

2005 USAWA NATIONAL CHAMPIONSHIPS

By Bill Clark (From "US All-Round Weightlifting Association Strength Journal", Vol. XVI, No. 5, July 5, 2005. Columbia MO. Print.)

Mike McBride - No. One!!

Youngstown OH June 25-26: Mike McBride use a 630 pound Neck Lift to beat Al Myers for the best lifter award at the USAWA National Championships. This meet was held at the Jump Stretch gym, the home of the championship sponsor.

McBride was in second place behind Big Al and barely ahead of Randy Smith from Marquette Michigan. At the end of the first day's five events, Randy who has just turned 50-years-old, was in the best condition of his USAWA career and had some left in the tank after each lift.

By the time the field reached the Neck Lift - the last of the nine lifts forming the championship, McBride had fallen to third and Smith was within easy striking distance of Myers. When starting poundage were posted, it was obvious things would change. Smith, once again was capable of doing more than the 300 pounds on his third attempt. Myers opened with 400 pounds and made it with ease. However, he failed with 500, which was Mike's opener. Had Al done 500 pounds, Mike would need 555 pounds. With Al's failure, Mike went on to do a personal record of 630 pounds, besting Frank Ciavattone along the way.

It was an exciting battle for the top honors. Another close battle came in the Junior division. Ian Reel, a member of Myer's Dinosaur gym, upheld the honor of Kansas by slipping past Jump Stretch's Andrew Loudon, a first-time competitor who like Smith cut himself short in the Neck Lift that cost him the title. Both Randy and Andy will know better next time.

Ian nipped Andy in the total with 1,842 - 1,837 points. Andy had done 400 pounds on his third Neck Lift attempt and had already set an age division record. He misread the record list and thought he needed 475 pounds to set a new mark. Andy made the 475 pounds with ease and it was truly a national record by more than 100 pounds. Had Andy done the 475 pounds as a third attempt, Ian would have joined Al Myer's in second place. Live and learn.

Close battles and some outstanding efforts could not hide the fact that only 21 lifters were in the competition. We'll discuss that problem later in The Strength Journal.

McBride and Myers have hooked up several times in recent years at Clark's gym and their classic battle will continue at the Goerner Deadlift Dozen meet, the Zercher meet, the Deanna Springs meet, Al's Dino Gym challenge in January, and the USAWA Nationals next June. Nationals will be held in Salina KS with Al being the meet director.

Thanks to the Jump Stretch folks, Dick Hartzell, Carl LaRosa, and his staff and family for an excellent weekend. The wind-up dinner was outstanding. Clark enjoyed the checking as much as any I have ever eaten.

MEET DETAILS:

2005 USAWA National Championships
Jump Stretch Fitness Center, Youngstown OH
June 25 - 26, 2005

Meet Director: Dick Hartzell and Carl LaRosa

Lifts (9): Deadlift-Fulton bar, Bench Press-FIA, Cheat Curl, French Press, Two Hands Anyhow, Vertical Bar Deadlift-1 Bar-2"-One Hand, Hack Lift-One Arm, Clean & Seated Press, Neck Lift

MEET RESULTS:

Lifter: day 1	Age	Bwt-#	DL Fulton	BP	Cheat Curl	French Press	Anyhow 2 Hands
Mike McBride	28	116	300	305	220	100	135/65
Al Myers	38	257	560	375	200	125	120/70
Randy Smith	50	186	390	225	200	95	90/75
Jim Malloy	63	252	430	230	150	105	75/50
Frank Ciavattone Jr.	50	274	524	265	180	85	55/35
John McKean	59	169	370	185	120	75	60/50
Scott Schmidt	52	356	440	235	185	120	110/60
Ian Reel	18	218	440	239	165	65	95/60
Andrew Loudon	17	166	315	205	125	80	85/50
Art Montini	77	178	275	196	95	60	45/32
Carl LaRosa	35	238	355	280	195	105	75/75
Dennis Mitchell	73	157	200	110	105	44	47/25
Dave Olsavsky	46	269	440	200	170	115	65/45
Andy Komorny	71	190	300	125	100	50	50/30
Dale Friesz	64	154	235	85	80	39	34/21
Sean McKean	23	165	175	150	130	50	60/30
Denny Habecker	62	164	290	205	130	80	70/50
Frank Ciavattone III	11	108	125	55	55	29	20/08
John Vernacchio	68	179	170	149	85	—	—
Bob Gieb	62	249	340	—	100	—	—
Bill Crosier	69	231	300	205	120	45	45/35

Lifter: day 2	Wt. Cl. day 2	V-bar 2"-1h	Hack 1 arm	C&seated Press	Neck Lift	Total	Points
Mike McBride		174	27.5-left	170	630	2,574	2,193.56
Al Myers		199	325	230	400	2,604	2,037.63
Randy Smith		199	250	135	500	1,959	2,011.19
Jim Malloy		184	250	170	400	2,044	2,003.32
Frank Ciavattone Jr.	55 kg	209	350	75	600	2,379	2,000.59
John McKean		159	175	105	315	1,654	1,954.23
Scott Schmidt		224	235	200	325	2,135	1,887.66
Ian Reel	105 kg	184	235	175	450	2,099	1,842.43
Andrew Loudon		159-left	200	135	400	1,754	1,837.10
Art Montini		89	120-left	75	325	1,326	1,744.61
Carl LaRosa		169-left	225-left	165	365	2,009	1,633.72
Dennis Mitchell		114-left	140-left	62	325	1,175	1,624.63
Dave Olsavsky		179	195	155	400	1,964	1,607.84
Andy Komorny		139	150	75	225	1,244	1,510.55
Dale Friesz		104	205	328	305	1,142	1,489.03
Sean McKean	did not wt-in	99	165	115	350	1,424	1,437.24
Denny Habecker	90 kg	124	215	140	350	1,654	1,203.81
Frank Ciavattone III		59	55	34	163	603	1,091.85
John Vernacchio		89	175	75	280	884	1,086.42
Bob Gieb	120 kg	139-left	135-left	—	250	964	943.00
Bill Crosier	did not wt-in						

Notes:

All lifts: recorded in pounds

Left: Lift performed with left-hand.

Points: adjusted points

Bwt: bodyweight recorded in pounds. For records, day two lists only those in a different weight-class

Total: Total pounds lifted

Wt. Cl.: body weight class

4th attempt for record:

Dale Friesz: Deadlift – Fingers, Ring - 165 lbs

Dale Friesz: Deadlift – Fingers, Middle - 185 lbs

Dale Friesz: Deadlift – Fingers, Index - 135 lbs

Dale Friesz: Deadlift – Fingers, Little - 115 lbs

Dennis Mitchell: Deadlift – Fulton bar - 211 lbs

Dennis Mitchell: Bench Press – FIA - 117.5 lbs

Dennis Mitchell: Vertical Bar Deadlift – 1 Bar, 1", One Hand, right - 114 lbs

Dennis Mitchell: Hack Lift - One Arm, right - 140 lbs

Dennis Mitchell: Clean & Seated Press - 67.5 lbs

Dennis Mitchell: Neck Lift - 350 lbs

Andrew Loudon: Neck Lift - 475 lbs

Denny Habecker: Deadlift - Fulton bar - 300 lbs

Randy Smith: Vertical bar Deadlift - 1 bar, 2" One Hand, right - 199 lbs

Andy Komorny: Vertical bar Deadlift - 1 bar, 2" One Hand, right - 139 lbs

Andy Komorny: Deadlift - Fulton bar - 313 lbs

Carl LaRosa: Vertical bar Deadlift - 1 bar, 2" One Hand, right - 164 lbs

Dave Olsevsky: Deadlift - Fulton bar - 460 lbs

Dave Olsevsky: French Press - 125 lbs

Dave Olsevsky: Vertical bar Deadlift - 1 bar, 2" One Hand, left - 174 lbs

Best Lifter Awards:

Highest Total: Al Myers

Best lifter Overall: Mike McBride

Best lifter Overall Junior: Ian Reel

Best lifter Overall Master: Randy Smith

Best lifter Senior (20 - 39 age division): Mike McBride

Best lifter 40 - 44 age division: Dave Olsevsky

Best lifter 50 - 54 age division: Randy Smith

Best lifter 55 - 59 age division: John McKean

Best lifter 60 - 64 age division: Jim Malloy

Best lifter 65 - 69 age division: John Vernacchio

Best lifter 70 - 74 age division: Dennis Mitchell

Best lifter 75 - 79 age division: Art Montini