

2008 USAWA NATIONAL CHAMPIONSHIPS

By Bill Clark (From "US All-Round Weightlifting Association Strength Journal", Vol. XIX, No. 4, August 18, 2008. Columbia MO. Print.)

USAWA NATIONALS

Columbus OH, August 3, 2008: Al Myers won both the open and master classes here at the USAWA National Championships but had plenty of competition in what was an embarrassing field of only 11 entrants.

Scott Schmidt, who had lifted a day earlier in the Ohio State Weightlifting championships proved to be one tough opponent. Al used an 1,800-lb Hip Lift to total 1,392.5 kilos. Scott also did a 1,800-lb Hip Lift to total 1,240 kilos. Scott is 55; Al is "only" 42. The age difference gave Al 1,150.0 points to Scott's 1,115.05.

The battle for third place was a nail-biter. Chad Ullom, Myer's running mate, had lost 50 pounds in the past nine months and came into the meet at a 99.7-kg bodyweight. He wound up with a total of 1,240 kilos, matching Schmidt but a total newcomer who called in two days before the meet for permission to enter, slipped past Chad for the third spot.

Andy Durniat, a 28-year-old from Wooster Ohio weighted in at 100.5 kg., only 8/10 of a kilo heavier than Chad, then proceeded to make a 1,700 lb Hip Lift and beat Chad by 20 kilos in total with 1,260 and take third in points with 1,064.57 to Chad's 1,052.14.

Jim Malloy, a 67, was the fifth best lifter with 988.21 points.

Andy not only came with a big Hip Lift, he blew everyone away in the One-Arm Deadlift - with both hands, no less. His third lift in the meet was 185.0 kilos with his left hand. He then continued on with record lifts, doing 195.0 kg. with his right and 200.0 kg. with his left.

If memory is correct, Andy in his first effort for record became the first person since Joe Nanny in the mid-1960's to break 400 pounds with each hand on the same day.

A second newcomer, Don Bisesi, a 36-year-old from North Olmsted Ohio lifted in the 75-kg. class and finished seventh overall, primarily because he was not familiar with the Hip Lift. That will change. Don was eager to learn more.

From the absolute disappointment of the embarrassingly small field, we found gold. Both new lifters have a chance to become USAWA champs for many years to come.

Meet coordinator: Megan Tornstrom DeFourny of the Columbus Weight-lifting club, Inc. Megan guided everyone through the gates of the State Fair with necessary entry and parking passes. In addition, she had a full staff of loaders all day. The loaders had lifted the day earlier in the State Olympic competition. They knew their kilos until we got into the 800 plus pounds in the Hip Lift. At that point, a calculator was needed to change pounds to kilograms.

Our sincerest thanks goes to Megan and her organization for serving a good dinner following the competition and for gifts given to all the lifters - though some of them may have never seen lifting straps before.

There's a good chance we will return to the Ohio State Fair in 2009. A second bid for

the 2008 meet from Jump Stretch center in Youngstown Ohio led the USAWA officials to offer the meet in 2009 to Youngstown but Jump Stretch refused to bid.

Negotiations are under way at Journal time to return Nationals to Columbus. Hard to believe that only 11 - actually 9-USAWA members lifted in 2008. the site is essentially in the middle of membership.

Maybe in 2009, huh?

MEET DETAILS:

2008 USAWA National Championships
Ohio State Fair, Columbus OH
August 3, 2008

Meet Director: Dennis Mitchell and Megan Tornstrom DeFourny of the Columbus Weightlifting Club

Officials: Bill Clark, Denny Habecker, Art Montini, Jim Malloy, Dale Friesz, Al Myers, Chad Ullom, Dennis Mitchell, Scott Schmidt

Scorekeeper: Judy Habecker

Announcer: Bill Clark

Loaders: Zach Beadle, Brandon Rhines, Bob Davis, Paul Stey. Lifters from the 2008 State Olympic competition

Lifts (5): Clean & Jerk-One Arm, Pullover & Push, Zercher Lift, Deadlift-One Arm, Hip Lift

MEET RESULTS:

| Lifter | Age | Bwt-# | C&J-1h | PO&Push | Zercher |
|---------------------|-----|-------|-----------|---------|---------|
| Al Myers, KS | 42 | 111.1 | 67.5 | 165.0 | 185.6 |
| Scott Schmidt, OH | 55 | 118.8 | 52.5 | 110.0 | 160.0 |
| Andy Durniat, OH | 28 | 100.5 | 60.0 | 70.0 | 175.0 |
| Chad Ullom, KS | 36 | 99.7 | 60.0 | 145.0 | 185.0 |
| Jim Malloy, OH | 67 | 116.2 | 30.0 | 110.0 | 140.0 |
| Denny Habecker, PA | 65 | 79.8 | 33.5 | 85.0 | 90.0 |
| Don Bisesi, OH | 36 | 74.5 | 52.5 | 100.0 | 160.0 |
| Dale Friesz, VA | 68 | 80.9 | 12.5-left | 57.5 | 92.5 |
| Art Montini, PA | 80 | 81.1 | 22.0 | 70.0 | 85.0 |
| Dennis Mitchell, OH | 76 | 71.6 | 17.5 | — | 91.0 |
| Bill Clark, MO | 75 | 113.2 | — | — | 80.0 |

| Lifter cont. | Deadlift - 1H | Hip Lift | Total | Adj. points |
|-----------------|---------------|----------|--------|-------------|
| Al Myers | 160.0 | 815.0 | 1391.5 | 1150 |
| Scott Schmidt | 142.5 | 815.0 | 1240.0 | 1115 |
| Andy Durniat | 185.0-left | 790.0 | 1126.0 | 1064 |
| Chad Ullom | 170.0* | 680.0 | 1240.0 | 1052 |
| Jim Malloy | 140.0 | 545.0 | 985.0 | 988 |
| Denny Habecker | 100.0 | 455.0 | 772.5 | 939 |
| Don Bisesi | 127.5 | 455.0 | 895.0 | 898 |
| Dale Friesz | 100.0 | 457.5 | 714.0 | 878 |
| Art Montini | 100.0 | 362.5 | 640.0 | 861 |
| Dennis Mitchell | 91.0-left | 427.5 | 595.0 | 839 |
| Bill Clark | 95.0-left | 435.0 | 610.0 | 658 |

Notes:

All lifts: recorded in pounds

Bwt: bodyweight recorded in pounds

Total: Total pounds lifted

4th attempt for record:

Chad Ullom: Deadlift - One Arm, right - 182.5 kgs.

Andy Durniat: Deadlift - One Arm, left - 200.0 kgs.

Attempt for record only:

Andy Durniat: Deadlift - One Arm, right - 195.0 kgs.

Best Lifter Awards:

Highest Total: Al Myers

Best lifter Overall: Al Myers

Best lifter Open: Al Myers

Best lifter Master: Al Myers

Best lifter Senior (20 - 39 age division): Andy Durniat

Best lifter 40 - 44 age division: Al Myers

Best lifter 55 - 59 age division: Scott Schmidt

Best lifter 65 - 69 age division: Jim Malloy

Best lifter 75 - 79 age division: Dennis Mitchell

Best lifter 80 - 84 age division: Art Montini