**10th Annual USAWA Meet By Bill Clark (From “US All-Round Weightlifting Association Strength Journal”, Vol. VIII, No. 3, July 1, 2009. Columbia MO. Print.)**

Columbia, MO—Noi Phumchaona won the women’s title handily at the 10th annual USAWA championship here on June 14-15, but it was not an easy victory for Jim Malloy in winning the “Best Lifter” among men.

Malloy, a 110.0 kg champ in the 55-59 age group had the meet’s highest total of 3,515 pounds and finished on top of the eight lift event with 3,285.94 points on the corrected age and bodyweight basis. He edged fellow Cleveland lifter, Bob Hirsch, who had 3,113.35 points. Joe Garcia, who had the best neck and hand and thigh lifts in the meet, was close behind in third with 3,018.62 points. His total of 3,185pounds was second only to Malloy.

The closest battle for an award ever in the USAWA Nationals came in the 50-54 age group here. Joe Caron finished with 2,790.37 points to edge Denny habecker by less than a point. Denny had 2,789.69 points…a mere .68 of a point difference.

A total of only 22 lifters made it to the platform – the lowest ever in a USAWA title meet, and five of the 22 were from the host club – Clark’s Gym. Even with the small number, lifters came from Massachusetts (Dave Ellis and Frank Ciavattone) to California (Jack Lano).

A brief record session was held following the competition each day and the star of the day Sunday was Kerry Clark. Kerry had not entered the competition because a severe reaction to a medication had sent her to the hospital and her bodyweight had dropped almost overnight. She spent both days in the referee’s chair on one of the platforms and when the neck lift came up, the competitive juices began to flow. With no training in almost a year, she made 505 pounds in the 70.0 kg. class, a lift which was beaten only by Garcia’s 510. She tried 600, but without success.

Clark’s Gym came up with a trio of youngsters who have a good chance to make headlines in the USAWA for years to come. Emily Gordon, a 14 year old junior high soccer player, was in her third major competition in a little over a year and, at a bodyweight of 99.6 pounds, did a 350 pound hand and thigh and a 735 harness lift. She set 10 USAWA records during the weekend. Jonathan Anderson, Kerry’s 12 year old nephew, made a 200 pound neck lift in his first ever competition. Andy Bate, an 18 year old who loaded Saturday, decided to lift on Sunday as a record seeker only, and came away with four records in his initial effort. All the kids, plus a couple of others are considering the IAWA International Meet in October in Pennsylvania.



All lifts are in pounds. All one-handed deadlifts are right handed unless noted by an (L). the only records listed here are on fourth attempts. The one copy of the record list disappeared at the end of the meet and your editor has no reference list.

\* Fourth attempt for records are as follows:

Emily Gordon

Steinborn-80

Hand and thigh 350

Neck Lift 160

Jonathan Anderson

RH Deadlift 120

Neck Lift 200

Chris Waterman

Ciavattone 375

RH Deadlift 325

Press-Knees 150

Neck Lift 370

Bob Geib

Mil Press 145

Ciavattone 245

Steinborn 245

H&T 700

LH DL 170

Pull-push 165

Press-Knees 120

Karen Devine

Hand and thigh 500

Joe Caron

Ciavattone 375

Press-knees 145

Dale Friesz

Ciavattone-300

Pullover-push 190

Denny Habecker

Pull-push 265

Best Lifters

Men-Grand Champ-Jim Malloy

Women’s- Grand Champ- Noi Phumchaona

Men- Open- Bob Hirsch

 20-39 – John Carter

 40-44 – Bob Hirsch

 45-49 – None

 50-54 – Joe Caron

 55-59 – Jim Malloy

 60-64 – John Vernacchio

 65-69 – Dennis Mitchell

 70-74 – Howard Prechtel

 75-79 – Jack Lano

Junior Girls -Emily Gordon

Junior Boys- Jonathan Anderson