



Rocky Mountain Lifting Club

1600 S. Abilene St., Aurora, CO 80012
303-337-4613

November 2008

Miles Dowswell Takes First at 08 World Masters Weightlifting Championships

Miles Dowswell was born in Toronto, Canada in 1971. He used Olympic lifting for strength training in wrestling, and at the age of 19 started competitively lifting. At the age of 23, he acquired a serious injury that forced him to stop lifting. In 2005, after moving to Colorado, he started to lift once again over excitement of being so close to the USA Olympic Training Center. He retained a lot of his strength over the years he spent not lifting, and he quickly rose to the top once again.

Miles holds the American records in the 94 and 105kg weight classes. He placed second in the 2007 World Master Championships, held in Hungary; and placed first by a landslide in the 2008 World Master Championships, held in Greece.

Miles says that he owes a huge part of his success by training smart, with long term planned training schedules and goals. He also says that his body would not be able to handle the stress of training at the levels he does without regular chiropractic care.



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Powerlifting Events

2009 Mountain States Peak Performance Powerlifting Championships

When: March 21st

Where: Grandview High School-Aurora, CO

2009 USAPL Men's National Championships

When: June 11-14

Where: Doubletree Hotel.

3203 Quebec St.

Denver Colorado

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Lifter Profile- Miles Dowswell

2008 IWF Masters Championships

1st place in 94 kg weight class

Best snatch-140kg

Best Clean & Jerk-160kg

2008 National Masters Championship

1st in 105kg weight class

Best snatch-138kg

Best Clean & Jerk-166kg

2007 IWF Masters Championships

2nd in 94kg weight class

2007 American Masters Championships

1st in 105 weight class

Best snatch-132kg

Best Clean & Jerk-162kg

Holds records at American Masters level for best snatch, clean & jerk and overall total in the 105kg weight class.

Also holds record at American Masters level for best snatch at 94kg weight class.

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Personal Trainers Wanted!

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You can give us a call at 303-337-4613 or stop on by 1600 S. Abilene St., Aurora

2008 Colorado State PL and BP Championships

The 2008 USAPL Colorado Powerlifting and Bench Press Championships was held at the Rocky Mountain Lifting Club on the 6th and 7th of December. Dan and Jennifer Gaudreau were the meet directors. Over eighty lifters competed in both the three lift and bench press competitions.

Three teams were represented in the competition. The Rocky Mountain Lifting Club, Team Virtus, and the Exclusive Athletic Club were all present. The United States Air Force was there as well but was not represented as an official team. Team Virtus took first, with Rocky Mountain Lifting Club a close second.

Sixty-five year old lifter, Bob Beamer, broke an American Record on Sunday with a 140kg bench press.

Andrew Scavuzzo and John Pogue made their first appearance at the state championships as well. At the age of fourteen, both competitors proved to be quite powerful, and showed great potential. We look forward to seeing more from them in the future.

Rocky Mountain Lifting Club lifter, Frank Agos, had a great meet as well. His best squat was 207.5kg. His best bench was 160kg, best deadlift was 260kg and his total 627.5kg; all of which were new personal bests for Frank.



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Colorado Hall of Fame Nominees

The following people were nominated for the Colorado hall of fame.

Ron Garafalo
Robb Grisham
Dave Gonzales
Robert Trujillo
Dan Gaudreau

The votes are in and the results and induction ceremony will be conducted at the 2009 Mountain States Peak Performance on March 21st.

AVAILABLE AT



2009 Men's Open, Teen and Junior Nationals

Have you ever wanted to compete with a lifter that you admire? Well at the 2009 Men's National Championships, you could get that opportunity. Flights will be divided up by weight class only, so if there is a lifter in your weight class that you've always wanted to compete against, here's your chance! The meet will be held June 12-15th at the Doubletree Hotel in Denver, CO. Call 303-337-4613 or E-mail at RMLCCO@yahoo.com for more information.

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2009 USAPL Mountain States Peak Performance

The 2009 USAPL Mountain States Peak Performance will be held on March 21st at Grandview High School in Aurora, CO. The USAPL Colorado High School Powerlifting Championships will be held during that same time. Don't miss out on either of these great events. Call the Rocky Mountain Lifting Club at 303-337-4613 or contact via email at RMLCCO@yahoo.com for more information on these two great meets.

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