

## 2009 USAWA NATIONAL CHAMPIONSHIPS

By Bill Clark (From "US All-Round Weightlifting Association Strength Journal", Vol. XX, No. 3, July 1, 2009. Columbia MO. Print.)

### Al Myers - The Best

Holland KS: Al Myers did something few do at the USAWA National Championships. He was both meet director and best lifter - best in the open weight class, best in the masters age division, best in the 40-44 age division, and best in the overall division. Normally, when a guy spends far too much time in making sure the championships run properly, he cuts his training time and suffers when he gets into competition.

Al ran an exceptionally good meet, and still won the meet rather handily over Mike McBride, a late entry who surprised even himself with a personal record in the Back Lift of 2,600 pounds.

Al, age 42, was lifting in the 115-kg class. He totaled 4,185 pounds and came up with 3,300.29 points, only 25 points better than McBride before age adjustment.

If Al had a downer during the day, it was his failure to break Steve Schmidt's Back Lift record of 3,050 pounds, which Steve set in January on Al's Back Lift rack. Al's 2,700 pound Back Lift was the meet's best, but failed to budge 2,850 pounds. The weekend had taken its toll.

There was another downer involving the weekend - the lack of lifters. A total of 13 made it to the platform and only six were from east of the Mississippi River.

We did have two new faces at the Nationals - and one of them was a first-time USAWA member and lifter - Dr. Charley Scott. You were introduced to Charley in the last Journal. His first competition in the Kansas City area dates back to the early 1950s. He's been around longer than Art Tarwater and Ol' Clark, but not as long as Art Montini.

It was good to see Tim Piper in our midst for his first Nationals. He's a strength coach at Western Illinois University and a major contributor to our organization - and one of the few people in the nation adept at doing the Piper Squat.

The next two pages carry the results of the competition and a summary of the meeting of the lifters. A great barbecue dinner, at no cost from the director and best lifter, followed. It is now a rule that future best lifters must host the awards banquet for free!!!

### MEET DETAILS:

2009 USAWA National Championships  
Dino Gym, Abilene KS  
June 20, 2009

Meet Director: Al Myers  
Officials: Bill Clark, Thom Van Vleck, and Mark Mitchell  
Scorekeeper: Scott Tully  
Loaders: Darren Barnhart, Ryan Batchman

Lifts (6): Snatch-One Arm, Cheat Curl, Clean & Jerk-Fulton bar, Pullover and Press, Deadlift-2 Bars, Back Lift

**MEET RESULTS:**

<b>Lifter</b>	<b>Age</b>	<b>Bwt-#</b>	<b>Snatch-1h</b>	<b>Ch. Curl</b>	<b>C&amp;J-F</b>	<b>PO&amp;Press</b>
Al Myers	42	253	145-right	205	355	320
Mike McBride	32	229	135-left	220	250	290
Chad Ullom	37	228	155-right	195	255	295
Joe Garcia	55	234	95-right	155	185	220
Randy Smith	54	194	100-right	180	180	205
Rudy Bletscher	73	218	55-right	100	100	120
Denny Habecker	66	192	70-right	120	150	195
Ben Edwards	34	215	115-right	145	185	250
Art Montini	81	175	35-left	80	75	120
Tim Piper	39	187	105-left	165	180	160
Charlie Scott	74	148	50-right	90	90	125
Dennis Mitchell	77	161	30-right	80	55	75
Dale Friesz	68	175	27.5-right	82.5	45	100

<b>Lifter cont.</b>	<b>DI-2bb</b>	<b>Back Lift</b>	<b>Total</b>	<b>WAP</b>	<b>AAP</b>
Al Myers	560	2700	4185	3300.29	3399.30
Mike McBride	450	2600	3945	3274.75	3274.75
Chad Ullom	540	2400	3840	3195.65	3195.65
Joe Garcia	330	2000	2985	2447.40	2838.99
Randy Smith	380	1500	2545	2312.13	2658.95
Rudy Bletscher	280	1500	2155	1836.50	2460.91
Denny Habecker	330	1200	2065	1885.76	2394.91
Ben Edwards	400	1500	2595	2229.62	2229.62
Art Montini	220	1000	1530	1478.44	2099.38
Tim Piper	350	1200	2160	2005.99	2005.99
Charlie Scott	220	700	1275	1370.37	1850.00
Dennis Mitchell	190	750	1180	1200.30	1656.41
Dale Friesz	240	800	1295	1248.51	1610.58

**Notes:**

All lifts: recorded in pounds

Bwt-#: bodyweight recorded in pounds

Total: total pounds lifted

WAP: bodyweight adjusted points

AAP: age adjusted points

**4th attempt for records:**

Chad Ullom: Pullover and Press - 311 lbs

Joe Garcia: Deadlift - 2 Bars - 350 lbs

Dennis Mitchell: Snatch - One Arm (left) - 30 lbs, Cheat Curl - 83.5 lbs, Deadlift - 2 Bars - 200 lbs

**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): Mike McBride

Best lifter 40-44 age division: Al Myers

Best lifter 50-54 age division: Randy Smith

Best lifter 55-59 age division: Joe Garcia

Best lifter 65-69 age division: Denny Habecker

Best lifter 70-74 age division: Rudy Bletscher

Best lifter 75-79 age division: Dennis Mitchell  
Best lifter 80-84 age division: Art Montini