

NEWS RELEASE

Nov. 16, 2009

(Photos and Interviews available on request)

New York Arm Wrestling® Association

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GRUNT'S & GRIMACES TAKE OVER PORT AUTHORITY BUS TERMINAL

QUEENS RESIDENTS SHINE AT STATE ARM WRESTLING CHAMPIONSHIPS Top Honors to Ayello, Kosmidis, Khudayberganov and Berrouet

New York, NY. Nov. 12, 2009. Over 70 men and women competed for the chance to be crowned Empire State Golden Arm Champion before a captive audience of 1,000 spectators who had the opportunity to watch the event for free. The New York Arm Wrestling Association presented the 32nd Annual Supercuts® Empire State Golden Arm Tournament of Champions on Thursday, November 12, 2009 at the **NYC Port Authority Bus Terminal's North Wing/Main Concourse in NYC. The proud sponsors were Supercuts®, Ironmind® Captain's of Crush® Grippers and fitness expert Joyce Vedral at cougarjoyce.com** and all sponsors received certificates of appreciation from the **New York Arm Wrestling® Association.**

Defeating all comers, right and left handed, **Mirline Berrouet from So.Ozone Park** captured the Open Women's New York State Strongest Arm MVP award and continued her 2009 unbeaten winning streak. **Pascal McDonald from Hollis** took second place right handed and last year's Empire State defending right hand champion **Kristen Czerw from Bayside** came in third, left handed, as she was unable to place right handed.

Akmal Khudayberganov from Flushing pounded the competition in the 154 pound right hand amateur weight class to take home first place and **Taka Kono from Woodside** came in second place right handed and third left handed. **John Kosmidis from Astoria won** the final match right handed with a fierce determination against 20-time champion **Harry Wilson from Brooklyn. Kosmidis** also took second place left handed. **NYC firefighter Mike Ayello from Whitestone** overpowered **Vincent Bosite from Howell, NJ.** who came in second and **Karol Brzozokiski from Yonkers** placed third. Other contestants who placed from Queens were **David Milburn from Jamaica** second place in the Amateur Super heavy weight class and **Dan DeSoto from Fresh Meadows** came in third. **John Bountinas from Astoria** came in third in the pro 200 pounds and over weight class and Mike 'Tattoo' Arotzky from Howard Beach came in third in the 154 pound class. **Lajos Konya from Jersey City** and representing his country Hungary won both the right and left hand contests and captured the Arm-Star award. Olan Frankivski from Brooklyn and representing the Ukraine won the 154 pound left hand

contest. **Adam Katz from Westfield, NJ.** won the 176 pound class and **Mark Leva from Elmont, LI** came in second. **Daeiusz Wisniewski from Poland** won the 154 pound pro right hand class and **Richard DeNardo from Mashpee, MA.** won the pro 176 pound weight class and **Jon Vinikoor from Richboro, PA.** outdid himself by capturing three weight classes – Vinikoor excelled in both the right and left hand 198 pound classes and also won the 45+ years old masters class.

The strongest arm wrestler of the day right handed was **Ozgur Kizgin from Turkey, representing the Turkish American Sports Club.** **Shawn Lattimer from Mount Royal, NJ** won the left hand overall strongest arm title and **Mirline Berrouet from So. Ozone Park** won the women's right and left hand contests and the Arm-Star award.

In the team championships **New Jersey** won with 28 points and **Queens** came in second place with 16 points among the amateurs and in the pros **PA** took first place also with 28 points and Brooklyn was second with 14 points.

\$100 in cash prizes were awarded for first place in each pro weight class, while amateurs received awards only. The day's overall strongest arms male R AND L hand and female received an additional \$100 cash prize and crowned with Empire State Captain's of Crush® Grippers Strongest Arm MVP awards. **Giorgi Gelashvili from Sheepshead Bay, Brooklyn** was chosen the 2009 New York State Arm Wrestler of the year for winning all events entered this year including NYC King of Arms title at the NYC Big Apple Grapple International, which was held last April 18th at the NY International Automobile Show at The Jacob K. Javits Center.

"The Empire State Golden Arm Tournament of Champions is New York City's oldest, most prestigious and sought-after title," said Gene Camp, founder and president of the New York Arm Wrestling Association (NYAWA)." Camp continued, "This event was a final display of what we wait for all year. It's a culmination of our 32nd anniversary season and was very exciting to watch because the event is loaded with top talent from all over the tri-state area and from as far away as Turkey." The Empire State Championship is the final event of the New York Golden Arm Series where three preliminary championships were held this year for both amateurs and pros.

The 2009 Empire State Champions will be featured again on April 10th, 2010 at the NYC Big Apple Grapple International again at the Javits Center. The contest is expected to draw some of the biggest names in the arm wrestling from around the world.

For more information about the Empire State Championship, photos and video, visit the NYAWA website at nycarms.com or call 718-544-4592. "END"

Contact: Gene Camp 718-544-4592

NEW YORK ARM WRESTLING® ASSOCIATION (718) 544-4592

OFFICIAL AMATEUR RESULTS

32nd ANNUAL SUPERCUTS® EMPIRE STATE GOLDEN ARM
TOURNAMENT OF CHAMPIONS

Presented by

JOYCE VEDRAL FITNESS, CAPTAIN'S OF CRUSH GRIPPERS

THURSDAY, NOVEMBER 12, 2009

2009 Empire State Arm Wrestler of the Year:

Giorgi Gelashvili – Sheepshead Bay, Brooklyn

OFFICIAL AMATEUR RESULTS

154(R)

1ST PLACE	AKMAL KHUDAYBERGANOV	(Uzbekistan) Flushing, NY.
2ND PLACE	Olan Frankivski	(Ukraine) Brooklyn, NY.
3RD PLACE	Taka Kono	Woodside, NY.

154(L)

1ST PLACE	OLAN FRANKIVSKI	(Ukraine) Brooklyn, NY.
2ND PLACE	Taka Kono	Woodside, NY.
3RD PLACE	John Kosmidis	Astoria, NY.

176 (R)

1ST PLACE	ADAM KATZ	Westfield, NJ.
2ND PLACE	Marc Leva	Elmont, NY
3RD PLACE	Jerry Fossati	Cortlandt, NJ.

225 (R)

1ST PLACE	LAJOS KONYA	(Hungary) Jersey City, NJ.
2ND PLACE	Mike Madden	Flanders, NJ
3RD PLACE	Stephan Broadman	Brooklyn, NY.

OPEN (R)

1ST PLACE	MIKE AYELLO	Whitestone, NY
2ND PLACE	Vincent Bosite	Howell, NJ.
3RD PLACE	Karol Brzozokiski	Yonkers, NY.

OPEN (L)

*1ST PLACE	LAJOS KONYA	(Hungary) Jersey City, NJ.
2ND PLACE	David Milburn	Jamaica, NY
3RD PLACE	Dan DeSoto	Fresh Meadows, NY.

***Lajos Konya - Arm-Star Award Winner (Won Right & Left Handed)**

AMATEUR TEAM CHAMPIONSHIP

1ST PLACE NEW JERSEY 28 POINTS

2ND PLACE QUEENS 16 POINTS
3RD PLACE BROOKLYN 11 POINTS

Sanctioned By: New York Arm Wrestling Association - nycarms.com - 718-544-4592

NEW YORK ARM WRESTLING® ASSOCIATION (718) 544-4592

OFFICIAL PRO RESULTS

THURSDAY, NOVEMBER 12, 2009

154 (R)

1ST PLACE	DARIUSZ WISNIEWSKI	(Poland) Philadelphia, Pa.
2ND PLACE	Mike Bye	East Hampton, NY.
3RD PLACE	Mike Tattoo	Howard Beach, NY.

154 (L)

1ST PLACE	JOHN KOSMIDIS	Astoria, NY.
2ND PLACE	Harry Wilson	Brooklyn, NY.
3RD PLACE	Mike Bye	East Hampton, NY.

176(R)

1ST PLACE	RICHARD DeNARDO	Mashpee, Mass
2ND PLACE	John Kosmidis	Astoria, NY.
3RD PLACE	Mike Bye	East Hampton, NY.

198 (R)

*1ST PLACE	JON VINIKOOR	Richboro, Pa.
2ND PLACE	Alex Josowitz	Brooklyn, NY
3RD PLACE	Andrew Kendall	Poughkeepsie, NY.

198 (L)

*1ST PLACE	JON VINIKOOR	Richboro, Pa.
2ND PLACE	Alex Josowitz	Brooklyn, NY
3RD PLACE	Andrew Kendall	Poughkeepsie, NY.

OPEN (R)

*1ST PLACE	OZGUR KIZGIN	TURKEY
2ND PLACE	Shawn Lattimer	Mount Royal. NJ.
3RD PLACE	John Bountinas	Astoria, NY.

OPEN (L)

**1ST PLACE	SHAWN LATTIMER	Mount Royal. NJ.
2ND PLACE	Ozgur Kizgin	Turkey
3RD PLACE	Steven Broadman	Brooklyn, NY.

MASTER 45+ (R)

1ST PLACE	JON VINIKOOR	Richboro, Pa.
2ND PLACE	Harry Wilson	Brooklyn, NY.
3RD PLACE	Steven Broadman	Brooklyn, NY.

WOMENS OPEN (R)

***1ST PLACE	MVP ~ MIRLINE BERROUET	SO. OZONE PARK, NY.
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2ND PLACE	Pascal McDonald	Hollis, NY
3RD PLACE	Joyce Boone	Brooklyn, NY.

<i>WOMENS OPEN {L}</i>		
***1ST PLACE	MVP ~ MIRLINE BERROUET	SO. OZONE PARK, NY.
2ND PLACE	Joyce Boone	Brooklyn, NY.
3RD PLACE	Kristen Czerw	Bayside, NY

*CAPTAIN'S OF CRUSH® GRIPPERS MALE MVP (R)	OZGUR KIZGIN
**CAPTAIN'S OF CRUSH® GRIPPERS MALE MVP (L)	SHAWN LATTIMER
**CAPTAIN'S OF CRUSH® GRIPPERS FEMALE MVP	MIRLINE BERROUET
ARM-STAR AWARD MIRLINE BERROUET & JON VINIKOOR (Won Right & Left Handed)	

<i><u>PRO TEAM CHAMPIONSHIPS</u></i>		
1ST PLACE	PA	28 POINTS
2ND PLACE	BROOKLYN	14 POINTS
3RD PLACE	QUEENS	12 POINTS
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