

1998 USAWA NATIONAL CHAMPIONSHIPS

By Bill Clark (From "US All-Round Weightlifting Association Strength Journal", Vol. IX, No. 5, August 10, 1998. Columbia MO. Print.)

Noi Phumchaona & Joe Ciavattone Top USAWA

MANSFIELD MA, JULY 25-26, 1998 — Joe Ciavattone out-dueled fast improving John Monk to take the men's best lifter award. Noi Phumchaona took the women's best lifter honors with a narrow win over Cara Collins (formerly Ciavattone).

One of the smallest fields in USAWA national championship history - 27 lifters were on hand and as usual, more than half the field were master lifters 40 plus years. The meet was held in an excellent facility, the Mansfield Holiday Inn under the veteran direction of Hall of Fame inductee Frank Ciavattone but for the fourth year in a row, the national field was small.

Joe Ciavattone used a 332.5k (731 lbs.) Neck Lift to make a meet-high total of 1142.5k at a body weight of 105.6k. Monk, who weighed 64.9k was steady all weekend and totaled 810.0k. On the Lynch Formula, Joe nudged Monk from 1,201.9 to 1149.2. Third spot on the adjusted point basis went to Frank Ciavattone with 1,201.9.

Noi, who was unchallenged for the masters's crown lifted in the 55k weight class. She totaled 248.5k for a 423.7 point total adjusted for both weight and age. Cara, the heavier and younger lifter made a 370.0k total but fell just short with 408.6 points.

Two injuries marred the meet. Bob Hirsh of Cleveland, who suffered a damaged shoulder in the 1997 USAWA championships ripped a bicep on the same arm this time. Barry Pensyl of Pennsylvania was sidelined with a severe shoulder dislocation. Both will be on the shelf for some time.

SOME NOTES FROM FRANK CIAVATTONE:

"High praise for the guys who loaded...best job I've ever had. Four great guys – Mike Enright, Chris Sullivan, Nick Lacivita, and Jim Paluso had not one complaint. The platform was built by Walt Lacivita and his crew... the banquet was a real Italian, all-you-can-eat feast."

FRANK CIAVATTONE SR. AWARD

Each year, the Ciavattone Family presents the Ciavattone Award to a person in the USAWA who shows the strength and courage exhibited by Frank in his battle against many physical problems without ever losing his youthful enthusiasm for life.

The 1998 award was presented to Denny Habecker of Lebanon, PA, a lifter who always has time for the sport, his family, and for his community. The award was presented by Cara (Ciavattone) Collins, Frank Sr's daughter.

MEET RESULTS

1998 USAWA National Championships
Mansfield Holiday Inn
Mansfield MA
July 25-26, 1998

Meet Director: Frank Ciavattone

Loaders: Mike Enright, Chris Sullivan, Nick Lacivita, Jim Paluso

Lifts (8): Clean and Jerk - One Arm, Pullover and Press, Deadlift - Ciavattone Grip, Curl-Cheat, Clean and Press - on Knees, Continental Snatch, Bench Press Feet in Air, Neck Lift

MEET RESULTS:

WOMEN'S DIVISION:	Age Div.	Bwt	Wt.CI.	C&J 1 arm	PO& Press	DL Ciav.	Curl Cheat
Noi Phumchaona	55	54.2k	55k	23.0	32.5	75.5	30.0
Cara Collins	open	94.0k	95k	22.5	35.0	95.0	30.0
Domenique Ciavattone	13	38.0k	40k	7.3	12.5	30.0	12.5

women: cont.	C&Press on knees	Cont. Snatch	BP FIA	Neck lift	Sinclair formula	Total lifted	Adj. points
Noi Phumchaona	25.0	32.5	30.0	—	1.7049	248.5	423.7
Cara Collins	32.5	35.0	30.0	90.0	1.1043	370.0	408.6
Domenique Ciavattone	12.5	10.0	20.0	35.0	2.5100	139.8	350.9

MEN'S DIVISION:	Age Div.	Bwt	Wt.CI.	C&J 1 arm	PO& Press	DL Ciav.	Curl Cheat
Joe Ciavattone Sr.	open	105.6k	110k	60.0	137.5	200.0	92.5
John Monk	open	64.9k	65k	40.0	112.5	122.5	72.5
Frank Ciavattone	40	127.0k	125k+	65.0	140.0	200.0	96.0
Bill Spayd	open	102.0k	105k	55.0	107.5	182.5	97.5
Joe Garcia	open	93.6k	95k	40.0	100.0	165.0	70.0
Jeff Ciavattone	18	93.8k	95k	45.0	85.0	185.0	70.0
John McKean	50	71.4k	75k	32.5	80.0	137.5	57.5
Denny Habecker	55	84.00	85k	45.0	105.0	155.0	67.5
Tim Kennedy	18	74.6k	75k	42.5	80.0	160.0	57.5
Ralph Cirafesi	open	110.1k	115k	37.5L	92.5	137.5	72.5
Sean McKean	16	66.0k	70k	35.0	67.5	120.0	52.5
Dale Friesz	55	72.4k	75k	30.0L	57.5	120.0	50.0
Mike Murphy	open	85.0k	85k	40.0	70.0	160.0	50.0
Art Montini	70	82.1k	85k	35.0	70.0	132.0	55.0
John Vernacchio	60	88.0k	90k	27.5L	92.5	140.0	65.0
Larry Blockston	50	87.5k	90k	40.0	80.0	150.0	60.0
Howard Prechtel	70	95.9k	100k	35.0	75.0	130.0	55.0
Dennis Mitchell	65	74.2k	75k	22.5L	55.0	110.0	50.0
Rex Monahan	70	87.8k	90k	32.5	55.0	142.5	55.0
Mike O'Brien	16	53.6k	55k	15.0	35.0	77.5	35.0
Barry Pensyl	50	63.6k	65k	45.0	—	120.0	70.0
Bob Cox	70	81.4k	85k	22.5	—	125.0	57.5
Bob Hirsh	40	77.4k	80k	55.0L	—	—	—
Dave Ellis	open	86.4k	90k	30.0	—	—	—

Men: cont.	C&Press on knees	Cont. Snatch	BP FIA	Neck lift	Sinclair formula	Total lifted	Adj. points
Joe Ciavattone Sr.	85.0	95.0	140.0	332.5	1.0520	1142.5	1201.9
John Monk	70.0	60.0	112.5	220.0	1.4188	810.0	1149.2
Frank Ciavattone	80.0	87.5	147.5	272.0	1.0081	1088.0	1096.8
Bill Spayd	82.5	92.5	137.5	182.5	1.0665	937.5	999.8
Joe Garcia	67.5	60.0	110.0	282.5	1.1043	895.0	988.4
Jeff Ciavattone	67.5	70.0	82.5	230.0	1.1043	835.0	922.1
John McKean	50.0	55.0	80.0	182.0	1.3178	675.0	889.5

Denny Habecker	52.5	72.5	105.0	150.0	1.1729	752.5	882.6
Tim Kennedy	55.0	52.5	82.5	142.5	1.2642	672.5	850.2
Ralph Cirafesi	62.5	55.0	107.5	215.0	1.0397	780.0	811.0
Sean McKean	45.0	55.0	60.0	137.5	1.3999	572.5	801.4
Dale Friesz	35.0	37.5	52.5	230.0	1.3035	612.5	798.4
Mike Murphy	57.5	65.0	70.0	160.0	1.1647	672.5	783.3
Art Montini	52.5	55.0	75.0	182.5	1.1903	657.5	782.6
John Vernacchio	50.0	45.0	95.0	137.5	1.1421	652.5	745.2
Larry Blockston	60.0	57.5	110.0	92.5	1.1421	650.0	742.4
Howard Prechtel	50.0	55.0	80.0	185.0	1.0937	665.0	727.3
Dennis Mitchell	38.5	37.5	58.5	125.5	1.2767	497.5	635.2
Rex Monahan	40.0	50.0	60.0	100.0	1.1421	535.0	611.0
Mike O'Brien	30.0	22.5	35.0	70.0	1.7049	320.0	545.6
Barry Pensyl	55.0	77.5	—	—	1.4188	367.5	521.4
Bob Cox	—	45.0	67.5	100.0	1.1995	417.5	500.8
Bob Hirsh	—	—	—	217.5	1.2408	272.5	338.1
Dave Ellis	—	—	—	—	1.1568	30.0	34.7

Best Lifter Awards:

Highest total:

Best lifter Overall:

Best lifter Junior (up to age 20):

Best lifter Master (40+ age div.):

Best lifter Senior (20-39 age div.):

Men

Joe Ciavattone Sr.

Joe Ciavattone Sr.

Jeff Ciavattone

Frank Ciavattone

Joe Ciavattone Sr.

Women

Cara Collins

Noi Phumchaona

Domenique Ciavattone

Noi Phumchaona

Cara Collins

Frank Ciavattone Sr. Award: Denny Habecker

Age Group winners:

Best lifter 13 and Under

Best lifter 18 - 19 age division:

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:

Men

Jeff Ciavattone

Frank Ciavattone

John McKean

Denny Habecker

John Vernacchio

Dennis Mitchell

Art Montini

Women

Domenique Ciavattone

Noi Phumchaona

Weight Class winners:

Best lifter 40 kg weight class:

Best lifter 55 kg weight class:

Best lifter 65 kg weight class:

Best lifter 70 kg weight class:

Best lifter 75 kg weight class:

Best lifter 80 kg weight class:

Best lifter 85 kg weight class:

Best lifter 90 kg weight class:

Best lifter 95 kg weight class:

Best lifter 100 kg weight class:

Best lifter 105 kg weight class:

Best lifter 110 kg weight class:

Best lifter 115 kg weight class:

Best lifter 125+ kg weight class:

Men

Mike O'Brien

John Monk

Sean McKean

John McKean

Bob Hirsh

Denny Habecker

John Vernacchio

Joe Garcia

Howard Prechtel

Bill Spayd

Joe Ciavattone Sr.

Ralph Cirafesi

Frank Ciavattone

Women

Domenique Ciavattone

Noi Phumchaona

Cara Collins

4th attempt for record:

Cara Collins: Clean & Jerk - RH: 25.0k

Rex Monahan: Neck Lift: 120.0k

John McKean: Clean & Jerk - RH: 42.5k

Denny Habecker

PO & Press: 107.5k

Curl - cheat: 70.0k

Bill Spayd

Curl - cheat: 105.5k

Bench Press - FIA: 145.0k

Mike O'Brien

PO & Press: 37.5k

DL - Ciavattone grip: 85.0k

Tim Kennedy

Curl - cheat: 62.5k

Neck Lift: 152.5k

John Vernacchio

PO & Press: 100.0k

Curl - cheat: 70.5k

Dennis Mitchell

Clean & Jerk - RH: 22.5k

Clean & Press - on Knees: 40.0k

Domenique Ciavattone

DL - Ciavattone grip: 35k

Clean & Press - on Knees: 17.5k

Continental Snatch: 12.5k

Sean McKean

Clean & Press - on Knees: 52.5k

Continental Snatch: 60.0k

Neck Lift: 150.0k

Ralph Cirafesi

PO & Press: 100.0k

Bench Press - FIA: 110.0k

Neck Lift: 232.5k

John Monk

PO & Press: 115.0k

DL - Ciavattone grip: 127.5k

Curl - cheat: 75.0k

Neck Lift: 232.5k

Notes:

All lifts: recorded in Kilograms (2.2046k = 1 pound)

L: left hand was used

Wt. Cl.: body weight class