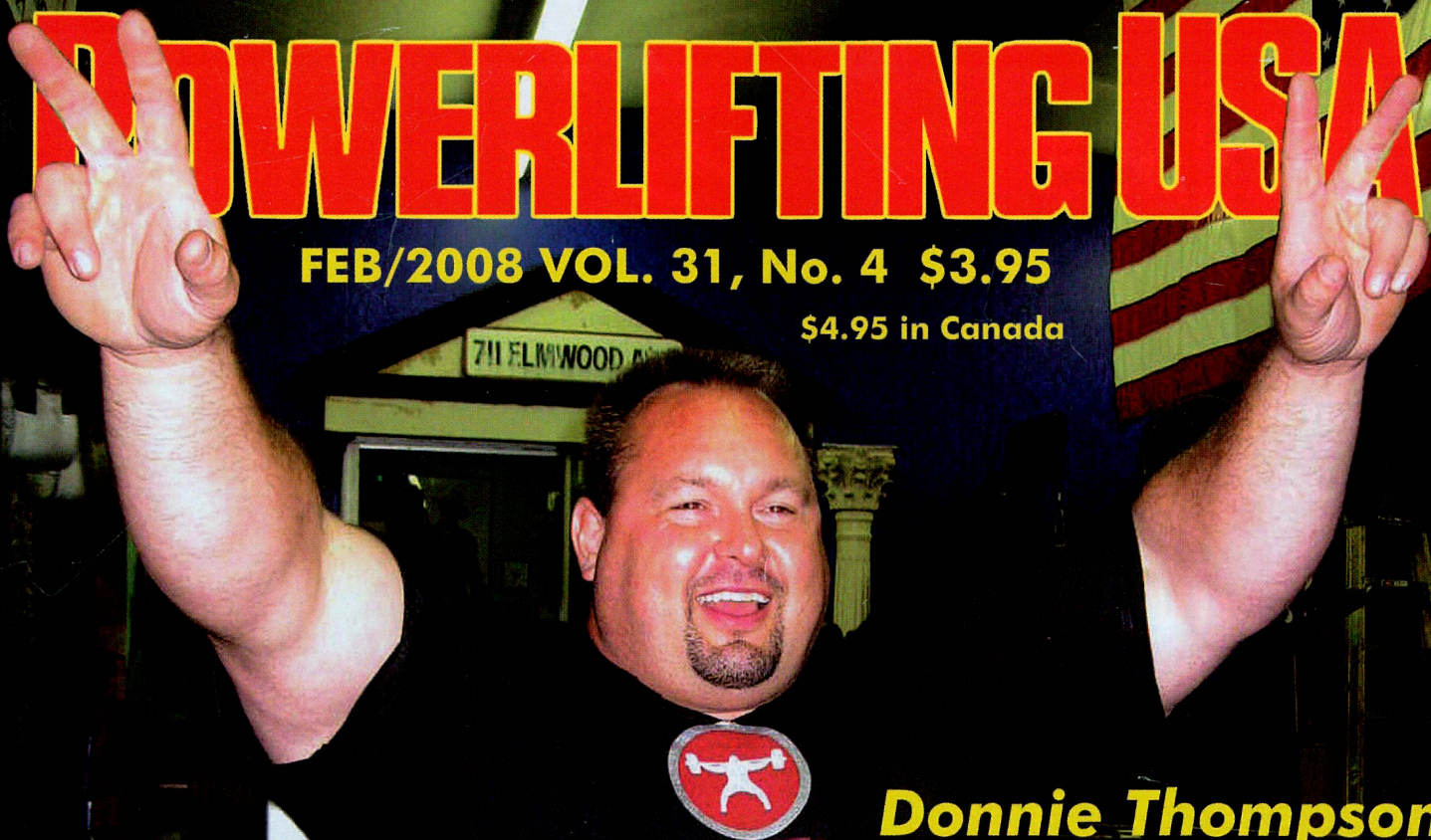


# POWERLIFTING USA

FEB/2008 VOL. 31, No. 4 \$3.95

\$4.95 in Canada



**Donnie Thompson**

**All Time 2850 Total**

**POWER DREAMS  
COME TRUE!!!**

**600 BP @ 148**

**Joe Ceklovsky**

**Herb Glossbrenner**

**Hall of Fame**





**Rheta West** blew away all the IPA Submaster Women's records and won Best Amateur Woman Lifter (article continued from pg. 8)

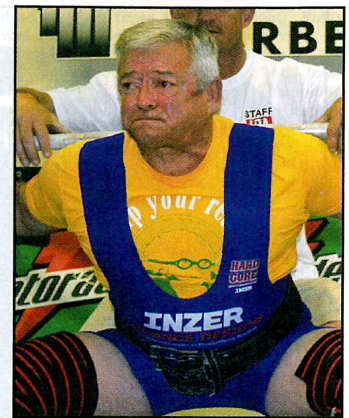
powerlifting and the athletes. Gatorade provided drinks for all the athletes, Westside Barbell, C.A. Weber, and Reliable Equipment for put up \$1,000 each toward the Biggest Three Lifts Challenge, Byer's Tires pitched in \$250 for the best female lifter, and Outback Steakhouse kept us well fed. Full Power Results: Saturday started with a memorable collection of tremendously strong women lifters. In the women's teen division, both girls were record breakers with Sarah Welcheck breaking two of her own records with a 240 squat and a 230 deadlift; at all of 109 lbs. and 14 years-of-age! Just when you thought 14 year-old Anna McCloskey (181 class) couldn't be more impressive, she smashed all the records with a 535 pound squat, 235 pound bench, and a 430 pound dead lift, totaling a 1200 pound IPA record which earned her the Women's Teen Best Lifter Award. **The Amateur and Professional women were no less impressive. Rheta West joined us for the first time and stole the**



376 lb. **Donnie Thompson** won \$3000 and almost totaled 2810

**Amateur Women's Best Lifter Award with a 405 pound squat, 235 pound bench, 360 deadlift, totaling 1000 pounds. Rheta's numbers broke all the 148 pound Women's Submaster records.** Among the Professional Women, our Ukrainian friend Taisia Kuznetsova took two Best Lifter Awards home for the Women's Open Full Power and the Bench Only meets, plus a bonus \$250 for the best overall woman lifter based on coefficient. Taisia weighed-in at a mere 103.1 pounds and mopped up the competition with jaw-dropping lifts. She broke the squat record with a 385 squat, a 220 bench, broke another record with a 340 deadlift, rounding out her day with a record 1000 total; nearly 9.7 times her body weight. IPA favorite, Elaine Grimwood (105 pound class) joined us after a hiatus since 2005. Elaine took a little time off from the weights to run some long distance races. A quick 12-week training cycle had Elaine back in tip-top shape squatting 330, benching 180, and deadlifting 300. Cheryl Clodfelter lifting in the 198 pound class pulled an IPA record breaking 510 pound deadlift, congrats! Lynne Boshoven, lifting in the 165 pound Women's Master 50-54 division proved herself an IPA record

breaker with three records 500 squat, a 465 deadlift and a 1225 total. Amateur Men's Divisions: In the Amateur Men's Teen division, Sebby Buccheri 181/14-15 went home with the gold and a Best Lifter award with a 475 squat, 275 pound bench, 440 pound deadlift for an 1190 total. The Amateur Men's Junior division was dominated by Michael Welcheck whose 725 pound squat was a record in both the Men's Open and Junior divisions. Michael's stellar lifting earned him the Amateur Men's Lightweight Best Lifter Award. You're awesome, Michael! There was stiff competition leaving Adrian Griffin and James Adam tied for first in the Amateur Men's Open 198 class. First place went to Adrian Griffin by less than one pound bodyweight at 196.4 to Adam James' 197.3. Both lifters totaled 1755. Chris Del Preore owned the Amateur Men's 220 class with an IPA record-breaking 1950 total. Chris' exceptional performance won him the coveted Amateur Men's Heavyweight Best Lifter Award. In the Amateur Submaster Division, Eric Winter broke the existing IPA record with a 770 pound squat in the 242 weight class winning him first place in his division. Our Master lifters were no less impressive. IPA's loyal follower and all-around nice guy, Sam Glover, Sr. won the Amateur Men's Master Best Lifter award with a 460 pound squat, 365 pound bench, and a 400 pound deadlift at age 64. James Shaughnessy lifted and broke records in both the Master (40-44) and the Police Divisions. James' fourth attempt squat of 725 pounds and 1730 pounds fourth attempt total broke the record in both divisions, while his 485 bench smashed the existing Police Division record. Ted Forbes



**Sam Glover Sr.** earned Amateur Men's Master Best Lifter honors.

gave us a performance worth noting in the 275 Police Division with an IPA record-breaking 900 pound squat and a 2110 total. In the Elite Amateur Division, Brian Crowe broke his own bench record with 505 pounds; and Brian's records are hard to break! Professional Men's Divisions David Kirschen posted the biggest coefficient number winning the Professional Men's Lightweight Best Lifter Award. While David's numbers broke no records, they clearly earned him the lead with a 750 pound squat, 530 pound bench, 580 pound deadlift, for a winning 1860 total in the Open Men's 181 weight class. Ricardo Ingravera edged out Brett Rapp by a mere five pounds on the total with Ricardo finishing with 1665 pounds in the 198 pound Open class. Rapp squatted an impressive 835 pounds Jason Mink won the 220 pound Open class by 65 pounds leading James Howell who finished with a 1700 pound total. In the 242 pound class, big squatter Jason Cox squeezed out a 45 pound lead over Jim Laird winning with a 2200 pound total. Jason wowed the crowd with his trademark BIG SQUAT of 1050 pounds. Big Jim Hoskinson won both his 308 pound divisions Master (40-44) Open with a 2485 pound total winning him the Professional Men's Master Best Lifter Award. Jim's 2485 pound total and 1085 pound squat are new IPA Records in both the Men's Open and Master (40-44) divisions. Clearly the guy who won the show, again, was Donnie Thompson. Donnie's performance was nothing less than spectacular with an 1140 pound squat, trying 1175 pounds on a third attempt. Donnie followed-up with an 830 pound bench, missing 870 on a third attempt, finishing with an 805 pound deadlift. The crowd erupted when Donnie took an 840 pull to his knees, which had been successful would have broken the existing All-time Record. Donnie won all



Application for Registration

Office use only, do not complete

Last Name _____		First _____	Initial _____	New Member <input type="checkbox"/>	Renewal <input type="checkbox"/>	Exp. Date _____
Street Address _____			City _____			
State or Providence _____	Zip Code _____		Country _____			
Telephone _____	Email Address _____	Date of Birth _____	Age _____	Sex _____	Pro <input type="checkbox"/> Am <input type="checkbox"/>	

Sign if above answers are correct. Parents sign if under 18 years. \_\_\_\_\_ Date \_\_\_\_\_

Registration Fee: Adult \$30 ~ High School and Special Olympics \$25

Payment is accepted in the form of cash or money order. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404