

YEAR	MEET'S	SQUAT	BENCH	D.LIFT
2006	U.S.A.P.L. Michigan State	425	215	470
2005	U.S.A.P.L. American Records	501.5		
2004	USAPL Records / State	430	215	470
2004	W.N.P.F. Record	446		501
2003	U.S Powerlifting Mich State Championship	Token	Token	501.5
2002	U.S.A.P.L. MASTER NATIONAL'S Champion	412.5	209	484
2002	I.P.F - U.S.A WORLD MASTER	475	235	500
2001	BILL BECKWITH MEMORIAL CLASSIC		215	480
2001	U.S.A.P.L MICH. STATE CHAMPIONS	421	230	500
2000	BILL BECKWITH MEMORIAL	*	*	*
2000	BATTLE ON THE BEACH	*	*	*
2000	CAPITAL CITY=PUSH & PULL		*	*
2000	U.S.A.P.L. MASTER NATIONALS	429	214.5	473
1999	BILL BECKWITH MEMORIAL		*	*
1999	U.S.A.P.L BRO.BENNET/MASTER NAT=IPF	407	198	462
1998	U.S.A.P.L HALL OF FAME	*	*	*
1998	U.S.A.P.L BILL BECKWITH MEMORIAL	430	*	485
1998	U.S.A.P.L CAPITAL CITY	*	*	*
1998	U.S.A.P.L. MASTER NATIONAL'S	429.7	220.2	485
1997	A.D.F.P.A MASTERS	*	215	465
1997	WORLD DRUG FREE-MASTER'S	385.7	198.2	473.7
1996	14TH MASTER'S VIKING OPEN	418	*	*
1996	A.D.F.P.A. MASTER NATIONAL=PLACK	*	*	*
1995	13TH MASTER'S VIKING OPEN	*	*	*
1995	A.D.F.P.A. MASTER NATIONAL'S=PLACK	457	209	451
1994	A.D.F.P.A 5TH ANNUAL MICH. STATE	420		450
1994	A.D.F.P.A. MASTER NATIONAL'S	418.7	225.7	450
1993	A.D.F.P.A		*	
1993	A.D.F.P.A. MICH.STATE CHAMPIONS			
1993	A.D.F.P.A. MASTER GREAT LAKES OPED		*	*
1993	A.D.F.P.A 2ND ANNUAL GREAT LAKES OPEN		*	*
1993	A.D.F.P.A. MASTER NATIONAL'S	429	225	451
1992	A,D.F.P.A 1ST ANNUAL		*	*
1992	A.D.F.P.A. GREAT LAKES	*	*	*
1992	A.D.F.P.A 3RD ANNUAL INVATATIONAL			
1991	A.D.F.P.A MICH.STATE CHAMPIONS		*	
1991	A.D.F.P.A. GREAT LAKES			
1991	A.D.F.P.A 2ND.ANNUAL INVATATIONAL			
1991	A.D.F.P.A. NATIONAL MASTER	374	225	402.2
1990	A.D.F.P.A POWER CHAMP.			
		SQUAT	BENCH	DEADLIFT

WHERE	PLACE	AGE	WEIGHT	Totals
Plainwell, Mi	American Record	70	178	1110
Plainwell, Mi	American Record	65-69	181	
		65-69	181	
		65-69	181	1151
Plainwell, Mi	American Record	65-69	181	
CHARLOTTESVILLE,VIR	1ST	65-69	181	1105.5
VILLA MARIA,ARGENTINA	2nd	65-69	181	
Wayland, Mi		65-69	181	
LANSING,MI	1ST	65-69	181	1155
WAYLAND MI		60-64	181	
DETROIT, MI	1ST	60-64	181	
LANSING, MI	1ST	60-64	181	
Bedford Hts, Ohio	2ND	60-64	181	1115.4
WAYLAND, MI	1ST	60-64	181	
NEW ORLEANS, LA	Bomb Out first IPF	60-64	181	1067
NILES, MI	1ST	60-64	181	
WAYLAND,MI	1ST	60-64	181	1135
LANSING, MI	1ST	60-64	181	
CHARLOTTESVILLE,VIR	1ST	60-64	181	
	1ST	60-64	165	1095
TABER,CANADA	2ND	60-64	165	
CHICAGO,ILL	1ST	60-64	165	
SACRAMENTO,CALIF	1ST	60-64	165	
CHICAGO, ILL	1ST	55-59	165	
DENVER, COLORDO	3RD	55-59	165	
	1ST	55-59	165	1100
LAKELAND FLORIDA	4TH	55-59	165	
	1ST	55-59		
	1ST	55-59		
GRAND RAPIDS,MI	1ST	55-59	165	
GRAND RAPIDS,MI	1ST	55-59	165	
SACRAMENTO. CALIF	2ND	55-59	165	
	1ST	55-59		
GRAND RAPIDS,MI	OVER-ALL	55-59		
MICH.STATE-LANSING	1ST	55-59		
	1ST	55-59	181	
GRAND RAPIDS,MI	1ST	55-59	181	
MICH.STATE-LANSING	1ST	55-59	181	
	2ND	55-59	181	
	2nd	55-59	181	