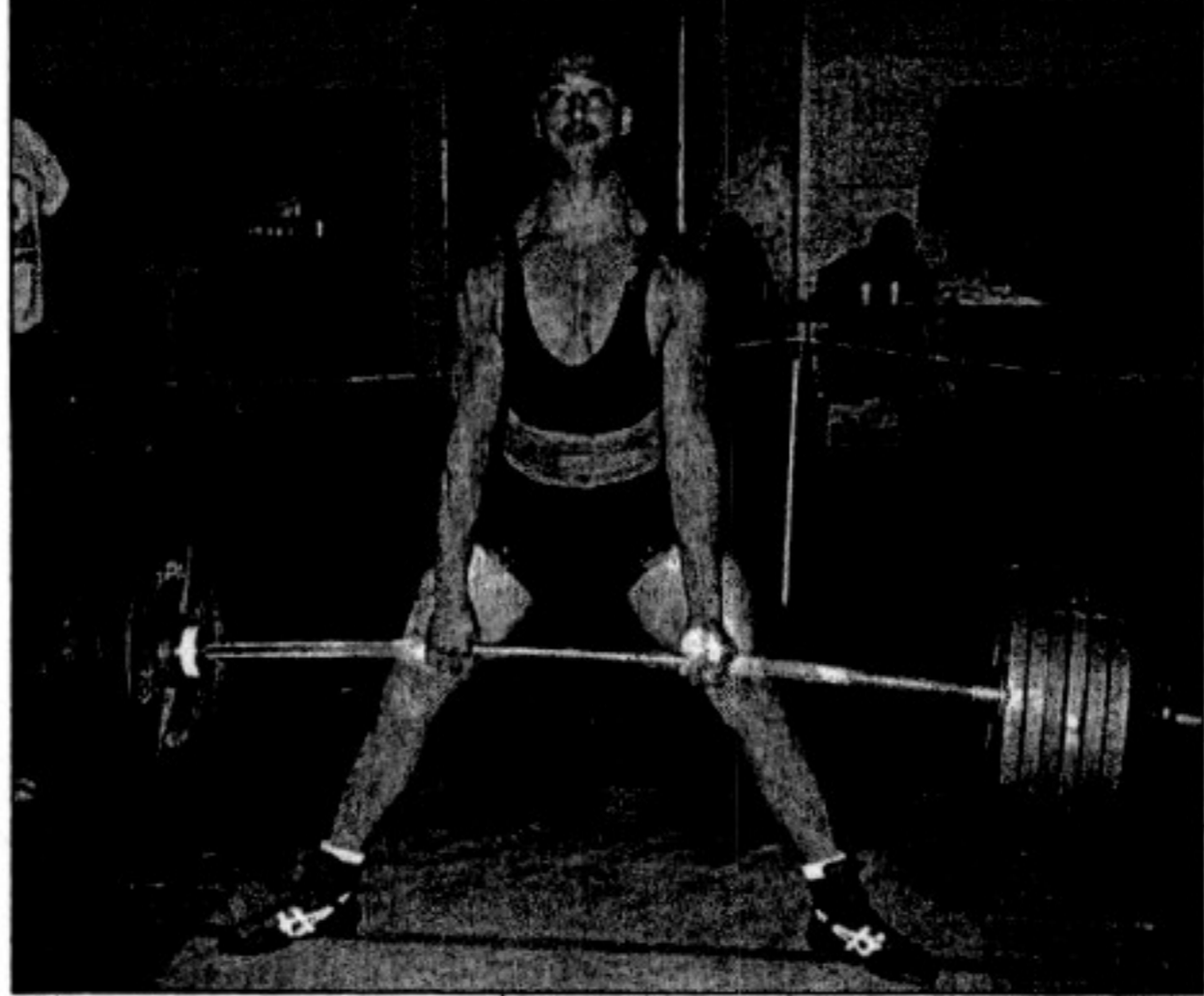


ADFPA New Jersey State

24,25 Sep 94 - Hopatcong, NJ

Women	SQ	BP	DL	T
139				
C. Femia	260	135	255	655
Out of State				
97				
V. Ariciuolo	220	110	245	575
104				
K. Ryman	235	105	250	590
122				
J. Davis	310	160	370	830
B. Zepeda	225	125	280	630
Men				
114				
Teen				
J. Nelson	250	125	300	705
Novice				
J. Nelson	250	125	300	705
132				
Teen				
M. Steinberg	290	195	300	785
148				
Open				
J. Benemerito	525	340	605	1470
J. DeMatteo	410	330	450	1190
Masters				
50-59				
J. Pellegrino	55*	285*	145*	485*
60+				
B. Bendel	210*	170*	340*	720*
Teen				
A. Meija	380	185	370	935
165				
Open				
K. Davis	475	275	510	1260
R. Falcone	455	330	425	1210
J. Walker	375	225	375	975
Masters				
40-49				
G. Hoxworth	385	255	530*	1210
D. Villano	335	200	400	935
50-59				
R. Bowles Jr.	175	165	255	595
Law & Fire				
J. Gengo	365	285	450	1100
Teen				
A. Divine	370	230	410	1010
G. Goldner	320	185	380	885
Out of State				
J. Mazzuca	400	275	480	1155
T. Underwood	325	200	330	855
Novice				
M. Casera	460	315	485	1260
181				
Open				
H. Bindert	530	240	530	1275
G. Burkhart	440	260	460	1160
Masters				
40-49				
J. Onderdonk	380	280	430	1090
60+				
J. Weiss	280	175	365	820
Submasters				
H. Bindert	530	240	530	1275
Teen				
E. Sayles	400	235	480	1115
Novice				
J. Scott	410	275	505	1190
Out of State				
D. Novrocki	475	310	500	1285
H. Lee	405	280	500	1205
D. Banik	420	250	520	1160
198				
Open				
T. Chwieroth	550	440	610	1600
B. Callahan	600	370	585	1540
R. Rossi	500	300	470	1270
D. Caffrey	410	290	465	1165
Masters				
40-49				
R. Schmazel	490	275	530	1295
Kazanowsky Sr.	435	290	465	1190
30+				
T. Chwieroth	550	440	610	1600
Teen				
M. Thumser	145	245	475	865
Kazanowsky Jr.	320	145	350	805
Novice				
S. Schoener	450	285	485	1220
D. Caffrey	410	290	465	1165
B. Craven	365	250	425	1040
R. Bowman	200	170	330	700
Out of State				
C. O'Brien	580	390	580	1550
J. Green	545	315	520	1380
R. Marshall	500	285	550	1335
Novice				
J. Green	545	315	520	1380
220				
Open				
J. Yenesel	560	370	550	1480
D. Hunter	535	405	520	1460
K. Brunskill	555	335	590	1445
Masters				
40-49				
D. Durbin	470	330	490	1290
T. Giantini	55	55	55	165
Teen				
R. Sandman	330	115	320	780



James Benemerito breaks one of his brother's records (Pyra photo)

Novice	SQ	BP	DL	T
J. Montgomery	475	325	475	1275
Out of State				
F. Arrendondo	405	210	490	1105
242				
Open				
G. Orlando	625	500	575	1700
L. Thompson	525	380	550	1500
Novice				
L. Thompson	525	380	550	1500
Out of State				
J. Kane	540	340	600	1480
T. Giordanj	580	320	540	1440
L. Lee	470	320	480	1270
275				
Open				
J. Weiss	635	360	605	1600
W. Grieshaber	610	405	500	1515
K. Buxton	350	385	525	1260
P. Contrera	420	245	500	1100
Submasters				
D. Abramson	660	325	550	1475
K. Buxton	350	385	525	1260
30+				
J. Weiss	635	360	605	1600
SHW				
Open				
J. Bower	605	410	570	1585
Best Squat Light - James Benemerito, Best Squat Heavy - Brian Callahan; Best Bench Light - James Benemerito, Best Squat Heavy - Gaspar Orlando; Best Deadlift Light - James Benemerito, Best Deadlift Heavy - Tom Chwieroth; Best Lifter Light - James Benemerito, Best Lifter Heavy - Tom Chwieroth. Best Female Lifter - Jackie Davis. John Arfman Sportsmanship Award - Jack Weiss. Team Championship - Joe's Gym 63, Pro Fitness 57.				
Open Bench				
T. Chwieroth				440
Women				
J. Cagliano				365
139				
D. Caffrey				290
E. Keenan	125			
Submasters				
R. Ehrhardt				385
Men				
123				
Novice				
B. Belmont				335
Teen				
M. Scarabaggio	135			
D. Caffrey				290
132				
220				
Open				
G. Miller	250			
B. Mellusi				365
Teen				
Masters 50-59				
B. Bobonyi				260
148				
242				
Masters 40-49				
Open				
J. Toranzo				535
Out of State				
S. Perdomo				465
J. Pellegrino	285			
Masters 40-49				
165				
J. Dolci				370
Open				
Novice				
F. Vogel				355
T. Piloto	335			
Masters 50-59				
275				
R. Bowles	165			
Open				
T. Santini				405
181				
Open				
K. Buxton				385
M. Gerace	350			
Masters 40-49				
T. Santini				405
B. Wolverton	320			
Submasters				
K. Buxton				385
Masters 50-59				
J. Mitsopoulos	315			
Law & Fire				
T. Santini				405
Novice				
B. Wolverton	320			
SHW				
198				
Open				
G. Diaz				420
Bench Team Trophy - Joe's Gym. This year's meet was a fantastic success with over a hundred lifters!! We had some very exciting lifting. James, the brother of Ray Benemerito, broke Ray's long standing 148 class DL record by doing an EASY 605 (611 actual) and just missed 630 (actual 636)!! James				

liked the new platform. His bench of 340 and 525 squat weren't too shabby either. Sam Perdomo got a 700 DL opener to a hair of lockout but couldn't finish, allowing Gaspar Orlando to win the 242 class. Tom Chwieroth and Brian Callahan had a nip and tuck battle in the 198 class. Brian made a nice 600 squat, Tom benched 440 and totaled 1600 to 1540 to win. Jackie Davis, a week out of the World Championships, came out to make 830 for best women's lifter. Joel Toranzo benched 535 in the 242 class (bench meet) to win. I believe this makes him #1 in the country as the actual weight was 541!! I would like to thank all the wonderful people that helped make this meet the great success that it was. First and foremost, to all the great lifters who came out and without whom THERE IS NO MEET!! THANK YOU ALL. Thanks to Mr. Steve Trimper, Hopatcong HS Athletic Director who arranges for our using the H. S. Steve assures me that the new weight room and gym will be ready for our Feb 1995 meet. Joe's Gym will again donate equipment

to the new weight room. That's where some of your entry money goes. Thanks to Mike Zukus who runs the Booster club for the Hopatcong Warriors. They truly help us and we help them. Thanks to ADFPA President Bob Gaynor for helping out on Saturday. To all the officials, Bill "Red Light" Clayton - our State Chairman, Fred "Help Everywhere" Glass, Barbara Falconio, Russ Barnicide, Ken Davis, Ray Benemerito, Jack Stevens, Ted Giantini, Brenda and Al "Sweet Tones" Siegel - who announced on Sunday. To the spotters from the boosters - Ted Finland, Bill Scully, Ron Falcone, Fred Rice, Kenny, and Joey Giantini - who lifted more weights in two days than anyone else - many, many thanks. To the Janitors, Russ and Wayne, thanks for your patience. To the Pit Crew, First Laurel Giantini and her daughter Stephanie, thank you for sitting on those cold, hard Samsonite chairs and working so hard trying to read my handwriting, to Su Barnes, my daughter Marie who keeps score and my son Matthew the T-shirt salesman - thank you all for your efforts. To Rob Mellusi and Dave Abramson for the squat racks - thanks. To anyone that I may have missed, thank you for a truly great meet. See you all in February. (Jumpin' Jersey Joe Pyra)

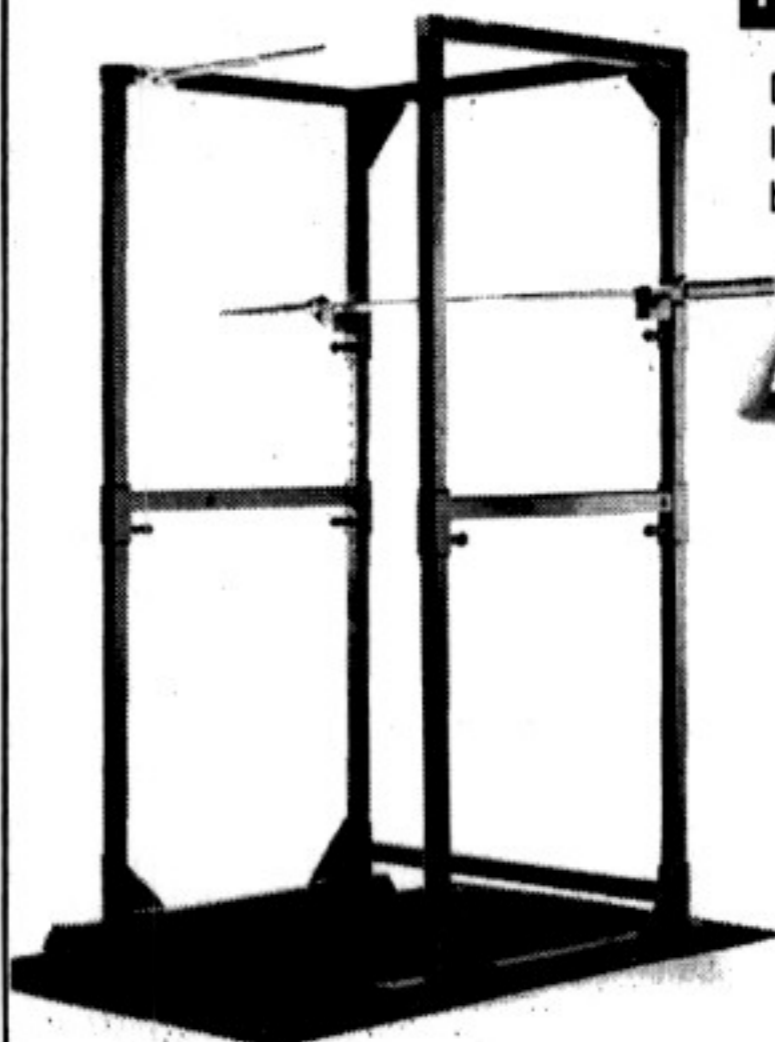
**APF Wheelersburg In House Meet
6 Aug 94 - Wheelersburg, OH**

165 Teen 15-16	SQ	BP	DL	Total
D. Blankenship	425*	230	365	1020*
198 Open				
M. Blevins	585	385	585	1555
242 Open				
R. Clark	575	450	500	1525
C. Baxter	135	435	600	1170
T. Roark	500		500	

*-state teen record. This was the first meet of what we would like to see become an annual event at this time of year. Danny Blankenship broke the old squat record of 385 by 40 lbs. and the total record by 1 lb. on his 2nd deadlift. After one full week of football practice, he showed some great power at 159 lbs. Mark Blevins had all four PR's and one great day. Tim Roark was in his first meet after just a few weeks of training and shows great promise. Chris Baxter was on cycle for a great meet, but two weeks out pulled a knee tendon. Still, his 600 dl was a PR. Rodney Clark, in his first try at 242, had a PR in the bench press at 450. Many thanks to Dean and JoAnn Gilt and Larry Browning for their travel and time to judge. (Thanks to Rick Cornett, 1-606-324-2077(gym) for providing these results.)

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