

The Natural Athlete Strength Association's
Tri-State Regional Powerlifting, Bench Press,
Power Sports & Push/Pull Championships
+=American Record
July 30, 2005
Flora, IL

POWER SPORTS

Lifter	Curl	BP	DL	Total
114 Teenage Justin Phillips	57.5	95	190	342.5
181 Masters 3 Ron Corey		295		

WOMEN

Powerlifting

Lifter	Squat	BP	DL	Total
105 Pure Novice Gabbie Brown	175+	95+	200	470.2+
148 High School Amy Mizell	135	80	190	405
165 High School Felicia Brown	315+	145	300	760

Bench Press

105 Teenage Gabrielle Brown		95+		95+
165 High School Felicia Brown		145+		145+
Push/Pull 105 Teenage Gabrielle Brown	95	200	295+	
165 High School Felicia Brown		145	300	445+

MEN

114 High School Adam Lutman	225	115	265	605
114 Teenage Josh Sutter	180	105	240	545
132 High School Lucas Harris	260	140	295	695
Calvin Harris	235	150	285	670
165 High School Andrew Hall	405	215	405	1025
198 Aaron Winkle	385	190	400	975
220 High School Ryan Burlison	350	195	375	920
SHW High School Travis VanNote	510	310	440	1280
198 Intermediate Chet Stumke	455	200	405	1060
181 SubMasters 1 Ben Brown	400	285	555	1240
198 Masters 2 Keith Pickens	490	335	440	1265

Quality over quantity has long been the heart of the NASA Tri-State Regional Championships. That's why when there were more than 50 lifters in 2004, a 50-lifter limit was placed on the number of entries. This year, only 16 competitors entered, resulting in plenty of time for each lifter to enjoy the experience.

Benjamin Brown travelled half way across the country to enjoy a small meet. The result was the Massachusetts lifter posted an outstanding 1240 total -- lifting raw in the 181 Submasters 1 Division. Not only did Benjamin take home a plaque, he claimed the Outstanding Lifter Trophy with the 1240 total. He made nine of 10 lifts during the quick meet, capping off the day by dragging an American Submasters 1 Record effort of 561 to a locked out position.

Young Justin Phillips, who entered the meet way back in March, stepped up from the Youth Division into the Teen Division to break all four existing State Teenage marks in Power Sports. Justin also took a plaque and trophy back to the Chicago suburb of Sugar Grove as the Outstanding Power Sports Lifter.

Ron Corry, who like Justin, entered the meet at Greg VanHoose's March meet, had an excellent meet by anybody's standards but his own. The Master's 3 American Record in Power Sports Bench, was rock solid in locking out lifts of 275, 285 and 295, but couldn't get his long arms extending when he tried to increase his American Record of 305 to 307.5. Still he added a State Record for regular bench press with his 295, plus claimed a Best Lifter trophy for Bench Press.

A year ago, Felicia Brown made her powerlifting debut at this meet. A member of the Flora High School cheerleading squad, the 15-year old put together an excellent day, setting three American Records, and four Illinois State Records. Fe-Fe, weighing in just over the 148-pound class at 151, easily locked out a 315-pound squat to break NASA Athlete of the Year Bethany Schwaninger's state mark. Her 760 total also eclipsed Beth's standard. Those went in the book along with State and American high school records in the Bench Press and Push/Pull. Her 315 squat was also a new American Standard, but a failed attempt at 335 took enough out of her she missed an American Record effort of 157.5 pounds in the bench press after having successfully pushed up 170 pounds in training.

Felicia's little sister, Gabrielle "The Beast" Brown struggled through a long day, despite setting five American Records. Gabby broke the American Record for squats, bench press and total, plus regular bench press and set a new standard for Push/Pull, while going six-for-nine on the day. She capped off her day with a 200-pound deadlift -- just short of double bodyweight.

The Mustang Powerlifting Team, from Colfax, continued to be a strong, drug free presence in Illinois powerlifting, breaking a host of State Records.

Leading the Mustangs was big Travis Van Note, who began his lifting in the Youth Division. Now, the 333-pound, 15-year old, owns all four

State High School records in the Superheavyweight Division.

One of the highlights anytime the Mustangs are on the platform is the brotherly competition between twins Lucas and Calvin Harris in the 132-pound class. Lucas was a perfect nine-for-nine on this day and as a result, edged his brother 695-670.

Adam Lutman, giving away weight in the 114 class, increased the State Standards set by the Harris Brothers with lifts of 225, 115, and 265 for a total of 605. Luke's State total mark had been 495.

Josh Sutter set all new State marks in the 114-pound Teenage Division.

Not all of the records were broken by Mustangs. Andrew Hall, a 17-year old from Galatia, deep in Southern Illinois, broke three of the four existing records in the 165-pound High School Division with lifts of 405 in squats, 405 in deadlifts and a 1025 total.

Once again, help abounded with Tobey and Dr. Daryl Johnson driving up from Blytheville, Ark., to judge, plus Tobey spent a large portion of the day announcing. Keith Pickens was listed as a lifter, but spent a great deal of time talking and helping younger lifters -- he being the most veteran of all the lifters. The father/son spotting team of Danny and Mitch Gill picked up help from Jason Sanders, while wife/mother Cheri worked the table and had results tabulated when the final fourth-attempt deadlift hit the floor. Diana Rutland served as both announcer and attempt card person. April Henson made this her final appearance on the judging platform before leaving for Hawaii to be with her Marine Corps husband Adam. Dr. Frank Hettiger continued to be a fixture at the meet, serving as a judge and one of the major contributors for the annual cheerleading fundraiser. Dr. Hettiger's two daughters, Jessica and Laura, will both be cheering for the University of Illinois this year. Laura also holds all the State Records for NASA's 123-pound High School Power Sports Division.

This year's meet brought in slightly more than \$1,000 for the Flora High School cheerleaders. Next year's meet, which will continued to be the last Saturday in July, will again be limited to the first 50 lifters.

Thanks Rich

Felicia Brown strains, but comes up just a little short of locking out on this 335-pound squat attempt.

Benjamin Brown travelled all the way from Massacusetts to win the Outstanding Lifter Award at the Tri-State Regional.

