



## **IPF North American Regional Powerlifting Championships April 10, 2004 -- Ft. Lauderdale, Florida**

**Meet Director: Robert Keller**

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The 2004 International Powerlifting Federation (IPF) North American Regional Powerlifting Championships was held in the newly constructed Rose and Alfred Miniaci Performing Arts Center on the campus of Nova Southeastern University; in Ft. Lauderdale, Florida. This year's event was again, a tremendous success, with a total of 45 lifters, from six countries (USA, Canada, Puerto Rico, Bahamas, Guatemala and Venezuela) attending the championship, with a commitment of participation from other nations from the region for next year. Key and important with this contest, is that along with men's and women's world championship, both to be held later this year, the IPF/NAPF North American Regional Championship served as one of the official qualifiers for 'all' lifters from the North American Region to compete in the IOC/GAISF/IPF World Games that will take place in Germany next year. Significant, as the participation grows at this championship, so shall the opportunities for lifters from the USAPL to compete in future international championships offered by the North American Powerlifting Federation (NAPF). Stay tuned!

### **NAPF (North American Powerlifting Federation)**

Under the direction of Dr. Larry Maile and the IPF EC, the IPF countries affiliates from the North American Region formed the NAPF. The formation of the NAPF shall serve as a significant step in the process in the IPF's application to the International Olympic Committee (IOC) later this year. Special thanks go out to Tony Cardella, Lea Forman and Priscilla Ribic for the development of the NAPF web-page, which can be located at the following URL: <http://www.usapowerlifting/IPF-NorthAmerica/> Please, when you have a moment, visit the site, and offer suggestions or recommendations as to what we can do, to better serve you. The site offers some of the proposed and upcoming international Championships that shall take place in the North American Region within the next 3 years. In addition, as the scope of the North American Region increases, so shall the opportunities for members from USA Powerlifting to lift in international championships within their own hemisphere.

### **USA Team Selections**

Team USA selections for this international event were selected based upon on their best

### **Contest Photos**



Wilks formula score from a USAPL National Championship, or an IPF International Championship that took place during the past twelve (12) months. Key, each USA team member was scheduled and randomly drug-tested prior to attending this championship. Moreover, like last year, this contest utilized the European Powerlifting Federation (EPF) team format, with the placing of each team being determined by the average of the top five lifters cumulative Wilks score. This feature adds an entirely different dimension to not only a lifter's selection of attempts, but the overall team's strategy to win first place. Basically, each attempt is made to increase the overall Wilks score, rather than one's own individual placing per say, via standard weight categories. The line-up of athletes for this event was star-studded and featured some of the best junior and senior level lifters from the USA. A key element that we formulated in the assembly of the USA teams travelling to this championship included slots for promising junior level lifters requiring international platform experience. Most noteworthy, special accolades should go to coaches Patrick Anderson, Jim Hart, Jim Ford, and Larry Maile for the organization of their respective teams attending this championship. Each team was prepared and coached - Outstanding! Also, special thanks are in order to Dr. Mike Hartle for coaching the team from Venezuela, and assisting with the announcing of the championship. Each coach worked extremely hard to and did a super job! As a result, several USAPL American, and three IPF World records were set. Now to the contests high-lights:



### Contest High-lights:

#### Session I - The Women

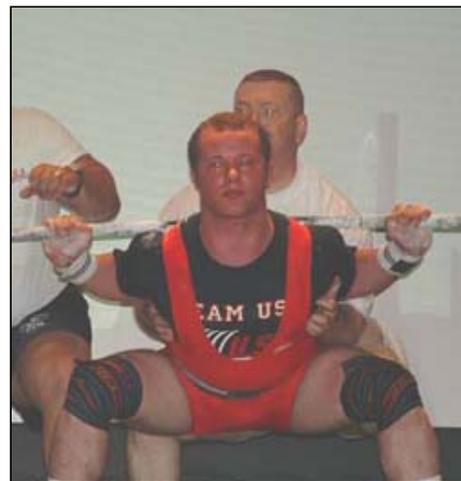
This year's championship featured for the first time a women's division, and it was received quite well! Two teams from the United States, one team from Puerto Rico showed for the event. Probably the lone disappointment of the championship was the Canadian Powerlifting Union (CPU) not fielding a women's team for this event. However, they should send a team next year. These three teams were complimented with one lifter from Guatemala and one from Venezuela. USA Team #2, coached by Jim Hart eked out a close win over USA Team #1, coached by Larry Maile, on the very last lift of the championship. Puerto Rico finished a respectable third, with a group of very young, but well coached cadre of lifters. Notable and outstanding performances were turned in by Pricilla Ribic, Katie Ford, Carly Nogle (new IPF Sub-junior world record at 60kg), Leah Marietta of the USA and Giselle Costas of Puerto Rico. Priscilla just missed pulling a deadlift of 250kg/551lbs on the final lift of the session, which would have not only increased her present world record in the 67.5kg class, but given USA Team #1 the win. Needless to say, she will be ready by the world championships in France to exceed these lifts and bring the gold medal home to the US of A! Katie Ford continues to improve under the ever watchful eye of her father. Katie is now a graduate student at the University of Texas, and looks to also increase her total and position at Women's World championships in May of this year. Young supergirl, Carly Nogle continues to perform in an amazing fashion for just a senior in high school. She easily set a new world sub-junior 60kg deadlift record with a 177.5kg/391lbs on her final pull of the day! She is coached by Todd and Karen Miller, who I would like to both thank for coming to this event. Believe it or not, they drove all of the way from Michigan to Florida and back to Michigan - Now that is dedication! Carly shall be making her first trip to the open world championships in Cahors - Much success, congratulations, and good luck! Ribic, Kubik, Simons, McLean and Stonecek lifted incredibly well, but were not able to hold off the team of Nogle, Ford, Hariston, and the Marrietas' from Nebraska, who all, under the direction of Coach Jim Hart, wisely selected their attempts to win, as previously mentioned, on the final lift of the meet. Folks - it does not get any closer than this. Special acknowledgement goes to Gilly Martniez and Brenda Lemus for coming to this event as not a part of a team. Given this, a wonderful gesture was made in return, with Brenda being assigned to lift with Puerto Rico, and Gilly with Team #2. Wonderful international



sportsmanship to say the least! Note of special mention needs to be given to Puerto Rico's Giselle Costas, who lifted incredibly well, and nearly pulled a huge deadlift of 227.5kg/501lbs. My sincere congratulations to all of the ladies, everyone did a great job, considering this was, for the most of you, your first international championship! I look forward to seeing each of you next year!

## Session II - The Men

The excitement that took place in the previous session carried through with the men, with the meet coming down to the next to last lift of the championships. Teams from four countries were present - USA, Canada, Puerto Rico, and the Bahamas. The final placing for the teams were as follows: USA #1, coached by Patrick Anderson, USA placed first, followed by USA#2, coached by Jim Hart. Puerto Rico finished in third, followed by Canada and the Bahamas. Some noteworthy performances were turned in by the several of the participants. I shall begin with the cagey veterans Brad Gillingham, David Ricks, Ray Benemerito and Dr. Mike Anderson, who led a squad of newcomers through their first international championship with some outstanding performances. Key and significant was the return of Brad Gillingham from two torn bicep tendons and a miscue at the Men's World Championships last year. Brad pounded out a personal best and new American record of 390kgs/859lbs in the squat. He followed his squat with solid attempts of 260kg/573lbs and 267.kg/589lbs in the bench press, after missing his opening attempt. King of the double-overhand deadlift, Brad pulled 352.5kg/777lb and 372.5kg/821lbs with ease and confidence, and no apparent discomfort to his biceps. His final attempt of 390kg/859lbs was near lock-out; however brad sustained a slight pull in his hamstring and has to set it down. Brad will pull this, and probably more at Nationals. Brad ended with a 1030kg total, with room for more. Congratulations and welcome back big man! Super Dave, and multi-time world powerlifting championships, David Ricks followed suit and was back in form of old, and reeled of solid 3 for 3 performances in both the squat and bench press, ending with a 315kg/694 squat and 202.5kg/446lb bench press. Dave went on to pull a terrific 305/672lbs, before missing a close pull with 320kg/705lbs. Dave ended with a brilliant 822.5kg total/1813lbs, which shall challenge a strong field of contenders at the Men's Nationals this year that will consist of the likes of Mike Bridges, Robert Wagner and 2004 Collegiate National Champion Steve McLawchlin. This shall be an epic battle that you will not want to miss -- If you are any sort of powerlifting fan, you will buy your tickets early for the battled that shall ensue amongst these four lifters. Ray Benemerito's day was equally as impressive and knocked off three picture perfect squat attempts, ending with 337.5/744lb, two bench press attempt, ending with a solid attempt at 230kg/507lbs, and a 310kg/683lb deadlift, for a PR total of 877.5kg/1934lbs in this weight class. Look for Ray to go near 900kg at the nationals, where he will again battle Mike Mastrean for the spot on the men's world team. Additionally, Dr. Anderson had a PR performance in the squat, and bench press, along with his first ever 2000lb total -- look for Mike to go near 2100 this time next year, as his lifts were made with 'some' room to spare. He was coached by his ever persistent brother Patrick, who called his numbers right on target. No to be left out, Nick Tylutki keeps improving each time out -- he just missed a 360kg/ 793lb squat at the top, which may have been just 5kg too much! I am most impressed with his game-day attitude and platform presence. Mind you he is still growing into this weight class, and continues to pick up valuable international platform experience. He is one of the real bright and emerging stars that will carry USA into the future, when the World Championships finally come home to the United States of America in November 2005. Continuing on, if you happen to purchase a copy of the competition tape, take a look at Eriek Nicholson's final pull of 287.5kg/633lbs -- What an incredible lift. It was a real pleasure to have him and his father attend this year's championships. Eriek was quite emotional when he was announced as the Men's overall gold medallist in the deadlift for the competition. Eriek will continue to improve and will



be in the hunt at nationals. Wong lifted right on the money and made quite a few American record attempts. Look for him to win nationals this year. Allen Whigham and Ryan Stills both had a tough day, but held on and stayed in the contest. Both will regroup and be ready for nationals. Stills nearly avoided causing his team the championship, if he did not pull his last deadlift. However, Macri was not so lucky, and with three missed bench presses, gave USA Team #1 the opening the required to win the team title. Filling the two junior level positions, sub-junior world record holder in the bench press, Hayward Blake stepped to the plate, after Macri's bomb to close the gap on team #2. Hayward steadily improves with each USA Powerlifting championship that he attends, and at 18 years old, will be a major force to reckon with in the future. Believe it or not, he will bench press near 500lbs this year --Awesome work! To round out team USA, young high school lifter Derek Brixius had he meet of his life, and hung tough amongst some serious competition. His eyes were lit up the entire weekend like Christmas tree bulbs, when walking around and greeting all of the senior level lifters. On a note of interest, Canada's Hoang Tran nearly totalled 10 times bodyweight, and lifted with a great deal of precision and control. He was the real bright spot with a banged up Canadian team that suffered surprising bombs, after lifting so well last year in Philadelphia. Puerto Rico suffered one bomb and was led by the ever consistent Harold Milan -- In my opinion, Puerto Rico's best male lifter. The father and son duo of Nate and Nashton Russell came over on the KAT from the Bahamas to par take in this championship. Next year, they plan on bringing a full team that will be quite competitive. My sincere congratulations to all of the men -- everyone did a great job, considering this was, for some of you, your first ever international championship! I look forward to seeing each of you next year!

### **USAPL International Qualifier**

As part of this championship, a USAPL international qualifier was included and offered for lifters interested in making the "Top 35 list" of those to be considered for the USA Team that shall compete at the 2004 IPF Men's World Powerlifting Championships in South Africa later this year. This championship was also open to lifters that attempted either USAPL American or IPF world records. As a result, five lifters showed for the contest. Most impressive of these lifters were Caitlin and Kendra Miller from Michigan. Each lifted with brilliant and impressive technique, and lifted in the newly formed USAPL youth divisions (10-11, and 12-13) with both setting American records in their respective age, and weight class. Their lifts were all done effortlessly. Way to go girls -- you two were absolutely awesome! Keep up the great work and we shall see you both at future women's world championship. Tony Saunders from the State of New Hampshire, came to this championship with one purpose in mind -- to exceed Shane Hamman's IPF world record in the squat of 1008lbs. Tony opened with an easy 421kgs/925lbs, to break the IPF world master 40+ record, held by Germany's Hans Zerhoch that was set over 10 years ago. Tony just missed depth on his opener, but came back to crush it on his second attempt. Once this record was under his belt, Mike Licciardi, his coach, called for the all-time record of 458.5kg/1010bs, which was handled with one of the finest set-ups I have ever witnessed with such a weight. Tony descended and shot out of the hole, only to stall just short of luck-out. If Tony did not have to repeat his opener, the record would have fallen. In any event, congratulations to Tony and we look forward to seeing him break this record at the American Open this November! In addition to Tony's performance, college professor Bill Player from Tampa, Florida, broke the master 60+ bench press record with an easily performed 138kg/304lbs. Our congratulations to Bill -- well done! Doctoral student Jamie Stark of Illinois and 2003 American Open champion and Tennessee resident Deron Rogers both qualified for the men's nationals where they hope to gain a world team birth. Jamie has much promise for the future. Paul Wong was injured and sat this one out, and will wait until Men's Nationals that will be directed by Paul Fletcher in Baton Rouge, Louisiana.



## Contest - Points of Interest

Additional highlights of this championship included a press conference, the evening prior to the competition, as well as the NAPF congress, which installed candidates to further develop the federation and international powerlifting within the North American Region. Special thanks go to Mr. Pete Alinez for paying the IPF membership fees for the attending countries to this championship and for North America. Additionally, Pete also donated \$1000.00 dollars to the treasury of the NAPF, so that we can begin formal operations. After the competition, even though a little late, 75 lifters attended the post-championship banquet where both Priscilla Ribic and Brad Gillingham were awarded the champion of champion awards for the competition. Needless to say, both of these athletes lifted tremendously well! Congratulations to you both!! Special thanks to go to the Renaissance Hotel for keeping dinner warm, until we arrived home - it was delicious, great job!

## Special Thanks

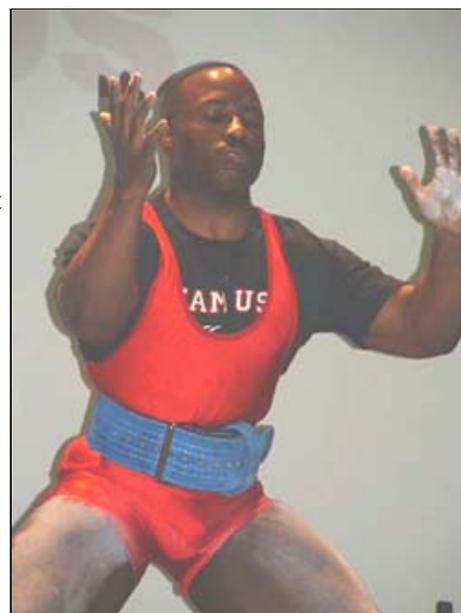
This championship would have not been successful if it were not for the support of the following people: I shall begin with Norbert Walluch & the IPF Executive Committee; Dr. Larry Maile, USAPL President & Regional VP for the IPF -- thank you for seeing my vision; Dr. Patrick Anderson - USA Coaching Committee Chairman, Jack Marcus - Technical Secretary for the championship; Referees: Larry Maile, Jack Marcus, and Angel Liciaga, and Andres Laguer, both from Puerto Rico. It was nice to see Angel back with the IPF. He is an exceptional Category I referee; Scoring Table: Terry Caffery; Medical Officer: Dr. Elizabeth Swann and Dr. Brandon Korman from Nova Southeastern University; Spotters/Loaders: Vince Lombardi, Julian Ulvang, Elliott Feldman, Rich Hayne, David Beers; Special thanks to Jim Dundon for assisting with sending over two spotters from Florida Gulf Coast University. Overall for the first time this crew worked together they did a super job! Not one misload, nor missed spot - On behalf of the lifters, great job gentlemen! Sponsors: Inzer Advance Designs, and American Bodybuilding Nutrition. Also, not to be left out, sincere thanks should go out to Mr. Rick Fowler for the design of this year's logo for the event - Outstanding work my dear friend!

Also, special thanks are in order to Mr. Louis L<sup>o</sup>vesque, president of the provincial Quebec Powerlifting Federation (QPF), of the Canadian Powerlifting Union (CPU) for again sending a men's team to this championship. Their attendance at this contest the past two years has been truly instrumental in the success and formulation of the North American Powerlifting Federation. Last and most important, I would like to take this opportunity to especially thank Mr. Peter Thorne and John Inzer from Inzer Advance Designs (IAD) for their direct, generous, and kind sponsorship to this event, which is so strategically important in our quest for Olympic recognition. On behalf of the IPF Executive - Thank you!

To close, I would like to thank everyone for coming to the championship, and I look forward to directing it again next year in the same location - However, it shall be two day event, with the ladies lifting on Saturday and the men on Sunday. On a final note, I am contact with the countries of Cuba, Haiti, Mexico, Jamaica, Dominican Republic as well as Trinidad/Tobago, who are most interested in participating in this championship next year. So, the future looks very bright as we move forward with bringing legitimate international competition to this region.

Until next year, I wish everyone well and much success with their training!

Kind and sincere regards,



Robert Keller  
Championship Director;  
General Secretary  
North American Powerlifting Federation





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