

February 27th was a big day for us. The 2010 Washington State United Powerlifting Association Spring Championship was held at the Starfit Club in Kennewick, Washington. We had many experienced and novice lifters; each one came ready to challenge each other and themselves. Out of the 26 athletes, we had 11 full power athletes, 10 bench only athletes, and 5 push-pull athletes – six of the athletes competed equipped. Two of the athletes were women. The first squat began around 9:15 a.m. and the cheering, grunting, and ear aching music didn't finish until the last dead lift at 4:30 p.m. As I reflect on the contest and the results, there were many notable lifters, but all came ready to put it all on the line and show what they were capable of accomplishing. I will highlight in order of presentation full power athletes, bench only, and push-pull athletes who broke or set state and national records.

The full power division was full of great athletes. Lisa Kromer, Rob Buxbaum, Cody Hyatt, and Jason Payne set state records. Chase Hay, Cameron Court, Rob Buxbaum, Nick Bailey, Adam Bailey, Randy Hyatt, Alex Reynolds, Cody Hyatt, and Mike Kromer set national records. In the end, Randy Hyatt went home with the best overall lifter trophy in the raw full power division with a 700 lb squat, 370 lb bench, and a 600 lb pull at the tender age of 45. Jason Payne took the best overall lifter trophy in the equipped full power division with an 800 lb squat, 655 lb bench, and a 745 lb pull. Lisa Kromer went home with the best overall lifter trophy in the women's raw full power division with a 240 lb squat, 155 lb bench, and a 255 lb pull. On a lighter note, Chase Hay was declared the "Most Jacked Up Athlete of the Day" – no one was even close to his intensity. In addition, Cameron Court was declared the "Most Hard Core Athlete of the Day" for returning after a bench accident that sent him to the emergency room and left him with a cracked rib and stitches on both thumbs – he's one tough dude!

In the bench only division, Rob Johnson, Rowdy Neuman, Jeffery Hogan, Kris Jensen, Nate Rudd, James Getchell, Shane Toovey, Robert Norris, and Paul Ratsch set state and national records. Rob Johnson went home with the best overall lifter trophy in the men's raw open with a 420 lb bench. He weighed in at 179 lbs. Rob came cut, confident, and prepared! Robert "Bob" Norris went home with the best overall lifter award in the men's equipped open with a 750 lb bench. On a special note, Paul Ratsch showed up looking bigger than New York State and attempted a personal bench best of 830 lbs; although, he didn't get a qualified lift at 830 lbs, but he did set a state and national record with a 700 lb bench.

In the push-pull division, Sasha Cvetkovska, Ilyas Ramizov, and Sam Rathbone set state and national records. In addition, Devon Walker, the general manager of Starfit, set a national record in the bench press; truly impressive for someone who walked in from football practice straight to the competition with only the drive over as a break. Sasha Cvetkovska went home with best overall lifter trophy in the women's raw push-pull. Sasha came with purpose, benched 220 lbs, pulled 360 lbs, and left with a smile. Ilyas Ramizov went home with the best overall lifter trophy in the men's raw push-pull. He weighed in at 165 lbs, benched 315 lbs, and pulled 405 lbs.

Finally, Ryan Kennelly cut to a body weight of 273 lbs and – with "Grinder" causing ear bleeds – attempted a bench of 975 lbs. Unfortunately, Ryan was unable to lock out the lift and received 3 red lights – but he was very close! Not to be deterred, Ryan came back for a second lift at 1,035, but lost it at the bottom – again three red lights. Literally spitting blood, Ryan came back for one more attempt at

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1,035 lbs. By this point, the crowd was in a frenzy and everything in the gym came to a standstill. Nothing existed, nothing mattered other than three white lights. Ryan took the handoff – like only he can – controlled the weight to his chest and exploded at the press command; three red lights. He just didn't have enough left to complete the lift. We tip our hats to the Bench Monster. He is still the most dominate bencher in world history and has nothing left to prove.

In retrospect, the 2010 Spring Championships could not have happened without the involvement of many people. Most volunteered their time; others bartered their time for food and drink. I'd like to express appreciation to head judge Mike Miner, side judge Dave Holmes, lead spotter Chuck Sirchess, stackers and spotters Jordan Roberts and Rowdy Neuman, and all around handy man Shane Toovey. I also want to express gratitude to my wife Angela. She does a lot of things behind the scenes and the 2010 Spring Championships would not have happened without her. I also want to thank Adrian Larson for providing contest shirts at a reasonable price. They looked great and everyone loved them. Finally, I want to thank Starfit for hosting the event. We filled Starfit with earsplitting music, power lifters, and their families with the full support of Starfit.

Our goal is to continue providing quality events that everyone, lifters and spectators alike, will enjoy. We have a few ideas on how to make the events even better. We look forward to sponsoring more events and hope you'll come and check us out.

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**2010 Washington State United Powerlifting
Spring Championships**

Name	Division	Weight Class	Squat	Bench	Deadlift	Total
Full Power – Raw						
Lisa Kromer	Women'Open	165	240	160	255	655
Chase Hay	Men's Open	146	355	260	365	980
Cameron Court	Men's Junior	181	335	260	450	1045
Rob Buxbaum	Men's Junior	198	455	265	535	1255
Nick Bailey	Men's Junior	220	365	290	445	1100
Adam Bailey	Men's Junior	220	425	325	550	1300
Randy Hyatt	Men' Master	275	700	370	600	1670
Alex Reynolds	Men's Open	275	650	350	700	1700
Mike Kromer	Men's Open	SHW	700	500	605	1805
Full Power – Equipped						
Cody Hyatt	Men's Open	242	575	390	610	1575
Jason Payne	Men's Open	308	800	655	745	2200
Bench Only – Raw						
Rob Johnson	Men's Open	181		420		
Rowdy Neuman	Men's Teen	198		225		
Jeffery Hogan	Men Master	198		375		
Kris Jensen	Men's Open	242		440		
Nate Rudd	Open/Master	242		480		
James Getchell	Sub-Master	275		430		
Bench Only – Equipped						
Shane Toovey	Men's Teen	275		175		
Robert "Bob" Norris	Men Master	275		750		
Paul Ratsch	Men Master	SHW		700		
Push Pull – Raw						
Sasha Cvetkovsky	Women'Open	198		220	360	580
Ilyas Ramizov	Men's Junior	165		315	405	715
Devon Walker	Men's Open	181		315	500	815
Sam Rathbone	Men's Junior	220		335	505	840
Derek Goethe	Men's Junior	242		305	400	705