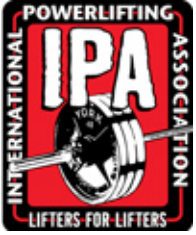


## 2011 IPA NATIONAL POWERLIFTING AND BENCH PRESS CHAMPIONSHIPS



York Barbell Company, York, Pennsylvania November 19-20, 2011. It's only fitting that the IPA Nationals be held at York Barbell Company where the very first National powerlifting meet was held in 1964. York Barbell

is still a strong supporter of all the strength sports and we are proud to bring IPA lifters to its hallowed halls. Lifters from across the country



***The big man, Andrew Vale pulled off a 1000 lb. squat with authority.***

joined the IPA and Chaillet's Private Fitness at York Barbell Company in York Pennsylvania for a weekend energized by dreams of breaking IPA records, and maybe an All-Time Record too.

The quality of the venue is second to none. York Barbell sponsors its custom-built gym and adjoining auditorium for the annual IPA Nationals in November and IPA Strength Spectacular in June. The Company also agreed to sponsor their facility for two additional IPA events in 2012; the IPA Pennsylvania States March 3rd, and the 2nd Annual IPA Raw Nationals August 18th. Many thanks are extended to York Barbell



***York Barbell founder, Bob Hoffman, stands in statue welcoming all athletes and guests to the Hall of Fame and Museum.***

from the IPA and all the lifters who love to lift there.

The IPA Nationals is open to both equipped and Raw lifters who can choose to lift as Professionals (no drug testing), Amateurs (random drug testing) or Elite Amateurs (lifters who achieved a Pro total and are 100% drug tested). The subdivisions are broken down as follows: men and women teens (age groups 14-15, 16-17, 18-19), and men's and women's junior, open, submaster, and master (40-44, 45-49, 50-54 and on in five year increments to 80+ years). The IPA strives to create a level playing field for all lifters through the multi-divisional aspect of its structure. IPA records are kept in all divisions and subdivisions.

### FULL POWER

Clearly the mood was electric all weekend with some fantastic lifting on both days. One of the bright stars of the entire meet was Dan



***Dan Kovacs' breathtaking 805 lb. pull rounded out his 2202.5 lb. total breaking the existing Raw Professional Men's Open All-Time Record of 2171.6 lbs. in the 308 lb. weight class.***



Kovacs. Dan arrived ready to break All-Time Record holder, Konstantin Konstantinovs' 308 lb. raw total record of 2171.6 lbs. set March 7, 2010. Dan looks like some kind of Viking super-

***Emotions ran high for Dan, his coach, and among the cheering crowd watching All-Time Record history being re-written.***





hero ready to eat the weights. This was Dan's first meet since he tore his biceps successfully pulling 825 lbs. at the 2010 IPA Strength Spectacular and World Powerlifting Championships in June that year where he lifted unequipped as well. Dan was none the worse for the wear not missing one attempt going 11 for 9 with two IPA record breaking fourth attempts. Dan's IPA record-breaking 760 lb. record squat and 637.5 lb. bench press cleared the path to break the All-Time 308 lb. raw record with a 780 lb. second attempt dead lift and a 2177.5 lb. total. Dan left the new 2177.5 lb. total behind pulling a third attempt of 805 lbs. smashing the new record by an extra 25 lbs. for a 2202.5 lb. All-Time Record raw total. Dan lifts were done without a squat suit, knee wraps or a bench press shirt.

The lifting started on Saturday with the women, teens and all men's weight divisions through 198 lbs. At just 16 years and 187 lbs., Griffen Yeager nearly missed breaking a 2 couple IPA records with a 425 lb. squat and 500 lb. pull. Griffen finished his day with a very respectable 1200 lb. total winning the Amateur Men's Teen Best Lifter Award. Elaine Grimwood's had a memorable performance on Saturday. The pint-sized powerhouse came in weighing only 104



*At all of 104 lbs. of bodyweight, Elaine crushed the IPA Professional Women's Open dead lift record with a 360 lb. pull. But, Elaine did it the hard way. She missed 350 lbs. on her second attempt, and followed it up successfully on her third attempt. With more gas in the tank she pulled a long, arduous 360 lbs. on her fourth attempt.*

lbs. toting new gear that very apparently works for her. At 3.6 times her bodyweight, Elaine leveraged up a huge 375 lb. squat, missing the IPA record by only 10 lbs. A 200 lb. bench rounded out lift number 2, leaving plenty of power for some spectacular dead lifting. Elaine opened her dead with 330 lbs., took 350 lbs. for an unsuccessful 2nd attempt, and came back for a second try at 350 – and got it! In the IPA fourth attempts can be taken to break IPA records, so Elaine gave 360 lbs. a long . . . hard . . . awesome pull breaking the IPA record dead of 345 lbs. Elaine rightfully won the Professional



***At 211.9 lbs. James Howell took an 802.5 lb. squat for a ride twice earning three white lights on his second try breaking the 220 lb. Professional Men's Master (45-49) division IPA record.***

Woman's Best Lifter Award.

In our men's divisions Raw Amateur lifter, Nu Akalegbere, weighed in at 161.7 lbs., age 20 and knocked some IPA records out of the park with a 480 lb. squat, giving 515 lbs. an unsuccessful ride two times. Nu benched 375 lbs., and finished with a fourth attempt dead lift of 517.5 lbs. Great lifting, Nu. Also competing as a Raw Amateur lifter was Casey Williams who just missed breaking the records in all three lifts. Casey squatted 600 lbs., missing 640 lbs., benched a record 435 lbs., finishing with a record 660 lb. pull. Casey took 700 lbs. for the dead lift record, but missed. Casey's strong numbers earned him the Raw Amateur Men's

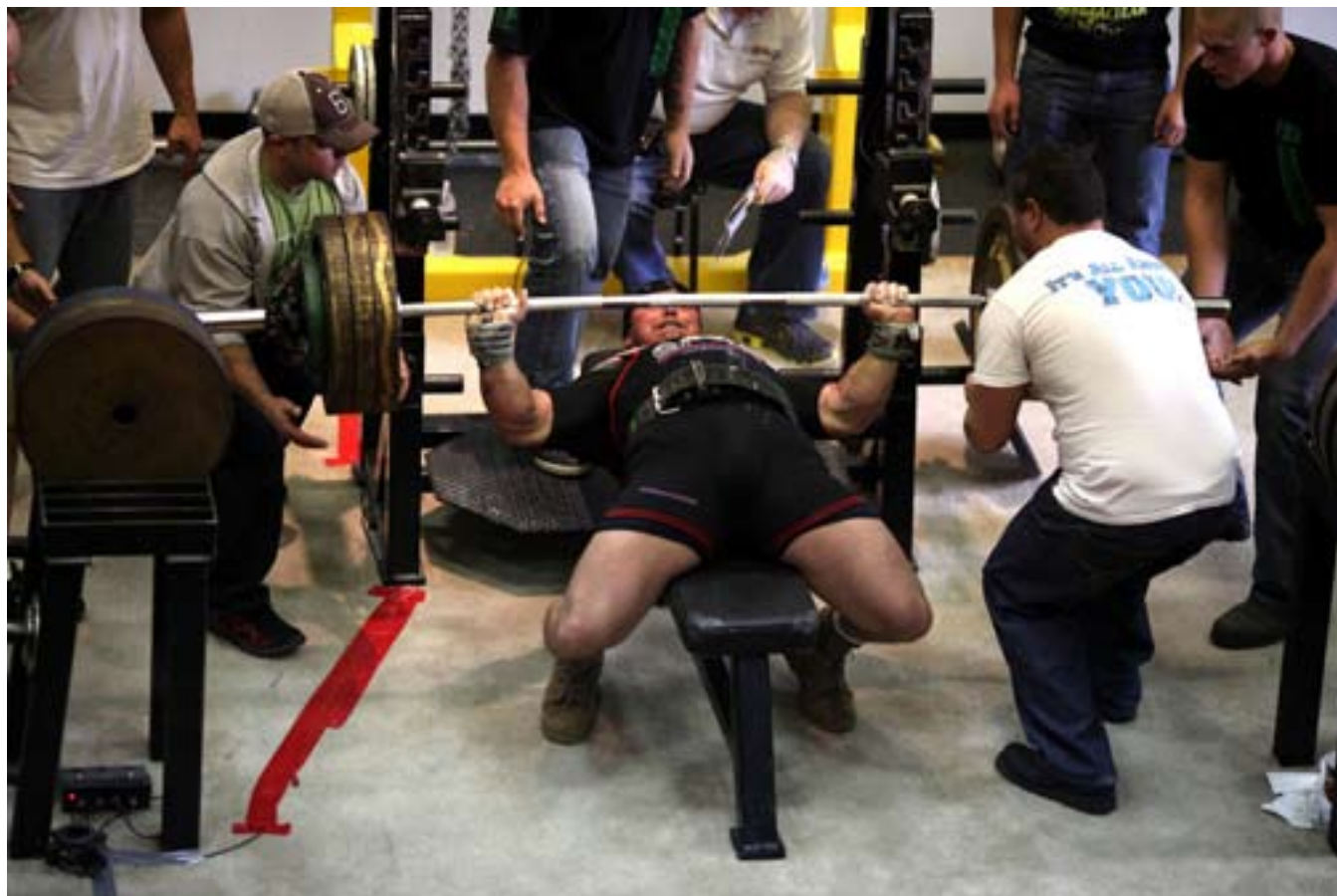
***Italo Bonacci stood with a grin of accomplishment having earned three white lights for an IPA record-breaking 358 lb. dead lift.***

Open Best Lifter Award.

As impressive a lifter as they come, Dustin Cyr made the trip down from Maine to lift in the Men's Professional Open division. At just 163 lbs. body weight, Dustin opened with a huge 725 lb. squat, 4.5 times his bodyweight. But Dustin didn't stop there. After his second successful attempt at 785 lbs. he had enough gas left in the tank to take 805 lbs. for a ride. He was unsuccessful this time, but we will no doubt see this number from him in the future. An opening bench of 515 lbs. was as heavy as Dustin managed, as two 540 lb. attempts were red-lighted. Dustin rounded out his day with a 600 lb. pull for a 1900 lb. total and the Pro Men's Open Best Lifter Award.

At 62 years, lifting legend Jim Cash is still breaking records. Jim struggled for several hours trying to make weight admitting that it wasn't quite as easy to cut to 198 lbs. Jim finally made the mark at 198.2 lbs. and proceeded to pull 555 lbs. breaking the professional men's master dead lift record by 15 lbs. Jim finished with an IPA record tying 1330 lb. total and the Professional Men's Master Best Lifter Award.





***Doug Smithey never disappoints with a show-stopping 765 lb. bench in the 275 lb. class winning him the Professional Men's Open Best Lifter award in the Bench Press Division.***

We were happy to have Jim Howell back on the IPA platform. It's been a couple of years since he joined us in York, and his comeback was incredible taking an IPA record breaking 802.5 lb. squat attempt out twice. Jim missed his third attempt, and came back like a champ with a fourth attempt successfully grinding up a huge 802.5 lb. squat at a bodyweight of 211.9 lbs. breaking the Professional Men's Master (45-49) squat record. Jim will be running a couple of IPA meets in Ithaca, NY in the upcoming months. The dates will be posted soon on the IPA website ([www.ipapower.com](http://www.ipapower.com)).

In the Raw Master's division, Italo Bonacci and Patrick Mulligan earned the Masters Best Lifter Awards for some fantastic lifting. Italo Bonacci (148 lb. bodyweight) broke two IPA records in the Amateur Raw Men's Master (65-69) division with a 310 lb. squat and 3 a 358 lb. dead lift taking home the Raw Amateur Men's Master Best Lifter Award. Patrick Mullaney never fails to grind out a record-breaking dead lift. Patrick

pulled out two records at the Nationals with a fourth attempt 315 lb. squat, and a 435 lb. dead lift earning him the Raw Professional Men's Master Best Lifter Award. Profession Men's Open Super heavyweight, Andrew Vale had a great day of squats powering up a 1000 lb. squat.

### **BENCH ONLY**

Doug Smithey pulled off the biggest bench of the meet with an IPA professional submaster record-breaking 765 lb. bench weighing 248 lbs. bodyweight. Doug missed an 800 lb. fourth attempt. Great lifting that earned Doug the Professional Men's Open Best Lifter Award in the bench only division. On the raw side of the Professional Men's Open division, Bryce Peterson had a great day with a 535 lb. bench, besting his bench performance at the IPA Raw Nationals in August 2011 by 10 lbs. A great bench earned Bryce the Raw Professional Men's Open Best Lifter Award in the bench only division.



***Proving he is still a dead lifting legend, James Cash rewrote the IPA World Record with 555 lb. pull.***

At 18 years and 168.9 lbs. bodyweight, Brandon Mose gave 353 lbs. a hearty try for a fourth attempt IPA record, but it just wasn't in him on Saturday. Brandon posted a great 340 lb. bench winning the Best Lifter Raw Amateur Teen division. Brian Yoder never missed an attempt on Sunday finishing with a 570 lb. IPA record bench in the Amateur Men's Master (45-49) division. A picture-perfect series of benches won Brian the Amateur Men's Master Best Lifter Award.

A super team of master lifters appropriately called "Maryland Masters" stole everybody's heart with their wonderful sportsmanship and great lifting. Three of the six team members' superb performances won them Best Lifter Awards in the Bench Only Division. Chuck Mulligan, at 68 years and 193.8 lbs. bodyweight benched an IPA record 275 lbs. and took home the Profes-

sional Men's Master Best Lifter Award. At 75 years and 195 lbs. bodyweight, raw lifter Bob Dahlhamer benched a record breaking 260 lbs. winning the Raw Amateur Men's Master Best Lifter Award. John Moore, 74 years, posted a string of three IPA records ending with a fourth attempt 245 lbs. John took home the Raw Professional Men's Master Best Lifter Award.

We'd like to extend our thanks first and foremost to the lifters who support the IPA and our meets. Your sportsmanship, camaraderie and performances are an inspiration, all qualities that strengthen the IPA credo "Lifters for Lifters". Our meets run smoothly thanks to our dedicated volunteers who tirelessly haul equipment, set-up the event, judge, spot, load, announce, track attempts, and greet our lifters and spectators. Thank you to York Barbell Company for continuing to sponsor their fabulous facility. The incred-

ible specialty bars used on the platform and in the warm-up room are donated by Iron Wolfe Barbell – thank you yet again! Thanks to Craz-Tomato for feeding our team of volunteers and all our guests.

We are looking forward to seeing you all at upcoming IPA events. For a calendar, please visit [www.ipapower.com](http://www.ipapower.com).

*Dustin Cyr made the trek from Maine to astonish everyone with some incredible numbers out of a 163 lb. man who totaled over 11 ½ times his bodyweight. Dustin took a 785 lb. squat, 515 lb. bench, and a 600 lb. pull, totaling 1900 lbs.*

