



BIG NUMBERS HIT AT THE ULTIMATE POWERLIFTING CHALLENGE

Ultimate Athletics

Ithaca, New York

March 31, 2012

By Jim Howell, IPA NYS Chairman

Ultimate Athletics was the ultimate venue for this awesome IPA event. Forty lifters competed ranging in age from 11 to 64. Mark and Ellen Chaillet graced our venue with their expertise and brought, Iron Wolfe Powerlifting Bars, the best bars in powerlifting!! Iron Wolfe President, Keith Wolfe, sponsored the squat, bench and dead lift bars, and came to assist as well, awesome!!!

The direction of the newly reborn IPA is energetic and inspiring. The motto "lifters for lifters" has never been more accurate. Please attend the next IPA event near you so you can experience what powerlifting is all about!



Bill Crawford hits an arm crushing 900 lbs. in 308 lb. class!

The event began with Bill Crawford hitting an Elite Pro bench of 900 lbs. in the 308 lb. class. With great lockout power Bill held the weight at the top with great authority!! What a motivational way to begin the event. Bill brought many Metal Militia members with him to compete and spent the day wrapping knees and inspiring lifters. He really gives back to a sport in need of positive direction.

Zack Applebaum came from Maryland to claim a world record dead lift of 330 lbs. at 123 lbs., Cody Pike, a 12-year-old 213 lb. powerhouse had some great lifts, ending with a 225 pull! Laura Monroe

hauled in a state record 315 lb. dead lift with great power and presence. She also earned the Women's Best Lifter sword. Laura represented Ironworks gym in Binghamton, NY and was accompanied by a great prospect, Dominic Constantino. Dom squatted 575 lbs. in only knee wraps, and if you can check out his video, it is well below parallel. Dom also pulled an amazing 650 lb. dead lift RAW earning him best dead lift and first place in the 242 lb. open. Watch for this young man in the future.



Sarah Hunt came to break some records with an 85 lb. bench press.

Sarah Hunt, 11 years old, benched 85 pounds raw for a world record weighing only 116 pounds. Her father was so proud; so inspiring! Sarah Edelson just missed a state record 140 lb. pull at 123 lbs. Bodyweight. She will be back. Kate Blesener pulled a 200 lb. state record and Bobbyjo Kholer earned a state record squat of 225 lbs. and pulled 275 lbs. at 165 bodyweight! Cian Howell showed true grit by pulling 150 lbs. at age 10, just the beginning for Cian.

Kevin Nelson had a 550 lb. dead lift up past his knees when he lost grip and gruesomely slid the bar all the way down leaving a mass of flesh on the bar for our spotters to alcohol clean. Kevin will be back! Joe Sauble came with huge Andy Trostle to

represent PA correctional officers. Joe had 555 lbs. past his knees when his eyes rolled and he passed



Andy Trostle re-wrote the IPA World and NY State records with this 635 lb. pull.

out on the platform, never giving up!! This effort personifies what we are all about. Andy pulled 635 lbs. raw in the SHW Amateur Division.

Todd Laughlin reaped in some state records with his raw benching at 275 lbs., ending with 380 lbs. Huge William Barotti, aka Big Willie, hit an easy 775 lb. bench weighing 275 lbs. Lifting as an Amateur, he just missed 805 lbs.; what a strong man. Sam



William Barrotti powers up a huge 775 lb. record bench.

Luciano benched 615 lbs. for an IPA World Record, and Ron Daly opened with 600 lb. IPA World Record bench at 198 lbs. bodyweight! Ben Cuthbert

benched 550 lbs. at 220 lbs. Bodyweight. Pat Wenzel hit 275 lbs. Bill Krench competed at 198 and 59 years young and ended with a big 365 lb. pull.

Alex Alexander pulled in a 400 lb. dead lift in the 242 lb. class, and John Thomas did a full meet ending with a big 480 lb. pull. James Weaver lifted raw at 242 lbs. and ended with a big 500 lb. pull. David and Donald Meyers have supported our meets and this was no exception, Dave ended with a nice 435 lb. pull. Donald, at just 14, hit a nice 245 lb. pull. Shawn Bostwick was a new face that impressed with a 455 lb. pull at 198 lbs. raw.



Lifting in the 198 lb. Pro Division, Dave Heffernan squats 575 lbs.

Dave Heffernan came with a fury to demolish the weights. Dave came to lift bench only, but after seeing our venue and equipment decided to do a full meet. Dave hit 575 lb. squat 420 lb. bench and 500 lb. Pull, at 198 lbs. bodyweight. Bill Crawford coached Zack Whitney and Aaron Shultz; both had a great day. I'm excited to see the return! Dave Campbell hit a 320 lb. pull in the 198 lb. class, John Martin finished his pulls with 400 lbs. Craig Manny from Metal Militia reaped a state record 425 lb. pull at 148 lbs. Alex Manenkoff pulled 235 lbs. at 148 lbs. bodyweight. Randy Bennett pulled 320 lbs at 55 years young and at 220 lbs. Peter Schraffel had a great time lifting in the 181 lb. class, and Levi Veliz-Reed went head-to-head with him.

Richard Van Skoik competed in the 220 lb. class finishing up with a nice 345 lb. pull. Guilherme Pinto represented Brazil and had some great lifts! Pinto is around 6'8 and has a LONG pull!! Cameron Peter competed at 16 years and finished his pulls

with 315 lbs. Casey Drader is one of my lifters and had trouble with his pulls. Casey hit 575 lbs. at his last meet and was stung by 525 lbs. on Saturday. He will return with a vengeance.



Bobby Fields always delivers big lifts earning him the Best Lifter and the Biggest Squat Awards.

Bobby Fields came to lift and he did not disappoint! Bobby missed 800 on his second squat and came back to roast it on his third. You can see this lift on You Tube. Even the haters can say nothing about the legitimacy of his lifts. Bobby benched 560 lbs. and pulled a clean 650 lbs., just missing 700 lbs. at the top. Bobby won our best lifter award and biggest squat award.

The lifters make the IPA a success and without them we would not exist. I hope that everyone will compete with the IPA and see for themselves that we are **LIFTERS FOR LIFTERS!!!!**



Another young athlete, Cody Pike, sweated out three IPA World Records at only 12-years-old.



Coached by his dad and meet director, Jim Howell, Cian Howell proved he is a force to be reckoned with pulling 150 lbs. and 10-years-old.



IPA CEO, Mark Chaillet and Joe Sauble share some lifting war stories.



Bobbejo Kohler had a great day posting four new IPA Records going 225, 115, 255 for a 615 record total.



Dominick Constantino is a talented upcoming raw lifter.



Bobby Fields contemplating a big 800 lb. squat while wincing through a great wrap.



John Martin took home four NY State records in the 275 lb. Men's Master (60-64) division. Keep up the great effort John!!



Jim Howell put on a superb meet!! Great Job!