rossi	530	360	500	1390
D. Urbanczyk	187.5	M. Rybinski-51	140	M. Salandra				
D. Sobczak	180	100		guest lifter				
F. Bustrzycki	160	A. Baron-52	180	W. Kiamie	365	320	400	1085
125		W. Hirsz-52	165	Open 220				
P. Szpak	190	G. Kutycycki-52	157.5	B. Ercan	595	310	610	1515
S. Gorecki	185	Wilamowski-53	145	G. Schneider	570	375	540	1485
145		S. Krawczyk	140	M. Tiano	550	295	540	1385
W. Mironow	225	125		F. Consollay	525	365	445	1335
H. Rowlands	195	R. Loziniski-50	170	J. Hasse	440	355	470	1290
145+		K. Krysscsuk-52	130	Open 242				
S. Koziol	220	145		G. Orlando	625	500	600	1725
Women/ 44		L. Sprints	150	Open 275				
I. Wasiak	35	145+		J. Weiss Jr.	600	350	600	1550
47.5		M. Koziol	170	C. Brooks	575	360	565	1500
M. Dominike	60	Masters 2/ 60		Masters 40 - 49 Lt.				
50		M. Treboutte-48	110	G. Hoxworth	370	260	485	1115
M. NOWicka	47.5	R. Kasprzak-46	80	Heavy				
T. Wwashuez	53	75		R. Schmazlel	525	280	525	1330
K. Lancevin	65	R. Doubel-45	140	J. Hasse	440	380	470	1290
B. Noworytz	47.5	82		J. Kazanowsky	405	285	485	1175
55		Klostergaard-48	170T.	Masters 50+ Lt				
B. Samson	70	Nicolean-48	160	R. Viniski	340	220	440	1000
G. Koziol	55	90		Heavy				
58.5		G. Larwe-45	150	J. Weiss Sr.	330	195	410	935
C. Jeanvoine	85	J. Pajak-47	142.5	Men Submaster - heavy				
A. Rekas	55	C. Malik-47	130	R. Rupertus	515	325	560	1420
J. Koziol	50	100		H. Bindert	505	245	515	1265
63		J. Trouiller-45	180					
M. Pointeau	75	M. Figaro-48	175					
E. Heyns	70	J. Cisak-45	140					
M. Baranska	65	110						
70		IvaneecGeogr-45	185					
C. Kazbarian	120	Master 3/ 60						
Ina-Wladimirona	100	J. Lamareaux-42	105					
M. VanDenBerg	90	75						
80		G. Lambert-39	132.5					
N. Elorus	97.5	82.5						
K. Sidor	57.5	C. Musso-42	150					
M. Biliska	45	90						
90		90						
M. Brzoskowska	35	J. Leouernec-41	142.5					
90+		N. Valle-40	135					
I. Wesierska	60	K. Smith-41	130					
Women Master/ 53		Master 4/ 75						
H. Ubman-48	72.5	L. Volnin-36	127.5					
63		D. Brigss-37	120					
P. Smith-43	50	L. Michowicz-35	85					
Men Master/ 67.5		90						
A. Jasinski-51	135	B. Leemoine-36	135					
J. Jaeurucoine-50	130	125						
75		R. Toms-35	142.5					
J. Novikow-50	150	Master 5/ 60						
J. Bulski-49	140	T. Vincenzo-30	105					
R. Recko-51	105	82.5						
82.5		A. Myers-30	105					
J. Luka-49	160	110						
		J. Deyris-32	135					
		Master 6/ 90						
		J. Fullon-26	125					

(results courtesy Polski Swiazek)

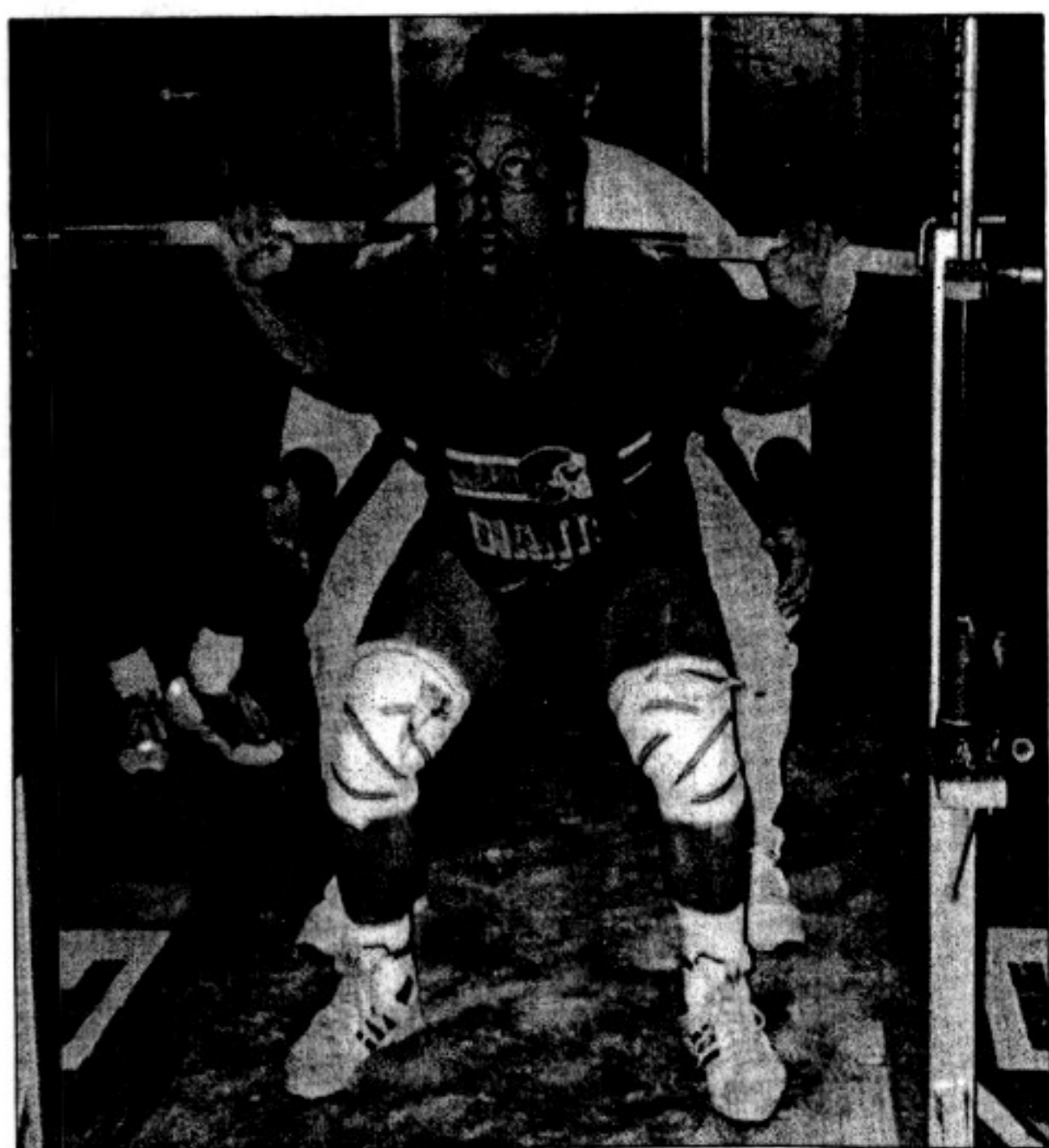
**New Jersey ADFPA Championships  
25-26 Sep 93 - Hopatcong, NJ**

Open 148				
K. Davis	480	290	515	1285
J. De Matteo	375	330	425	1130
Open 165				
B. Scully	550	315	570	1435
R. Falcone Jr.	450	315	420	1185
Open 181				
K. Farley	440	350	500	1290

F. Caine	145	370	145	660
Women - heavy				
J. Metzler	235	155	300	690
Teenage Light				
E. Sayles	355*	220	440*	1015*
A. Mejia	290*	155	290*	735*
M. Poracida	285*	140	330*	660*
J. Werner	225	190	305	720
G. Goldner	260	185	330	775
S. Carmady	250	150	295	695
P. Stabile	255	140	265	660
Heavy				
J. Fields	405	285	450	1140
B. Kelly	465	275	405	1145
J. Gamon	340	255	405	1000
Kazanowsky	300	120	300	720
Out of state -women				
B. Sands	345	185	375	905
Men-heavy				
B. Fields	550	345	525	1420
J. Grabiec	475	300	500	1295
M. Pryzlakowski	385	275	425	1085
N. Cramer	440			
S. Grabiec				
Novice 220				
J. Yenesel	550	360	510	1420
T. Schoeller	425	280	470	1175
M. Matwick	415	285	440	1140
P. Lieberum	345	235	400	980
Novice 242				
J. Yenesel	550	360	510	1420
T. Schoeller	425	280	470	1175
M. Matwick	415	285	440	1140
P. Lieberum	345	235	400	980
Novice 242				
D. Smith	455	280	485	1220
B. Kelly	465	275	405	1145
D. Paradise	300	335	450	1085
Best Lifter - light Bill Scully, Best Lifter - heavy Gaspar Orlando, John Arfman Sportsman Award - Fred Glass. Team Trophy - 1st - Joe's Gym - 69 pts., 2nd - North Bergen PAL - 37 pts., 3rd - Iron Cross - 35 pts. * state record. I wish to congratulate all the winners including best lifters Bill Scully and Gaspar Orlando who beat out Tom Chwieroth by .4 of a point. Gaspar almost set a American bench press record of 531.5 actual weight, getting it 3/4 of the way up but just couldn't lock out!! It was a well run meet with beautiful large trophies from Al Siegel. Next year's meet will also include a separate open bench meet and both contests will be run by weight class in ALL divisions, no more formula. Many thanks to those who helped run the meet, Mr. Steve Trimper, Athletic Director who always loans us the use of Hopatcong HS, Mike Juskus who with the boosters helps set up and provides the spotters. Referee Bill Red Light Clayton, Charlie Schroeder, Barbara Falconio, Russ Barnickle, Ted Giantini, Ken Davis and the ever present Fred Glass. Platform help Rich Viniski, Fred Rice, Rob and Mike Mellusi. My table help Maria Pyra, Sue Barnes and Laurie G. and the best T-shirt salesman Matthew Pyra. To anyone that I may have forgotten, thank you. And thank you to all the lifters for coming. See you next year! (results by Jumpin Jersey Joe Pyra)				



**Stefan Piotr Koziol was 1st place, 319 lb. class, Men's Senior Division (photo courtesy of Polski Zwiasek)**



**Gaspar Orlando, 242 lb. class winner at the ADFPA New Jersey State Championships, just missed an American Record bench press of 531.5, within 2 inches of lockout. (photograph provided courtesy Joe Pyra)**