

April 1, 2006

Mr. Howard Cohen  
National Masters Chairman  
130 Brandywine Road  
Savannah, GA 31405

Re: Updated U.S. National Masters Records  
Period: May 16, 2005 to March 31, 2006

Howard:

The following tables provide a summary of the men's and women's records broken during the period.

WOMEN	# records
Candace Fraser	9
Mary McGregor	8
Anne Lehman	8
Aniela Gregorek	8
Barbara Boyer	6
Kathy Young	5
Cindy DeLago	3
Barb Conley	2
Elsa Dahl	2
Trish Zuccotti	2
Lisa Renschen	2
Dorothy Gardner	1
Total	56

MEN	# records
Art Tarwater	6
Gary Deal	5
Eddie Owada	4
Joe Amendolaro	4
Chris Dariotis	3
Ben Nowotny	2
Jerzy Gregorek	2
Chuck Meole	1
Richard Chester	1
Bob Girodano	1
John Broz	1
Total	30

Attached are sheets indicating the details of these records and a complete set of new record sheets.

Some of the new records in 2005 were set at local competitions in which the 1 kilogram rule was not used. I allowed these records to stand without removing the 0.5kg because many clubs did not have the new discs available. The discs are now readily available at an affordable cost so beginning in 2006 any record submission not complying with the 1 kilogram rule will have the 0.5kg increment removed before being evaluated. All existing records with a 0.5kg increment will stand as is until surpassed.

Les Simonton  
Masters Record Chairman

cc: Elizabeth Henshaw  
Walter Imahara  
Barbara Conley

**USA National Masters Records from May 16, 2005 through March 31, 2006**

**MEN**

**Seafest / White Rock, BC, CAN**

First Name	Last Name	Age Grp	Wt Cls	Lift	New Record	Club	Date	YOB	National Referees
Chris	DARIOTIS	5	105	C&J	140.0	Calpians	26-Jun-05	1949	Dieter Stamm Guy Greavette Ron Greavette

**2005 Pan American Masters / Santo Domingo, DOM**

First Name	Last Name	Age Grp	Wt Cls	Lift	New Record	Nation	Date	YOB
Eddie	OWADA	10	56	SNA	38.0	USA	20-May-05	1925
Chuck	MEOLE	12	85	C&J	32.0	USA	20-May-05	1915

**2005 World Masters Games / Edmonton, Alberta, CAN**

First Name	Last Name	Age Grp	Wt Cls	Lift	New Record	Nation	Date	YOB
Eddie T.	OWADA	10	56	C&J TOT	48.0 86.0	USA	23-Jul-05	1925
Gary	DEAL	7	105+	SNA	92.0	USA	25-Jul-05	1940
Chris	DARIOTIS	5	94	C&J TOT	142.0 242.0	USA	26-Jul-05	1949
Jerzy	GREGOREK	4	62	SNA SNA	84.0 86.0	USA	26-Jul-05	1954
John	BROZ	1	105+	SNA	148.0	USA	29-Jul-05	1968

**2005 American Masters / Woonsocket, RI**

First Name	Last Name	Age Grp	Wt Cls	Lift	New Record	Club	Date	YOB
Eddie	OWADA	10	56	SNA	39.0	unattached	05-Nov-05	1925
Richard	CHESTER	10	69	SNA	38.0	unattached	05-Nov-05	1922
Joe	AMENDOLARO	9	69	SNA C&J TOT TOT	45.0 65.0 105.0 110.0	unattached	05-Nov-05	1928
Ben	NOWOTNY	7	56	SNA TOT	48.0 98.0	Missouri Valley Masters	05-Nov-05	1939
Gary	DEAL	7	105+	SNA SNA C&J TOT	93.0 95.0 118.0 213.0	Spoon Barbell	05-Nov-05	1940
Bob	GIORDANO	4	105	SNA	121.0	Team New Jersey	06-Nov-05	1951

**Can You Cut the Mustard Jr. & Open / St. Joseph, MO**

First Name	Last Name	Age Grp	Wt Cls	Lift	New Record	Club	Date	YOB	National Referees
Art	TARWATER	7	62	SNA C&J C&J TOT TOT TOT	54.0 69.0 70.0 121.0 123.0 124.0	Missouri Valley Masters	11-Feb-06	1941	Ken McClain Robert E. Gilsdorf

**USA National Masters Records from May 16, 2005 through March 31, 2006**

**WOMEN**

**Northern California Open / San Carlos, CA**

First Name	Last Name	Age Grp	Wt Cls	Lift	New Record	Club	Date	YOB	National Referees
Anne L.	LEHMAN	3	63	SNA	55.0	Sports Palace	05-Jun-05	1960	Butch Curry Don Weideman Margaret Sunzeri
				C&J	70.0				
				C&J	75.0				
				C&J	77.5				
				TOT	130.0				
				TOT	132.5				
TOT	132.5								

**2005 World Masters Games / Edmonton, Alberta, CAN**

First Name	Last Name	Age Grp	Wt Cls	Lift	New Record	Nation	Date	YOB
Dorothy	GARDNER	7	63	C&J	37.0	USA	22-Jul-05	1938
Barbara	CONLEY	8	75+	C&J	42.0	USA	22-Jul-05	1935
				TOT	74.0			
Trish	ZUCCOTTI	5	75	C&J	46.0	USA	22-Jul-05	1947
				TOT	79.0			
Barbara	BOYER	6	63	C&J	53.0	USA	22-Jul-05	1943
				TOT	90.0			
Kathy	YOUNG	4	58	SNA	47.0	USA	22-Jul-05	1951
				C&J	63.0			
				C&J	67.0			
				TOT	110.0			
TOT	114.0							
Aniela	GREGOREK	3	48	SNA	30.0	USA	22-Jul-05	1959
				SNA	34.0			
				C&J	40.0			
				C&J	44.0			
				C&J	46.0			
				TOT	74.0			
				TOT	78.0			
TOT	80.0							

**No Guts No Glory VI / Sacramento, California**

First Name	Last Name	Age Grp	Wt Cls	Lift	New Record	Club	Date	YOB	National Referees
Anne L.	LEHMAN	3	58	C&J	77.5	Sports Palace	07-Aug-05	1960	Jim Schmitz Butch Curry

**Gold Cup Challenge / Moorestown, NJ**

First Name	Last Name	Age Grp	Wt Cls	Lift	New Record	Club	Date	YOB	National Referees
Cindy	DELAGO	3	53	SNA	38.0	Moorestown WLC	23-Oct-05	1957	Peter Roselli Mark Ruskoski
				C&J	48.0				
				TOT	86.0				

**USA National Masters Records from May 16, 2005 through March 31, 2006**

**WOMEN**

**2005 American Masters / Woonsocket, RI**

First Name	Last Name	Age Grp	Wt Cls	Lift	New Record	Club	Date	YOB
Elsa	DAHL	8	75	SNA TOT	28.0 63.0	Northern Power	05-Nov-05	1935
Barbara	BOYER	6	63	SNA C&J TOT TOT	39.0 55.0 92.0 94.0	Northern Power	05-Nov-05	1943
Mary	MCGREGOR	5	75	SNA SNA SNA C&J C&J TOT TOT TOT	36.0 38.0 40.0 47.0 50.0 85.0 87.0 90.0	Witchita Falls	05-Nov-05	1948
Candace L.	FRASER	4	48	SNA SNA SNA C&J C&J TOT TOT TOT	21.0 22.0 23.0 28.0 30.0 31.0 51.0 53.0 54.0	Team Vermont	05-Nov-05	1955

**2005 Golden West Open / San Carlos, CA**

First Name	Last Name	Age Grp	Wt Cls	Lift	New Record	Club	Date	YOB	National Referees
Lisa	RENSCHEN	2	48	SNA TOT	50.0 110.0	Sports Palace	06-Nov-05	1965	Don Wilson Joan Wilson