

2007 A.D.F.P.F. SINGLE EVENT NATIONAL CHAMPIONSHIPS
June 23rd, Century Center; South Bend Indiana
by Gary Morrison

Sixty competitive slots were filled by lifters from Florida, Illinois, Indiana, Michigan, Ohio and Wisconsin. The lifters had the option of competing in **ONE** or **MORE** of the Powerlifting events. They could choose to compete in **EITHER** or **BOTH** the **UNEQUIPPED** or the **EQUIPPED Divisions**. Athletes ranged in ages from 14 through 86 years of age! Lifters filled all basic Category options. Had Lloyd Coon not injured his shoulder, only **ONE** of the **10 Masters' Categories** would have been lacking a representative. Lloyd is well remembered especially by Masters' level lifters because he directed 73 A.D.F.P.A. meets over an 18-year period. Lloyd graced the event as he visited with and encouraged other lifters. He sent a note of appreciation saying: "I had a beautiful feeling come over me and it remained for the entire meet. It is gratifying to see Drug-Free meets being conducted with **CREDIBILITY**; with an emphasis on clean lifters competing and perhaps winning titles and setting records. Once again, thank you. Kindest regards, L.C."

A total of 34 lifters qualified to compete in the 2007 WORLD DRUG-FREE POWERLIFTING FEDERATION'S SINGLE EVENT WORLD CHAMPIONSHIPS to be held in Montesilvano, Italy on Oct. 12-14th. Eight of the qualifiers were from the EQUIPPED Division; 26 lifters from the UNEQUIPPED Division. Some of those lifters qualified in more than ONE EVENT.

The AMERICAN DRUG-FREE POWERLIFTING FEDERATION is the U.S. Affiliate to the W.D.F.P.F. Both organizations follow the same rules thereby eliminating any confusion when competing internationally. A.D.F.P.F. Members who qualify for either the W.D.F.P.F. SINGLE EVENT WORLD CHAMPIONSHIPS or the POWERLIFTING WORLD CHAMPIONSHIPS to be held in Grangemouth, Scotland on Nov. 17th & 18th must complete the U.S. Team Application form found on the A.D.F.P.F. website: www.adfpf.org

A review of the A.D.F.P.F. SINGLE EVENT NATIONAL results will verify the quality of the competition ranging from the youngest, Indiana based Logan Zilienski, to the oldest, Charles Lee of Lima Ohio. Although Logan had turned 14 two weeks before this championships, this 109 pound, TEEN 1 level lifter competing in the EQUIPPED Division set 3 NATIONAL, 3 AMERICAN and 3 INDIANA STATE records! His squat & bench were each 148.75 lbs; his Deadlift 220.25 lbs. Successfully completing 7 out of 9 attempts demonstrates an incredible effort for a first-time lifter. We'll be seeing much more of this young man in the near future. Other young future stars who posted impressive lifts for their ages were: Caldonia Michigan's Sean Black, who at age 16, set UNEQUIPPED NATIONAL, AMERICAN & MI STATE Records with a deadlift of 341.5 lbs. Hartland, MI's Colton Whitcomb another 14 year old, weighing in at 165 lbs, set UNEQUIPPED NATIONAL, AMERICAN & STATE Records in both bench press (159.5 lbs) and deadlift (330.5 lbs).

At 86 years of age, 181 pound Charles Lee says he is a mere NEWCOMER to the sport of Powerlifting; making his debut 20 years ago following retirement. Competing in the UNEQUIPPED Division, Charles won "gold" and set a National record in the Bench Press with 92.5 kilos (203.75 lbs). This amazing lifter set both a National & American Record in the DEADLIFT with 147.5 kgs (325.0 lbs). So what's his secret? Actually Charles is no stranger to the world of iron. Prior to Powerlifting and as a teenager, Charles competed in Olympic lifting, as far back as the 1940s.

Here's what Charles had to say: "When I competed in Olympic lifting, there were three lifts. We did a military press as well as the clean-and-jerk and the snatch. After retiring I wanted to lift again and took up Powerlifting, I believe I'm living proof that this is a sport people can do at any age."

(This writer now training for the 2007 A.D.F.P.F. NATIONAL CHAMPIONSHIPS held on Aug. 11th in Six Lakes, Michigan is in total agreement.)

Best Lifter awards in the UNEQUIPPED Division went to:

Lakewood Wisconsin's LISA MANGOLD, mother of 3 posted a 253.5 lb Squat; a 143.25 Bench & a 303 lb deadlift, winning each of 3 events using the Best Lifter formula.

WIU's Daniel Behrens, IL; 100.0 kg class, Junior Category, won the SQUAT event Best lifter.

Sparta, MI, Scott Wilde; 100.0 kg class, Junior Category, won BENCH PRESS Best Lifter.

Wyoming, MI Joshua Decker, 90.0 kg class, Open Category won Best Lifter DEADLIFT.

EQUIPPED Division Best Lifter awards went to:

WIU's Joseph Nudo of Tinley Park, IL; 100.0 kg class, Junior Category won both SQUAT & DEADLIFT Best Lifter!

Osceola, IN Raoul Donati; 110.0 kg class, Masters' 1 Category, won BENCH PRESS Best Lifter.

Meet Directors Dick Van Eck and Jon Smoker report more than 75 National, American & State Records were set on June 23rd. The Century Center in downtown South Bend has been a great venue for A.D.F.P.F. National events. Many thanks to our Meet Directors and officials as well as creative decorator and announcer Carol Smoker, bride Dawn Piper who ran the scoring table, groom Tim Piper, Ryan Woodward and Troy Lyst who comprised the main spotting crew and to all the lifters that helped lug weights & equipment into & out of the venue. Without the assistance of these diligent workers, running meets of this caliber would not be possible.