

2006 USAWA NATIONAL CHAMPIONSHIPS

By Bill Clark (From "US All-Round Weightlifting Association Strength Journal", Vol. XVII, No. 3, July 5, 2006. Columbia MO. Print.)

OllennuKing and Myers - Best in USAWA

SALINA, KS, June 17: Al Myers did what few have been able to do in the past - direct a National Championship and then win the best lifter award. Normally, the guy with all the administrative problems performs sub-par. Not so here!

Al put together an outstanding championship meet in a great venue - the Holiday Inn Select - and topped it off with a buffet fit for the biggest hogs around.

Al won the meet with a 2,800-pound Harness Lift following a 600-pound Deadlift. He needed every pound to beat his 19-year-old gym mate, Ian Reel. Ian also logged a 2,800-pound Harness Lift and left little doubt that he's a contender for USAWA championships for many years to come.

Amorkor OllennuKing was on hand, easily winning the women's title and finishing seventh overall - regardless of gender, body weight, or age ... a magnificent performance.

There was one problem with the weekend - Al gave a great party and almost no one came. The smallest field ever totaled 20 lifters. Exactly four were from east of the Mississippi River:

- 1) Tim Piper who was from about 30 miles east of the Mississippi from Macomb IL,
- 2) Randy Smith who rode his motorcycle all the way to Salina KS from the Upper Peninsula of Michigan,
- 3) Dennis and Flossie Mitchell who drove in from Cleveland OH, and
- 4) Denny and Judy who drove from Lebanon in eastern Pennsylvania PA.

Al took a brutal financial beating because he was looking for up to 50 lifters. Not only did the USAWA lifters let him down but many of his friends in the Highland Games and the Strongman crowd who promised to make the meet a roaring success were nowhere to be found.

USAWA has a standing policy that anyone who loses money due to lack of support will be compensated for the loss. That's what our treasury is all about. Al refused to accept the USAWA check. We'll figure out some way to get his expenses covered - maybe we'll buy his wife a new car.

It is surely time for the USAWA membership to look inwardly and see where this organization wants to go in the future. Twenty lifters in a national championship is an absolute insult to Al Myers - and to anyone else who dares to take on USAWA events in the future.

Back to the positive. We had our first 90-year-old lifter in a national title meet. Al's 90-year-old grandfather, Clyde was on hand all day and did five of the six lifts, choosing to by-pass the Harness Lift.

MEET DETAILS:

2006 USAWA National Championships
Dino Gym, Salina KS
June 17, 2006

Meet Director: Al Myers

Officials/Loaders/admin/concessions: Eric Todd, Thom Van Vleck, Scott Tully,
Bob Burtzloff, Mary McConnaughey, Bill Cookson, Mrs. Darren Barnhart

Lifts (6): Snatch - One Arm, Clean & Press - Heels Together, Bench Press - Feet in the Air, Steinborn Lift, Deadlift - 12" base, Harness Lift

MEET RESULTS:

Women's division	Age	Bwt-kg	Snatch-1h	C&P-heels	BP-FIA
Amorkor OllennuKing, MO	43	76.2	70	125	185
Stephanie Beemer, KS	19	62.5	45	60	65

Men's division	Age	Bwt-kg	Snatch-1h	C&P-heels	BP-FIA
Al Myers	39	110.9	155	230	375
Ian Reel	19	108.0	135	185	250
Bret Carter	24	105.0	140	225	315
Joe Garcia	52	108.3	95	155	205
Dan Wagman	35	83.4	135	200	360
Layne Burnett	46	88.2	95	155	185
Daniel Mather	24	77.7	100	165	240
Tim Pinkerton	27	82.1	125	165	—
Randy Smith	51	87.3	105-left	150	215
Darren Barnhart	38	125.8	110	185	295
Kurt Pohlmann	28	82.4	115	175	250
Dennis Mitchell	74	74.0	42.5-left	70	100
Denny Habecker	63	86.4	70	150	195
John Becklum	15	109.9	65	130	185
Tim Piper	30	85.5	110	145	220
Rudy Bletscher	70	99.1	65	100	100
Kent Longbine	16	87.2	70	135	160
Clyde Myers	90	76.9	15	15	15

Women's cont.	Steinborn	DL-12"	Harness	Total	Adj pts.
Amorkor OllennuKing	200	275	1705	2570	2646.6
Stephanie Beemer	100	175	800	1245	1634.7

Men's cont.	Steinborn	DL-12"	Harness	Total	Adj pts.
Al Myers	360	600	2800	4520	3627.8
Ian Reel	330	500	2800	4200	3417.1
Bret Carter	300	500	2500	3980	3353.9
Joe Garcia	235	335	2500	3565	3274.3
Dan Wagman	340	500	1800	3335	3127.3
Layne Burnett	205	350	1750	2740	2666.8
Daniel Mather	205	435	1550	2695	2636.8
Tim Pinkerton	285	380	1800	2755	2607.6
Randy Smith	250	405	1700	2625	2604.2
Darren Barnhart	300	500	2000	3390	2555.0
Kurt Pohlmann	275	335	1500	2650	2502.7
Dennis Mitchell	110	260	1100	1712.5	2331.3
Denny Habecker	—	300	1200	2020	2301.2
John Becklum	190	345	1000	2140	2032.8
Tim Piper	195	355	1000	2050	1894.8
Rudy Bletcher	140	250	1000	1655	1845.0
Kent Longbine	185	—	—	550	605.0
Clyde Myers	15	100	—	160	237.9

Notes:

All lifts: recorded in pounds

Total: Total pounds lifted

Left: lift done with left hand otherwise done with right hand

4th attempt for record:

Amorkor OllennuKing: Snatch - One Arm - 80 lbs
Tim Piper: Snatch - One Arm - 115 lbs
Denny Habecker: C&P - Heels Together - 155 lbs
John Becklun: Steinborn Lift - 205 lbs
Dennis Mitchell: Harness Lift - 1120 lbs
John Becklun: Harness Lift - 1200 lbs
Denny Habecker: Harness Lift - 1300 lbs
Daniel Mather: Deadlift 12" base - 460 lbs
Bret Carter: Deadlift 12" base - 530 lbs

Best Lifter Awards:**Women**

Best lifter Overall: Amorkor OllennuKing
Best lifter Junior: Stephanie Beemer
Best lifter Master: Amorkor OllennuKing

Men

Highest Total: Al Myers
Best lifter Overall: Al Myers
Best lifter Junior: Ian Reel
Best lifter Master: Joe Garcia
Best lifter Senior (20 - 39 age division): Al Myers
Best lifter 45 - 49 age division: Layne Burnett
Best lifter 50 - 54 age division: Joe Garcia
Best lifter 60 - 64 age division: Denny Habecker
Best lifter 70 - 74 age division: Dennis Mitchell
Best lifter 90 - 94 age division: Clyde Myers