

1997 USAWA NATIONAL CHAMPIONSHIPS

By Bill Clark (From "US All-Round Weightlifting Association Strength Journal", Vol. VIII, No. 3, June 17, 1997. Columbia MO. Print.)

10TH ANNUAL USAWA MEET

Columbia, MO – Noi Phumchaona won the women's title handily at the 10th Annual USAWA Championships here on June 14-15, but it was not an easy victory for Jim Malloy in winning the "Best Lifter" among the men.

Malloy, a 110-kg champ in the 55-59 age division, had the meet's highest total of 3,515-pounds and finished on top of the eight-lift event with 3,285 points that adjusts for age and bodyweight.

He edged fellow Cleveland lifter, Bob Hirsh, who had 3,113 points. Joe Garcia, who had the best Neck Lift and Hand And Thigh Lift in the meet, was close behind in third with 3,018 points. His total of 3,485-pounds was second only to Malloy.

The closest battle for an award ever in the USAWA Nationals came in the 50-54 age division. 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 on Sunday was Kerry Clark. Kerry had not entered the competition because a severe reaction to medication that 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 kg weight class, a lift which was beaten only by Garcia's 510-pound lift. 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 school 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 Lift 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 and set eight records in his first-ever competition. Andy Bate, an 18-year-old who loaded on 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.

MEET DETAILS:

1997 USAWA National Championships

June 14-15, 1997

Clark's Gym, Columbia MO

Meet Director: Bill Clark and Joe Garcia

Head Officials: Kerry Clark, Casey Clark

Loaders: John Carter, Andy Bate, Charles Wade, Dan Thompson, Tyler Lasley, Judy Habecker

Emcee: Bill Clark

Equipment Hauler: John Carter

Sales: Dolores Clark

Lifts (8): Clean and Press-Heels Together, Deadlift-Ciavattone Grip, Steinborn Lift, Hand and Thigh Lift, Deadlift-One Arm, Pullover and Push, Clean and Press-On Knees, Neck Lift

MEET RESULTS:

Women: day 1	State	Age	Bwt kg - Wt.Cl	C&P heels	DL Ciav.	Steinborn Lift	Hand & Thigh Lift
Noi Phumchaona	OH	53	53.2k - 55k	65	165	140	500
Karen Devine	PA	43	58.7k - 60k	65	155	110	450
Emily Gordon	MO	14	45.2k - 50k	50	155	75	335
Women: day 2	DL 1hand		Pullover & push	Press on knees	Neck lift	Total	Age Adj points
Noi Phumchaona	130		80	55	—	1135	1649
Karen Devine	110		80	55	150	1175	1443
Emily Gordon+	80		55	50	145	945	1387
Men: day 1	State	Age	Bwt kg - Wt Cl	C&P heels	DL Ciav.	Steinborn Lift	Hand & Thigh Lift
Jim Malloy	OH	55	110.0k - 110k	210	400	350	1300
Bob Hirsch	OH	42	78.7k - 80k	220	460	330	1075
Joe Garcia	MO	43	103.9k - 105k	165	350	245	1565
Chris Waterman	OH	43	70.7k - 75k	165	355	280	850
Joe Caron	KS	52	88.5k - 90k	170	315	165	1050
Denny Habecker	PA	54	81.4k - 85k	175	320	240	850
Dale Friesz	VA	56	78.0k - 80k	85	282	195	835
John Vernacchio	PA	60	97.6k - 100k	165	335	120	950
John Carter	MO	39	100.8k - 105k	160	355	315	1300
Howard Prechtel	OH	72	94.0k - 95k	135	265	160	750
Dave Ellis	MA	36	83.3k - 85k	130	365	210	900
Al Springs	MO	54	92.4k - 95k	125	320	200	800
Dennis Mitchell	OH	64	74.5k - 75k	107	225	150	550
Dave DeForest	MO	38	79.8k - 80k	145	340	250	755
Frank Ciavattone	MA	42	123.4k - 125k	175	450	45	1000
Joe McCoy	TX	54	145.1k - 150k	175	400	275	700
Jack Lano	CA	75	105.2k - 110k	145	300	125	500
Bob Geib	OH	54	117.8k - 120k	135	225	180	600
Jonathan Anderson	MO	12	63.4k - 65k	55	165	80	280
Men: day 2	DL 1hand		Pullover & push	Press on knees	Neck lift	Total pounds	Age Adj points
Jim Malloy	355-L		270	175	455	3515	3285.94
Bob Hirsch	400-L		280	—	350	3115	3091.02
Joe Garcia	275		225	150	510	3485	3008.62
Chris Waterman	305		260	145	340	2700	2915.55
Joe Caron	250		180	140	455	2725	2790.37
Denny Habecker	300		250	115	300	2550	2787.69
Dale Friesz	305-L		180	85	455	2422.5	2766.58
John Vernacchio	245-L		265	100	325	2505	2601.55
John Carter	350		—	135	400	3015	2543.45
Howard Prechtel	255		170	110	300	2145	2499.38
Dave Ellis	355		180	135	325	2600	2441.66
Al Springs	170		200	100	400	2315	2354.50
Dennis Mitchell	225-L		145	80	275	1757	2223.75
Dave DeForest	250		—	145	275	2260	2175.70
Frank Ciavattone	510		350	170	—	2700	2115.78
Joe McCoy	265		220	125	265	2425	1974.71
Jack Lano	175		—	65	200	1510	1693.61
Bob Geib	150		155	115	200	1760	1575.68
Jonathan Anderson+	105		70	55	150	960	1072.70

Best Lifter Awards:

Highest total:
 Best lifter Overall:
 Best lifter Junior:
 Best lifter Master:
 Best lifter Senior (20-39 age div.):
 Best lifter 40 - 44 age division:
 Best lifter 50 - 54 age division:
 Best lifter 55 - 59 age division:
 Best lifter 60 - 64 age division:
 Best lifter 65 - 69 age division:
 Best lifter 70 - 74 age division:
 Best lifter 75 - 79 age division:

Men

Jim Malloy
 Jim Malloy
 Jonathan Anderson
 Jim Malloy
 John Carter
 Bob Hirsch
 Joe Caron
 Jim Malloy
 John Vernacchio
 Dennis Mitchell
 Howard Prechtel
 Jack Lano

Women

Noi Phumchaona
 Noi Phumchaona
 Emily Gordon
 Noi Phumchaona

 Karen Devine
 Noi Phumchaona

Women: Top Three Placings

1. Noi Phumchaona, OH
2. Karen Devine, PA
3. Emily Gordon, MO

Men: Top Ten Placings

1. Jim Malloy, OH
2. Bob Hirsh, OH
3. Joe Garcia, MO
4. Chris Waterman, OH
5. Joe Caron, KS
6. Denny Habecker, PA
7. Dale Friesz, Virginia
8. John Vernacchio, PA
9. John Carter, MO
10. Howard Prechtel, OH

Notes:

All lifts: recorded in pounds

L: Left hand was used. All one-handed lifts are right handed unless noted by an (L).

+Lifters 19 years of age and younger did not receive age adjustments.

4th ATTEMPT for RECORD: The records listed here are on fourth attempts. The one copy of the record list disappeared at the end of the meet leaving the editor with no reference list.

Women 4th attempt**Karen Devine**

Hand and Thigh Lift - 500 lbs

Men 4th attempt**Jonathan Anderson**

Deadlift-One Arm, right - 120 lbs

Neck Lift - 200 lbs

Joe Caron

Clean and Press-On Knees - 145 lbs

Deadlift-Ciavattone Grip - 375 lbs

Dale Friesz

Deadlift-Ciavattone Grip - 300 lbs

Pullover and Push - 190 lbs

Denny Habecker

Pullover and Push - 265 lbs

Women cont.**Emily Gordon:**

Hand and Thigh Lift - 350 lbs

Neck Lift - 160 lbs

Steinborn Lift - 80 lbs

Men cont.**Bob Geib**

Clean and Press-Heels Together - 145 lbs

Clean and Press-On Knees - 120 lbs

Deadlift-Ciavattone Grip - 245 lbs

Deadlift-One Arm, left - 170 lbs

Hand and Thigh Lift - 700 lbs

Pullover and Push - 165 lbs

Steinborn Lift - 245 lbs

Howard Prechtel

Deadlift-Ciavattone Grip - 320 lbs

Chris Waterman

Clean and Press-On Knees - 150 lbs

Deadlift-Ciavattone Grip - 375 lbs

Deadlift-One Arm, right - 325 lbs

Neck Lift - 370 lbs