

Sports

Editor: Dustin Perry dustin.perry@bliss.army.mil

Stout hosts U.S. Masters weightlifting championships

MASTER SGT. STEVE MILLER

32nd AAMDC Public Affairs

Some of the best weightlifters in the nation competed Friday through Sunday during the 32nd National Men's and Women's Masters weightlifting championships at Stout Gym.

32nd National Men's & Women's Masters Weightlifting Championships

Women's Age Group Winners

Name, age, total weight lifted

Barbara Conley, age 71, 68 kg (149.6 lbs.)
Marilyn Munkres, age 65, 79 kg (173.8 lbs.)
Barbara Boyer, age 63, 88 kg (193.6 lbs.)
Kathy Young, age 55, 111 kg (244.2 lbs.)
Karyn Marshall, age 50, 143 kg (314.6 lbs.)
Anne Lehman, age 46, 134 kg (294.8 lbs.)
Corinne Grotenhuis, age 41, 145 kg (319 lbs.)
Jennifer Kanenaga, age 39, 113 kg (248.6 lbs.)

Men's Age Group Winners

Name, age, total weight lifted

Eddie Owada, age 81, 78 kg (171.6 lbs.)
Dan Takeuchi, age 78, 151 kg (332.2 lbs.)
Alexandr Avanesov, age 72, 162 kg (356.4 lbs.)
Gary Deal, age 66, 211 kg (464.2 lbs.)
James Krueger, age 62, 201 kg (442.2 lbs.)
Bill Brian, age 58, 225 kg (495 lbs.)
Val Balison, age 51, 245 kg (539 lbs.)
John Donahue, age 45, 278 kg (611.6 lbs.)
Rick Bucinell, age 42, 315 kg (693 lbs.)
Miles Doswell, age 35, 273 kg (600.6 lbs.)

Women's Grand Master – Anne Lehman

Men's Grand Master – Dan Takeuchi

Team Results

Women's Team

1, Ironworks Weightlifting Club, 75 points

Men's Teams

1, Missouri Valley Masters, 88 points; 2, East Coast Gold, 83 points; 3, Lost Battalion Hall, 83 points; 4, Team Savannah, 67 points; 5, Power Sports Athletic Center, 65 points; 6, OBX Weightlifting Club, 46 points; 7, Team Minnesota, 34 points; 8, East Alabama Weightlifters, 19 points

The competition was limited to lifters 35 or older, and there were several former Olympians among the 200 athletes who were pumping iron. Eight men's teams and one women's team competed, but there were several unaffiliated lifters who also lifted.

"It was very well run – lifter friendly," said four-time national champion Tim Guarino of Baltimore about Stout hosting the event. "If you needed anything, they were at your beck and call. The staff was service-oriented and very helpful."

Guarino, who has been competing for 27 years, won the 105-kilogram (231-pound) weight class in the 40-44 age category, his third straight national championship and fourth since 2000. His goal is to win 10 national titles and gain automatic admittance to the Weightlifting Hall of Fame and Museum located near York, Pa.

Karyn Marshall, 50, set three records in the women's 50-54 category. The first two records came in the snatch and clean and jerk events, and her total of 143 kilograms (314.6 pounds) lifted was another record.

The Missouri Valley Masters won the men's team title by compiling 88 points, edging East Coast Gold and Lost Battalion Hall, who each had 83. Ironworks Weightlifting Club was the only women's team, and they scored 75 points.

Anne Lehman, 46, was named the women's grand master after lifting 134 kg (294.8 lbs.) during the event, and 78-year-old Dan Takeuchi won the men's grand master title by lifting 151 kg (332.2 lbs.).

"This is the first time the national weightlifting championships have been held on a military reservation," said Stout's Doug Briggs, tournament



MASTER SGT. STEVE MILLER

John Broz strains to hoist the bar overhead Sunday during the clean and jerk event. The 32nd annual National Men's and Women's Masters weightlifting championships took place Friday through Sunday at Stout Gym.

director. "We had 20 to 25 current, former or retired military members competing, which I was very pleased to see. We've gotten several comments saying it was a great meet – the best they've been to – and they want to come back (to Bliss). Soldiers from 4-1 Cav. helped with the loading (of the weight bar) on Friday, and UTEP's strength coaches did it Saturday and today. That's the most important job in the meet because it keeps things going so nobody has to wait."

For a meet summary, see the accompanying chart.

Bliss excels at state, Southwest judo tournaments

COMMAND SGT. MAJ. RANDY LEATHERWOOD

Special to The Monitor

Three Fort Bliss judo team members won gold medals in five of six events and took silver in the other during a pair of season-ending tournaments April 1 and 2 in Odessa, Texas.

Both Erick Clark of the Patriot Training Detachment (100+ kilogram division) and Sven Preuss of the German Air Force (73-kilogram division) won gold medals in the state Brown Belt Championships and the

senior All-Star tournament. Aaron Villarreal, 66 kilos division, placed second in the 66-kilogram division of the Brown Belt Championships but redeemed himself in the senior All-Star tourney by winning gold.

Clark earned his second state championship by throwing each of his opponents to the mat, before ending each match with a pinning technique. Preuss dominated his weight class with impressive throws on each opponent, resulting in instant wins. Villarreal also scored a first-round instant win with a beautiful inner-

thigh throw, but lost to a choke submission in the final.

The weekend of March 25 and 26, the judo team competed in the Southwest Judo Championships in Albuquerque. Preuss was the only experienced player to make the trip, and he placed second in two divisions, the men's 73 kilo and the men's 30-39 Masters middleweight division. He lost in both division finals to a former world champion. Also placing, while competing in his first tournament, was Clark Wright of the U.S. Army Sergeants Major Academy in the novice men's heavyweight division.

The championship tournaments started with the team traveling to Hurst, Texas, with three members to compete against 100 of the best judo fighters in the state at the 2006 Texas Senior Judo Championships. Bliss impressed for the second straight year, winning five medals. Bliss won nine medals in 2005 Texas Judo Championships.

Clark matched his 2005 state championship with a gold-medal performance in the men's 30 to 39-year-old Masters heavyweight division. However, he came up just short in defending his 2005 title in the senior men's super heavyweight division, 100+ kilos, by losing a tightly-contested final with Mike Lamontio from Dallas. The second-place finish qualified him to compete in April at the U.S. Senior Judo National

Championships in Houston. It will be his second national championship attempt.

Preuss solidified his spot on the team in the 73 kilo weight class with impressive throwing techniques that earned him two medals. He won silver and bronze medals in the men's 30 to 39 year-old Masters lightweight division and the Senior men's 73-kilo division, respectively. The second-place finish qualified him to compete in April at the U.S. Senior Judo National Championships.

Cesar Luna battled to a silver medal in the Senior men's less than 100 kilo division. He has demonstrated a marked improvement over the past four months and fought his way into the finals, but lost to a much more experienced national and international player from Fort Worth.

Coach Randy Leatherwood, who is the U.S. Armed Forces judo coach and a member of the U.S. Martial Arts Hall of Fame, has an automatic berth in the U.S. Senior Judo National Championships because he was a medalist in last year's national championship tournament in Virginia Beach, Va.

The Fort Bliss judo team trains at Stout Gym on Tuesday and Thursday at 7 p.m. Beginners are welcome. For more information, contact Leatherwood at 490-6499 or email him at randy.leatherwood@us.army.mil.



LISA SPEICH

Members of the Fort Bliss judo team include, left to right, Sven Preuss, Cesar Luna, Erick Clark and Coach Randy Leatherwood.