

A.D.F.P.A.

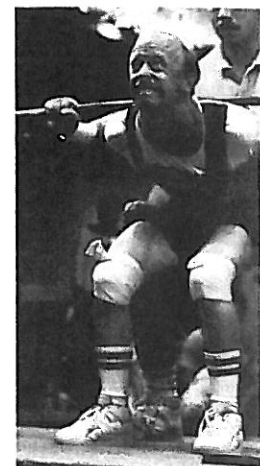
TOP 20 ^{52 kg.} ^{114 lb.}

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from May 1988 to April 1989.

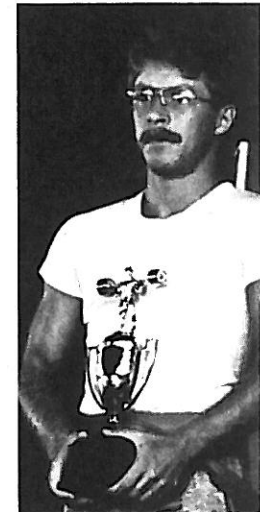
Please send a copy of all ADFPA meet results to E. Jean Lambert, Box 467, Camarillo, CA 93011. This will keep these lists as up to date as possible. Thank you.

Those who appear on the A.D.F.P.A. Top 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

SQUAT		BENCH PRESS		DEADLIFT		TOTAL	
1.	413 Clemens, ...8/13/88	320	McDonald, D...4/9/89	479	Thompson, R...8/13/88	1036	Castro, M...6/25/88
2.	400 Garcia, H...9/24/88	275	McCulley, A...8/13/88	473	Castro, M...6/25/88	1030	Catalfamo, J...8/13/88
3.	400 McDonald, D...4/9/89	270	Escobedo, H...3/25/89	430	Vera, J...3/25/89	1020	Garcia, H...9/24/88
4.	385 Bourque, K...3/11/89	253	Catalfamo, J...8/13/88	418	Catalfamo, J...8/13/88	1015	McDonald, D...4/9/89
5.	375 Nguyen, D...4/2/89	248	Osborn, ...8/13/88	415	Leonard, A...10/22/88	1003	Clemens, ...8/13/88
6.	374 Osborn, ...8/13/88	243	Vera, J...3/25/89	413	Bourque, K...3/11/89	1003	Bourque, K...3/11/89
7.	369 Bauer, K...6/19/88	242	Muldoon, T...6/19/88	402	Sabella, ...8/13/88	1003	Vera, J...3/25/89
8.	365 Dahlstrom, K...4/2/89	240	Miller, B...10/1/88	402	Ruppel, R...8/13/88	990	Escobedo, H...3/25/89
9.	360 Escobedo, H...3/25/89	235	Leonard, A...10/22/88	400	Garcia, H...9/24/88	990	Nguyen, D...4/2/89
10.	358 Muldoon, T...6/19/88	231	Ruppel, R...8/13/88	400	Nguyen, D...4/2/89	975	Osborn, ...8/13/88
11.	358 Catalfamo, J...8/13/88	225	Mellen, R...3/19/89	385	Barleen, D...5/27/88	970	Thompson, R...5/22/88
12.	352 Castro, M...6/25/88	220	Sabella, ...8/13/88	385	Chavez, J...1/15/89	955	Leonard, A...10/22/88
13.	350 Miller, B...10/1/88	220	Garcia, H...9/24/88	375	Miner, K...4/23/89	953	Muldoon, T...6/19/88
14.	341 Howe, L...11/5/88	215	Nguyen, D...4/2/89	374	Davis, B...5/22/88	940	Miller, B...10/1/88
15.	331 Vera, J...3/25/89	215	Chavez, J...1/15/89	374	Clemens, ...8/13/88	936	Sabella, ...8/13/88
16.	325 McCulley, A...8/13/88	214	Clemens, ...8/13/88	374	Madigan, M...12/11/88	925	McCulley, A...8/13/88
17.	325 Madigan, M...12/11/88	214	Soukup, ...8/13/88	369	Johnson, W...12/11/88	925	Ruppel, R...8/13/88
18.	314 Thompson, R...5/22/88	210	Dahlstrom, K...4/2/89	363	Bates, H...2/26/89	920	Bauer, K...6/19/88
19.	314 Davis, B...5/22/88	369	Bauer, K...6/19/88	360	Escobedo, H...3/25/89	905	Dahlstrom, K...4/2/89
20.	314 Sabella, ...8/13/88	209	Castro, M...6/25/88	352	Charkolis, J...5/22/88	886	Barleen, D...5/27/88



Kevin Clemens is the top squatter (above) on this ADFPA TOP 20 114 lb. Steve Soukup (below) of Florida appears in the bench press r.



IPF Pan American Championships 6 May 89 - Vancouver, B.C., Canada

	SQ	BP	DL	Total
114				
114				
Nelson (US)	446	236	363	1047
123				
Chow (CAN)	385	308	473	1168
132				
Edmondson (US)	462	275	462	1201
148				
Conyers* (US)	600	374	589	1565
165				
Maslow (US)	551	303	600	1455
Hindley (CAN)	490	270	529	1289
181				
Payne (US)	600	402	650	1653
Forsey (CAN)	573	336	639	1548
Markham (CAN)	573	325	518	1416
198				
Ferstler (US)	622	341	672	1636
220				
Melear (US)	639	407	683	1730
Bassett (CAN)	584	402	622	1609
242				
Siegler (US)	650	468*	606	1725
Ferstl (CAN)	633	385	650	1670
Caldwell (US)	699	418	545	1664
Sparks (CAN)	639	385	628	1653
275				
Ufford (US)	633	479	727	1829
Peakes (CAN)	672	446	600	1719
SHW				
Kennedy (US)	766	418	644	1818

* - Junior World Record by Mike Siegler. Best Lifter - Conyers. Caldwell - 744 D.L. on 4th attempt, new American Master's Record. He was timed out on 3rd attempt by the one-minute rule to select next attempt. Chow set Canadian records as well as Ferstl's 650 D.L. and Forsey's 639 D.L. Curtis Payne injured on 1st attempt



USA PAN AM TEAM...left to right: Conyers, Melear, Siegler, Nelson, Caldwell, Kennedy, Maslow, Ufford, Payne, Ferstler, Edmondson. (Eldridge)

sumo D.L. with 650 when platform separated. Showed lots of guts and came back and pulled 650 conventional style and even had 705 off the floor in spite of a possible groin pull.

What the meet lacked in quantity was certainly made up for by outstanding quality lifting by everyone. Al Budreau and his crew deserve a lot of credit for their hard work and dedication to make this meet a success, and the Pan Am Championships a reality once again. The awards banquet after the contest was a rousing success as was 'party time' afterwards. The Canadians were extremely gracious hosts; and on behalf of the United States team and coaches, my warmest thanks. (Thanks to Tom Eldridge for results).

PS...as noted by Bud Mucci, the Bahamas was reportedly going to send a team, but they did not show for the competition.

British Masters Championship 8,9 Apr 89 - Hertford (kg)

	SQ	BP	DL	Total
40-49 years				
52 kg				
F. Gubbins	117.5	62.5	140	320*
60 kg				
H. McGhee	172.5	105	192.5	470
67.5 kg				
H. Nurse	227.5*	132.5	240	600
P. Nicholson	220	112.5	250*	585
M. Brainbridge	205	120	240	565
R. Fraser	187.5	115	217.5	520
C. Miles	180	115	210	505
C. Redding	190	97.5	207.5	495
75 kg				
J. Hibbert	210	147.5	235	592.5
M. Hunnum	210	140	240	590
I. White	205	130	230	565
82.5 kg				
R. Vaughan	260	140	290	690
K. Elliott	240	160	270	670

R. Bonner	245	140	250	635
M. Ellender	200	132.5	250	582.5
A. Twigg	205	130	240	575
90 kg				
R. Hayes	265	160	280	705
D. Brice	250	130	240	620
J. Wargent	205	135	240	580
100 kg				
K. Fairhead	265	180	280	725
M. Blackburn	280	162.5	265	707.5
C. Robertson	270	155	260	685
A. King	245	167.5	237.5	650
125 kg				
D. Carter	320	160	372.5	852.5
M. Brown	265	137.5	325	727.5
125+ kg				
A. Kerr	305*	225	340*	870*
50+ yrs.				
56 kg				
J. McNiven	160	85	200	445
T. Brown	155	105	182.5	442.5
B. Fairbrother	130	72.5	160	362.5
60 kg				
R. Powell	182.5	95	215	492.5
67.5 kg				
M. Barry	190	130.5*	220	540
B. Alecock	190	105	185	480
D. Briggs	157.5	115	200	472.5
R. Owers	150	80	200	430
P. Hillyard	147.5	102.5	172.5	422.5
S. Grant	127.5	90	188*	405
C. Gannon	172.5	77.5	150	400
B. Evans				
A. Gray				
75 kg				
D. Herbert	182.5	120	227.5	530
G. Leggett	190	110	225	525
D. Howden	162.5	130	202.5	495
B. Scott	155	97.5	202.5	462.5
J. Blackburn	150	100	195	445
82.5 kg				
D. Rodger	195	135	230	560
J. Askew	195	142.5	217.5	555
D. Jones	170	90	250	510
G. Mullane	185	107.5	215	507.5
N. Wood	170	105	200	475
L. Baranyi	150	110	210	470
90 kg				
A. Summers	245	135	240	620
A. McKinley	210	151*	245	605
G. Cullen	220	147.5	240	605
B. Dumbrell	240	130	230	600
K. Clark	225	135	240	600
P. Hudson	205	130	250	585
T. Cooper	230	120	235	585
J. Lopez	177.5	97.5	215	490
M. Davies				
100 kg				
D. Lewis	225	130	260*	615
J. Seabrook	220	130	205	555
110 kg				
T. Dean	240	145	280	665
E. Kershaw	230	112.5	245	587.5

* - British Record, * - 60+ Record, * - European Record, \$ - World Record. Best Lifter - Dave Carter, Roger Powell. The meet looked to be a big one, by British standards, with over 90 qualifiers. 65 actually lifted which made for two good days of lifting. The venue, 'Castle Hall', had a flat seating area with room for over a thousand

people on stackable chairs. The stage five feet high and ran the width of platform was firm and the bar, order USA, well knurled and unplateated athletes point of view the only grip point was the warming up area which was very cramped.

The sports council turned up toering control on the last session on Su all nine lifters. They had first gone Hertford by mistake. Had they at venue half an hour later the only would have had left to test would h caretaker. The Sports Council, a g agency, as the only competent box the administration of doping cont BAWLA and other national gover about a year ago.

A healthy number of records v others were attempted and a lot of were not far off the records.

British Powerlifting exhibits phenomenon, the junior champions only 17 lifters, 40+ and 28, wher had 37. Perhaps if a 60+ champs h there would have been 50 lifters! B he known as the old man's game in dubious honour of that title seems taken over by Powerlifting.

The absence or loss through injur of established stars: Hancock, Farq dulph, Tilson and West, will w weaken the British 40 - 49 team in tl but help is on the way. Our two l anyave reach 40 this year, Tony Stev Eddy Pengelly in December!

The British 50+ team has acqui of new young recruits, looks stron year, and will be a force to be re

Overall an enjoyable weekend's which testified to the strength of B Powerlifting. (Thanks to Andy Ker

Oops!...Vince Eldridge's missed the ADFPA TOP 5