NORTH AMERICAN POWERLIFTING CHAMPIONSHIPS
HAMILTON, ONTARIO-5/26/79

52 KG				
D. MACVICAR	182.5*	112.5*	170.	465.*
D. HEATH	157.5	97.5	172.5	427.5
56 KG				
D. JAMES	172.5	90.	187.5	450.
J. STEINFIELD	152.5	107.5	165.0	425.
D. DESJARDINE	162.5	97.5	165.	425.
60 KG				
D. GRAY	180.	107.5	255.#	542.5
G. CATTERSON	185.	132.5*	210.	527.5
67.5 KG				
J. MOIR	240.	162.5	250.	652.5
J. MARENTETTE	217.5	132.5	262.5	612.5
75 KG				
M. DI PASQUALE	292.5*	162.5	292.5*	747.5*
J. WILSON	272.5	172.5	290.	735.
P. SUTPHIN	257.5	160.	267.5	685.
82.5 KG				
F. HATFIELD	327.5**	185.	317.5	830 +
T. CAMPBELL	297.5*	200.	300.*	797.5*
S. GIRONDA	232.5	152.5	260.	645.
90 KG				
P. PERRY	292.5	182.5	292.5	767.5
G. PARIGIAN	272.5	155.	300.	727.5
100 KG				
L. SIMMONS	305.	207.5	305.	817.5
K. HULT	287.5	197.5	262.5	755.
110 KG				
L. PLUMLEE	305.	212.5	287.5	797.5
125 KG				
H. FITZSIMMONS	320.	205.	320.	845.
OVER 125 KG				
D. KEAGY	317.5	197.5	305.	820.

CANADIAN RECORD *
WORLD RECORD **
AMERICAN TEENAGE RECORD #
AMERICAN RECORD +

"THE 1979 NORTH AMERICAN POWERLIFTING CHAMPIONSHIPS WERE HELD IN HAMILTON, ONT., CANADA. THE ACTUAL COMPETITION WAS HELD IN SIR JOHN A. MACDONALD HIGH SCHOOL AUDITORIUM.

IN THE 52 KG CLASS THERE WERE 2 COMPETITORS: DON MACVICAR OF CANADA & DOUG HEATH FROM THE USA. AFTER SOME VERY FINE LIFTING, MACVICAR EMERGED VICTORIOUS BREAKING 3 CANADIAN RECORDS IN THE PROCESS. MACVICAR HAS ONLY BEEN TRAINING SINCE SEPT 1978 & SHOWS GREAT POTENTIAL.

IN THE 56 KILO CLASS THERE WERE 3 COMPETITORS: JOE STEINFIELD FROM THE USA & FROM CANADA DAVE DESJARDINS & DANNY JAMES. AFTER THE SQUAT & BENCH PRESS, JAMES WAS AHEAD BY TWO KILOS WITH A 262 SUB-TOTAL. STEINFIELD AND DES JARDINS WERE TIED FOR 2ND PLACE, WITH 260 KILOS. JAMES BEING THE SUPERIOR DEADLIFTER SAT BACK & WAITED FOR STEINFIELD AND DES JARDINS TO BATTLE IT OUT FOR 2ND PLACE. WHEN THE SMOKE CLEARED, BOTH LIFTERS HAD TIED WITH TOTALS OF 425 GIVING STEINFIELD 2ND. PLACE BECAUSE HE WAS THE LIGHTER LIFTER. JAMES WENT ON TO WIN WITH 3 VERY NICE DEADLIFTS & A TOTAL OF 450.

IN THE 60 KG CLASS, CATTERSON OF CANADA, WAS WELL IN THE LEAD AFTER THE SQUAT & BENCH PRESS, BUT IN THE DEADLIFT DAVE GRAY OF THE USA PUT ON A GREAT DISPLAY OF DEAD LIFTING, BREAKING THE AMERICAN TEENAGE RECORD WITH 255 KILOS & WINNING THE TITLE IN THIS CLASS WITH A 542.5 KILO TOTAL.

IN THE 67.5 CLASS JIM MOIR OF CANADA TOOK THE TITLE FOR THE SECOND YEAR IN A ROW WITH A 652.5 KILO TOTAL. SECOND PLACE WENT TO JERRY MARENTETTE ALSO OF CANADA WITH A TOTAL OF 612.5

THERE WERE 3 LIFTERS IN THE 75 KILO CLASS, TWO FROM THE US: JACK WILSON & PAUL SUTPHIN AND ONE FROM CANADA: DR. MAURO DI PASQUALE. THE BATTLE FOR 1ST PLACE WAS HARD FOUGHT BETWEEN JACK WILSON & MAURO DI PASQUALE. DI PASQUALE BROKE THE CANADIAN RECORD IN THE SQUAT & WILSON BENCHED WHAT I BELIEVE WAS A PERSONAL BEST OF 172.5 KILOS. IN THE END, DI PASQUALE CLENCHED 1ST PLACE WITH ANOTHER CANADIAN RECORD OF 292.5 IN THE DEADLIFT AND A CANADIAN RECORD TOTAL OF 747.5. WILSON WON SECOND WITH 735 & PAUL SUTPHIN WAS THIRD WITH 685.

IN THE 82.5 KILO CLASS, THERE WERE 3 LIFTERS: FRED HATFIELD FROM THE US, SAL GIRONDIA FROM CANADA & TOM CAMPBELL OF CANADA. TOM WAS RETURNING TO LIFT IN THIS CONTEST AFTER NEARLY A YEAR AND A HALF ABSENCE. HATFIELD WAS IN TOP FORM & EMERGED THE WINNER SETTING A WORLD RECORD OF 327.5 IN THE SQUAT AND AN AMERICAN TOTAL RECORD OF 830. ALTHO PLACING 2ND, CAMPBELL SET 3 CANADIAN RECORDS & GIRONDA WAS 3RD WITH A PERSONAL BEST TOTAL OF 645.

THE 90 KILO CLASS WAS WON BY PETER PERRY OF CANADA WITH A 767.5 TOTAL. SECOND WENT TO GEORGE PARIGIAN OF THE US WITH A 727.5 TOTAL.

IN THE 100 KILO CLASS: LOU SIMMONS OF THE US TOOK 1ST PLACE OVER KARL HULT OF CANADA.

IN THE 110 KILO CLASS: LARRY PLUMLEE WAS UNOPPOSED AND WON THE CLASS WITH A 797.5 TOTAL.

HERB FITZSIMMONS LIFTED ALONE IN THE 125 KILO CLASS AND TOTALLED 845. DAVE KEAGY ALSO LIFTED ALONE IN THE OVER 125 KILO CLASS AND TOTALLED 820.

THE TEAM TROPHY WAS WON BY THE US SCORING 116 POINTS WITH CANADA COMING A CLOSE SECOND WITH 112."

BY: BILL JAMISON, PRESIDENT CANADIAN POWERLIFTING UNION.

"HIGHLIGHTS OF THE COMPETITION WERE FRED HATFIELD'S WORLD RECORD 327.5 KG SQUAT (722 LBS) AND HIS AMERICAN RECORD TOTAL RECORD OF 830 KG. (1829.75 LBS) FRED WENT 8 FOR 9 ONLY MISSING HIS LAST DEADLIFT WITH 727-1/2. GEORGE PARIGIAN (198) LIFTED WELL MAKING ALL 9 ATTEMPTS AND BREAKING INTO THE 1600 BARRIER, WHILE KEAGGY, FITZSIMMONS, AND PLUMLEE ALL LIFTED UNCONTESTED WINNING THEIR CLASSIFICATIONS. LOU SIMMONS EASILY WON HIS 220 CLASS BUT HIS LIFTS WERE OFF, ONLY MAKING 4 ATTEMPTS AND MISSING BIG JUMPS. HE IS GOOD FOR MUCH MORE. 132 POUNDER, TEENAGER DAVID GRAY, WENT 8 FOR 9, WINNING HIS CLASS & SETTING A NEW TEENAGE AR IN THE DEADLIFT WITH 562 AND JUST MISSING HIS LAST DL WITH 578-1/2. AT 165 PAUL SUTPHIN DID WELL WITH 8 OUT of 9 ATTEMPTS (567½ + 352½ + 589½ = 1510), BUT MET THE MISFORTUNE OF HAVING BOTH JACK WILSON AND MAURO DI PASQUALE IN HIS CLASS; WILSON AND DI PASQUALE'S BATTLE WENT RIGHT DOWN TO THE FINAL LIFT WITH MAURO HAVING TO PULL A 644 DL WHICH HE MISSED ON A SECOND ATTEMPT. GOING INTO THE DL DI PASQUALE LED WILSON 1003 TO 981. WILSON OPENED 1ST WITH 606 THEN MAURO TOOK 611. WILSON THEN SELECTED 639-1/4 WHICH WOULD WIN THE COMPETITION FOR HIM IF DI PASQUALE MADE NO MORE IN THE DL, AND ALSO FORCE DI PASQUALE TO TAKE 644 FOR THE WIN. WILSON MADE THE LIFT BUT WAS CALLED FOR THE BAR STOPPING. HE HAD TO REPEAT & PULLED OUT A FANTASTICALLY HARD DL. NOW IT WAS UP TO DI PASQUALE. HE TOOK FOR HIS 2ND ATTEMPT A 644 BUT LOST HIS GRIP AT THE TOP. HE HAD TO REPEAT WITH THIS SAME WEIGHT FOR A SUCCESS. THIS CLASS WAS THE CLOSEST OF THE COMPETITION. AT 114 DOUG HEATH PUT EVERYTHING HE HAD INTO THE CONTEST BUT WAS PLAGUED BY LEG CRAMPS FROM LOSING WEIGHT TOO EARLY PRIOR TO THE CONTEST. HE WAS NOT HAPPY WITH HIS PERFORMANCE. AT 123 JOE STEINFELD LIFTED TO A 2ND PLACE MAKING 336 + 236-3/4 + 363-3/4 = 936-3/4. I FOUND THAT IT WAS QUITE A JOB COACHING THIS ENTIRE CREW ALONE WITHOUT ANOTHER COACH TO HELP. JOE ZARELLA WAS PRE-OCCUPED AS AN OFFICIAL SO I HAD THIS TASK ALL TO MYSELF WITH 11 TEAM MEMBERS."

JERRY WELCHER

PS..... THANKS TO JERRY WELCHER FOR HIS FINE COACHING WORK AND TO JERRY AND BILL JAMISON FOR THE RESULTS AND REPORTS.

TEXAS STATE NOVICE & MASTERS CHAMPIONSHIPS
5/26/79-MEET DIRECTOR: BENNIE HINDMON

123	NOVICE DIV			
R. SOMMERS	130	77.5	155	292.5
J. GARCIA	107.5	77.5	145.	260.
132				
J. SPEEDY	160.*	102.5	172.5	435.
R. GUILLOT	112.5	105.	160.	377.5
P. MCFARLANE	125.	90.	160.	375.
M. SPEEDY	115.	107.5	137.5	365.
G. GUIDRY	97.5	92.5	127.5	317.5
P. ALANIZ	--	--	--	--
148				
J. DERRETT	172.5	127.5	217.5	517.5
R. WILCOX	160.	117.5	222.5	500.
J. SAFDARINIA	177.5	125.	195.	497.5
J. MATLOCK	137.5	162.5*	182.5	482.5
B. BERARDI	157.5	130.	190.	477.5
S. SMITHHART	170.	115.	182.5	467.5
R. GUIDROZ	152.5	122.5	192.5	467.5
R. JOHNSON	157.5	105.	200.	462.5
R. GRIMALDO	145.	127.5	187.5	460.
R. VALDEZ	137.5	122.5	187.5	447.5
D. GRANT	157.5	112.5	165.	435.
D. LAGGINI	142.5	110.	162.5	415.
D. GARZA	130.	95.	180.	405.
C. LIVELY	97.5	110.	182.5	390.
D. BLUST	140.+	82.5+	165.+	387.5+
T. ELLIOTT	147.5**	72.5**	150.**	370.**
C. MC CLELLAND	--	--	--	--
165				
M. SHARPE	230.*	140.	220.	590*
B. WARREN	215.	147.5	222.5	585.
J. ANDERSON	182.5	132.5	250.	565.
T. PENDLEY	195.	145.	212.5	552.5
C. THERIOT	177.5	152.5	205.	535.
G. ROLLHAGE	182.5	130.	210.	522.5
M. DAVIS	180.	140.	200.	520.
L. MISTRIC	167.5	132.5	217.5	517.5
J. BRADLEY	177.5	125.	215.	517.5
G. TURNER	175.	110.	230.	515.
D. HAYES	182.5	140.	190.	512.5
P. GONZALES	150.	130.	207.5	487.5
J. BLAKELY	175.	115.	192.5	482.5
K. NOLLEY	155.	125.	192.5	472.5
D. COLE	155.	110.	205.	420.
M. FRANKOVICH	152.5	117.5	200.	470.
J. WILSON	145.	125.	195.	465.
W. BOWES	130.	102.5	172.5	405.
D. ANGELO	127.5	97.5	170.	395.
R. HAYNES	110.	110.	150.	370.
J. HORNUNG	--	--	--	--
181				
D. CANALES	245.	150.	252.5*	647.5*
T. GALAVEZ	192.5	185*	227.5	605.
R. THOMAS	247.5	137.5	217.5	602.5
T. JACKSON	207.5	147.5	247.	600.
J. ROBERTS	205.	147.5	220.	572.5
T. ALLEN	182.5	142.5	222.5	547.5
W. HORNER	185.	147.5	210.	542.5
K. STRITTMATTER	180.	135.	227.5	542.5
L. RAPIER	192.5	142.5	205.	540.
D. RUSSELL	190.	125.	222.5	537.5
J. STRICKLAND	182.5	122.5	227.5	532.5
C. WILSON	177.5	145.	210.	532.5
S. O'NEAL	142.5	145.	207.5	495.
R. DONOVAN	175.	102.5	217.5	495.
M. WATKINS	--	--	--	--
M. BLACKWELL	--	--	--	--
J. ALLEN	--	--	--	--
198				
N. WEID	237.5	172.5	262.5	672.5
P. BROWN	245.	142.5	267.5	655.
R. KOFNOVEC	237.5	165.	252.5	655.
J. SABONIS	192.5	160.	280.	632.5
D. WAGONER	210.	165.	257.5	632.5
D. CARR	210.	162.5	250.	622.5
G. OESER	217.5	112.5	260.	590.
J. SURREY	210.	160.	220.	590.
B. SALTER	215.	137.5	230.	582.5
G. CABOT	190.	145.	242.5	577.5
M. CORDER	195.	135.	220.	560
C. KING	195.	122.5	242.5	560.
P. COSTANECK	192.5	147.5	217.5	557.5
J. BURNS	182.	145.	227.5	554.5
R. BIELLER	190.	125.	220.	535.
R. SURREY	190.	137.5	200.	527.5
M. RIPPETOE	175.	130.	210.	515.
L. BENAVIDES	162.5	112.5	192.5	467.5
M. CARRUBA	110.	65.	122.5	297.5
M. RUNDLETT	--	--	--	--
220				
G. RODRIGUEZ	230.	182.5	250.	662.5
A. DARWIN	247.5	127.5	265.	640.
M. HOLLAN	222.5	122.5	290.	635.
E. RECH	220.	147.5	255.	622.5
L. REED	210.	125.	272.5	607.5
J. LEOS JR	185.	172.5	237.5	595.
K. SWAYZE	190.	130.	260.	580.
M. MASTRANGELO	200.	145.	232.5	577.5
D. CAMDEN	207.5	160.	207.5	575.
B. COOK	205.	125.	220.	550.
G. MONTEZ	197.5	120.	222.5	540.
E. REAGAN	197.5	107.5	222.5	527.5
J. NEELEY	185.	115.	227.5	527.5
J. RODRIGUEZ	136.	110.	182.5	427.5
242				
S. DULIN	245.	170.	250.	665.
T. MERHOUT	217.5	117.5	245.	585.
R. MURPHY	190.	187.5	202.5	580.
M. GARNEY	182.5	125.	237.5	545.
K. CLOVES	167.5	122.5	205.	495.
B. HINDMON	65.	187.5	65.	317.5
275				
C. YOUNG	260.*	192.5	295.*	747.5*
S. BENHAM	242.5	182.5	257.5	682.5
J. RGALDO	177.5	147.5	180.	505.
R. BENNETT	187.5	97.5	205.	490.
G. HOLMAN	--	--	--	--
SHW				
C. SHERMAN	215.	122.5	237.5	575.
B. KLEMM	170.	115.	145.	380.

** WORLD RECORDS
* STATE NOVICE
+ STATE 14 YR OLD RECORD

MASTERS DIV

165				
G. SMITH	197.5	130.	230.	557.5
E. HILL	200.	120.	215.	535.
J. FUGITT	182.5	122.5	200	505.
181				
J. ADAMS	250.	157.5	250.	657.5
W. JOHNSON	155.	110.	210.	475.
D. DUMOIT	167.5	107.5	192.5	467.5
198				
P. PENDLEY	145.	107.5	175.	427.5
220				
K. KING	272.5*	167.5	275.	715.
H. HOLLY	257.5	187.5	267.5	712.5
242				
H. HUDSON	240.	182.5	272.5	695.
R. PATE	242.5	155.	245.	642.5
B. HINDMON	65.	187.5	65.	317.5

* NATIONAL MASTERS RECORD

TEAM AWARDS:		
TEXAS ATHLETIC CLUB-	1ST	26 PTS
METROPLEX ATH. CLUB	2ND	23 PTS
SO. TEXAS PL'S	3RD	18 PTS
DUNCANVILLE A.C.	4TH	14 PTS
BETHEL BAPTIST BBC	5TH	9 PTS
CORPUS CHRISTI PL'S	5TH	9 PTS
HOUSTON BULLDOGS	6TH	8 PTS

THANKS TO BENNIE HINDMON FOR RESULTS

Bodybuilders INC, etc. Add to the
lifting strongholds the name of
Missouri. Les Stephans has done
eling and providing a fine