Larry Weyman, 114s Lifetime at the USAPL NJ States (Rice photo)

USAPL New Jersey States
25,26 Oct 97 - Rockaway, NJ

WOMEN	SQ	BP	DL	TOT
129 lbs. OPEN				
C. Femia	281	171	320	772
116 lbs. OUT STATE				
(1)J. Davis	309	182	386	877
122 lbs. OUT STATE				
(2)Johnson-Cane	138	182	347	667
MEN OPEN				
114 lbs.				
J. Weyman	243	165	342	750
148 lbs.				
J. Pellegrino	413	309	424	1146
P. Danna	386	231	386	1003
165 lbs.				
J. Dalessio	446	342	474	1262
C. Smith	452	292	480	1224
181 lbs.				
A. Divine	452	303	485	1240
B. Brinck	424	287	441	1152
198 lbs.				
J. Harrell	540	353	551	1444
M. Moylen	562	303	557	1422
K. Farley	457	402	529	1388
J. Dally	502	320	524	1346
220 lbs.				
D. Powell	502	408	551	1461
M. Tiano	551	331	551	1433
275 OPEN				
A Weiss	628	408	683	1719
SHW				
W. Lambert	540	353	540	1433
MEN				
OUT OF STATE				
148 lbs.				
(2)L. Wayman	402	292	502	1196
181 lbs.				
(4)V. Augello	408	276	463	1147
198 lbs.				
(3)T. Anderson	474	391	513	1378
(5)G. Lamparillo	408	259	502	1169
220 lbs.				
(1)H. Ross	535	369	639	1543
(6)P. Lamparillo	369	281	468	1118
MEN LIFETIME				
114 lbs.				
(3)J. Weyman	243	165	342	750
165 lbs.				
(1)U. Gill	529	309	551	1389
198 lbs.				
(2)M. Moylen	562	303	557	1422
220 lbs.				
(5)P. Lamparillo	369	281	468	1118
SHW				
(4)W. Lambert	540	353	540	1433
MEN TEEN				
148 lbs.				
(1)J. Powell	248	154	353*	755*
220 lbs.				
(2)P. Camacho	165	364*	342	871
MEN JUNIOR				
148 lbs.				
(4)J. Golba	369	287	336	992
181 lbs.				
(1)D. Larosa	524*	353*	573*	1450*
198 lbs.				
(2)J. Harrell	540*	353	551	1444*
(5)B. Lambousis	413	276	480	1169
220 lbs.				
(6)V. Ciofalo	402	303	480	1185
242 lbs.				
(3)D. Nemow	601*	413*	557*	1571
MEN SUBMASTERS				
220 lbs.				
(2)H. Ross	535	369	639	1543
275 lbs.				
(1)J. Weiss	628*	408*	683*	1719*
MEN MASTERS				
148 lbs.				
(50-54)				
(2)J. Pellegrino	413*	309	424	1146*
165 lbs.				
(45-49)				
(1)U. Gill	529	309	551	1389
(6)M. Rosenwald	336	237	375	948
181 lbs.				
(40-44)				
(4)H. Bindert	502	270	540	1312
181 lbs.				
(50-54)				
F. Rice (Guest)	468*	209	568*	1245*
181 lbs.				
(70-75)				
(3)J. Weiss	320!	187!	402!	909!
198 lbs.				
(40-45)				
(5)F. Caine	431	502	474	1407
MEN RAW				
114 lbs.				
(1)J. Weyman	243	165	342	750
165 lbs.				
(4)J. Wolff	204	226	331	761
181 lbs.				
(2)T. Jones	364	281	485	1130
SUPER RAW				
(3)W. Lambert	540	353	540	1433

!=American masters record State record for division. *=State record for division. This meet was held at the St. Bernard's Parish Hall in Rockaway, NJ. This meet was sponsored by Pro Fitness Health Club. Although only three women competed, the quality of their lifting was excellent. Christine Femia of Pro Fitness, who has C.S.C.S. certification, is a fitness professional with a major pharmaceutical company, and has competed in bodybuilding, made her powerlifting debut last year. Although she only trained the powerlifts for a short time leading into this meet, her total qualified her for the women's nationals, and she is now inspired to powerlift on a regular basis. World champions Deidre Johnson-Cane and Jackie Davis showed the crowd the kind of top quality women's lifting we have in U.S.A. Powerlifting. In the men's division Joseph Weyman won the open at 114 lbs., and Jules Pellegrino took the 148s, setting masters state records in the squat and the total. John Dalessio won at 161 lbs. and in doing so got some Personal Records and qualified for the Lifetime Nationals. Adam Divine was the winner at 181 lbs. Joseph Harrell won at 198 lbs. while setting junior squat and total records. Dale Powell took the open 220s and big Jim Weiss, the Tower of Power, prepped in the back room by his dad Jack, was the 275 lbs. and submasters winner, while rewriting the submasters record book. Our only superheavy of the competition, William Lambert, took several categories in that weight division. First in the out of state category was Hugh Ross. Due to his total steadily improving Larry Wayman was able to qualify for the Lifetime Nationals. The lifetime winner was 48 year old Ulric Gill, who also won the masters with some very impressive numbers. In the teens John Powell was the victor. John set new state deadlift and total records, and Peter Camacho, the second place finisher, set a bench mark. The juniors were taken by Dominic Larosa, who got four new state records. Other junior records were set by Joseph Harrell and Darren Nemow. Jack Weiss, the Energizer Rabbit of powerlifting, set no less than four new American masters records at 70 years of age! Lifting as a guest lifter Fred Rice got three state masters records. The first place in-state team was Pro Fitness and the first place out-of-state team was the Barbarians. The best lifters were: bench press: John Dalessio; squat, deadlift, and total: 48 year old Ulric Gill. Drug tests were given to Jack Weiss, Joseph Harrell, John Dalessio, and Kevin Farley. Once again our thanks goes to Joe Morreale, his sister Gina, and their family for making this meet possible, and to Bill Clayton for the technical organization. We also wish to thank our judges, James Benemerito, Ray Benemerito, Bill Clayton, Ron Falcone, Ted Giantini, and Anthony Rivano; Dave Abramson and John Gengo who did a fine job announcing. Working the table were Jeff Walker, who put the statistics on computer, Laurie Giantini, and Ron Falcone. Loading and spotting were James Benemerito, Jack Niemynski, Larry Thompson, Bill Craven, Ken Brunskill, and Rob Fernandez. Thanks also goes to all those Pro Fitness team members who helped with the setting up of the equipment and running of the meet. (Results are by Fred Rice)

Adam Divine, in 181s Open at the USAPL NJ States (Rice Photo)

NASA W. Virginia Regionals
15,16 Nov 97 - Ravenswood, WV

BENCH PRESS			
Women			
Teenage			
119 lbs.			
A. Facemire	72.5		
110 lbs.			
T. Wooddell	60		
SHW			
N. Nutt	120		
Masters 1			
154 lbs.			
B. McPeak	52.5		
Masters 2			
187 lbs.			
S. Pack	75		
Men			
Pure Novice			
205 lbs.			
R. Cooper	147.5		
J. Barker	125		
227 lbs.			
J. Workman	175		
280 lbs.			
J. Pruitt	227.5		
C. Pruitt	117.5		
Pure			
187 lbs.			
J. Cooper	172.5		
227 lbs.			
K. Burgess	192.5		
T. Parson	172.5		
P. Lyons	142.5		
SHW			
D. Phillips	160		
Natural			
187 lbs.			
J. Cooper	172.5		
SHW			
D. Phillips	160		
	4th-165		
Teenage			
154 lbs.			
M. Horn	130		
Junior			
138 lbs.			
E. Neal	97.5		
154 lbs.			
L. O'Brien	107.5		
J. Washington	100		
205 lbs.			
J. Barker	125		
Intermediate			
170 lbs.			
J. Cooper	172.5		
227 lbs.			
T. Parson	172.5		

250 lbs.	
C. Fox	167.5
Submasters 1	
280 lbs.	
C. Pruitt	177.5
Submasters 2	
187 lbs.	
D. Hypes	142.5
205 lbs.	
R. Cooper	147.5
	4th-155
227 lbs.	
R. Prince	162.5
P. Lyons	142.5
SHW	
D. Phillips	160
Masters 1	
138 lbs.	
K. Wooddell	120
154 lbs.	
S. Stewart	155
187 lbs.	
C. Kuhn	142.5
227 lbs.	
T. Jones	187.5
Masters 2	
205 lbs.	
J. Gunter	150
Masters 3	
227 lbs.	
T. Eskins	170
Masters 4	
205 lbs.	
J. Cline	95
Masters 5	
170 lbs.	
G. Underwood	175
227 lbs.	
K. Burgess	192.5
CURL	
Pure-187	
G. Combs	65
PN-187	
G. Combs	65
SM-187	
C. Monroe	57.5
M1-187	
G. Combs	65
M5-187	
G. Combs	65
BENCH PRESS	
187-SM	
C. Monroe	120
DEADLIFT	
187-SM	
C. Monroe	182.5

Women	SQ	BP	DL	TOT
119 - Sm2				
S. Bowling	87.5	60	120	267.5
	92.5-4th			
187 - M2				
S. Pack	107.5	75	122.5	305
	110-4th		125-4th	
Men				
Pure Novice				
187 lbs.				
B. Hatfield	247.5	152.5	237.5	637.58
H. Hayes	190	97.5	182.5	470
205 lbs.				
J. McGinnis	197.5	127.5	210	535
227 lbs.				
S. Criser	192.5	157.5	240	590
C. French	192.5	115	205	512.5

250 lbs				
M. Macklin	262.5	115	237.5	615
Pure 187 lbs.				
B. Smith	227.5	150	276	653.5
B. Hatfield	247.5	152.5	237.5	637.5
T. Morton	157.5	127.5	167.5	452.5
Pure 227 lbs.				
M. Parriski	230	185	245	660
J. Adkins	227.5	185	227.5	640
280 lbs.				
C. Winebrenner	160	155	247.5	562.5
Natural 187 lbs.				
B. Hatfield	247.5	152.5	237.5	637.5
Teenage 205 lbs.				
A. Falbo	182.5	102.5	175	460
SHW				
C. Tucker	142.5	140	185	517.5
			190-4th	
High School				
280 lbs.				
C. Cocus	112.5	90	190	392.5
Junior 187 lbs.				
B. Hatfield	247.5	152.5	237.5	637.5
M. Hamilton	147.5	120	207.5	475
227 lbs.				
J. Collins	275	212.5	240	727.5
280 lbs.				
S. Adkins	187.5	160	230	577.5
Intermediate				
170 lbs.				
B. Herdman	177.5	125	192.5	495
187 lbs.				
B. Birchfield	187.5	142.5	200	530
205 lbs.				
E. Eskew	182.5	142.5	195	520
250 lbs.				
J. Sims	202.5	125	220	547.5
			227.5K-4th	
Submasters 2				
280 lbs.				
B. Russell	65	65	317.5	437.5
315 lbs.				
B. Pruitt	250	162.5	237.5	650
Masters 1				
227 lbs.				
R. Roach	257.5	152.5	227.5	637.5
T. Jones	205	187.5	200	592.5
280 lbs.				
S. Hamilton	272.5	212.5	287.5	772.5
		217.5-4th		
Masters 2				
205 lbs.				
R. Dunn	217.5	132.5	227.5	577.5
Masters 5				
205 lbs.				
M. Soter	142.5	132.5	145	420
280 lbs.				
M. Patterson	167.5	117.5	210	495
Full Meet				
Pure-154				
D. Guthrie	42.5	132.5	155	335
SM-187				
J. Ehmer	65	137.5	160	362.5

Sixty six lifters from three states competed. Saturday: Powerlifting Meet Outstanding Lifters: Stephanie Bowling (who also set American records) and Bill Smith. Outstanding lifters in the Bench Press were Nancy Nutt and Sam Stewart. American records were set by Nancy Nutt, Alicia Facemire, Eric Neal, Joseph Cline, Matthew Horn, Theresa Wooddell and Gene Underwood. Sunday: Powerlifting Outstanding Lifters: Jason Collins, who also set American records. Other records were set by Tim Jones, Steve Hamilton, Chris Tucker and Scott Adkins. Outstanding lifter in the Bench Press was J.J. Pruitt, who also set an American record in the pure novice division. Thomas Eskins also set an American record in the bench press. The Big Dogs bench press team from Seth, West Virginia won first place in the team competition with Prince's Gym from Madison, West Virginia finishing second. Special thanks to all who helped with the meet: Spotters and loaders - Bryan Love, Jim Adkins and Chad Adkins; Judges - Gary Scholl, Mary Silvani, Dick Cordial, Kenny Wooddell, Sam Stewart. Also thanks to John Messinger for the use of weights, and Brenda Stewart, Chris VanHoose, Jared Hughes and Jason Jackson for their help. Congratulations to all the lifters and we hope to see you in April for the state meet. (Thank you to Greg VanHoose for providing us these contest results)

W.N.P.F. TOP 10 Superheavyweight Class
November 1996 - November 1997

Those who appear on the W.N.P.F. top 10 list are eligible to receive *PL USA* Achievement Awards. For details and ordering information see this issue's top 100 listing.

	SQUAT		BENCH		DEADLIFT		TOTAL	
1.	NEAL	805	RESNICK	550	WHEATLEY	765	NEAL	1945
2.	CAGLE	740	LOUALLEN	550	WRIGHT	700	KNOWLES	1855
3.	KNOWLES	735	DAVIS	475	NEAL	680	WRIGHT	1820
4.	SEARCY	730	CAGLE	470	KNOWLES	665	CAGLE	1790
5.	BRADEN	720	NEAL	460	BRADEN	625	BRADEN	1785
6.	WRIGHT	670	WEAVER	460	HUBLER	600	HUBLER	1690
7.	MURRELL	650	DULACK	455	TOBIAS	600	HOWARD	1645
8.	HUBLER	630	KNOWLES	455	CAGLE	600	MURRELL	1565
9.	HOWARD	605	LANCASTER	450	HOWARD	585	KUZORA	1475
10.	KUZORA	575	WRIGHT	450	HEAD	550	BERGAN	1375