

2004 USAWA NATIONAL CHAMPIONSHIPS

By Bill Clark (From "US All-Round Weightlifting Association Strength Journal", Vol. XV, No. 5, July 2004. Columbia MO. Print.)

It Is Ed Schock's World

The world, it seems, belongs to Ed Schock.

Ed, a 51-year-old lawyer from Lebanon PA, made a clean sweep of best-lifter honors in 2004 to date. He was the best lifter in the USAWA Nationals, despite missing one of the seven lifts in the championship totally. Then he added best lifter honors in the IAWA International Postal Competition.

At the USAWA Championships, he missed all three attempt in the 2" Vertical Bar Deadlift—One Hand. Then on fourth attempt, he switched from the failed right hand to the untried left and was easily successful. So much for the right hand the next time around.

Even with no score in the Vertical Bar Deadlift, Ed easily won the best lifter award over John Monk, Tony Succarotte, and Bill Spayd.

Ed will have a chance to add a third major title on August 28 and won't even have to leave home. The USAWA Heavy Lift meet has been switched from Massachusetts to Lebanon and Ed will have his first chance to try the chain stuff. He is the favorite to win, even though he's never done them.

Though strong everywhere, it is Ed's pulling power which sets him apart. Lifting in the 100-kg. class, Ed did a 440-lb. Zercher Lift, a 363-lb. Fulton Bar Deadlift with overhand grip in the postal meet and added a 635-lb. Trap Bar Deadlift and a 330-lb. One Arm Hack Lift in the USAWA Nationals. His 635 Trap Bar Deadlift was the best in the USAWA by anyone at any age or bodyweight.

USAWA Nationals

The meet, run by John Vernacchio, came off without a hitch, despite an entry list which didn't fill until the final moments prior to the entry deadline. John has now turned his attention to the Silver Cup which he plans to do on the beach near Philadelphia in mid-September, while the weather is still great. More on that meet later.

Thanks to John for putting on the latest tribute to Ed Schock.

MEET DETAILS:

2004 USAWA National Championships
North Penn YMCA, Lansdale PA
June 5-6, 2004

Meet Director: John Vernacchio

Announcer: Larry Butts

Lifts (7): Curl—Cheat, Vertical Bar Deadlift—1 bar 2" One Hand, Trap Bar Deadlift, Pullover—Straight Arm, Bench Press—Feet In Air, Continental to Belt, Hack—One Arm

MEET RESULTS:**WOMEN'S DIVISION:**

Lifter	Age	Bwt-kg	Wt.Cl.	Curl Cheat	2" V-bar 1H	Trap DL	Pullover straight
Pam Maciolek	43	61.1	65	75	75	275	45
Tammie Rudisell	36	67.1	65	65	80	225	40
Maria Guaret	37	55.0	55	55	60	170	30
Terry Guglielmo	44	75.8	80	60	70	185	30
Tonia Shuckski	39	59.9	60	—	—	—	—

Women's cont.

Lifter	Bench FIA	Continental to belt	Hack Lift One Arm	Total	Age Adj. Lynch pts
Pam Maciolek	100	135	85	790	942.5
Tammie Rudisell	75	120	90	695	747.0
Maria Guaret	70	110	70	565	701.3
Terry Guglielmo	70	115	80	610	636.3
Tonia Shuckski	60	—	—	60	69.8

MEN'S DIVISION:

Lifter	Age	Bwt-kg	Wt.Cl.	Curl Cheat	2" V-bar 1H	Trap DL	Pullover straight
Ed Schock	51	99.1	100	210	—	635	105
Tony Succarotti	37	99.8	100	235	155	610	110
John Monk	37	69.4	70	155	100-L	465	100
Frank Ciavattone	49	124.2	125	175	200	525	100
Bill Spayd	29	106.3	110	225	155	600	120
Larry Silvestri	40	103.9	105	200	170	50	115
Denny Habecker	61	84.1	85	125	130	365	60
Randy Smith	49	86.6	90	190	175	400	45
Larry Blockston	59	90.3	95	125	100-L	470	—
Cale DeMille	17	74.2	75	120	130	375	75
Ralph Cirafesi	26	88.9	90	115	165-L	400	60
John Wilmot	57	102.7	105	125	100	400	45
Jon Blockston	16	96.6	100	85	125	375	—
Alan Fenstermaker	22	89.9	90	75	80	250	50

Men's cont.

Lifter	Bench FIA	Continental to belt	Hack Lift One Arm	Total	Age Adj. Lynch pts
Ed Schock	270	400	330	1950	1859.2
Tony Succarotti	480	300	140	2030	1721.6
John Monk	250	350	205-L	1625	1707.9
Frank Ciavattone	285	425	325	2035	1697.9
Bill Spayd	325	405	220	2050	1681.6
Larry Silvestri	315	385	250	1935	1622.3
Denny Habecker	210	285	230	1405	1599.6
Randy Smith	205	270	230	1515	1529.0
Larry Blockston	225	270	135-L	1325	1424.5
Cale DeMille	175	250	160	1285	1358.3
Ralph Cirafesi	195	285	160-L	1380	1274.2
John Wilmot	190	250	150	1260	1241.8
Jon Blockston	145	225	150	1105	1049.1
Alan Fenstermaker	150	145	100	850	763.4

Best Lifter Awards:

Highest total:

Men

Tony Succarotti

Women

Pam Maciolek

Best lifter Overall:
Best lifter Junior (up to age 20):
Best lifter Master (40+ age div.):
Best lifter Senior (20-39 age div.):

Ed Schock
Cale DeMille
Ed Schock
Tony Succarotti

Pam Maciolek
Pam Maciolek
Tammie Rudisell

Age Group winners:

Best lifter 16 - 17 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 60 - 64 age division:

Men
Cale DeMille
Larry Silvestri
Frank Ciavattone
Ed Schock
Larry Blockston
Denny Habecker

Women
Pam Maciolek

Weight Class winners:

Best lifter 55 kg weight class:
Best lifter 60 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:
Best lifter 105 kg weight class:
Best lifter 110 kg weight class:
Best lifter 125+ kg weight class:

Men

John Monk
Cale DeMille

Denny Habecker
Randy Smith
Larry Blockston
Ed Schock
Larry Silvestri
Bill Spayd
Frank Ciavattone

Women
Maria Guaret
Tonia Shuckski
Pam Maciolek

Terry Guglielmo

Notes:

All lifts: recorded in pounds
L: left hand was used
Total: total weight lifted
Wt. Cl.: body weight class