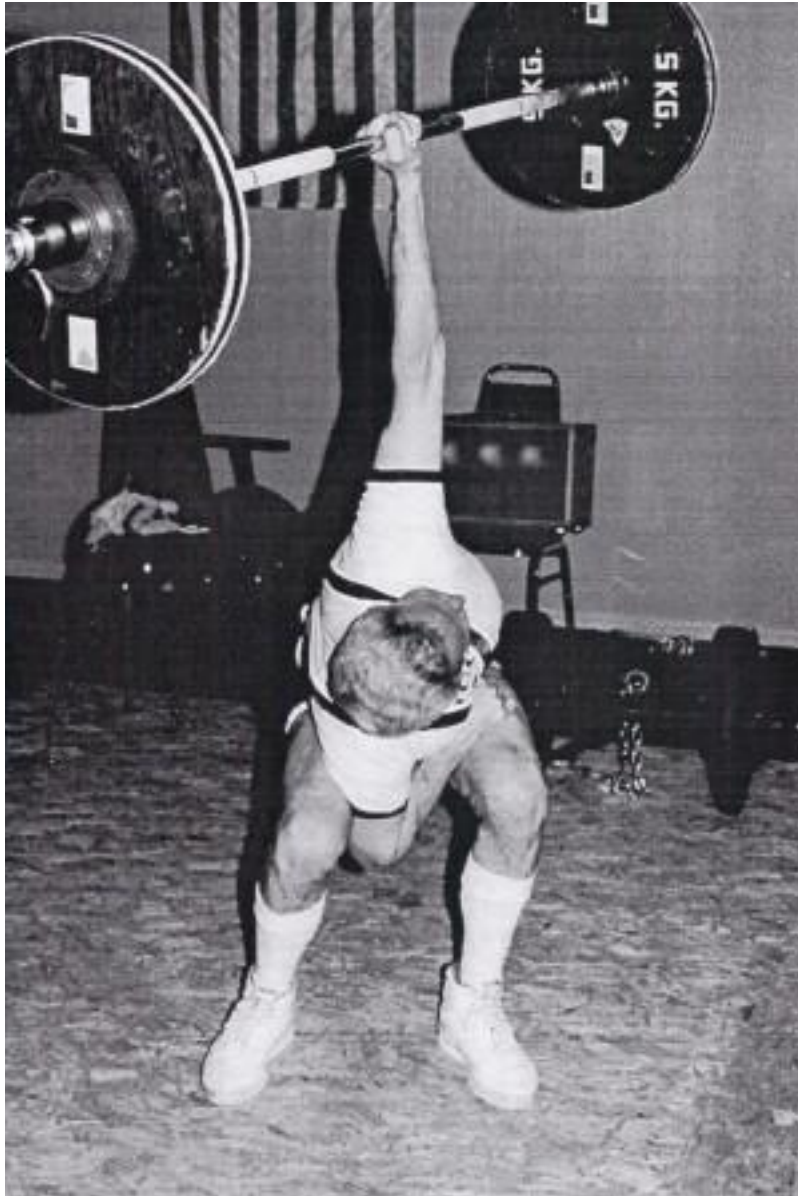


HALL OF FAME BIOGRAPHY

DENNIS MITCHELL – CLASS OF 1997



Dennis Mitchell was born February 15th, 1932 in Cleveland, Ohio. He still lives in Cleveland. He was “raised” in the family business of photography, and worked in the family business part time during High School and College. After returning home from two years in the Army, Dennis worked full time with his father until his father retired in 1961. Dennis continued the family’s photography business until he retired in 1995. Dennis has been married to his wife Flossy for over 50 years. They have two daughters and four grand children. Dennis started lifting in May of 1943. He started out with bodybuilding and some Olympic lifting training. He got involved with the USAWA in 1989. Dennis is very involved in other sports.



He also has competed in running, swimming, and Judo. He still competes in Olympic Weightlifting and Masters Swimming. Howard Prechtel, who Dennis has known since 1949, introduced him to All-Round Weightlifting. Dennis remarked, "I've always been interested in training the odd lifts, and being part of the USAWA allowed me to enter competitions where these lifts are contested." During the 1940's and the 1950's, Dennis trained at Joe Raymond's A.C. He now trains at home and has a very complete home gym which is set up for All-Round Weightlifting training. Dennis is a member of the Ohio Olympic Weightlifting committee. He is chairman of the IAWA World All-Round Technical Committee. He has held that position for several years. Dennis is also a very active official, having judged at many local, National, and World meets. Dennis was the Co-Meet Director of the

2008 National Championships in Columbus Ohio. He also has helped organize the local portion for six All-Round World Postal Meets. The chain lifts and the Bent Press are his favorite lifts. Dennis has competed in 20 National Meets, 19 World Meets, and 6 World Postal Meets. He has lifted in many states, and overseas in England, Scotland, Australia, and New Zealand. Dennis has won his weight and age class in 20 National Meets, 17 World Meets, and 6 World Postal Meets. When asked what he likes about All-Round Weightlifting, he replied, "One of the best parts of being involved in the All-Rounds is the people. They are just a super group."