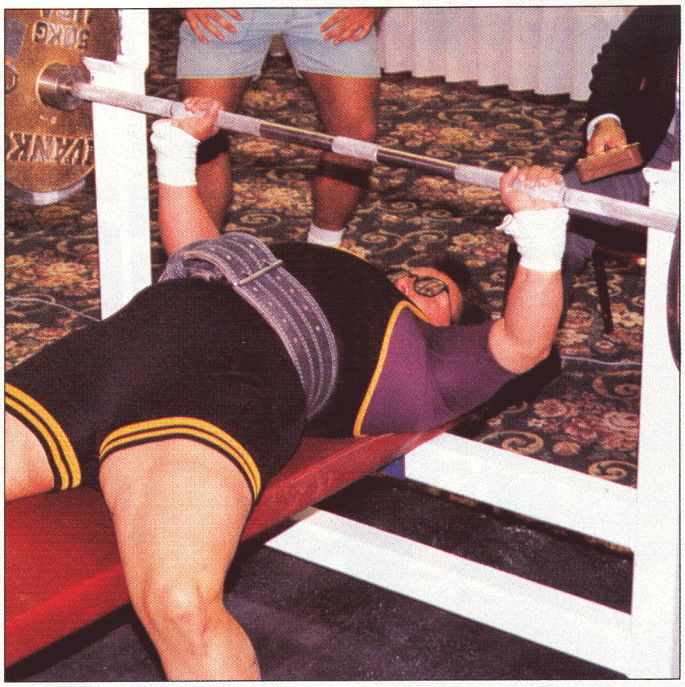
## IPF Pan Americans
### 17-19 Sep 93 - Rockville, MD (kg)

| Category | A | SQ | BP | DL | Total |
|---|---|---|---|---|---|
| 56 | | | | | |
| M. McKnight-USA | | 175 | 105 | 192.5 | 472.5 |
| 60 | | | | | |
| M. Castro-USA | | 170 | 120 | 250 | 540 |
| J. Arenberg-USA | | 190 | 130 | 205 | 525 |
| 67.5 | | | | | |
| S. Siegel-USA | | 260 | 167.5 | 247.5 | 675 |
| 75 | | | | | |
| J. Becker-CAN | | 265 | 152.5 | 275 | 692.5 |
| F. Veeris-NET | | 240 | 140 | 235 | 615 |
| R. Cigliano-USA | | | | | |
| 82.5 | | | | | |
| M. Barquera-USA | | 265 | 167.5 | 255 | 687.5 |
| 90 | | | | | |
| P. Foster-CAN | | 275 | 135 | 262.5 | 672.5 |
| G. Janga-NET | | 255 | 140 | 270 | 665 |
| B. Lindsey-USA | | 200 | 145 | 215 | 560 |
| 100 | | | | | |
| D. Gratton-CAN | | 232.5 | 185 | 230 | 647.5 |
| E. Casesar-GUY | | 237.5 | 142.5 | 250 | 630 |
| E.Hernandez-GUA | | 220 | 160 | 235 | 515 |
| R. Graham-USA | | | | | |
| 110 | | | | | |
| K. Rippeto-USA | | | | | |
| 125 | | | | | |
| M. Anderson-USA | | 310 | 205 | 302.5 | 817.5 |
| 125+ | | | | | |
| D. Wright-USA | | 295 | 205 | 312.5 | 812.5 |
| R. Chapman-CAN | | 300 | 200 | 270 | 770 |
| Guest Lifters | | | | | |
| 67.5 | | | | | |
| K. Austin-GUY | | 185 | 102.5 | 195 | 482.5 |
| 75 | | | | | |
| W. Stoby-GUY | | 240 | 135 | 277.5 | 652.5 |
| U. Gill-GUY | | 237.5 | 120 | 232.5 | 590 |
| R. DeLeon-GUA | | 25 | 145 | 70 | 240 |
| Category B | | | | | |
| 56 | Senior | | | | |
| M. McKnight-USA | | 175 | 105 | 192.5 | 472.5 |
| 60 | Senior | | | | |
| J. Arenberg | | 190 | 130 | 205 | 525 |
| 67.5 | Senior | | | | |
| S. Siegel-USA | | 260 | 167.5 | 247.5 | 675 |
| 82.5 | Senior and Master 40-49 | | | | |
| R. Lovelace-USA | | 192.5 | 142.5 | 207.5 | 542.5 |
| G. Leal-USA | | 185 | 112.5 | 227.5 | 525 |
| 90 | Senior | | | | |
| A. Busch-USA | | 287.5 | 175 | 252.5 | 715 |
| M. Deangelis-USA | | 192.5 | 147.5 | 227.5 | 567.5 |
| 90 | Master 40-49 | | | | |
| B. Lindsey-USA | | 200 | 145 | 215 | 560 |
| 100 | Senior | | | | |
| Keshishian-USA | | 262.5 | 190 | 260 | 712.5 |
| J. Cahill-USA | | 262.5 | 160 | 277.5 | 700 |
| P. Sutphin-USA | | 205 | 150 | 217.5 | 572.5 |
| 100 | Junior | | | | |
| J. Cahill-USA | | 262.5 | 160 | 277.5 | 700 |
| 100 | Master 40-49 | | | | |
| D. Herrick-USA | | 210 | 122.5 | 227.5 | 660 |
| 100 | Master 50+ | | | | |
| V. White-USA | | 247.5 | 157.5 | 187.5 | 587.5 |
| 110 | Senior | | | | |
| S. Brown-CAN | | 247.5 | 157.5 | 187.5 | 587.5 |
| M. Cross-USA | | | | | |
| 110 | Junior | | | | |
| P. Anderson-USA | | 300 | 170 | 267.5 | 737.5 |
| 110 | Junior | | | | |
| T. Baker-USA | | 175 | 97.5 | 172.5 | 445 |
| 125 | Senior | | | | |
| M. Anderson-USA | | 310 | 205 | 302.5 | 817.5 |
| W. Parks-USA | | 252.5 | 202.5 | 227.5 | 682.5 |
| 125+ | Junior | | | | |
| W. Baker | | 160 | 195 | 227.5 | 582.5 |
| 125+ | Master 50+ | | | | |
| T. Wallick | | 102.5 | 102.5 | 102.5 | 307.5 |
| Women/ 48 | | | | | |
| T. Martin-USA | | 120 | 75 | 137.5 | 332.5 |
| C. Daniel-USA | | 97.5 | 47.5 | 120 | 265 |
| 52 | | | | | |
| A. Mathias-USA | | 75 | 42.5 | 97.5 | 215 |
| 56 | | | | | |
| S. Mobley-USA | | 145 | 72.5 | 140 | 357.5 |
| L. Feraud-ECU | | 87.5 | 57.5 | 125 | 270 |
| A. Wheeler-USA | | 80 | 42.5 | 105 | 227.5 |
| 75 | | | | | |
| W. Monte-NET | | 140 | 75 | 160 | 375 |
| A. Heminski-USA | | 120 | 60 | 135 | 315 |
| 87.5 | | | | | |
| R. Little-USA | | 122.5 | 70 | 145 | 337.5 |
| 90+ | | | | | |
| J. Trujillo-USA | | 250 | 125 | 197.5 | 572.5 |

(Thanks to Amanda Mitchell for providing results)



***Jan Lentz*** *got a new IPF world record at the Pan Ams, in the bench press (results not available) division (Michael Sichelman photograph)*

***Mike Anderson*** *at the Championships of the Americas (Sichelman)*

## APF North American Championships
### 26 Sep 93 - Dwight, IL

| Open | | SQ | BP | DL | Total |
|---|---|---|---|---|---|
| Women/ 105 | | | | | |
| L. Hautzinger | | 245 | 135 | 250 | 620 |
| 148 | | | | | |
| B. Fruzyna | | 255 | 100 | 225 | 580 |
| 165 | | | | | |
| J. Schroeder BL | | 380 | 165 | 385 | 930 |
| 198 | | | | | |
| T. Cawthou | | 270 | 140 | 300 | 710 |
| Teen 16-17/ 148 | | | | | |
| M. Nagel | | 400 | 250 | 400 | 1020 |
| 242 | | | | | |
| J. Zehr | | 450 | 255 | 430 | 1135 |
| Teen 18-19/ 198 | | | | | |
| E. Clark BL | | 550 | 350 | 525 | 1425 |
| 220 | | | | | |
| J. Simpson | | 540 | 305 | 545 | 1390 |
| Master 40-44/ 242 | | | | | |
| D. Zenzen | | 600 | 325 | 475 | 1400 |
| Master 45-49/ 181 | | | | | |
| K. Pickens | | 490 | 285 | 425 | 1200 |
| 275 | | | | | |
| R. Erickson | | 145 | 465! | 145 | 755 |
| Master 50-54/ 181 | | | | | |
| D. Rio | | 470 | 250 | 470 | 1190 |
| 198 | | | | | |
| D. Rouse BL | | 660 | 430! | 580 | 1655 |
| Men/ 165 | | | | | |
| M. Houston | | 530 | 300 | 500 | 1330 |
| 181 | | | | | |
| B. Kelly | | 425 | 275 | 460 | 1160 |
| 198 | | | | | |
| T. Schlenk BL | | 665 | 375 | 600 | 1640 |
| M. Heffner | | 550 | 300 | 500 | 1350 |
| 220 | | | | | |
| R. Couviou | | 615 | 440 | 480 | 1535 |
| 242 | | | | | |
| S. Chalmers | | 700 | 440 | 560 | 1700 |
| B. Sheridan | | 670 | 445 | 580 | 1695 |
| D. Zenzen | | 600 | 315 | 475 | 1400 |
| J. Zehr | | 450 | 255 | 430 | 1135 |
| 275 | | | | | |
| B. Silverstein | | 650 | 315 | 640 | 1605 |
| SHW | | | | | |
| K. Cawthon | | 500 | 270 | 520 | 1290 |
| Police/ 181 | | | | | |
| J. Driskill | | 530 | 255 | 450 | 1235 |
| 198 | | | | | |
| J. Rouse BL | | 660 | 430 | 580 | 1655 |
| 242 | | | | | |
| D. Zenzen | | 600 | 315 | 475 | 1400 |

! world record. Overall Best Lifter: James Rouse. The lifting was of the quality expected for a meet of this caliber. Richard Erickson and Jim Rouse set new bench press world records. Along with these achievements, the other lifters in the field had good days. I would like to thank all of the competitors, fans, Maris Sternberg, Ernie and Diane Frantz, Mick Ducher, Gerg Gordon, Hugh Perone, and all of the spotters and loaders for a great job. (Thanks to Gary Baum for providing the contest results.)

## NASA Iowa Regionals
### 23, 24 Oct 93 - Des Moines, IA (kg)

| Bench Press | | Pure Novice/148 | |
|---|---|---|---|
| Pure/ 148 | | Lindsley | 145 |
| Lindsley | 145 | 181 | |
| 165 | | Hovey | 100 |
| Jaspering | 150 | 220 | |
| 242 | | Lothrop | 150 |
| Von Behren | 145 | Natural/ 220 | |
| 275 | | Sieloff | 152.5 |
| McGuire | 192.5 | Teen/ 198 | |
| | | Black | 135 |

| Pure/ 132 | SQ | BP | DL | Total |
|---|---|---|---|---|
| Reeser | 147.5 | 112.5 | 170 | 430 |
| 165 | | | | |
| E. Woldsen | 275 | 142.5 | 222.5 | 640 |
| 181 | | | | |
| Michael | 180 | 155 | 195 | 530 |
| 198 | | | | |
| Betts | 287.5 | 172.5 | 272.5 | 732.5 |
| 220 | | | | |
| Bockoven | 290 | 167.5 | 297.5 | 755 |
| Ward | 282.5 | 165 | 275 | 722.5 |
| Spain | 252.5 | 155 | 220 | 627.5 |
| 242 | | | | |
| Hammes | 320 | 187.5 | 285 | 792.5 |
| 275 | | | | |
| Riordan | 320 | 190 | 307.5 | 817.5 |
| McGuire | 315 | 192.5 | 262.5 | 770 |
| Snyder | 250 | 192.5 | 260 | 702.5 |
| Pure Novice/ 181 | | | | |
| Myers | 205 | 145 | 217.5 | 567.5 |
| Rottinghaus | 115 | 120 | 175 | 410 |
| 220 | | | | |
| Hobbs | 240 | 162.5 | 230 | 632.5 |
| Sieloff | 197.5 | 145 | 215 | 557.5 |
| Lathrop | 210 | 150 | 182.5 | 542.5 |
| 242 | | | | |
| Carson | 232.5 | 157.5 | 262.5 | 652.5 |
| SHW | | | | |
| Wright, Jr. | 265 | 145 | 227.5 | 637.5 |
| Natural. 181 | | | | |
| Bocken | 192.5 | 140 | 210 | 542.5 |
| 220 | | | | |
| Ward | 282.5 | 165 | 275 | 722.5 |
| Weihemuller | 275 | 152.5 | 265 | 692.5 |
| Hobbs | 240 | 162.5 | 230 | 632.5 |
| 242 | | | | |
| Armstrong | 295 | 182.5 | 287.5 | 765 |
| Teen/ 148 | | | | |
| Patten | 150 | 110 | 162.5 | 422.5 |
| High School Pure/ 148 | | | | |
| Patten | 150 | 110 | 162.5 | 422.5 |
| Junior/ 165 | | | | |
| Morrill | 190 | 105 | 222.5 | 517.5 |
| 181 | | | | |
| Myers | 205 | 145 | 217.5 | 567.5 |
| Ortiz | 120 | 77.5 | 147.5 | 345 |
| 198 | | | | |
| Porter | 242.5 | 137.5 | 215 | 592.5 |
| 275 | | | | |
| Adams | 250 | 155 | 290 | 695 |
| Submaster 2/ 220 | | | | |
| Lewis | 202.5 | 152.5 | 205 | 560 |
| 242 | | | | |
| Kline | 227.5 | 142.5 | 185 | 555 |
| Master 1/ 198 | | | | |
| Rhoades | 272.5 | 150 | 270 | 692.5 |
| Master 3/ 220 | | | | |
| George | 222.5 | 160 | 220 | 602.5 |
| SHW | | | | |
| Wright, Sr. | 257.5 | 132.5 | 250 | 640 |

Special thanks to: Mike and LInda Ewoldsen, Mike and Marsha Riordan, Danny Connett, Jeff and Donna Bockoven, Wayne Hammes, Louis McGuire, Jim von Behren, our scorekeeper Jennifer and everyone else who helped who I forgot to mention. (Thanks to Dan Black for providing these results.)