

1999 USAWA NATIONAL CHAMPIONSHIPS

By Bill Clark (From "US All-Round Weightlifting Association Strength Journal", Vol. X, No. 4, July 10, 1999. Columbia MO. Print.)

Denny & Noi RULE USAWA MEET

Ambridge PA, June 26 – Denny Habecker, the Lebanon PA strongman who seems to get better and better with the passing years, was the overall grand champion among the men and Noi Phumchaona of Cleveland Ohio retained her women's title at the USAWA's annual championships at the Ambridge PA, VFW Weightlifting Club.

Habecker lifts any and all. He holds his own in both Olympic Lifting and in the power lifts, and excels at the all-rounds. At age 56, he's still supple as most half his age and he retains strength and flexibility both above and below the waist.

Noi remains Noi – about all that happens with her is that she gets a year older each year and she gets stronger, not weaker, as time passes. Time passes fast when you're having fun. Can you believe that Noi is now in the 55-59 age division?

Special thanks must go to Art Montini and John McKean for what proved to be a very good weekend. To begin, the schedule of events was given to the lifters 11 months prior to the competition. Things ran on time at the meet, dinner was free, and the Ambridge VFW lifters contributed \$100 to the Strength Journal when the weekend was over and all the bills had been paid. Not too damned shabby a deal, folks.

The meet was great fun because it was family. The handful of spectators consisted of friends and family of lifters and wound up loading if they weren't lifting. The kitchen stayed open all weekend and good food was always on hand. You'd appreciate hundreds of screaming fans, but a few appreciative folks made the weekend an enjoyable experience. It is always fun to lift at Ambridge – the basement and the competition area have seen more than half a century of great lifting and the age of the strongman era permeates the place. Thanks, Ambridge, for the weekend.

MEET DETAILS:

1999 USAWA National Championships
VFW Weightlifting Club, Ambridge PA
June 26-27, 1999

Meet Directors: Art Montini and John McKean

Announcer: Bill Clark

Officials: Art Montini, Dennis Mitchell, Denny Habecker, Rob McKean, Frank Ciavattone, Jim Goviannini, Bob Geib, Jeff Ciavattone, Joe Garcia, John Kurtz, John McKean, John Monk, Jim Malloy, Bob Karhan, Bob Hirsch, Pete Zaremba

Scorekeeper: Marilyn McKean

Loaders: Jason Zajec, Bill Spayd, Bob Geib, Chris Pennington, Joshua Monk, Mike Pinkoski, Izzy Mabrey, John Monk, Mike O'Brien

Lifts (7): Arthur Lift, Clean and Push Press, Deadlift - Ciavattone Grip, Deadlift - One Arm, Hip Lift, Steinborn Lift, Swing - One Arm

MEET RESULTS:

WOMEN'S DIVISION:

day 1	Age	Bwt	Bwt	C&Push	Swing	DL	Steinborn
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Noi Phumchaona	55	in # 118.0	in kg 55k	press 37.5	RH 13.6	Ciav. 75.0	Lift 65.0
Women cont. day 2	bwt	Arthur Lift	Deadlift One Arm	Hip Lift kg/lbs	Total in kg	Age Adjusted Lynch points	
Noi Phumchaona	119.3	47.5	60.0	414k/912	712.6	1048.8	

MEN'S DIVISION:

day 1	Age	Bwt in #	Wt. Cl. in kg	C&Push press	Swing 1-arm	DL Ciav.	Steinborn Lift
Denny Habecker	56	175.8	80	82.5	40.8	157.5	115.0
Jim Malloy	57	263.5	120	90.0	49.9	190.0	150.0
Joe Garcia	45	239.8	110	80.0	45.4	150.0	125.0
Dale Friesz	58	161.0	75	42.5	29.5-L	130.0	75.0
Pete Zaremba	39	171.0	80	75.0	40.8	160.0	125.0
Scott Schmidt	46	258.0	120	127.5	52.2	190.0	130.0
Chris Waterman	45	153.8	70	70.0	36.3-L	157.5	110.0
John McKean	53	164.8	75	67.5	40.8	145.0	98.0
Frank Ciavattone	44	280.0	125+	100.0	63.5	232.5	130.0
Jeff Ciavattone	19	198.3	90	70.0	45.4-L	177.5	90.0
John Monk Jr.	33	143.0	65	86.5	34.0	125.0	122.5
William Spayd	24	229.5	105	115.0	49.9	182.5	150.0
Art Montini	71	181.0	85	60.0	31.8	135.0	102.5
Dennis Mitchell	67	163.0	75	50.0	15.6-L	115.0	70.0
Howard Prechtel	74	203.0	95	65.0	29.5	120.0	85.0
Robert "Bob" English	46	225.5	105	100.0	54.4	185.0	102.5
Sean McKean	17	164.3	75	55.0	31.8	110.0	72.5
Joe Ciavattone Sr.	30	243.0	115	107.5	49.9	195.0	137.5
Izzy Mabrey	22	137.3	65	57.5	29.5	125.0	75.0
Matt Van Fossan	17	131.3	60k	50.0	24.9	115.0	60.0
Robert Greag	35	231.3	105	75.0	34.0	145.0	107.5
James Loewer	14	170.3	80	55.0	31.8	115.0	62.5
Tom Graham	14	165.3	75	57.5	29.5	105.0	70.0
Rob McKean	20	208.0	95	—	31.8	80.0	80.0
Larry R. Blockston	54	191.0	90	62.5	29.5	137.5	67.5
Mike O'Brien	17	128.5	60k	40.0	22.7	102.5	60.0
Bob Geib	55	250.0	115	67.5	27.2	120.0	85.0
Tony Frasso	16	217.0	100	67.5	27.2	120.0	62.5
Jim Goviannini	43	240.3	110	115.0	54.4	170.0	170.0
Joshua Monk	10	82.5	40	18.2	9.1	40.0	35.0
John T. Blockston	11	131.3	60k	25.0	15.9	57.5	35.0
Jason Zajac	24	197.5	90	—	—	172.5	—

MEN'S DIVISION:

Cont. day 2	bwt in #	Arthur Lift	Deadlift One Arm	Hip Lift kg/lbs	Total in kg	Age Adjusted Lynch points	
Denny Habecker	178.3	92.5	132.5	635k/1399	1255.8	1415.5	
Jim Malloy	262.0	70.0	160.0	816k/1799	1525.9	1391.8	
Joe Garcia	239.8	80.0	137.5-L	929k/2049	1546.9	1329.0	
Dale Friesz	162.8	45.0	138.0	589k/1299	1049.0	1269.8	
Pete Zaremba	171.0	95.0	155.0	635k/1399	1285.8	1258.9	
Scott Schmidt	257.9	112.5	150.0	737k/1624	1499.2	1253.2	
Chris Waterman	154.3	80.0	125.0	544k/1199	1122.8	1246.1	
John McKean	166.3	62.5	137.5	521k/1149	1072.3	1224.5	

Frank Ciavattone	—	90.0	200.0	725k/1599	1541.0	1214.0
Jeff Ciavattone	198.8	60.0	160.0	748k/1649	1350.9	1213.2
John Monk Jr.	—	90.0	90.0	544k/1199	1092.0	1200.5
William Spayd	227.5	107.5	140.0	680k/1499	1424.9	1181.7
Art Montini	178.5	55.0	125.0	417k/ 919	926.3	1157.3
Dennis Mitchell	163.0	40.0	90.0	462k/1019	842.6	1088.6
Howard Prechtel	202.5	50.0	100.0	454k/1001	903.5	1080.8
Robert "Bob" English	—	60.0	115.0	544k/1199	1160.9	1039.7
Joe Ciavattone Sr.	243.0	110.0	120.0	544k/1199	1263.9	1017.7
Sean McKean	163.5	57.5	102.5	499k/1099	928.3	932.2
Izzy Mabrey	138.5	60.0	90.0-L	386k/851	823.0	931.1
Matt Van Fossan	131.0	52.5	90.0	386k/851	778.4	909.2
Robert Greag	—	50.0	100.0-L	544k/1199	1055.5	871.8
James Loewer	170.3	50.0	90.0	467k/1029	871.3	855.9
Tom Graham	164.5	60.0	80.0	431k/950	833.0	833.0
Rob McKean	208.0	—	115.0	635k/1399	941.8	823.7
Larry R. Blockston	192.0	52.5	62.5	359k/791	771.0	813.5
Mike O'Brien	126.3	40.0	72.5	318k/701	655.7	778.4
Bob Geib	251.0	42.5	65.0	408k/899	815.2	750.4
Tony Frasso	217.8	50.0	55.0	408k/899	790.2	675.2
Jim Goviannini	240.0	110.0	137.5-L	—	756.9	637.4
Joshua Monk	84.5	18.2	13.6	218k/480	352.1	628.2
John T. Blockston	132.0	20.5	32.5	147k/325	333.4	389.4
Jason Zajac	—	—	—	—	172.5	155.2

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

Denny Habecker

Denny Habecker

Jeff Ciavattone

Denny Habecker

Pete Zaremba

Women

Noi Phumchaona

Noi Phumchaona

Noi Phumchaona

Age Group winners:

Best lifter 13 and Under

Best lifter 14 - 15 age division:

Best lifter 16 - 17 age division:

Best lifter 18 - 19 age division:

Best lifter 40 - 44 age division:

Best lifter 45 - 49 age division:

Best lifter 50 - 54 age division:

Best lifter 55 - 59 age division:

Best lifter 65 - 69 age division:

Best lifter 70 - 74 age division:

Men

Joshua Monk

James Loewer

Sean McKean

Jeff Ciavattone

Frank Ciavattone

Joe Garcia

John McKean

Denny Habecker

Dennis Mitchell

Art Montini

Women

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:

Men

Joshua Monk

John Monk Jr.

Chris Waterman

Dale Friesz

Denny Habecker

Art Montini

Jeff Ciavattone

Howard Prechtel

Tony Frasso

Women

Noi Phumchaona

Best lifter 105 kg weight class:
Best lifter 110 kg weight class:
Best lifter 115 kg weight class:
Best lifter 120 kg weight class:
Best lifter 125+ kg weight class:

William Spayd
Joe Garcia
Joe Ciavattone Sr.
Jim Malloy
Frank Ciavattone

4th attempt for record:

Bob Geib

Clean & Push Press: 72.5?
Swing - One Arm: 32.0-R

Dennis Mitchell

Swing - One Arm: 15.6-R
Deadlift - Ciavattone grip: 10.0

Izzy Mabrey

Deadlift - Ciavattone grip: 135.0

Joe Ciavattone

Arthur Lift: 115.0

James Lower

Deadlift - Ciavattone grip: 120.0
Hip Lift: 1101.5#

Tom Graham

Deadlift - One Arm, Right: 90.0
Hip Lift: 1001.5#

John McKean

Deadlift - One Arm, Right: 162.5

Joshua Monk

Deadlift - Ciavattone grip: 42.5

Mike O'Brien

Deadlift - One Arm, Right: 77.5

Robert "Bob" English

Deadlift - Ciavattone grip: 192.5

Matt Van Fossan

Deadlift - One Arm, Right: 100.0
Hip Lift: 1001.5#

Noi Phumchaona

Arthur Lift: 50.0
Deadlift - One Arm, Right: 67.5

William Spayd

Deadlift - Ciavattone grip: 205.0
Arthur Lift: 115.0

Sean McKean

Steinborn Lift: 77.5

Tony Frasso

Deadlift - Ciavattone grip: 125.0
Steinborn Lift: 70.0
Arthur Lift: 55.0
Deadlift - One Arm, Right: 65.0

John Monk Jr.

Clean & Push Press: 90.0
Deadlift - Ciavattone grip: 130.0
Steinborn Lift: 130.0

Notes:

All lifts: recorded in kilograms unless otherwise indicated

Bwt in #: bodyweight recorded in pounds

L: left hand was used

Total: total weight lifted in kilograms

Wt. Cl.: body weight class in kilograms