

GOLD MEDALS GALORE FOR RUSSIA

SEVEN WOMEN AND SIX MEN WIN WORLD TITLES AT WORLDS IN NEW DEHLI

SERGEY FEDOSIENKO IS BEST LIFTER WITH 715KG TOTAL AT 54.94



THE EXECUTIVE COMMITTEE OF THE IPF

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FITNESS

THE INTERNATIONAL POWERLIFTER

The official magazine of the International Powerlifting Federation

Vol. 3 No. 5/6

September/December, 2009

LAST REP - LAST SET

This is my last editorial as I am now retiring as the IPF magazine Editor.

I have been the Editor for the last three years and before that I was for 25 years the Editor of my own magazine "International Powerlifter", previously "BRITISH POWERLIFTING"

I have been to nearly all of the World Open Championships over the years from Birmingham Town Hall in 1975, to the Ikkitori Hotel in Turku, Finland, Observation City hotel in Perth, Australia, then finally last year at the 2008 Worlds in St Johns, Newfoundland

I have been fortunate to meet most of the great powerlifters along the way, champions all, including Hideaki Inaba from Japan, Ed Coan USA. The late Eddie Pengelly and Ron Collins, champions from Great Britain, and many, many more from countries all over the world

In the 70's, Powerlifting was manic. It was an emerging new sport, exciting with many enthusiastic supporters.

Especially I remember Turku in Finland in 1978. The Finns, fanatical about Powerlifting, had posters stuck up all over the city, TV cameras were at the venue every day which was packed for every session, a ticket only affair. That year Bill Jamison lifted for Canada and John Stephenson was on duty as always.

This is where the Ikkitori hotel housed all the athletes, the theatre was the venue, with gymnasium, casino, night club, shops, Bank, Post Office etc. all in the same complex. Perfect.

Now some 30 years later, we have Powerlifting in the World Games, this year held in Kaosiung, Chinese Taipei. The IPF is the biggest Powerlifting organisation in the world with over 100 countries affiliated. It is growing rapidly and I look forward to seeing its expansion over the next few years to envelope more lifters and countries

Finally, I take this opportunity to thank all lifters, coaches, officials and everybody else who helped me to keep producing the magazine.

My best wishes to you all

Dennis Unitt - EDITOR

CHAMPIONSHIPS CALENDAR - 2010 TO 2012

2010

29/30 January
05/07 March
April
01/04 April
TBA May
04 May/08 May
25 May/29 May
25 May/29 May
08 June/12 June
22 June/26 June
July
21 July/ 24 July
21 July/24 July
TBA August
12 August/14 August
28 August/04 September
17/18 September
27 September/02 October
TBA October
21/23 October
November
07/13 November

ER Equipment Bench Press
Arnold Sports Festival
Caribbean B.P. & Powerlifting Championships
World Masters Bench Press Championships
Asian Open Championships
Men's and Women's European Championships
World Open Bench Press Championships
World Sub Junior/Junior Bench Press Championships
European Juniors Championships
European Masters Championships
South American Powerlifting Championships
North American Powerlifting Championships
Central America & Caribbean Games
Asian Bench Press Championships
European Bench Press Championships
World Sub-Juniors and Juniors Championships
Western European Championships
World Masters Championships
North American Bench Press Championships
European Masters Bench Press Championships
South American Bench Press Championships
Men's and Women's Open World Championships

Rodovre, Denmark
Columbus, Ohio
Georgetown, Guyana
Orlando, USA
Ulan Bator, Mongolia
Köping, Sweden
Killeen U.S.A.
Killeen, U.S.A.
Hamar, Norway
Pilsen, Czech Republic
Punta del Este, Uruguay
Mayaguez, Puerto Rico
Mayaguez, Puerto Rico
Philippines
Bratislava, Slovakia
Pilsen, Czech Republic
Hamm, Luxembourg
Pilsen, Czech Republic
Road Town, BVI
Hagondange, France
Bogota, Colombia
Johannesburg, S. Africa

2011

18/19 March
TBA April
13/16 April
TBA May
10/14 May
25/28 May
25/28 May
07/11 June
21/25 June
TBA June
TBA July
TBA August
04/06 August
29 August/03 September
16/17 September
27 September/01 October
20/22 October
06/12 November
TBA November

Danube-Cup
Caribbean B. P. & Powerlifting Championships
World Bench Masters Championships
Asian Championships
Men's and Women's European Championships
World Open Bench Press Championships
World Sub Junior/Junior Bench Press Championships
European Juniors Championships
European Masters Championships
NAPF North American Powerlifting Championships
Pan-American Powerlifting Championships
Asian Bench Press Championships
European Bench Press Championships
World Sub-Juniors & Juniors Championships
Western European Championships
World Masters Championships
European Bench Press Masters Championships
Men's and Women's World Championships
South American Bench Press Championships

Gorna Oryahovica, Bulgaria
Georgetown, Cayman I
Rodby, Denmark
Uzbekistan
Pilsen, Czech Republic
Soelden, Austria
Soelden, Austria
Ashington, Great Britain
Bid: Czech Republic
Bid: St. Thomas, USVI
Buenos Aires, Argentina
Bid required
Bid: Yalta, Ukraine
Moose Jaw, Canada
Bid: Netherlands
St. Catharines, Canada
Hamm, Luxembourg
Prague, Czech Republic
Ecuador

2012

18/21 April
08/12 May
22/26 May
22/26 May
TBA June
05/09 June
TBA July
03/07 July
09/11 August
27 August/01 September
25/29 September
TBA October
18/20 October
04/10 November
TBA November

World Masters Bench Press Championships
Mens and Womens European Championships
World Open Bench Press Championships
World Sub Junior/Junior Bench Press Championships
North American Powerlifting Championships
European Junior Championships
South American Powerlifting Championships
European Masters Championships
European Bench Press Championships
World Sub Junior/Junior Championships
World Masters Championships
Pan American/North American Bench Press Championships
European Masters Bench Press Championships
World Mens and Womens Open Championships
South American Bench Press Championships

Johannesburg, S. Africa
Donetsk, Ukraine
Pilsen, Czech Republic
Pilsen, Czech Republic
Bid: Orlando, USA
Herning, Denmark
Guayaquil, Ecuador
Czech Republic
Italy
Warsaw, Poland
Killeen, USA
San Jose, Costa Rica
Czech Republic
Aguadilla, Puerto Rico
Callao-Lima, Peru

As at November 1st, 2009

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The 2009 IPF GENERAL ASSEMBLY was held on November 2nd, 2009 in the Fortune Hotel, New Dehli, India
The Minutes can be found in full on the IPF Website: www.powerlifting-ipf.com

The Updated IPF ANTI - DOPING RULES, which were ratified unanimously by the IPF General Assembly, can also be found on the IPF Website

NEW VICE PRESIDENT

At the General Assembly held in New Dehli, the Executive Committee elected Dr. Larry Maile of the USA as IPF Vice President



Dr. Larry Maile

PROPOSALS TO THE GENERAL ASSEMBLY (taken from the Minutes)

At this Congress the Constitution, By-Laws and Technical Rules cannot be changed, except if the Congress decides about amendments with a 2/3-majority.

IPF Anti-Doping rules 2010

The IPF Anti-Doping rules were sent attached to this agenda. These rules are according the WADA-Code 2009 and WADA has certified that these rules are WADA-compliant.

According IPF-Constitution 7.2.14 the IPF Congress ratifies the IPF Anti-Doping rules. The IPF-EC asks the Congress to ratify the presented Anti-Doping rules.

****The Anti-Doping Rules were ratified unanimously**

In connection with the proposed changes, some rules in the IPF By-Laws must be changed:

Proposals Executive Committee

101.9.4 Records Registrar

101.9.4.1 Shall certify all World records and maintain an up to date register of all records in all categories. World records can only be confirmed if IPF drug testing requirements according IPF Anti-Doping rules 5.7 for the acceptance of World records have been complied with. Pending the confirmation of a negative drug test by the analysing laboratory records shall be shown on the register as being "pending" for a period of not more than three months from the date of the performance. If the record is not confirmed within this period it shall be erased from the register.

104.9 Recognition of World Records

World records will only be accepted from competitions where drug testing is carried out according IPF Anti-Doping rules 5.7 and the lifter returns a negative drug test. This must be done strictly in accordance with the IPF Anti-Doping Rules including the analysis of samples in a laboratory accredited at the time of analysis by WADA.

104.8 Categories of World Records

The IPF recognises world records in the following categories:
Men's Open, Women's Open, Juniors Men and Women, Juveniles Men and Women and Masters Men and Women.
Single lift Bench press: Open Men's, Open Women's, Master's Men and Women.

104.8.1 World records will be accepted and registered only within the categories listed in this item.

104.8.2 Records will only be accepted if applications are made strictly in ac-

cordance with the requirements of the IPF Technical Rules and according the IPF Anti-Doping rules and include a copy of the relevant score sheet. Claims to be sent to the Record Registrar.

****The General Assembly voted unanimously (37/0) to change also the By-Laws and Technical Rules according the new IPF Anti-Doping rules.**

1) Constitution

At this Congress the Constitution, By-Laws and Technical Rules cannot be changed, except if the Congress decides about amendments with a 2/3-majority.

****The General Assembly voted with 36/1 votes against to discuss the proposals about Constitution, By-Laws and Technical Rules and so all proposals failed.**

Amendment: The President Mr. Albrings explained to the General Assembly that the Executive Committee installed a "Steering Group" to work out reasonable proposals in cooperation with all committees for the next General Assembly 2010.

IPF HALL OF FAME

Elected to the IPF Hall of Fame by the General Assembly were

Official : Arnulf Wahlstrom of Norway,
EC Board member for Europe

Lifter: Priscilla Ribic of the USA.

Congratulations to both!

Arnulf Wahlstrom



Priscilla Ribic, 2008 67.5kg World champion

IPF ANTI DOPING RULE CHANGES

The IPF member federations have only decided to accept changes in the IPF Anti-Doping rules at the IPF General Assembly in Delhi / India.

Hereby I will inform you about these changes and I would like to highlight them:

No 1:

"14.2 Statistical Reporting

National Federations shall report to the IPF (President) not later than 31st of March each year results of all Doping Controls within their jurisdiction during the previous calendar year sorted by Athlete and identifying each date on which the Athlete was tested, the entity conducting the test, and whether the test was In-Competition or Out-of-Competition. The IPF may periodically publish Testing data received from National Federations as well as comparable data from Testing under the IPF's jurisdiction. A failure to report such results by 31st of March, will be fined with Euro 500. The national federation is suspended until the fine is paid and the national report is provided. The regional federations collect all reports and send them latest 15th of April to the IPF.

That means that all IPF member federations must send their national doping reports to the President/Secretary General of their regional federation every year latest end of March. The regions will collect the reports and they will send a summary to me that I can send it to WADA and to publish it on the IPF-Homepage. It is mandatory to publish such information by the WADA-Code. Member federations, which not send in time their report must pay a fine of Euro 500 and they are suspended until the fine is paid.

I am personally not a fan of fines, but unfortunately the experiences shows us that some of our member federations do not react without pressure. Sorry that I must mention this circumstance.

No 2:

The IPF has changed his rules regarding TUEs. That means the IPF will accept TUEs of National Anti-Doping organisations (NADOs). Every concerned athlete must send the confirmation of his NADO to the Medical Committee, which will examine this confirmation. Please keep in mind that the confirmation of your NADO must also be written in English.

4.4.2

Athletes who participate in an International Event identified by the IPF must obtain a TUE either from the IPF or their National Anti-Doping Organization or other body designated by their National Federation, as required under the rules of the National Anti-Doping Organization or the National Federation (IPF recognizes the NADO TUEs also for the international-level athletes). The application for a TUE must be made as soon as possible and in any event (save in emergency situations) no later than 21 days before the Athlete's participation in the Event. National Anti-Doping Organization (or other body as applicable) shall promptly report any such TUE's to the IPF and WADA. TUEs granted by the IPF shall be reported promptly to the Athlete's National Anti-Doping Organization and to WADA.

No 3:

5.7.1.2.1

Notwithstanding the clause 5.7.1.2 above, the IPF Anti-Doping Commission (the ADC members present who are doing selection) decides whether the record setting lifter at Masters II, Masters III or Masters IV age category need to be tested as a condition of accepting the Masters II, III or IV world or regional record.

In future the Anti-Doping Commission (ADC) decides about the tested Masters athletes (II, III and IV), which achieve a World or Regional records. That means that a record in this age groups can be tested, but must not be tested. This rule is only valid on world and regional level.

On national level the criteria for accepting records are still valid => every record must be tested.

If you have questions in this matter, do not hesitate and contact the Chair of the ADC Robert Wilks.

Additional information / IPF magazine

Dennis Unitt has informed us that he will resign as Editor of the IPF magazine "THE INTERNATIONAL POWERLIFTER" at the end of this year because he has reached retirement age and of the time consuming work to build up the magazine.

Thank you very much Dennis for your outstanding support in publishing our

WADA UPDATE

The IPF medical committee has received the updated WADA list of banned and specified substances for 2010. Major changes include the re-introduction of pseudoephedrine to the banned substances list. Be careful! This is a common ingredient in cold medications, and may be present in other medicines/supplements as well. Pseudoephedrine will have a urine concentration threshold of 150 micrograms/ml, meaning an amount detected above this is an "adverse analytical finding" - a failed drug test. It is impossible for the medical committee to advise how much pseudoephedrine can be taken over a given time period and still stay under the threshold, so best advice is to avoid it during competition time.

Asthma patients need to also note that salbutamol and salmeterol now only need a declaration of use (not TUE). However, terbutaline and formoterol still need a TUE. It is best if your physician can control your symptoms with salbutamol or salmeterol. The approval of terbutaline and/or formoterol will require a statement from your physician supporting that the other drugs are ineffective for your disease in order for the TUE to be considered. There are also "threshold" levels of these drugs - meaning that if you are tested and the lab finds that the drug is in concentration greater than the threshold, you have an "adverse analytical finding". This is a positive drug test. Do not use these medications in amount greater than that prescribed by your physician to avoid problems.

We are all responsible for what enters our body - intentionally or accidentally. Remember that we must maintain compliance with the WADA code. Participation in the Olympics is the dream of all dedicated powerlifters, and reducing the number of failed drug tests is critical to achieving that goal. We can all start by avoiding the "accidental" failures for drugs like pseudoephedrine and hormone precursors commonly added to protein/creatine. Check with your national medical committee and the links below before taking any medications. Read the labels of your supplements and do not take chances. WADA code is complex, and changes often, so the links below are key to staying current.

The medical committee also would like to clarify the TUE process. Some medications are obviously not a problem and require minimal support for approval. In fact WADA has reduced the work load by adding the "declaration of use" category. However, applications for drugs such as insulin, growth hormone, testosterone, lasix/hydrochlorothiazide, etc require careful consideration and extensive documentation of a lack of alternatives. Even with a completed application, the medical committee may deny the TUE. The lifter may then appeal to WADA directly. The medical committee seeks to provide compliance with WADA, but also to protect the safety of the lifter. In truth, it may not be in the best interest of a lifter who is overweight, diabetic and taking several medications for blood pressure to compete in powerlifting. Records and medals are nice, but not worth damage to our health.

At this time of year I would like to personally thank the members of the medical committee who volunteer their time and expertise to keep our lifters both in good health and in compliance with WADA, and also to thank Detlev and the IPF executive committee who continue to support our efforts. I wish you all a very safe and happy Christmas and Holiday season, and best of luck for success on the platform in 2010.

Chris Calvano MD PhD FACS

IPF Medical Committee / Anti-doping Hearing Panel

WADA

http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/Prohibited-List/WADA_banned_list_2010

http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/WADA_Prohibited_List_2010_EN.pdf

Summary of modifications

http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/WADA_Summary_of_Modifications_2010_EN.pdf

Statement on Pseudoephedrine

http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/WADA_Additional_Info_Pseudoephedrine_2010_EN.pdf

magazine. I am happy that Dennis will work further as IPF Media Officer.

The IPF EC are in discussion to follow our strategy plan and the consultation results of our hired Sport Consultation agency. That means, we intend to publish an IPF magazine twice a year with interviews, reports, highlights, previews, retrospect, photos etc.

Our main publishing portal is our IPF Homepage. The IPF Homepage is always present with the most current content

Detlev Albrings, IPF President

Approved list of apparel and equipment for use at IPF sanctioned competitions.

Updated: 23rd of September, 2009

Approved supportive equipment:

Only costumes, support shirts and wraps from commercial manufacturers officially registered and approved by the Technical Committee shall be permitted for use in Powerlifting Competitions. This applies to all championships and records, from Local to World.

Only bars and plates, squat racks, bench racks and benches from commercial manufacturers officially registered and approved by the Technical Committee shall be permitted for use in World, Regional and Continental Championships. The setting of World Records must be made with Bars and Disks featured on this list.

INZER

Z-Suit
Champion Suit
Hard Core Suit
TRX Squat Suit
Megathrust Squat Suit
MAX DL Deadlift suit
Fusion Deadlift suit
XDL Deadlift suit
Iron Wraps A and Z
Erector Shirt
Sleeveless Erector Shirt
Heavy Duty Erector Shirt
Sleeveless Heavy Duty Erector Shirt
Blast Shirt
Heavy Duty Blast Shirt (HD)
High Performance Heavy Duty Blast Shirt (HPHD)
Extra High Performance Heavy Duty Blast Shirt (EHPHD)
Phenom shirt
The Wrath bench shirt
The Rage bench shirt
Rage-X bench shirt
XB bench shirt
BOLT bench shirt
Wrist True Black Wrap
Knees True Black Wrap

TITAN

Squat Suits
Centurion Suits
Red Devil wraps
Signature Gold wraps
Titanium wraps
Velocity Deadlift Suit
Titan Fury Shirts
Knee Wraps T.H.P. (with lettering or yellow stripe)
Knee Wraps Max RPM (Black with green or orange stripes)

Wrist Wraps T.H.P. (with lettering or yellow stripe)
Wrist Wraps Max RPM (Black with green or orange stripes)
F6 Tornado Shirt
Fury NXG Plus SHP Bench Shirt
Katana Shirts
Super Katana
Super Centurion

METAL:

Metal Squatter
Metal Viking Squatter
Metal Squatter v-type
Metal Viking Squatter v-type
Metal King Squatter
Metal King Squatter V-type
Metal Bencher
Metal Viking Bencher
Metal Viking Bencher X Type
Metal Viking Presser
Metal Presser
Metal Deadlifter
Metal Viking Deadlifter
Metal King Sumo Deadlifter
Metal King Deadlifter
Metal Blackline Wraps
Metal Black Wraps
Metal Triple Blackline Wraps
King Bencher
King Presser
King bencher x-type

CRAIN: approved until 30.06.2010

Power Bench Press Shirt
Mega Power Bench Press Shirt
Power Suit
Genesis Power Suit
Genesis Deadlift Suit
Shirt cx1 and cx2 (single ply)

Costume cx1 and cx2 (single ply)
Xtreme power Wrap
Xtreme power Wrist Wrap
Genesis Power Wrap
Genesis Power Wrist Wrap
Redline Power Wrap
Redline Power Wrist Wrap

MURPHY: approved until 31.12.2009

Murphy Bench Shirt -

PRO WRIST STRAPS:

Strangulator wraps
ZRV - Pro Wraps Wrist and Knees
Convict Pro-Wrist Wraps 12", 20", 24", 36"/Knee Wraps 2 meter
ZRV - Pro-Wrist Wraps 12", 20", 24", 36"/Knee Wraps 2 meter
Blue Power-Wrist Wraps 12", 20", 24", 36"/Knee Wraps 2 meter
Red, White & Blue-Wrist Wraps 12", 24", 36"/Knee Wraps 2 meter
Thug-Wrist Wraps 12", 24", 36"/Knee Wraps 2 meter
Black Reaper-Wrist Wraps 12", 24", 36"/Knee Wraps 2 meter
Black Mamba-Wrist Wraps 12", 24", 36"/Knee Wraps 2 meter
Blue Mamba-Wrist Wraps 12", 24", 36"/Knee Wraps 2 meter
Blood Stripe-Wrist Wraps 12", 24", 36"/Knee Wraps 2 meter
Phantom-Wrist Wraps 12", 24", 36"/Knee Wraps 2 meter
The Wrap 2XH-Wrist Wraps 12", 24", 36"/Knee Wraps 2 meter
The Wrap 3XH-Wrist Wraps 12", 24", 36"/Knee Wraps 2 meter
Hybrid-Wrist Wraps 12", 24", 36"/Knee Wraps 2 meter

Approved bars, plates and racks:

ER EQUIPMENT

Bench/Squat Racks

IVANKO

P/L bars and disks

LEOKO

P/L bars and disks

ELEIKO

All equipment of Eleiko is approved, included bars and discs.

PALLINI

P/L Bars and Disks " Bench/Squat Racks "

UESAKA

P/L bars and disks

METAL

METAL Viking Powerlifting Rack

METAL

Viking Bench Rack

Quest

Q-bar with Ivanko plates

Approved logos:

- [Allsize Denmark](#)
- [Goodlift](#)
- [House of Pain](#)
- [KAPPLNO](#)
- [Power-House Japan](#)
- [Quest Nutrition USA](#)
- [GNC Pro Performance](#)
- [CON-CRET](#)
- [Universal Boot - UB](#)
- (The logo fee costs €250 each Year)
- Toro (of the belts from Titan)

The user of this powerlifting equipment for himself and his heirs, release the IPF, its representatives, agents, and affiliates from any and all liability arising from the use of this equipment. Further, the user agrees to use this equipment as recommended. Failure to do so voids all responsibility and liability of the IPF, its agents, and affiliates, and the manufacturer of this equipment. Use of this equipment constitutes an agreement to these conditions.

Courtesy of:

John Stephenson, Chairman of IPF Technical Committee and Gaston Parage, IPF Treasurer

WORLD SUB-JUNIOR AND JUNIOR WORLD CHAMPIONSHIPS

Held in Ribeirao Preto-SP, Brazil from September 7th to 12th, 2009

Subjuniors - Women

- 44 kg						
1. Mea Dobi Konio 1991	PNG	44,00	135,0 1	47,5 2	125,0 1	307,5
2. Garcia Tyler 1991	USA	43,70	117,5 2	52,5 1	110,0 2	280,0
- 48 kg						
1. Vandusen Michelle 1993	USA	46,80	145,0 1	65,0 2	147,5 1	357,5
2. Filimonova Anna 1994	RUS	47,60	135,0 2	90,0 1	132,5 2	357,5
3. Nemoto Kozue 1992	JPN	47,40	92,5 3	50,0 3	127,5 3	270,0
- 52 kg						
1. Osipova Ekaterina 1991	RUS	51,80	165,0 1	90,0 1	145,0 1	400,0
2. Karlysheva Victoria 1993	RUS	51,20	157,5 2	65,0 4	127,5 5	350,0
3. Wendlandt Mareen 1991	GER	51,70	145,0 3	65,0 5	137,5 3	347,5
4. Monserate Kenia 1991	ECU	50,70	142,5 4	65,0 3	137,5 2	345,0
5. Carlson Britta 1991	USA	50,80	127,5 5	70,0 2	130,0 4	327,5
- 56 kg						
1. Schillinger Alexa 1991	USA	54,50	160,0 1	70,0 2	172,5 1	402,5
2. Melnikova Natalya 1992	RUS	55,70	127,5 2	82,5 1	135,0 2	345,0
3. Arimoto Misaki 1992	JPN	54,10	110,0 3	57,5 3	95,0 3	262,5
- 60 kg						
1. Llena Patricia 1994	PHI	59,90	170,0 1	80,0 3	170,0 1	420,0
2. Miller Kendra 1992	USA	57,80	160,0 3	87,5 1	157,5 2	405,0
3. Talybova Yana 1991	RUS	59,50	167,5 2	87,5 2	150,0 3	405,0
4. Okudo Chika 1991	JPN	56,30	90,0 6	57,5 4	125,0 4	272,5
5. De Sales Andressa 1994	BRA	58,80	110,0 4	50,0 6	100,0 6	260,0
6. Royer Karine 1994	CAN	57,20	92,5 5	55,0 5	107,5 5	255,0
- 67,5 kg						
1. Arushanova Narine 1991	RUS	66,70	180,0 1	92,5 1	177,5 1	450,0
2. Bluell Kamie 1991	USA	67,20	160,0 2	75,0 2	152,5 2	387,5
3. Mozer Carla 1991	BRA	66,30	120,0 3	55,0 3	130,0 3	305,0
4. Lizandro Larissa 1995	BRA	66,00	112,5 4	50,0 4	115,0 4	277,5
- 75 kg						
1. Chernishova Nadezda 1991	RUS	68,20	167,5 2	82,5 2	165,0 1	415,0
2. Noel Shantel 1993	USA	73,20	170,0 1	87,5 1	135,0 2	392,5
3. Takano Azusa 1991	JPN	72,00	140,0 3	80,0 3	132,5 3	352,5
- 82,5 kg						
1. Hower Kenzie 1991	USA	81,80	221,5 1/ws	92,5 1	160,0 1	474,0
2. Smith Cecile-May 1992	RSA	79,70	165,0 2	67,5 2	155,0 2	387,5
- 90 kg						
1. Poetzel Lynn 1991	USA	87,90	180,0 1	102,5 1	192,5 1	475,0
2. Claudio Mariana 1994	BRA	88,50	115,0 2	65,0 2	105,0 2	285,0
90+ kg						
1. Ross Rickeyma 1991	USA	123,50	217,5 1	112,5 1	210,0 1	540,0
2. De Souza Larissa 1993	BRA	112,00	200,0 2	105,0 2	130,0 2	435,0
Nation Points			1. U.S.A.	69 [12+12+12+12+9]		
			2. Russia	63 [12+12+12+9+9+9]		
			3. Brazil	39 [9+9+8+7+6]		
Best Lifters						
1. Osipova Ekaterina	Russia	51,80	1,2504	400,0	500,16	
2. Schillinger Alexa	U.S.A.	54,50	1,2019	402,5	483,76	
3. Vandusen Michelle	U.S.A.	46,80	1,3490	357,5	482,26	

Juniors - Women

- 44 kg							1. Molin Alexander 1992	RUS	55,80	212,5 1	125,0 2	207,5 2	545,0
1. Strufa Anastasya 1986	RUS	42,20	135,0 1	77,5 1	122,5 2	335,0	2. Rotar Phillip 1991	USA	54,90	205,0 2	112,5 3	210,0 1	527,5
2. Muto Yoshiko 1987	JPN	43,60	115,0 2	65,0 2	125,0 1	305,0	3. Mizuguchi Kentaro 1991	JPN	56,00	170,0 4	127,5 1	175,0 5	472,5
3. Bosque Maria 1987	ECU	44,00	107,5 3	55,0 4	115,0 4	277,5	4. Simon Warren 1992	RSA	55,70	175,0 3	105,0 4	190,0 3	470,0
4. Vongsowanh Melissa 1990	USA	42,10	100,0 4	47,5 5	115,0 3	262,5	5. Lago Cesar 1992	ECU	54,40	160,0 5	82,5 5	175,0 4	417,5
5. Nakamura Yuki 1987	JPN	40,10	90,0 5	55,0 3	107,5 5	252,5	6. Pedi Tumelo 1992	RSA	54,50	140,0 6	80,0 6	170,0 6	390,0
- 48 kg							- 60 kg						
1. Murtazina Kadriya 1986	RUS	47,40	155,0 1	85,0 2	160,0 1	400,0	1. Tsvetkov Vadim 1991	RUS	59,60	225,0 2	132,5 2	192,5 4	550,0
2. Inoue Yu 1988	JPN	46,70	145,0 2	90,0 1	120,0 4	355,0	2. Laznovsky Nick 1992	USA	58,60	215,0 3	102,5 4	220,0 2	537,5
3. Charro Ana 1987	ECU	48,00	117,5 3	72,5 3	125,0 3	315,0	3. Costa Danilo 1991	BRA	59,90	190,0 4	112,5 3	222,5 1	525,0
4. Gonzales Andrea 1990	USA	47,40	110,0 4	52,5 5	125,0 2	287,5	4. Balaberda Carter 1992	CAN	58,70	235,0 1	152,5 1	127,5 5	515,0
5. Miki Yasuko 1990	JPN	46,70	102,5 5	70,0 4	112,5 5	285,0	5. Sekome Kennedy 1992	RSA	58,90	120,0 5	80,0 5	195,0 3	395,0
- 52 kg							- 67,5 kg						
1. Alvarado Carla 1986	ECU	52,00	160,0 1	77,5 2	155,0 1	392,5	1. Poinson Adrien 1991	FRA	66,50	210,0 4	182,5 1/wj	220,0 2	612,5
2. Williams Megan 1988	USA	50,20	145,0 2	82,5 1	145,0 2	372,5	2. Zdorikov Alexey 1991	RUS	66,50	240,0 1	157,5 2	197,5 7	595,0
3. Silva Silmara 1989	BRA	51,70	135,0 3	75,0 3	122,5 4	332,5	3. Lang Jon 1991	USA	66,60	222,5 2	135,0 4	210,0 3	567,5
4. Bryanton Megan 1986	CAN	52,00	125,0 4	70,0 4	125,0 3	320,0	4. Yamashita Yasuki 1991	JPN	67,40	215,0 3	147,5 3	202,5 5	565,0
5. Kaneko Mutsumi 1986	JPN	51,60	120,0 5	62,5 5	110,0 5	292,5	5. Vaisanen Toni 1991	FIN	66,90	200,0 5	105,0 6	222,5 1	527,5
- 56 kg							6. Nabekura Dai 1992	JPN	66,50	175,0 6	125,0 5	205,0 4	505,0
1. Cuta Adriana 1986	VEN	54,80	167,5 3	92,5 1	190,0 1	450,0	— Bruce Christopher 1991	RSA	66,20	155,0 7	—	200,0 6	Out
2. Brage Angelica 1987	SWE	55,80	170,0 2	92,5 2	170,0 2	432,5	— Andrade Maitton 1991	BRA	66,20	—	—	—	Out

75 kg

1. Galuzinskiy Yevgeniy 1992	KAZ	74,30	265,0 2	145,0 3	300,0 1/ws 710,0 ws
2. Parilov Alexander 1991	RUS	72,50	275,0 1	170,0 2	252,5 3 697,5
3. Kitagawa Daigoro 1991	JPN	74,60	242,5 3	185,5 1/ws	222,5 5 650,5
4. Mac Donald Brennan 1992	CAN	74,80	215,0 6	140,0 4	272,5 2 627,5
5. Leite Jorge 1991	BRA	74,40	220,0 5	130,0 6	227,5 4 577,5
6. Suarez Cezar 1992	ECU	74,40	212,5 7	120,0 7	220,0 6 552,5
7. Seguchi Daishin 1991	JPN	73,90	240,0 4	130,0 5	180,0 8 550,0
8. Phantle Jabo 1991	RSA	68,80	175,0 8	95,0 8	200,0 7 470,0

- 82,5 kg

1. Degerman Erik 1991	SWE	82,00	302,5 1/ws	190,0 1	275,0 2 767,5 ws
2. Norris Jesse 1993	USA	81,30	285,0 2	165,0 3	280,0 1 730,0
3. Hoffman Levi 1991	USA	81,80	230,0 5	147,5 4	245,0 3 622,5
4. Ross Laird 1991	AUS	81,00	220,0 7	165,0 2	212,5 6 597,5
5. Spamer Herman 1991	RSA	79,60	250,0 3	120,0 7	225,0 5 595,0
6. Baretto Ricardo 1991	RSA	80,60	240,0 4	100,0 8	240,0 4 580,0
7. Dos Santos Joao 1991	BRA	76,20	225,0 6	135,0 6	210,0 7 570,0
8. Lipponen Jan 1991	FIN	82,20	220,0 8	147,5 5	190,0 9 557,5
9. Marion Franklin 1992	CAN	82,20	210,0 9	97,5 9	205,0 8 512,5

- 90 kg

1. Ignatenkov Vladimir 1991	RUS	88,80	285,0 1	175,0 1	272,5 2 732,5
2. Renberg Viktor 1991	SWE	90,00	277,5 4	152,5 4	285,0 1 715,0
3. Bush Cameron 1991	USA	89,40	282,5 2	175,0 2	255,0 4 712,5
4. Raich Martin 1992	AUT	89,20	280,0 3	160,0 3	270,0 3 710,0
5. Jokipalo Iiro 1991	FIN	89,30	260,0 5	137,5 5	220,0 6 617,5
6. Cadmore Kevin 1992	CAN	87,50	240,0 6	132,5 6	225,0 5 597,5

- 100 kg

1. Ladner Michael 1991	USA	99,30	305,0 1	215,5 1/ws	272,5 2 793,0
2. Meyer Quintin 1991	USA	99,10	280,0 2	157,5 2	275,0 1 712,5
3. Correa Wesley 1992	BRA	92,30	230,0 3	130,0 4	260,0 3 620,0
4. Majima Shugo 1991	JPN	99,20	225,0 4	152,5 3	210,0 4 587,5

- 110 kg

1. McCoy Michael 1991	USA	108,40	287,5 3	230,0 1/ws	300,0 1 817,5
2. Lupac David 1991	CZE	106,20	305,0 1	190,0 2	292,5 2 787,5
3. Hanada Yoshihiro 1991	JPN	109,20	277,5 4	172,5 3	242,5 4 692,5
4. Maclean Matthew 1991	CAN	106,90	292,5 2	162,5 4	225,0 5 680,0
5. Soria Facundo 1991	ARG	100,80	220,0 6	160,0 5	245,0 3 625,0
6. Jarvinen Esko 1991	FIN	100,90	225,0 5	160,0 6	215,0 6 600,0

- 125 kg

1. Bancier Maciej 1991	POL	117,90	310,0 2	200,0 1	250,0 1 760,0
2. Trevino Joe 1992	USA	122,60	312,5 1	175,0 2	227,5 2 715,0
3. Cuapulema Carlos 1993	ECU	115,40	225,0 3	120,0 3	175,0 3 520,0

125+ kg

1. Sabelfeld Alexander 1991	RUS	136,50	225,0 1	177,5 1	270,0 1 672,5
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Nation (points)

1. Russia	69 [12+12+12+12+9]
2. U.S.America	60 [12+12+9+9+9+9]
3. Japan	43 [8+8+8+7+7+5]

Best Lifters

1. Krut Kirill	Russia	51,70	0,9873	530,0	523,26
2. Degerman Erik	Sweden	82,00	0,6724	767,5	516,06
3. Galuzinskiy Yevgeniy	Kazakhstan	74,30	0,7173	710,0	509,28

Juniors - Men

- 52 kg

1. Otani Tsuyoshi 1988	JPN	51,40	170,0 2	100,0 2	185,0 1 455,0
2. Gianna David 1990	FRA	51,00	172,5 1	100,0 1	170,0 2 442,5
3. Cumbe Alvaro 1986	ECU	50,50	167,5 3	85,0 3	160,0 3 412,5
4. Williams Ja Mon 1990	USA	51,20	137,5 4	80,0 4	152,5 4 370,0

- 56 kg

1. Levin Sergey 1987	RUS	56,00	240,0 1	160,0 1	220,0 2 620,0
2. Tran Christopher 1988	USA	55,70	205,0 2	112,5 3	220,0 1 537,5
3. Da Silva Fernando 1989	BRA	56,00	180,0 3	105,0 4	190,0 3 475,0
4. Mizuno Takuma 1987	JPN	55,50	165,0 4	120,0 2	180,0 4 465,0

- 60 kg

1. Kolbin Alexander 1987	RUS	59,50	260,0 1	155,0 1	260,0 1 675,0
2. Oishi Yasumasa 1987	JPN	59,70	250,0 2	145,0 2	215,0 2 610,0
3. Dear Joshua 1989	USA	59,90	210,0 3	120,0 3	185,0 3 515,0
4. Ramos Madison 1988	BRA	59,20	175,0 4	100,0 4	175,0 4 450,0

- 67,5 kg

1. Mashinskiy Arthur 1987	RUS	67,30	280,0 1	205,0 1	285,0 1 770,0
2. Broussard Michael 1989	USA	66,80	265,0 2	187,5 3	250,0 3 702,5
3. Zukeran Yuki 1988	JPN	66,10	225,0 5	200,0 2	230,0 5 655,0
4. Waggenner Zachary 1986	USA	67,30	240,0 4	165,0 4	235,0 4 640,0
5. Villagra Sebastien 1986	ARG	67,10	245,0 3	152,5 5	220,0 7 617,5
6. Ashihara Toru 1990	JPN	67,50	220,0 6	147,5 6	230,0 6 597,5
7. Peasley Scott 1989	AUS	65,90	200,0 8	120,0 8	257,5 2 577,5
8. Leite Raphael 1989	BRA	67,00	210,0 7	127,5 7	210,0 8 547,5

- 75 kg

1. Castillo Jose 1986	ECU	74,70	310,0 3	190,0 4	290,0 1 790,0
2. Sharikov Maxim 1988	RUS	74,50	325,0 1	200,0 2	262,5 6 787,5
3. Varukhin Denis 1986	RUS	75,00	315,0 2	197,5 3	265,0 5 777,5
4. Andryuchenko Andriy 1989	UKR	73,40	285,0 5	200,0 1	250,0 8 735,0
5. Keranen Petteri 1987	FIN	73,90	280,0 6	170,0 6	275,0 3 725,0
6. Picot-Guerand Romain 1987	FRA	74,60	275,0 7	180,0 5	260,0 7 715,0
7. Lappalainen Samuel 1986	FIN	74,70	287,5 4	150,0 11	277,5 2 715,0
8. Biellau Marc 1986	GER	73,90	260,0 8	165,0 7	267,5 4 692,5
9. York Michael 1988	USA	74,10	245,0 10	160,0 9	250,0 9 655,0
10. Takanashi Tomoya 1987	JPN	74,60	257,5 9	150,0 10	230,0 11 637,5
11. Hidaka Tsuyoshi 1986	JPN	74,30	230,0 12	162,5 8	235,0 10 627,5
12. Strachan John 1988	NZL	74,40	245,0 11	145,0 12	220,0 12 610,0

82,5 kg

1. Inzarkin Dmitry 1987	RUS	82,10	337,5 3	225,0 1	300,0 1 862,5
2. Kuzmin Eugeny 1988	RUS	82,40	352,5 2	207,5 3	300,0 2 860,0
3. Miller Daniel 1988	POL	82,30	352,5 1	220,0 2	285,0 5 857,5
4. Pinheiro Gil 1987	FRA	81,80	285,0 6	182,5 6	292,5 3 760,0
5. Douglas Knute 1989	USA	81,30	302,5 4	162,5 9	287,5 4 752,5
6. Bakkelund Kjell Egill 1987	NOR	79,40	280,0 7	202,5 4	260,0 7 742,5
7. Young Daniel 1986	CAN	81,70	285,0 5	170,0 8	250,0 9 705,0
8. Huber Alexander 1990	AUT	79,20	267,5 9	170,0 7	245,0 10 682,5
9. Izutani Genki 1988	JPN	81,00	250,0 10	182,5 5	250,0 8 682,5
10. Justus Andre 1987	GER	82,00	277,5 8	140,0 11	240,0 11 657,5
11. Da Silva Rodrigo 1988	BRA	78,20	220,0 12	120,0 13	277,5 6 617,5
12. Ridings Joel 1989	AUS	78,70	230,0 11	145,0 10	220,0 13 595,0
— Burge Michael 1988	NZL	82,00	—	127,5 12	237,5 12 Out

90 kg

1. Semenenko Dmytro 1988	UKR	89,40	360,0 1	207,5 3	310,0 3 877,5
2. Tavakalov Levon 1988	RUS	90,00	330,0 3	225,0 1	317,5 2 872,5
3. Ivarsson Mattias 1987	SWE	89,10	320,0 5	220,0 2	305,0 5 845,0
4. Macdonald Mike 1989	CAN	89,20	305,0 8	200,0 6	325,0 1 830,0
5. Walker Justin 1986	USA	89,00	305,0 7	202,5 5	305,0 4 812,5
6. Dustin Witte 1988	USA	88,90	320,0 4	182,5 9	292,5 7 795,0
7. Burgos Ramon 1987	PUR	88,90	315,0 6	165,0 13	300,0 6 780,0
8. Kubo Kyohei 1987	JPN	89,70	330,0 2	170,0 12	255,0 9 755,0
9. Hatadani Rodolfo 1986	BRA	87,70	260,0 11	202,5 4	250,0 10 712,5
10. Potgieter Ettienne 1986	RSA	87,70	270,0 10	190,0 7	235,0 11 695,0
11. Martinato Maico 1986	ARG	87,90	240,0 12	185,0 8	260,0 8 685,0
12. Heimerl Jonny 1986	GER	87,00	280,0 9	170,0 11	220,0 13 670,0
13. Loder Mike 1987	CAN	88,30	240,0 13	175,0 10	232,5 12 647,5

100 kg

1. Dovganyuk Vadym 1987	UKR	98,60	355,0 1	272,5 1	300,0 2 927,5
2. Mencias Jose 1987	VEN	99,20	315,0 5	230,0 2	322,5 1 867,5
3. Obratoski Marlon 1987	CAN	99,40	310,0 7	215,0 4	297,5 3 822,5
4. Molgaard Soren 1988	DEN	99,60	315,0 6	222,5 3	285,0 6 822,5
5. Walgermo Stian 1988	NOR	99,70	322,5 3	207,5 5	290,0 4 820,0
6. Coloma Ricardo 1986	ECU	98,20	325,0 2	185,0 6	285,0 5 795,0
7. Leguizamon Mauricio 1989	ARG	97,20	320,0 4	180,0 7	220,0 7 720,0

110 kg

1. Knyazev Denis 1987	RUS	109,90	392,5 1/wj	250,0 2	320,0 2 962,5
2. Golubev Vladimir 1986	KAZ	108,20	370,0 2	225,0 3	320,0 1 915,0
3. Hansen Jorgen 1986	NOR	109,50	360,0 3	220,0 4	305,0 3 885,0
4. Caltabiano Christopher 1987	AUS	109,20	325,0 4	250,0 1	285,0 4 860,0
5. Radich Jonathan 1987	NZL	102,70	300,0 5	185,0 5	280,0 5 765,0

- 125 kg

1. Testsov Viktor 1989	UKR	123,90	400,0 1	305,0 1	345,0 1 1050,0
2. Krogman Jonathon 1986	USA	114,00	365,0 2	240,0 3	325,0 2 930,0
3. Lundstrom Kristofer 1986	SWE	111,40	335,0 3	245,0 2	290,0 5 870,0
4. Eltzholtz Peter 1988	DEN	117,70	322,5 4	200,0 4	290,0 6 812,5
5. Hansen Kristoffer 1987	NOR	120,10	282,5 7	200,0 5	317,5 3 800,0
6. Rosa Renato 1988	BRA	117,60	300,0 6	177,5 7	260,0 8 737,5
— Bainbridge Luke 1986	AUS	119,10	—	180,0 6	280,0 7 Out
— Koons Raymond 1986	USA	121,30	317,5 5	—	300,0 4 Out

125+ kg

1. Kononov Andrey 1986	RUS	150,10	415,0 1	310,0 2	340,0 1 1065,0
2. Svistunov Volodymyr 1987	UKR	147,30	390,0 3	280,0 3	330,0 2 1000,0
3. Grabowski Daniel 1986	POL	133,50	400,0 2	270,0 4	320,0 4 990,0
4. Christensen Carl Yngvar 1990	NOR	156,40	390,0 4	260,0 6	330,0 3 980,0
5. Ovcharenko Ruslan 1986	RUS	135,40	380,0 5	260,0 5	310,0 5 950,0
6. Korkia-Aho Tuomas 1987	FIN	158,40	340,0 7	312,5 1	277,5 6 930,0
7. Hadad Thiago 1986	BRA	198,10	350,0 6	250,0 7	260,0 7 860,0
8. Torezan Gabriel 1987	BRA	138,00	300,0 8	215,0 8	225,0 8 740,0

Nation (points)

1. Russia	72 [12+12+12+12+12+12]
2. Ukraine	52 [12+12+12+9+7]
3. U.S.America	49 [9+9+9+8+7+7]

Best Lifters

1. Testsov Viktor	Ukraine	123,90	0,5709	1050,0	599,44
2. Mashinskiy Arthur	Russia	67,30	0,7729	770,0	595,13
3. Kononov Andrey	Russia	150,10	0,5532	1065,0	589,15

World Sub-Junior/Junior 2009 - Reflections

It was rewarding to have been invited to the 2009 World Sub-Junior/Junior Championships held in Sao Paulo – Brazil. A near perfect meet under the direction of Eumenes L. Souza and IPF board member Julio Conrado.

I will not offer an account of the lifting or results, this is the duty of other personnel, but some observations made may be of interest and food for thought in regard to future competitions.

At the Technical Meeting the referee's names were/are announced from the final list of nominations, and whether they are present, or will be available for duties that have already been allocated and posted.

The referee's names forwarded to IPF Competition Secretary Gaston Parage must include the weight classes that they are available for. This is the only way that a reasonably conclusive schedule can be formulated. It is frustrating when some referees who have nominated themselves for ALL, that they then make lame excuses for declining. I am not just referring to this particular championships, it happens at all except the World Games.

Many times I have told the tale of two referees who were to attend a weigh-in at Bill Jamison's Marathon World Meet in Hamilton – Canada. The contestants were waiting to weigh and I was called, for only one referee was present. After a search it was discovered that the bus which stopped outside of the venue took a direct route to the Niagara Falls. By coincidence the bus was just pulling away as I peered out of the venue door. I am sure that it was the two (AWOL) referees who were waving goodbye and going sight seeing.

It may seem laughable now, but it was damned annoying at the time. Should referees not be available for the whole of the meet, please do not put ALL on the nomination form.

The now compulsory, approximately ten minute rules briefing for referees in each of the classes prior to sitting on platform has proved to be of value, for the judging appears to be of a higher standard, and certainly more uniform.

Some chaos was caused because of an early opening of the scales (by five minutes). Lot number one decided that there was time to visit the toilet before the scales opened and his name being called. He returned to find that lot number three was weighing in and his name had been transferred to the bottom of the list. This was corrected. Because of incidents such as this the scales must open on the exact time as that announced at the Technical Meeting.

It was brought to my attention that a male official was present when a women's class was weighing in.

When the women weigh-in at least two lady officials from different nations (not necessarily IPF referees) must conduct the weigh-in. It is not acceptable for a male official to conduct a women's weigh-in at IPF World Championships. Likewise, the same should apply to that of men i.e. weigh-ins must be conducted by the same sex as that of the competitors.

On three occasions in the squat lifters un-gripped the bar when asked to "rack" letting it fall amongst the spotters. Both lifters and coaches were reprimanded for this dangerous display. Should a lifter do this on two attempts, it will definitely be a disqualification. I recall sitting in the chair at the 1980 Worlds in Arlington – Dallas when the championships were

held up for a length of time while paramedics attended to, and finally took to hospital a spotter who suffered a suspected thigh fracture after + 400 kg had been dumped.

A question asked by a referee was 'can he as Chief Referee tell the lifter to e.g. lock the legs if it is obvious that this is the reason why he is not receiving the "squat" signal without awaiting the five seconds to be told "replace" the bar'. Yes, why not, especially in regard to Juniors. Referees must show some understanding.

If there is a language barrier, a gesture is often adequate.

On the subject of language I was amazed when told that a referee who had been selected as Chief, declined because he could not speak or understand English. This is worrying, for there are only six commands in English – Re-place, Squat, Rack, Start, Press, Down. Is it customary to use commands in ones own language at National Events?

Having observed the lowering or dropping of the bar by Sumo style dead-lifters and how dangerously close it came to removing their toes on many occasions, the Technical Committee have proposed that allowable lateral foot movement which may compound the danger, be re-moved from the Technical Rules. The rule was felt necessary in the days when lifters had to contend with slippery platforms. Now that the surface must be of non-slip carpet the rule is unnecessary.

Bars

Because the rule says that all bars manufactured since 2008 and their manufacturers wishing them to be "IPF Approved" must have the same knurling distances, this does not mean that bars which received IPF Approval before this date are not legal. They are perfectly legal! The only difference being – Bars used for IPF World Championships must conform to that as illustrated within the IPF Technical Rules. The reason being, that the bar is not felt alien to overseas lifters, the grip being the same as that of which they are used to.

Retirements

The Technical Committee are sad to hear of the imminent retirement of our Records Registrar, Goran Gunnarsson and that of IPF Magazine Editor, Dennis Unitt.

We offer our sincere thanks for their unquestionable devotion over the years, and wish them both a long and happy future.

Obituary

We are all shocked and saddened to hear of the death of Dominic Cabalza (Philippines).

As yet the circumstances surrounding his death are uncertain to us, but it is reported that he was shot by someone who was under the influence of alcohol. Nick was one of the most ardent devotees of our sport, and particularly the IPF – Cat 1 Referee – Coach – Speaker. A perfect gentleman, colleague and friend. I personally extend my condolences and that of the Technical Committee and on behalf of all who knew him. RIP Nick.

Technical Rules Proposals

All Technical Rules Proposals have been deferred to Rules Congress 2010.

Bench Shirts

Further to that written in a previous bulletin concern-

ing the legal or illegal adjustments that may or may not be made to the bench shirt.

All bench shirts that received Technical Committee Approval were to be designed so that the material covered the whole of the deltoid area when worn. This was a conclusion reached because of the uncertainty in regard to neckline circumference. This is in force.

It has been rumoured that some lifters are purchasing shirts several sizes too large and making "adjustments" whereby the neckline is so low that it barely covers the pecs.

Although not specifically ruled under supportive shirts in the IPF Technical Rules, three cm width of seam applies equally as to that of supportive suits.

Appeals to the Jury

All appeals against referee's decisions must be made to the jury. Should the jury require the complaint to be made in writing this must be produced immediately following the action upon which the appeal or complaint is based. Perhaps this ruling (time wise) is a ploy to deter coaches from continuously approaching the jury table. A pre annotated note can be quickly filled in.

Should a complaint be made against a lifting member or official of an opposing team the cash sum of 75 euros must accompany the written complaint. Unfortunately, this rule is not strictly adhered to. The jury should not consider otherwise.

Several coaches have been turned away at recent championships for not fulfilling this requirement.

Referees Examinations

Congratulations to all who recently passed exams to become International Referees. Thanks to the examiners for providing their time.

Category 1

Fernando Baez (Puerto Rico)
Louis Levesque (Canada)
Igor Derevyenko (Russia)
Remi Pronier (France)
Miroslav Vacek (Czech)
Vladimir Tejrovsky (Czech)

Category 2

Jorge Hernandez Aguilar (Puerto Rico)
Rosemarie Beer (Austria)
Alessio Marazzini (Italy)
John Myers (Australia)
Ines Hammerling (Germany)
Dennis Unitt (Great Britain)
Fred Mackenzie (Great Britain)
Ian Kinghorn (Great Britain)

Welcome

It is our pleasure to welcome Patrik Thur e:mail patrik.thur@telia.com the new Referee Registrar as from January 1st 2010 replacing Goran Gunnarsson who retires after several years in the post. All of the duties associated with the job will be passed on to Patrik with Goran's guidance. They are good friends!

Once again we thank Goran for his excellent service and wish him and his wife Synnove a very happy future.

John Stephenson
Chairman IPF Technical Committee

27TH MENS' WORLD MASTERS CHAMPIONSHIPS

Held in Ostrava, Czech Republic from September 29th to October 3rd, 2009

Masters 1

- 56 kg						
1. Vatik Sergey 1962	UKR	55,50	192,5 2	150,0 1	185,0 2	527,5
2. Kolosovsky Stefan 1961	SVK	55,60	200,0 1	142,5 2	155,0 3	497,5
3. Nakahara Seizo 1966	JPN	54,70	155,0 3	115,0 3	187,5 1	457,5
- 60 kg						
1. Kopperstein Eric 1966	USA	59,90	215,0 1	120,0 1	220,0 1	555,0
2. Petrongari Paolo 1966	ITA	58,40	130,0 2	100,0 2	170,0 2	400,0
- 67,5 kg						
1. Bandot Alain 1966	FRA	66,50	215,0 3	150,0 1	242,5 1	607,5
2. Ruso Karel 1965	CZE	66,90	262,5 1/c1	95,0 6	242,5 2	600,0
3. Roytvaand Jan 1963	NOR	66,60	225,0 2	135,0 4	220,0 3	580,0
4. Terakado Hiroyuki 1960	JPN	66,70	190,0 6	137,5 3	212,5 5	540,0
5. Niwa Hironori 1961	JPN	66,80	200,0 5	120,0 5	220,0 4	540,0
— Foddrill Brian 1964	USA	66,70	205,0 4	145,0 2	—	Out
- 75 kg						
1. Muller Jorg 1965	GER	74,50	297,5 1/w1	162,5 3	252,5 2	712,5
2. Jimenez Fernando 1961	ESP	73,30	260,0 2	185,0 1	255,0 1	700,0
3. Thompson Donovan 1966	USA	74,70	250,0 3	185,0 2	235,0 4	670,0
4. Ottolangu Allen 1960	GBR	74,90	250,0 4	145,0 4	235,0 5	630,0
5. Asmus Roland 1960	GER	75,00	210,0 5	137,5 5	242,5 3	590,0
- 82,5 kg						
1. Tapia Luis 1968	PUR	80,80	338,0 1/w1	192,5 1	257,5 5	788,0
2. Garofalo Ronald 1961	USA	81,50	292,5 3	187,5 3	292,5 1	772,5
3. Hampel Rolf 1961	GER	82,00	307,5 2	165,0 8	290,0 2	762,5
4. Rodriguez Alejandro 1968	ESP	82,10	290,0 4	190,0 2	250,0 6	730,0
5. Bettati Stefano 1968	ITA	81,80	285,0 6	150,0 10	280,0 3	715,0
6. Krosiak Petr 1967	CZE	81,10	285,0 5	165,0 7	230,0 10	680,0
7. Yokoi Keiichi 1968	JPN	80,10	250,0 7	185,0 4	240,0 7	675,0
8. Seth Frank 1967	GER	81,30	250,0 8	170,0 6	235,0 8	655,0
9. Criscione Pieriorgio 1961	ITA	82,50	235,0 11	140,0 11	265,0 4	640,0
10. Fujiwara Kouichi 1964	JPN	76,60	235,0 9	157,5 9	230,0 9	622,5
11. Bryant Andrew 1966	CAN	82,00	235,0 10	177,5 5	207,5 11	620,0
90 kg						
1. Schnurr Mario 1960	GER	89,90	310,0 1	192,5 6	300,0 1	802,5
2. Becker Jeff 1963	CAN	88,80	307,5 2	200,0 4	292,5 2	800,0
3. Gibson Troy 1965	USA	89,40	265,0 5	220,0 1	285,0 4	770,0
4. Jacob Klaus-Dieter 1961	GER	89,40	275,0 4	207,5 3	270,0 6	752,5
5. Rasmussen Erik 1962	DEN	88,10	297,5 3	192,5 5	240,0 9	730,0
6. Sato Kazunori 1961	JPN	88,80	260,0 6	207,5 2	255,0 7	722,5
7. Leung Hoi 1969	CAN	89,60	260,0 7	175,0 9	287,5 3	722,5
8. Desouza Alberto 1968	FRA	82,60	255,0 8	175,0 7	270,0 5	700,0
9. D'gama Douglas 1962	GBR	87,60	235,0 10	175,0 8	252,5 8	662,5
10. King Stephen 1962	NZL	85,70	255,0 9	137,5 10	230,0 10	622,5
- 100 kg						
1. Buttigieg Frederic 1969	FRA	99,60	302,5 3	222,5 3	290,0 2	815,0
2. Ohlsson Stefan 1968	SWE	96,70	315,0 1	207,5 5	287,5 3	810,0
3. Oliveira Joe 1969	CAN	99,00	315,0 2	205,0 6	267,5 6	787,5
4. Wood Rodney 1969	USA	97,50	290,0 6	235,0 1	260,0 7	785,0
5. Svec Imrich 1966	SVK	97,70	300,0 4	230,0 2	250,0 10	780,0
6. Jaremcuk Vaclav 1963	CZE	97,80	292,5 5	190,0 9	287,5 4	770,0
7. Dunford David 1967	NZL	99,10	275,0 9	200,0 7	275,0 5	750,0
8. Hare John 1961	USA	97,50	277,5 8	215,0 4	255,0 9	747,5
9. Adewale T.S. 1965	GBR	92,60	280,0 7	170,0 11	292,5 1	742,5
10. Ziegler Thomas 1967	GER	96,70	255,0 11	190,0 8	257,5 8	702,5
11. Miranda Ramon 1967	PUR	97,50	260,0 10	182,5 10	247,5 11	690,0
110 kg						
1. Kanat Zoltan 1962	CZE	108,60	290,0 4	230,0 2	275,0 4	795,0
2. Persson Hakan 1967	SWE	109,50	292,5 3	220,0 4	270,0 6	782,5
3. Childs Andy 1967	CAN	103,60	297,5 2	197,5 6	280,0 3	775,0
4. Duncan Sheldon 1969	CAN	106,10	275,0 7	207,5 5	292,5 2	775,0
5. Pavlyuk Ivan 1969	UKR	101,40	280,0 6	220,0 3	270,0 5	770,0
6. Minami Shigeki 1965	JPN	109,70	285,0 5	240,0 1	230,0 9	755,0
7. Gryga Jiri 1963	CZE	106,30	300,0 1	140,0 9	300,0 1	740,0
8. Hogberg Magnus 1966	SWE	108,20	255,0 8	195,0 7	255,0 8	705,0
9. Turrell Gavin 1967	AUS	100,40	220,0 9	190,0 8	260,0 7	670,0
10. Andersen Klaus 1964	DEN	109,20	190,0 10	127,5 10	225,0 10	542,5
— Bertelsen Soren 1961	DEN	100,50	220,0	—	—	TD
— Kampl Werner 1964	AUT	108,50	250,0	—	—	TD
- 125 kg						
1. Harris Anthony 1964	USA	115,30	405,0 1	205,0 3	345,0 1	955,0
2. Hulten Stefan 1966	SWE	121,80	345,0 2	247,5 1	317,5 3	910,0
3. Sorig Morten 1969	DEN	124,10	340,0 3	232,5 2	282,5 4	855,0

4. Urban Martin 1968	CZE	118,10	300,0 5	192,5 4	317,5 2	810,0
5. Woodhead Christopher 1963	GBR	124,10	302,5 4	180,0 5	257,5 5	740,0
— Meyer Bernd 1961	GER	121,90	265,0 6	—	220,0 6	Out

125+ kg						
1. Gillingham Brad 1966	USA	146,20	357,5 1	252,5 1	380,0 1	990,0
2. Kleidt Maik 1968	GER	139,00	350,0 2	250,0 2	277,5 3	877,5
3. Wamsteeker Wim 1969	NED	133,70	322,5 3	195,0 4	275,0 4	792,5
— Eriksson Robert 1966	SWE	146,60	—	245,0 3	300,0 2	Out

Nation (points)	1. U.S.America	61 [12+12+12+9+8+8]
	2. Germany	54 [12+12+9+8+7+6]
	3. Czechia	42 [12+9+7+5+5+4]

Best Lifters					
1. Harris Anthony	U.S.America	115,30	0,5805	955,0	554,37
2. Gillingham Brad	U.S.America	146,20	0,5553	990,0	549,74
3. Tapia Luis	Puerto Rico	80,80	0,6785	788,0	534,65

Masters 2 -

56 kg						
1. Taguibao Antonio 1958	PHI	55,40	177,5 1	87,5 2	180,0 1	445,0
2. Kagawa Masaru 1953	JPN	53,20	160,0 2	105,0 1	160,0 2	425,0
60 kg						
1. Moiseev Alexander 1954	BLR	58,80	185,0 3	102,5 3	195,0 2	482,5
2. Kalinski Antonin 1953	POL	59,70	167,5 4	122,5 2	180,0 4	470,0
3. Bockowskiy Anatoliy 1954	UKR	59,50	192,5 1	85,0 6	190,0 3	467,5
4. Drenik Phil 1956	USA	58,70	165,0 5	95,0 4	195,0 1	455,0
5. Merzlyakov Anatolii 1956	RUS	59,70	187,5 2	92,5 5	162,5 5	442,5
6. Lietzan Joachim 1950	GER	60,00	142,5 6	135,0 1	150,0 6	427,5
67,5 kg						
1. Weinstein Lloyd 1959	USA	66,90	232,5 1	127,5 3	237,5 1	597,5
2. Miki Kouji 1957	JPN	65,80	215,0 3	165,0 1	215,0 4	595,0
3. Myers John 1956	AUS	67,00	220,0 2	122,5 4	235,0 2	577,5
4. Gelhar Karsten 1957	GER	67,40	190,0 4	142,5 2	180,0 5	512,5
5. Hara Yoshinori 1958	JPN	65,70	170,0 5	92,5 5	225,0 3	487,5
75 kg						
1. Walker Steve 1956	GBR	73,80	237,5 3	170,0 2	247,5 2	655,0
2. Remy Roger 1953	BEL	74,60	230,0 6	122,5 7	257,5 1	610,0
3. Smetansky Igor 1957	UKR	74,10	242,5 2	175,0 1	190,0 9	607,5
4. Puska Reino 1959	SWE	74,10	230,0 5	137,5 5	230,0 4	597,5
5. Lewis Carlos 1958	USA	74,20	260,0 1	100,0 9	235,0 3	595,0
6. Krayzel Remy 1955	CZE	74,60	220,0 7	160,0 3	210,0 7	590,0
7. Rykov Sergey 1958	RUS	73,10	235,0 4	125,0 6	210,0 6	570,0
8. Couturier Claude 1952	FRA	74,70	212,5 8	140,0 4	210,0 8	562,5
9. Urban Walter 1958	CAN	74,70	212,5 8	120,0 8	227,5 5	560,0
82,5 kg						
1. Kraus Valerij 1959	GER	80,60	272,5 1	155,0 2	290,0 1	717,5
2. Agostinoni Giorgio 1958	ITA	81,80	265,0 2	145,0 3	255,0 2	665,0
3. Petrenz Andreas 1956	GER	81,90	250,0 3	180,0 1	235,0 5	665,0
4. Eythorsson Halldor 1959	ISL	82,00	250,0 4	137,5 4	237,5 4	625,0
5. Walton Robbie 1957	USA	81,90	217,5 5	127,5 5	240,0 3	585,0
90 kg						
1. Mauchosse Eric 1958	FRA	89,40	290,0 1	180,0 2	275,0 2	745,0
2. Rossi Sandro 1952	ITA	88,80	280,0 2	140,0 6	275,0 1	695,0
3. Aarhus Jens 1954	SWE	89,20	260,0 4	200,0 1	225,0 7	685,0
4. Schuricht Lutz 1951	GER	88,60	255,0 5	170,0 3	245,0 4	670,0
5. Angustauskas Vyntas 1958	LTU	87,90	260,0 3	145,0 5	260,0 3	665,0
6. Gyimesi Gabor 1955	HUN	87,50	225,0 6	155,0 4	230,0 6	610,0
— Decarli Carlo 1957	ITA	86,50	—	90,0 7	235,0 5	Out
100 kg						
1. Asama Shigetoshi 1959	JPN	94,20	292,5 1	197,5 2	260,0 2	750,0
2. Givens Floyd 1951	USA	97,20	267,5 2	192,5 3	277,5 1	737,5
3. Ocasio Jose 1954	PUR	98,40	240,0 3	170,0 4	245,0 3	655,0
4. Georg Manfred 1955	GER	98,10	225,0 4	200,0 1	200,0 4	625,0
— Maska Josef 1955	CZE	98,20	267,5	—	—	TD
— Mitchell John 1959	GBR	99,30	315,0	—	—	TD
- 110 kg						
1. Pamplin Gary 1957	USA	109,00	325,0 1	257,5 1	295,0 2	832,5
2. Hogberg Thomas 1957	SWE	107,20	305,0 3	187,5 4	295,0 2	787,5
3. Benes Jan 1959	CZE	108,30	265,0 5	195,0 3	307,5 1	767,5
4. Tsukanov Vladimir 1959	RUS	109,00	307,5 2	197,5 2	262,5 4	767,5
5. Slosarek Krystian 1958	GER	106,40	270,0 4	180,0 6	250,0 5	700,0
6. Zvada Stefan 1953	CZE	102,90	245,0 6	165,0 7	265,0 3	675,0

7. Fuglsang Allan 1950	DEN	109,50	190,0 7	187,5 5	245,0 7	622,5	7. Zimmermann Wolfgang 1941	CZE	81,20	172,5 7	105,0 7	220,0 4	497,5
- 125 kg							- 90 kg						
1. Collart Jean-Luc 1959	BEL	121,40	365,0 1/w2	217,5 2	280,0 3	862,5	1. Sochanski Stefan 1948	POL	89,30	245,0 1	147,5 4	267,5 1/c3	660,0
2. Strong Ron 1958	CAN	118,10	290,0 3	200,0 4	310,0 1	800,0	2. Mattila Kari 1945	SWE	89,20	230,0 2	135,0 5	260,0 2	625,0
3. Walters Peter 1959	USA	122,30	295,0 2	215,0 3	280,0 4	790,0	3. Ellender Michael 1945	GBR	88,40	200,0 5	155,0 3	255,0 4	610,0
4. Nilsson Lennart 1958	SWE	120,40	265,0 5	170,0 6	280,0 2	715,0	4. Pietsch Hans-Jurgen 1948	GER	88,30	215,0 3	162,5 1	210,0 6	587,5
5. Matynyan Lavrenty 1952	RUS	112,30	270,0 4	172,5 5	255,0 5	697,5	5. Rice William 1944	USA	89,70	210,0 4	102,5 8	260,0 3	572,5
6. Ringvold Vidar 1955	NOR	111,00	230,0 6	225,0 1	200,0 6	655,0	5. Orlovski Miroslav 1943	POL	89,20	190,0 6	160,0 2	210,0 7	560,0
125+ kg							7. Reitze Karl 1944	GER	86,30	185,0 7	120,0 7	200,0 8	505,0
1. Green Steven 1951	USA	142,10	290,0 3	247,5 1	305,0 1	842,5	— Laurits Mihkel 1944	EST	89,70	—	125,0 6	212,5 5	Out
2. Schwanke Eberhard 1953	GER	139,80	320,0 1	240,0 2	280,0 3	840,0	— Chala Yaroslav 1948	UKR	89,30	220,0	—	—	TD
3. Hendrix Roger 1955	USA	133,40	310,0 2	215,0 3	285,0 2	810,0	- 100 kg						
4. Mrazek Milan 1958	CZE	131,20	255,0 4	185,0 4	250,0 4	690,0	1. Barkovic Tomo 1948	SWE	99,30	265,0 3	172,5 1	260,0 1	697,5
Nation (points)							2. Sasaki Kenji 1949	JPN	98,90	265,0 2	165,0 2	255,0 2	685,0
1. U.S.America	61	[12+12+12+9+8+8]					3. Primus Vaclav 1948	CZE	99,30	197,5 6	142,5 3	240,0 3	580,0
2. Germany	50	[12+9+8+7+7+7]					4. Walker John Gavin 1939	GBR	97,60	225,0 4/w4	120,0 4	232,0 4/w4	577,0 w4
3. Japan	36	[12+9+9+6]					5. Belmas Jean Paul 1949	FRA	96,30	215,0 5	115,0 5	205,0 6	535,0
Best Lifters							6. Curtis Raymond 1932	USA	91,00	97,5 7	105,0 6	150,0 7	352,5
1. Collart Jean-Luc	Belgium	121,40	0,5734	862,5	494,55		— Buchs Christian 1947	FRA	96,40	290,0 1	—	230,0 5	Out
2. Pamplin Gary	U.S.America	109,00	0,5902	832,5	491,34		- 110 kg						
3. Kraus Valerij	Germany	80,60	0,6795	717,5	487,54		1. Lefevre Michel 1949	FRA	106,80	205,0 5	180,0 2	272,5 1	657,5
Masters 3 -							2. Knudsen Finn 1947	DEN	104,40	220,0 3	190,0 1/w3	220,0 5	630,0
56 kg							3. Grobar Kvetoslav 1949	CZE	104,90	220,0 4	160,0 3	247,5 3	627,5
1. Watabiki Kunio 1949	JPN	55,00	170,0 1	131,0 1/w3	205,5 1/w3	506,5	4. Kristensen Truls 1939	NOR	108,30	250,0 1/w4	157,5 4	220,0 6	627,5 w4
w3							5. Kennerknecht Xaver 1946	GER	105,80	195,0 6	105,0 6	235,0 4	535,0
2. Oshiro Shinjun 1943	JPN	55,40	165,0 2	115,0 2	165,0 2	445,0	6. Feldmann Klaus 1936	GER	100,50	125,0 7	132,5 5	170,0 7	427,5
3. Minquoy Serge 1943	FRA	53,80	135,0 3	82,5 4	150,0 3	367,5	— Helmich William 1942	USA	106,20	237,5 2	—	262,5 2	Out
4. Pok Kim-Won 1940	HKG	53,50	120,0 4	85,0 3	145,0 4	350,0	- 125 kg						
5. Kenis Janis 1947	CZE	53,00	100,0 5	65,0 5	110,0 5	275,0	1. Ring Hans 1945	SWE	121,80	245,0 3	185,0 1/c3	260,0 2	690,0
6. Kardynalski Wojciech 1948	POL	53,60	85,0 6	45,0 6	97,5 6	227,5	2. Taylor Crayton 1946	USA	112,30	252,5 2	155,0 3	260,0 1	667,5
60 kg							3. Gavrylkevich Stanislav 1945	UKR	123,90	255,0 1	180,0 2	205,0 3	640,0
1. Marumoto Hidetoshi 1947	JPN	59,00	192,5 1/w3	107,5 1	175,0 2	475,0	4. Attelmann Rudolf 1936	GER	116,20	175,0 4	145,0 4	202,5 4	522,5
2. Nivault Marcel 1933	FRA	59,30	166,5 2/w4	50,0 2	188,5 1/w4	405,0	125+ kg						
3. Baez Fernando 1941	PUR	59,80	120,0 3	40,0 3	150,0 3	310,0	1. Morris William 1944	USA	125,50	260,0 1	190,0 1	225,0 2	675,0
67,5 kg							2. Trygg Christer 1949	SWE	147,60	190,0 2	160,0 2	227,5 1	577,5
1. Jacobs Jeff 1947	USA	66,60	202,5 1	117,5 1	220,0 2	540,0	3. Bostrom Georg 1947	SWE	130,40	90,0 3	75,0 3	135,0 3	300,0
2. Bristow Max 1944	AUS	66,40	180,0 2	97,5 3	240,0 1	517,5	— Skopal Jiri 1946	CZE	126,10	205,0	—	—	TD
3. Stockinger Joe 1929	CAN	66,20	155,0 3	100,0 2	207,5 3/w4	462,5	Nation (points)						
4. Beauverger Jacques 1946	FRA	66,70	150,0 4	92,5 4	195,0 4	437,5	1. Japan	54	[12+12+12+9+9]				
5. Groll Reinhard 1935	GER	66,00	140,0 5	90,0 5	180,0 5	410,0	2. U.S.America	51	[12+12+9+7+6+5]				
- 75 kg							3. Sweden	50	[12+12+9+9+8]				
1. Sato Toshihiko 1940	JPN	74,30	235,0 1	135,0 2	240,0 1	610,0	Best Lifters						
2. Amey Michael 1949	GBR	74,40	210,0 3	112,5 3	225,0 3	547,5	1. Watabiki Kunio	Japan	55,00	0,9267	506,5	469,37	
3. Zanetti Sergio 1945	ITA	74,90	212,5 2	110,0 4	200,0 6	522,5	2. Sato Toshihiko	Japan	74,30	0,7173	610,0	437,55	
4. Maiste Heino 1949	EST	73,80	180,0 5	105,0 5	225,0 2	510,0	3. Fabri Janos	Hungary	81,50	0,6749	640,0	431,93	
5. Macrow Stanley 1949	GBR	73,30	165,0 7	142,5 1	200,0 5	507,5	Masters 4						
6. Brent Bennie 1937	USA	72,80	182,5 4	95,0 6	215,0 4	492,5	1. Kristensen Truls/39	Norway	108,30	0,5914	627,5	371,10	
7. Leggett George 1929	GBR	69,50	170,0 6	82,5 7	180,0 8	432,5	2. Stockinger Joe/29	Canada	66,20	0,7832	462,5	362,23	
8. Pustovalov Sergey 1940	RUS	70,10	150,0 8	77,5 8	182,5 7	410,0	3. Brent Bennie/37	U.S.America	72,80	0,7278	492,5	358,44	
9. Goodwin Daniel 1932	USA	75,00	75,0 9	70,0 9	140,0 9	285,0	4. Walker John Gavin/39	Great Britain	97,60	0,6147	577,0	354,68	
10. Stensgaard Svend 1922	DEN	73,00	70,0 10	65,0 10	132,5 10	267,5	5. Nivault Marcel/33	France	59,30	0,8621	405,0	349,15	
- 82,5 kg							6. Leggett George/29	Great Britain	69,50	0,7535	432,5	325,88	
1. Fabri Janos 1945	HUN	81,50	230,0 1	140,0 2	270,0 1	640,0	7. Groll Reinhard/35	Germany	66,00	0,7852	410,0	321,93	
2. Schotz Rainer 1943	GER	79,60	215,0 2	137,5 3	225,0 2	577,5	8. Attelmann Rudolf/36	Germany	116,20	0,5795	522,5	302,78	
3. Menis Jose 1948	FRA	81,80	215,0 3	115,0 6	225,0 3	555,0	9. Feldmann Klaus/36	Germany	100,50	0,6074	427,5	259,66	
4. Tepper Alan 1945	USA	80,90	192,5 4	140,0 1	217,5 5	550,0	10. Curtis Raymond/32	U.S.America	91,00	0,6349	352,5	223,80	
5. Degueroult Georges 1946	FRA	82,00	190,0 5	120,0 4	215,0 6	525,0	11. Goodwin Daniel/32	U.S.America	75,00	0,7126	285,0	203,09	
6. Teder Kalev 1948	EST	80,60	185,0 6	115,0 5	205,0 7	505,0	12. Stensgaard Svend/22	Denmark	73,00	0,7264	267,5	194,31	

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regulated —
you are taking
substance in y

USE AT YOUR OWN RISK
You can't always tell.



Stamp out doping
— be part
of the



playtrue 
Generation

WWW.WADA

AMA.ORG

WHAT HAPPENS to -AN ATHLETE WHO USES?

STEROIDS

Steroids may make your muscles big and strong, BUT.. you may become dependent on it and it may:

- Give you acne
- Make you bald
- Increase your risk of liver and cardiovascular disease
- Give you mood swings
- Make you more aggressive
- Make you suicidal

Guya, you may also look forward to:

- Shrinking testicles
- Breast growth
- Reduced sex drive and even impotence
- Decrease in sperm production

Ladies, you may look forward to:

- Deeper voice
- Excessive facial and body hair
- Abnormal menstrual cycles
- An enlarged clitoris

EFO (everything
your body uses
when it may

Using EFC money — Thick
Trying to put
your veins in

- Make you
- Give you
- Make you
- Have a
- (even a

Stimulants
competitive
you feel if

- Can't sleep
- Have irritability
- Have problems with concentration and memory
- Are anxious
- Develop a racing heart
- Have a headache

These are the
may have on

NUTRITIONAL SUPPLEMENTS?

BEWARE!
You are not highly
you never know what
it could be a banned
"natural" supplement.

IN RISK!
...on the label.

WHAT'S AT RISK?

All medications have side effects — but taking them when your body doesn't need them can cause serious damage to your body and destroy your athletic career.



WHAT ELSE SHOULD YOU KNOW?

METHODS

There are also methods of administering substances or manipulating your physiology that is banned. These methods can also have negative effects on your body. For example:

Blood doping, including having blood transfusions to change the way your blood carries oxygen to the rest of your body, may result in:

- An increased risk of heart failure, stroke, kidney damage and high blood pressure
- Problems with your blood — like infections, poisoning, overloading of your white cells, and reduction of platelet count
- Problems with your circulatory system

HIV/AIDS

As with any injectable drug, using a syringe to dope puts you at a higher risk for contracting infectious diseases such as HIV/AIDS and hepatitis.

may help with the way
en. BUT... why risk it
death?

your blood more like
why — than water.
thick blood through

th — not good when
to train hard!
pressure
work so hard that you
tack or stroke
(e)

SUPPLEMENTS

to heighten the
... how edgy would

(ia)
trembling or trembling
your coordination

aggressive
and irregular

ck (imagine dying of
at your age!) or stroke
that using stimulants

HGH

HGH (human growth hormone) may make muscles and bones stronger and recover faster. BUT... it is not only your muscles that get bigger.

Using HGH may lead to:

- Acromegaly — protruding forehead, brow, skull and jaw — which can't be reversed
- An enlarged heart that can result in high blood pressure and even heart failure
- Damage to your liver, thyroid and vision
- Crippling arthritis

MASKING AGENTS

Some athletes try to cheat the system by using diuretics and other substances to cover-up the signs of using banned substances.

The side effects can definitely affect your ability to compete and train. You may:

- Become dizzy or even faint
- Become dehydrated
- Get muscle cramps
- Have a drop in blood pressure
- Lose coordination and balance
- Become confused and moody
- Develop cardiac disorders

MARIJUANA

Marijuana, cannabis, pot — whatever you call it, IT IS BANNED. Whether you are a pot-head or a casual user, marijuana may have a negative effect on your athletic performance and your health.

Using may:

- Reduce your memory, attention, and motivation — even result in learning disabilities
- Weaken your immune system
- Affect your lungs (chronic bronchitis and other respiratory diseases, even throat cancer)
- Lead to psychological and physical dependence

NARCOTICS

Narcotics, like heroin and morphine, may help you forget about the pain. BUT... how competitive do you think you'd be with a:

- Weakened immune system
- Decreased heart rate and suppressed respiratory system (you can't compete if you are dead)
- Loss in balance, coordination and concentration
- Gastrointestinal problem like vomiting and constipation
- Narcotics are also highly addictive — your body and mind quickly become dependent on them.

18TH WOMENS WORLD MASTERS CHAMPIONSHIPS

held in Ostrava, Czech Republic from September 28th to October 3rd, 2009

WOMEN - MASTERS ONE

- 48 kg						
1. Petroczi Magdolna 1968	HUN	47,50	135,0 1	77,5 3	145,0 2	357,5
2. Friedrich Marion 1965	GER	46,40	125,0 2	95,0 1	120,0 4	340,0
3. Resch Catrin 1965	GER	46,60	120,0 3	80,0 2	127,5 3	327,5
4. Macken Mary 1961	AUS	47,50	110,0 4	57,5 5	152,5 1	320,0
— Thomson Susan 1960	CAN	47,00	—	57,5 4	100,0 6	Out
— Arai Hiroko 1963	JPN	47,90	102,5 5	—	115,0 5	Out
- 52 kg						
1. Hartwig-Gary Suzanne 1968	USA	51,40	170,5 1	100,0 1	160,0 1	430,5
2. Koykka Anita 1960	PHI	51,70	140,0 2	70,0 3	150,0 2	360,0
3. Peyron Anita 1967	FRA	50,50	122,5 3	75,0 2	135,0 3	332,5
4. Yanagisawa Yukiko 1967	JPN	51,30	120,0 4	50,0 4	115,0 4	285,0
56 kg						
1. Kondrasheva Nina 1960	RUS	55,90	157,5 1	90,0 1	150,0 1	397,5
2. Allen Helen 1967	AUS	55,70	105,0 3	65,0 3	145,0 2	315,0
3. Simons Angela 1961	USA	54,40	110,0 2	75,0 2	125,0 3	310,0
- 60 kg						
1. Gevers Jeanette 1962	AUS	59,30	160,0 1	95,0 1	167,5 1	422,5
2. Szymkowiak Maria 1961	POL	59,80	140,0 2	80,0 3	145,0 4	365,0
3. Stavik Aas 1965	NOR	59,00	135,0 3	62,5 6	147,5 3	345,0
4. Ip Wing-Yuk 1961	HKG	59,80	120,0 4	72,5 4	140,0 5	332,5
5. Nabekura Yumoko 1962	JPN	59,50	117,5 5	55,0 7	127,5 7	300,0
6. Fulopne Sahin Eva 1962	HUN	59,50	95,0 6	70,0 5	130,0 6	295,0
— Buxhom Eva 1969	DEN	59,30	—	85,0 2	150,0 2	Out
- 67,5 kg						
1. Kitamura Mayumi 1967	JPN	66,00	197,5 1	158,0 1/w1	190,0 2	545,5
2. Zubkova Tatiana 1967	RUS	67,00	175,0 2	82,5 5	205,0 1	462,5
3. Sjadrijn Carmen 1962	NED	66,90	160,0 3	95,0 2	155,0 4	410,0
4. Marts Donna 1960	USA	66,10	147,5 4	92,5 3	155,0 3	395,0
5. Joiner-Wong Jill 1969	USA	64,90	142,5 5	80,0 6	142,5 5	365,0
6. Naarmann Ines 1968	GER	63,60	132,5 6	82,5 4	132,5 6	347,5
- 75 kg						
1. Houston Paula 1961	USA	70,20	175,0 2	105,0 1	182,5 1	462,5
2. Ritchie Valerie 1967	GBR	74,80	180,0 1	105,0 2	172,5 3	457,5
3. Steidle Susanne 1964	GER	72,90	157,5 3	95,0 3	172,5 2	425,0
- 82,5 kg						
1. Styrlung Laura 1964	USA	79,30	167,5 3	115,0 1	185,0 2	467,5
2. Maton Jean 1963	GBR	81,80	170,0 2	115,0 2	182,5 3	467,5
3. Moscianese Maria Pia 1963	ITA	77,00	170,0 1	87,5 3	200,0 1	457,5
4. Walter Maria 1964	GER	80,80	115,0 4	65,0 4	130,0 4	310,0
- 90 kg						
1. Pecante Erlina 1964	PHI	82,60	200,0 1	112,5 1	190,0 1	502,5
2. Szeiler Krisztina 1968	HUN	83,10	145,0 2	87,5 2	150,0 2	382,5
3. Lerew Jo Ann 1965	USA	83,10	127,5 3	87,5 2	137,5 3	352,5
90+ kg						
1. Baum Melinda 1963	USA	90,60	162,5 1	95,0 1	160,0 1	417,5

Best Lifters

1. Kitamura Mayumi	Japan	66,00	1,0374	545,5	565,90
2. Hartwig-Gary Suzanne	U.S.A.	51,40	1,2578	430,5	541,48
3. Petroczi Magdolna	Hungary	47,50	1,3346	357,5	477,11

Masters 2

- 52 kg						
1. Hunter Jenny 1958	GBR	51,50	130,0 1	80,0 1	157,5 1	367,5
2. Bruder Monika 1954	GER	50,10	115,0 2	70,0 2	130,0 2	315,0
3. Arnal Lucienne 1957	FRA	51,70	115,0 3	60,0 3	125,0 3	300,0
4. Burns Bebe 1942	USA	50,80	47,5 4	35,0 4	75,0 4	157,5
- 56 kg						
1. Kimura Hatsuko 1951	JPN	52,80	150,0 2	85,0 1	175,0 1	410,0
2. Locatelli Laura 1957	ITA	55,90	160,0 1	80,0 2	170,0 2	410,0
3. Romano Cecile 1958	FRA	54,70	120,0 4	75,0 3	130,0 3	325,0
4. Lalune Daniele 1952	FRA	53,30	120,0 3	60,0 4	115,0 4	295,0
- 60 kg						
1. Stein Ellen 1953	USA	58,10	162,5 1	75,0 1	180,0 1	417,5
2. Keiml Elisabeth 1959	AUT	58,60	140,0 2	70,0 2	135,0 3	345,0
3. Carlsson Rita 1952	USA	58,40	122,5 3	60,0 3	147,5 2	330,0
4. Flegg Althea 1955	CAN	58,30	120,0 4	55,0 5	122,5 5	297,5
5. Calves Francoise 1956	FRA	58,70	110,0 5	60,0 4	127,5 4	297,5
— Ireland Faith 1942	USA	58,80	105,0 6	—	122,5 6	Out
67,5 kg						
1. Pfeiffer Friederike 1952	AUT	64,60	155,0 1	70,0 4	175,0 1	400,0
2. Welding Ruth 1956	USA	64,70	137,5 4	75,0 2	162,5 2	375,0
3. Marksteiner Cathy 1958	USA	66,30	145,0 3	80,0 1	150,0 3	375,0
4. Puchkova Tatiana 1959	RUS	67,00	152,5 2	72,5 3	150,0 4	375,0
- 75 kg						
1. Bryant Donna 1959	USA	72,00	172,5 1/w2	92,5 1	172,5 1	437,5
2. Lee Terry 1954	USA	67,80	127,5 2	90,0 2	140,0 2	357,5
- 82,5 kg						
1. Hackney Regina 1939	USA	80,60	105,0 1	67,5 1	135,0 1	307,5
2. Myers Susan 1959	AUS	75,70	95,0 2	60,0 2	117,5 2	272,5
- 90 kg						
1. Hollands Susan 1951	GBR	84,30	180,0 1	90,0 1	165,0 1	435,0
90+ kg						
1. Hallen Susan 1957	USA	114,60	140,0 1	120,0 1	150,0 1	410,0
2. Kimber Tiui 1948	EST	94,10	100,0 2	100,0 2	130,0 2	330,0
Nation (points)						
1. U.S.America					66	[12+12+12+12+9+9]
2. France					29	[8+8+7+6]
3. Great Britain					24	[12+12]
Best Lifters						
1. Kimura Hatsuko	Japan	52,80	1,2320	410,0	505,12	
2. Locatelli Laura	Italy	55,90	1,1783	410,0	483,10	
3. Stein Ellen	U.S.America	58,10	1,1432	417,5	477,28	
Masters 3						
1. Kimber Tiui/48	Estonia	94,10	0,8493	330,0	280,26	
2. Hackney Regina/39	U.S.America	80,60	0,9112	307,5	280,19	
3. Burns Bebe/42	U.S.America	50,80	1,2692	157,5	199,89	

2009 EUROPEAN MASTERS BENCH PRESS CHAMPIONSHIPS

held in La Louviere, Belgium from October 22nd to 24th, 2009

WOMEN M40

48kg						
1. FRIEDRICH Marion 1965	GER	46,50	90,0			
52kg						
1. MINGOT Sylvie 1969	FRA	51,70	105,5			
2. TISSERAND Michele 1961	FRA	51,70	72,5			
3. STALLAERT Carine 1963	BEL	50,90	62,5			
56kg						
1. PRACELLA Christine 1965	FRA	55,90	112,5			
2. HIRNER Gabriela 1965	GER	54,60	110,0			
60kg						
1. GEYERS Jeannette 1962	AUS (G)	59,30	92,5			
2. LAROSE MATHIAS Sylvie 1964	FRA	58,90	77,5			
3. FÜLOPNÉ SAHIN Éva 1962	HUN	59,50	70,0			
67.5kg						
1. MACIEJEWSKI Patricia 1961	FRA	65,90	112,5			
2. ILIEV Isabelle 1967	FRA	64,00	105,0			
3. KUNKEL Iris 1964	GER	67,50	-0,0			
75kg						
1. HAAS Regina 1962	GER	75,00	127,5			
2. HÄUSER Ursula 1960	GER	72,30	115,0			
3. SCHNEIDER Erzsébet 1965	HUN	73,50	92,5			
82.5kg						
1. HALVARSSON Åsa 1961	SWE	75,80	107,5			
2. SABOTTKA Ines 1965	GER	79,20	100,0			
90kg						
1. WITT Birgit 1963	GER	94,50	145,5			
90+kg						
2. NICOL Jennifer 1967	GBR	86,20	110,0			
3. GRANSARD Nathalie 1964	FRA	87,50	110,0			
4. MEYER Barbara 1961	GER	86,30	100,0			
90+kg						
1. SCHAEFER-WILLIAMS Joanne 1967	NED	105,90	200,5			
2. UHEM Leila 1963	FRA	94,20	155,0			
3. REKITTKE Susanne 1965	GER	90,80	115,0			
Best Lifter »						
1. SCHAEFER-WILLIAMS Joanne 1967	NED		164,4pts			
2. PRACELLA Marie Christine 1965	FRA		132,6pts			
3. MINGOT Sylvie 1969	FRA		132,1pts			

EPF web: <http://www.europowerlifting.org>

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Swift or Bic code: BCEELULL
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EUROPEAN POWERLIFTING FEDERATION

EPF Info No. 5

September to December, 2009

By Arnulf Wahlstrom



Content:

1. EPF Award of Merits to David Hinchley
2. Western European Championships.
3. Award of Merits to Vidar Tangen
4. IPF Hall of Fame.
5. European Championships in Bench Press for Masters.
6. Greetings from the President.

1. EPF Award of Merits to David Hinchley.

David Hinchley is awarded EPF Award of Merits.

Hinchley has since 1996 been the EPF web master. He has developed an excellent layout out of the EPF page and made all the updates timely throughout all these years.

David Hinchley wants to be relieved from this duty and the EPF EC is working with a company to build up a new web page. This new page will be launched this year.

The EPF EC has made a special award of thanks to David which was handed over to him by the EPF vice president, Ralph Farquharson, in October.

David Hinchley has by his long time of service done an important contribution to the EPF management.

2. Western European Championships.

This championship was organized in Sandnes, Norway with lifters from 8 nations. Most of the organizing people were the same persons organizing the Open Worlds in Stavanger 2006. Stavanger is a city situated close to Sandnes.

The organization was excellent in a big sport hall and the computer system – a Norwegian system – was working perfect. Big screens on each side of the platform presented both the protocol and detailed information of each lifter in action.

Well done by the local organizer and the Norwegian Powerlifting Federation.

Sorry that only about 40 lifters from 8 nations took part. This excellent prepared venue could have expedited the double amount of lifters in the 2 competition days.

But all taking part enjoyed the good atmosphere and 22 new WEC records were broken. The highlight of the competition was a new Open World Bench Press record set by Hildeborg Hugdal from Norway with a final lift of 200 kilo in the category 90+.

Doping tested lifters:

Name	Nation	Cat.	Reason
Gibson, Marian	GBR	67,5	Winner
Hugdal, Hildeborg	NOR	+90	World record.
Johansson, Emil	SWE	82,5	Winner
Omeland, Tor Herman	NOR	110	Winner
Thompson, Andrew	GBR	+125	Winner

All samples are reported negative by the laboratory in Cologne.

3. Award of Merits to Vidar Tangen from Norway.

The Norwegian PF has awarded Vidar Tangen the EPF Award of Merits in Gold.

The EPF award of merits consists of a medal and a diploma and all national federations may order such medals and diploma from EPF. The awards can be ordered in bronze, silver and gold based on how many years the receiver has contributed to the sport at national level.

Vidar Tangen from Norway is the first person that receives the gold medal and he has served the sport at national level for more than 30 years. He is also an international cat. referee.

4. IPF Hall of Fame

Arnulf Wahlstrom from Norway was elected to the IPF Hall of Fame at the IPF Congress in New Delhi.

He has served international powerlifting since 1983 when he first time was elected into the IPF EC board. Wahlstrom has been an international cat. referee since 1980.

Also Priscilla Ribic from USAPF was elected to the IPF Hall of Fame for her outstanding contribution as active lifter.

5. European Bench Press for Masters.

This championship was very well organized in La Louviere in Belgium. Myriam Busselot and her staff did an excellent work to stage a championship of high quality.

Following lifters were tested:

Last Name	First name	Nation	W. class
Speth	Eva	GER	+90 M2
Roye	Rolf	GER	100 M3
Schade	Norbert	GER	+125 M3
Randmae	Raul	EST	+125 M3
Herbin	Evelyne	FRA	67,5 M2
Shaeffer Williams	Joanne	NET	+90 M1
Mingot	Sylvie	FRA	52 M1
Cucuzzella	Alphonse	FRA	75 M1
Jahnke	Fred	GER	125 M2
Rodriquez	Francisco	SPA	67,5 M1
Witt	Birgit	GER	90 M1
Czerna	Janos	HUN	125 M1
Jaldefors	Mikael	SWE	110 M1
Minelle	Jean Yves	FRA	125 M1
Paulyuk	Ivan	UKR	100 M1
Svec	Imrich	SLO	100 M1
Semskij	Klaus	GER	110 M1
Synstad	Bjarne	NOR	82,5 M2

6. Greetings from the President.

The Open Worlds were successfully organized in New Delhi in India 2-7 November.

The championship was a great success for European lifters as they collected 17 out of 19 gold medals. And the Russian lifters won the team awards both for Men and Women.

India is a country of big contrasts between wealth and poverty. New Delhi is very over-populated and the majority of the inhabitants face a hard life to survive. I was told the main problem for India is the three P's (PPP) meaning; Population (to control the population increase), Pollution (to fight the pollution) and Politics (unstable political situation).

The organizer, headed by Subrata Dutta, made an imposing organization and no efforts were too big for him to meet various requirements. As Mr. Dutta is now 70 years old – this Open Worlds was probably his last big international organization out of hosting a large number of World and Asian Championships.

Dutta has really made an outstanding contribution to international powerlifting since I met him for the first time at the Open Worlds in Gothenburg in 1983. He was then an international referee but had no appropriate blazer so I lent him my blazer so he could officiate as a referee. He reminds me of this helping hand every time we meet. Subrata Dutta is a big organizer with a warm heart for powerlifting and a nice person in all respects.

This issue of the EPF Info is the last one published in the magazine "The International Powerlifter".

The Editor of this magazine, Dennis Unitt, wants to step down after a long, dedicated and excellent work with this magazine as well as the magazines "International Powerlifter" and "British Powerlifting".

The work to write and issue the magazines has been more or less a one man work and it is impressive how he has managed to fill the magazines with pictures, articles, interviews, results etc. Normally, issuing such good quality magazines need a high number of journalists.

A big thank you to Dennis Unitt for his untiring, unselfish and excellent work as editor to promote powerlifting worldwide for the last 3 or more decades!



Arnulf Wahlstrom (no. 2 from left) received the IPF Hall of Fame award at the Open World's Banquet in New Delhi by the IPF Vice President, Larry Maile (no. 1 from left). Former IPF Hall of Fame members present were Gaston Parage (no 3 from left), Subrata Dutta, Inger Blikra and John Stephenson.



The entrance to hotel Fortune in which the Open Worlds were organized and most of the participants stayed.

/ Arnulf Wahlstrom

FORTHCOMING CHAMPIONSHIPS IN EUROPE

January 29th/30th	ER Equipment Bench Press Championships	Rodovre, Denmark
May 4th/8th	Men's and Women's European Open Championships	Koping, Sweden
June 8th/12th	Men's and Women's European Junior Championships	Hamar, Norway
June 22nd/26th	Men's and Women's European Masters Championships	Pilsen, Czech Republic
August 12/14th	Men's and Women's European Bench Press Championships	Bratislava, Slovakia

NEW CHAIRMAN FOR FINNISH POWERLIFTING

Ilkka Seppälä is the new chairman of the Finnish Powerlifting Federation from January 1st, 2010. He takes the place of Kalevi Sorsa, who Chairman for 18 years in the period 1990 to 2009. Kalevi, who retires at the end of the year has been in the administration of Finnish Federation for 26 years.



Kalevi Sorsa on the left congratulates Ilkka Seppälä on his appointment

SWEDISH MASTERS CHAMPIONSHIPS-Karlskoga 12th September, 2009

MEN 40-49

Lars Jansson	66,00	150,00	112,50	182,50	445,00	349.41
Jonas Telegin	73,70	215,00	157,50	242,50	615,00	443.66
Tomas Berg	74,20	230,00	117,50	202,50	550,00	394.87
Pekka Vähäkangas	74,90	170,00	130,00	210,00	510,00	363.74
Jorma Kortelainen	73,70	150,00	100,00	170,00	420,00	302.99

Stefan Andersson	82,20	290,00	200,00	240,00	730,00	490.1
Tomas Ring	82,30	245,00	180,00	230,00	655,00	439.43
Kenneth Möllersten	79,70	250,00	152,50	250,00	652,50	446.52
Ulf Branheim	81,20	220,00	135,00	222,50	577,50	390.62
Henrik Blomdahl	81,75	190,00	122,50	227,50	540,00	363.75

Kjell Gustavsson	90,00	275,00	145,00	297,50	717,50	458.05
Anders Andersson	89,60	277,50	177,50	260,00	715,00	457.49
Mattias Henriksson	89,30	260,00	175,00	232,50	667,50	427.84
Fredrik Sabel	89,90	240,00	157,50	260,00	657,50	419.98
Lars-Gunnar Karlsson	89,90	240,00	140,00	255,00	635,00	405.61
Per-Olof Almroth	90,00	220,00	142,50	245,00	607,50	387.82

Stefan Olsson	95,90	300,00	207,50	270,00	777,50	481.59
Tommy Johansson	95,60	260,00	215,00	232,50	707,50	438.84
Lars Höglander	99,00	290,00	177,50	240,00	707,50	432.33
Christer Högström	97,00	260,00	175,00	255,00	690,00	425.27
Tomislav Dragic	97,30	265,00	180,00	230,00	675,00	415.47
Christer Andersson	92,60	187,50	120,00	210,00	517,50	325.76
Conny Borg	97,00	225,00	0,00	0,00	225,00	138.67

Mikael Hedesund	106,00	300,00	192,50	307,50	800,00	476.48
Jan Östlund	106,40	280,00	220,00	270,00	770,00	458.02
Magnus Högberg	109,40	250,00	197,50	262,50	710,00	418.54
Nicklas Karlsson	109,40	242,50	210,00	255,00	707,50	417.06
Lars-Göran Emanuelson	102,50	130,00	100,00	150,00	380,00	229.06
Joakim Olander	103,80	0,00	0,00	0,00	0,00	0.00

Stefan Huldén	123,10	325,00	240,00	325,00	890,00	508.78
P-O Larsson	114,10	255,00	185,00	270,00	710,00	413.42

Robert Ericsson	142,50	375,00	250,00	320,00	945,00	526.7
Roger Persson	143,90	250,00	150,00	245,00	645,00	358.98

MEN 50-59

Lars-Gunnar Hedlund	59,60	180,00	127,50	175,00	482,50	414.04
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Lars Svensson	67,00	170,00	105,00	170,00	445,00	345.16
Reino Puska	74,40	212,50	135,00	230,00	577,50	413.82

Kjell-Arne Nilsen	82,10	225,00	157,50	245,00	627,50	421.6
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Gerry Dahlgren	75,10	180,00	115,00	220,00	515,00	366.63
Per Gerber	80,10	0,00	0,00	0,00	0,00	0,00
Tommy Olofsson	81,80	0,00	0,00	0,00	0,00	0,00

Jens Aarhus	89,50	240,00	187,50	215,00	642,50	411.34
Björn Stolphammar	89,50	210,00	125,00	240,00	575,00	368.12
Tomas Vasques	89,10	195,00	140,00	192,50	527,50	338.5
Kjell Nordin	84,70	187,50	120,00	192,50	500,00	329.83

Roland Lindblad	100,00	235,00	150,00	200,00	585,00	356.02
Björn Hygrelle	99,60	190,00	140,00	210,00	540,00	329.17
Per Holmberg	93,10	165,00	110,00	225,00	500,00	313.94

Thomas Högberg	108,70	315,00	190,00	305,00	810,00	478.45
Ulf Ljunggren	106,60	230,00	150,00	247,50	627,50	373.02

Lennart Nilsson	118,00	255,00	175,00	282,50	712,50	411.28
Göran Andersson	110,50	240,00	175,00	240,00	655,00	384.93
Kjell Pettersson	120,10	200,00	142,50	200,00	542,50	311.83
Sven-Erik Wallin	111,70	0,00	0,00	0,00	0,00	0,00

Håkan Fransson	145,20	110,00	92,50	237,50	440,00	244.57
Tord Karlsson	125,10	120,00	125,00	170,00	415,00	236.45

MEN 60+

Arne Norrback	63,70	112,50	72,50	130,00	315,00	254.81
Jörg Jönsson	66,40	0,00	0,00	0,00	0,00	0,00

Kari Mattila	89,90	210,00	135,00	250,00	595,00	380.06
Arnold Boström	86,30	150,00	92,50	157,50	400,00	261.11

Tomo Barkovic	99,90	252,50	168,00	250,00	670,50	408.22
Alf Regnander	97,70	220,00	160,00	200,00	580,00	356.38

Hans Ring	120,00	250,00	182,50	252,50	685,00	393.82
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Christer Trygg	148,30	170,00	175,00	200,00	545,00	302.03
Georg Boström	129,50	100,00	80,00	125,00	305,00	172.63

WOMEN 40-49

Åsa Halvarsson	75,00	127,50	110,00	162,50	400,00	380.26
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Elisabet Söderberg	75,80	95,00	77,50	120,00	292,50	276.24
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Thanks to Heikki Orasmaa for the results

THE END OF AN ERA

I have just learned that "The International Powerlifter" is to be discontinued at the end of this year. If so it will be sorely missed by those older enthusiasts who cannot lay claim to being "silver surfers" and who rely upon the magazine to keep them informed on what is happening in the world of Powerlifting

Myself, I can just about bumble my way into the various federation websites. However, there are a few old timers who do not possess the luxury of a computer. I do realise that life must go on and within a few years the next generation of Masters 3 and Masters 4 will be as conversant with computers as the next man. So be it!

In Britain over the last four decades we have always been well served by "British Powerlifting" in the seventies, then "International Powerlifter" in latter years from 1980 and recently "The International Powerlifter". Consequently, I feel that now is the time to pay tribute to the man who carried the often onerous burden of editing and publishing our world renowned magazine. It was in 2006 that Dennis was asked to take on the editing and publishing of this magazine as we now know it. This he did willingly but now the shadow of retirement looms for both the magazine and Dennis as its Editor

I have no doubt that both Dennis and Hellen will still be seen around the various powerlifting venues for many years to come. However, I wish to pay my own small tribute to Dennis before the anticipated sad end of the magazine arrives at the end of the year

I am sure that the IPF will also take the opportunity of recognising Dennis Unitt's great achievement when the time comes and pay tribute to his many years of untiring service to the sport we all love so dearly.

The Old Man

DESCENDING PAUSE SETS

By: Doug Daniels

Descending sets and rest pause are my two favorite training methods to increase workout intensity.

The first method; descending sets, involve working a set of an exercise to failure, then quickly decreasing the weight and resuming the set. This method enables the lifter to work past normal failure, taking training intensity to higher levels. The weight can be decreased several times, doing as many descending sets as you can or are capable of.

The second method, rest pause, involves a lifter performing a very heavy, low rep set. After completing the set, he would take a very short rest or pause (under 30 seconds) then resume the set. The thinking behind rest pause is that the majority of strength and size gains come from the last rep or two of a set.

If you could make all of the reps of your set the equivalent of the last one or two reps, intensity would be boosted and no rep would be wasted. The time between each rest pause set is very short so the interim sets are considered by the body as one set.

My descending pause sets method combines the best features of the two.

Let's begin with an example descending pause set of machine bench presses. After warm-up, the lifter takes his top set off 250 pounds which can be done for 3 reps. Upon reaching failure, the lifter quickly lowers the weight 20% to 200 pounds and resumes the set. The decrease in weight and short rest while adjusting the weight, allows the lifter to get 1-3 more reps after failure with the original 250 for 3 reps. If he chooses, the lifter then can lower the weight another 20% to 160 and get 2-3 more reps.

The time between these interim sets during a drop to pause set should be limited to the time required to change the weight. The lifter could still proceed with further weight reductions if desired or do an additional set. After a tough set like this, you may not want to do another or may be unable to due to extreme muscle fatigue.

If you choose to do another drop to pause set, I recommend lowering the starting weight by 20% due to muscle fatigue from the previous set.

A weight machine with a selectorized weight stack enables the lifter to safely and efficiently use descending pause sets because the weight lifted can be quickly adjusted. Also many weight machines do not require a spotter. If you use dumbbells, set them up nearby so they can be easily accessed as you descend in weight used after each set.

If you use a barbell or a non-selectorized machine, a good idea would be to pre-load the bar so that it can be quickly stripped down by removing plates off each end. For example, if you're starting with 300 pounds and plan to drop to 250 and then 200, load the bar so with a pair of 25 pound plates on each end so they can be taken off quickly from each side per weight drop. Using quick lock collars not only help safety but reduce the time required to lower the weight.

Alert spotters are necessary for barbell and dumbbell exercises because a lifter can fail on

any rep at any time during the set. Descending pause sets are most suitable for assistance exercises. It is not practical or safe to try this with the squat or deadlift, but with planning and good spotters/loaders, you could bench press using this method.

Overtraining is possible when using such a high intensity training method. I suggest using descending pause sets once a week for no more than 4-6 weeks, and then revert to your normal training methods.

Begin the first week by doing only one descending pause set progression to get used to their feel and complexity. Pushing too hard too fast could result in injury. The 20% weight reduction I gave you is only an example. You may want to use a higher percentage reduction to insure you get more reps on subsequent sets or visa-versa if you desire to keep the reps lower.

Experimentation and personal preference will be your guides. Another advantage of reducing weight is that it will facilitate better exercise form as you tire. Not only will you reduce the chance of injury due to improper form, but also you will more effectively exercise the targeted muscle groups.

The reps for each drop to pause set are up to you. You may wish to start with a weight that allows 3-5 reps. The descending pause method will work with any rep scheme and reps can even be varied after each weight drop.

This can be accomplished by varying the percentage of weight dropped after each interim set. It's key to have a plan for each workout and have your weight drops set up in advance with necessary spotters/loaders. Warm-up is required before you get to your descending pause sets.

Descending pause sets fit best during your off-season. I suggest foregoing them within the last 4-5 weeks prior a meet to avoid overtraining. Two descending pause sets are all that's needed or desirable. If you have energy or desire for more, you did not go hard enough. Always warm-up and lay out all your weight drops out in advance. The rest or pause between sets should only be the time required to make the weight change. Be sure to have alert spotters for exercises that require them.

Ironically that combining descending weights and pausing can be a powerful method to increase your strength level.



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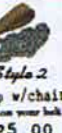

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30TH WOMENS WORLD OPEN CHAMPIONSHIPS AND 39TH MENS OPEN CHAMPIONSHIPS

HELD NEW DEHLI, INDIA FROM 1ST TO 7TH NOVEMBER, 2009



WOMEN

- 48 kg

1. Chou Yi Ju	1980	TPE	48.00	162.5	2	77.5	4	190.0	1	430.0
2. Li Chia Yu	1987	TPE	47.62	152.5	5	87.5	2	180.0	2	420.0
3. Lepanse Benedicte	1978	FRA	46.72	162.5	1	92.5	1	145.0	5	400.0
4. Apuli Sanna	1981	FIN	47.22	155.0	4	77.5	3	145.0	6	377.5
5. Tanaka Shoko	1964	JPN	47.40	130.0	6	75.0	5	125.0	8	330.0
6. Ocampo Jonna	1969	USA	47.42	112.5	8	57.5	6	130.0	7	300.0
— Schwengl Ilka	1965	AUT	47.26	125.0	7	—	—	147.5	4	Out
— Mulyanah Siti	1987	INA	47.94	160.0	3	—	—	180.0	3	Out

- 52 kg

1. Salnikova Natalia	1986	RUS	51.98	190.0	1	117.5	1	175.0	1	482.5
2. Sirkia Mervi	1972	FIN	51.52	162.5	2	90.0	4	162.5	3	415.0
3. Wang Yi-Ting	1986	TPE	51.96	152.5	3	95.0	3	165.0	2	412.5
4. Sandvur Marcela	1974	FIN	51.54	150.0	4	115.0	2	145.0	4	410.0
5. Teramura Mika	1962	JPN	51.60	140.0	5	87.5	5	140.0	5	367.5

- 56 kg

1. Filimonova Inna	1976	RUS	55.04	212.5	1	102.5	1	190.0	1	505.0
2. Rantamaki Mervi	1974	FIN	55.96	177.5	2	102.5	2	182.5	2	462.5
3. Lindberg Maria	1973	FIN	54.48	160.0	3	90.0	3	167.5	3	417.5
4. Brown Janel	1973	USA	55.02	157.5	4	82.5	5	152.5	4	392.5
5. Okamura Misato	1988	JPN	54.90	145.0	5	90.0	4	140.0	5	375.0

- 60 kg

1. Poletaeva Irina	1982	RUS	59.28	212.5	1	152.5	1	192.5	3	557.5
2. Sari Noviana	1984	INA	59.44	205.0	2	125.0	3	215.0	1	545.0
3. Lukina Yulia	1988	RUS	60.00	200.0	4	130.0	2	190.0	4	520.0
4. Ivanova Zhanna	1984	UKR	60.00	205.0	3	120.0	4	180.0	5	505.0
5. Chou Chien-Yu	1982	TPE	56.14	180.0	5	97.5	6	195.0	2	472.5
6. Wu Hui-Chun	1986	TPE	56.08	160.0	6	110.0	5	175.0	6	445.0
7. Gevers Jeanette	1962	AUS	59.04	160.0	7	92.5	7	155.0	7	407.5
8. Tachibana Kazumi	1971	JPN	59.46	142.5	8	75.0	9	137.5	9	355.0
9. Hayashi Hisako	1951	JPN	57.40	130.0	9	77.5	8	145.0	8	352.5

- 67.5 kg

1. Potselueva Galina	1980	RUS	67.20	235.0	1	164.0	1/w	205.0	1	604.0
2. Akhmyetyeva Tetyana	1985	UKR	62.90	227.5	2	120.0	2	187.5	2	535.0
3. Kryukova Ekaterina	1985	KAZ	67.14	185.0	4	110.0	3	160.0	8	455.0
4. Hsu Hsiao-Li	1981	TPE	65.36	172.5	6	100.0	4	175.0	3	447.5
5. Kaas Kristina	1981	DEN	66.76	180.0	5	92.5	8	175.0	4	447.5
6. Hrabalova Jana	1984	CZE	67.30	170.0	7	92.5	9	167.5	7	430.0
7. Marts Donna	1960	USA	66.78	155.0	10	100.0	6	170.0	5	425.0
8. Hanu Sabina S.	1984	IND	65.80	187.5	3	80.0	10	150.0	10	417.5
9. Gudenshteindottir Maria	1970	ISL	66.50	155.0	8	95.0	7	167.5	6	417.5
10. Overbeek Judith	1981	NED	66.64	155.0	9	100.0	5	155.0	9	410.0
11. Ip Wing-Yuk	1961	HKG	61.44	125.0	11	72.5	11	142.5	11	340.0

- 75 kg

1. Kozlova Olena	1990	UKR	74.52	247.5	1	130.0	4	247.5	1	625.0
2. Biruk Yelizaveta	1988	UKR	72.08	235.0	2	150.0	1	237.5	5	622.5
3. Blikra Inger	1961	NOR	74.10	227.5	4	145.0	2	215.0	3	587.5
4. Iskanderova Valida	1974	KAZ	71.60	227.5	3	142.5	3	210.0	4	580.0
5. Tseng Wei-Jung	1985	TPE	74.04	212.5	5	102.5	5	200.0	5	515.0
6. Singh Sangeeta	1988	IND	74.92	165.0	6	70.0	6	142.5	6	377.5

- 82.5 kg

1. Dedyulya Svetlana	1975	RUS	79.42	250.0	1	180.0	1	220.0	1	650.0
2. Pantina Olga	1979	RUS	75.18	235.0	2	140.0	3	195.0	5	570.0
3. Chang Ya-Wen	1984	TPE	82.34	230.0	3	120.0	6	202.5	3	552.5
4. Pedersen Annette	1968	DEN	75.08	195.0	6	127.5	5	212.5	5	535.0
5. Arnesen Hille Heidi	1970	NOR	76.22	205.0	4	130.0	4	200.0	4	535.0
6. Hung Min-Chu	1983	TPE	82.12	185.0	7	150.0	2	155.0	7	490.0
7. Lonkar Anuya	1984	IND	79.68	197.5	5	112.5	7	150.0	8	460.0
8. Lair Rebekah	1976	USA	81.34	177.5	8	95.0	8	157.5	6	430.0

- 90 kg

1. Shcheglova Valeria	1983	RUS	89.32	260.0	1	172.5	1	222.5	2	655.0
2. Strik Ielja	1973	NED	87.44	250.0	2	170.0	2	230.0	1	650.0
3. Pecante Erlina	1964	PHI	82.58	215.0	3	122.5	5	205.0	4	542.5
4. Buckley-Gray Jacqueline	1967	NZL	89.02	185.0	5	137.5	3	215.0	3	537.5
5. Szczepanik Dorota	1969	POL	84.52	170.0	7	130.0	4	160.0	7	460.0
6. Guha Sampa	1967	IND	88.28	192.5	4	105.0	7	160.0	9	457.5
7. Bashuyeva Yuliya	1981	UKR	84.78	175.0	6	112.5	6	160.0	8	447.5
8. Baum Melinda	1963	USA	89.14	155.0	9	97.5	8	162.5	6	415.0
9. Raj Amrutha	1988	IND	86.84	160.0	8	72.5	9	165.0	5	397.5

90+ kg

1. Karpova Galina	1968	RUS	132.06	320.0	1/w	190.0	2	235.0	2	745.0w
2. Hugdal Hildeborg	1983	NOR	128.14	260.0	2	201.5	1/w	200.0	5	661.5
3. Orobets Inna	1971	UKR	100.56	250.0	3	165.0	4	207.5	4	622.5
4. v.d.Meulen Brenda	1978	NED	109.62	245.0	4	175.0	3	192.5	6	612.5
5. Manaena Sonia	1961	NZL	121.76	230.0	6	137.5	5	220.0	3	587.5
— Varlamova Tetyana	1989	UKR	132.20	242.5	5	—	—	242.5	1	Out

Nation (points)	1. Russia	72	[12+12+12+12+12+12]
	2. Chinese Taipei	50	[12+9+8+8+7+6]
	3. Ukraine	49	[12+9+9+8+7+4]

Best Lifters	1. Poletaeva Irina	Russia	59.28	1,1254	557.5	627.41
	2. Potselueva Galina	Russia	67.20	1,0239	604.0	618.43
	3. Sari Noviana	Indonesia	59.44	1,1230	545.0	612.03

MEN

56 kg

1. Fedosienko Sergey	1982	RUS	54.94	285.0	1	175.0	1	255.0	3	715.0 w
2. Puthiyandi Suresh	1981	IND	55.10	255.0	3	160.0	4	212.5	6	627.5
3. Wszola Dariusz	1978	POL	55.42	245.0	4	167.5	2	210.0	7	622.5
4. Lu Shih-Wu	1975	TPE	55.04	255.0	2	100.0	7	262.5	1	617.5
5. Isagawa Hiroyuki	1953	JPN	55.68	210.0	7	167.5	3	215.0	5	592.5
6. Tinebra Frederic	1978	FRA	55.82	215.0	5	140.0	5	207.5	8	562.5
7. Joseph Midhun	1986	IND	55.66	212.5	6	122.5	6	225.0	4	560.0
8. Yang Sheng-Hung	1982	TPE	55.82	170.0	8	97.5	8	260.0	2	527.5

- 60 kg

1. Hsieh Tsung-Ting	1982	TPE	59.72	267.5	2	190.0	1	272.5	1	730.0
2. Danilov Konstantin	1986	RUS	59.50	277.5	1	175.0	2	265.0	2	717.5
3. Rana Shyam Singh	1986	IND	59.54	255.0	4	120.0	7	265.0	3	640.0
4. Raja Vimal S.	1984	IND	59.96	260.0	3	135.0	6	245.0	4	640.0
5. Lited Etienne	1979	FRA	59.74	245.0	6	150.0	3	242.5	5	637.5
6. Lakehal Mohamed	1982	ALG	59.76	250.0	5	135.0	5	210.0	7	595.0
7. Tan Paul Simon	1983	PHI	57.38	205.0	7	140.0	4	220.0	6	565.0

- 67.5 kg

1. Gladikh Sergey	1989	RUS	66.80	290.0	1	195.0	2	280.0	3	765.0
2. El Belghitti Hassan	1975	FRA	67.32	285.0	3	162.5	7	312.5	1/n	760.0 n
3. Makarov Dmitry	1988	RUS	66.92	285.0	2	192.5	3	260.0	5	737.5
4. Koiwai Masaharu	1976	JPN	67.44	260.0	7	180.0	5	265.0	4	705.0
5. Otani Norihiro	1980	JPN	67.42	275.0	4	180.0	4	230.0	9	685.0
6. Miller Justin	1990	CAN	67.38	260.0	6	170.0	6	250.0	7	680.0
7. Lin Ming-Hui	1983	TPE	67.10	220.0	8	197.5	1	255.0	6	672.5
8. Aissa Abdelkader	1969	ALG	67.16	210.0	9	150.0	8	285.0	2	645.0
9. Ruso Karel	1965	CZE	66.94	260.0	5	100.0	9	235.0	8	595.0

- 75 kg

1. Olech Jaroslaw 1974	POL	74.20	0	365.0	1/w	217.5	3	305.0	1	887.5 w
2. Gromov Alexander 1981	RUS	74.88		345.0	2/n	245.0	1/c	260.0	9	850.0
3. Shalokha Arkadiy 1979	UKR	74.40		317.5	3	225.0	2	290.0	5	832.5
4. Huang Lang-Hsin 1981	TPE	75.00		305.0	4	215.0	4	300.0	3	820.0
5. Nieminen Sami 1975	FIN	74.96		295.0	5	180.0	9	295.0	4	770.0
6. Kean Tom 1972	CAN	74.08		272.5	8	190.0	6	275.0	6	737.5
7. Baali Kader 1968	FRA	74.48		280.0	6	185.0	7	270.0	8	735.0
8. Kuan Yi-Hsin 1982	TPE	73.42		260.0	10	155.0	13	302.5	2	717.5
9. Keranen Petteri 1987	FIN	74.30		275.0	7	170.0	11	270.0	7	715.0
10. Korell Thomas 1983	GER	72.88		270.0	9	170.0	10	252.5	10	692.5
11. Nursadedov Merdan 1976	TKM	71.28		235.0	13	205.0	5	230.0	12	670.0
12. Yoshioka Hideaki 1984	JPN	74.46		252.5	11	180.0	8	225.0	13	657.5
13. Kailey Pardeep 1983	NED	74.66		245.0	12	157.5	12	250.0	11	652.5
14. Sigala Mark 1961	USA	73.60		205.0	15	140.0	14	210.0	15	555.0
— Vasant Saith 1982	TRI	73.28		225.0	14	—	—	210.0	14	Ont

- 90 kg										8. Gack Kenneth 1970		USA	106,72	282,5	8	232,5	7	277,5	8	792,5
1. Bulanyy Mikhaylo 1975	UKR	89,00	360,0	1	242,5	3	340,0	1	942,5	9. Shanmugavadivelu Nagrajan	IND	103,02	260,0	10	150,0	9	270,0	9	680,0	
2. Krymov Andrii 1985	UKR	89,74	335,0	4	286,0	1/w	300,0	7	921,0	— Pike Luke 1984	CAN	109,00	280,0	9	—	—	260,0	10	Out	
3. Wegiera Jan 1965	POL	89,16	335,0	3	272,5	2	287,5	10	895,0	- 125 kg										
4. Sarafimov Zdravko 1984	BUL	89,60	330,0	5	220,0	8	330,0	2	880,0	1. Gagin Igor 1969	RUS	124,82	425,0	1	287,5	2	350,0	1	1062,5	
5. Kuvambayev Zalim 1986	KAZ	89,80	340,0	2	217,5	9	310,0	4	867,5	2. Testsov Viktor 1989	UKR	123,56	400,0	2	315,0	1	340,0	4	1055,0	
6. v.d.Hoek Pjotr 1972	NED	89,86	325,0	6	225,0	7	307,5	5	857,5	3. Wagner Greg 1972	USA	120,86	367,5	5	280,0	3	315,0	8	962,5	
7. Hornik Jiri 1978	CZE	89,18	300,0	9	240,0	4	300,0	6	840,0	4. Weite Nick 1979	USA	121,56	355,0	8	262,5	5	345,0	2	962,5	
8. Erbs Christoph 1979	GER	89,88	320,0	7	182,5	14	325,0	3	827,5	5. Sarik Tomas 1975	CZE	118,84	375,0	4	265,0	4	320,0	7	960,0	
9. Arakawa Daisuke 1978	JPN	88,88	285,0	12	232,5	6	287,5	9	805,0	6. Yanchev Vasil 1985	BUL	111,48	360,0	7	250,0	6	340,0	3	950,0	
10. Varchola Pavol 1978	SVK	89,26	300,0	10	205,0	12	290,0	8	795,0	7. Ceglarek Slawomir 1974	POL	113,62	365,0	6	250,0	7	330,0	5	945,0	
11. Brown James 1965	USA	89,32	305,0	8	207,5	11	260,0	13	772,5	8. Banks Benjamin 1984	GBR	114,52	317,5	10	250,0	8	325,0	6	892,5	
12. Yang Cheng-Ming 1967	TPE	89,46	280,0	13	235,0	5	255,0	14	770,0	9. Collart Jean-Luc 1959	BEL	117,10	345,0	9	212,5	9	280,0	9	837,5	
13. Hsiao Wei-Wen 1989	TPE	88,64	290,0	11	180,0	15	270,0	11	740,0	10. Jimson N.J. 1974	IND	119,36	310,0	11	195,0	10	260,0	11	765,0	
14. Kitsui Masahito 1978	HKG	89,12	235,0	14	210,0	10	230,0	15	675,0	11. Greene Carlos 1968	TRI	122,62	295,0	12	185,0	12	275,0	10	755,0	
15. Roman Adolfo 1978	MEX	89,78	225,0	15	150,0	16	215,0	16	590,0	— Randen Asbjorn 1973	NOR	123,64	—	—	—	—	—	—	Out	
— Jandorek Andreas 1985	AUT	88,84	—	—	190,0	13	260,0	12	Out	— Mangalathel Shanavas 1977	IND	125,00	400,0	3	195,0	11	—	—	Out	
100 kg										125+ kg										
1. Lebedko Konstantin 1981	RUS	99,84	385,0	1	75,0	4	367,5	1	1027,5n	1. Bowring Dean 1974	GBR	136,38	410,0	4	290,0	2	355,0	1	1055,0	
2. Freydn Ivan 1981	UKR	99,10	375,0	2	290,0	1	360,0	2	1025,0	2. Gagin Oleg 1975	RUS	169,94	445,0	1	280,0	4	330,0	5	1055,0	
3. Pevnev Sergiy 1978	UKR	98,62	370,0	4	282,5	2	340,0	4	992,5	3. Spingl Milan 1980	CZE	147,42	427,5	2	292,5	1	322,5	6	1042,5	
4. Bouafia Mohamed 1976	ALG	99,66	372,5	3	210,0	8	327,5	5	910,0	4. Grabowski Daniel 1986	POL	132,72	410,0	3	270,0	5	330,0	4	1010,0	
5. Ivanets Andrew 1984	BLR	97,68	330,0	6	220,0	7	345,0	3	895,0	5. Jonsson Andunn 1972	ISL	142,20	385,0	6	250,0	8	355,0	2	990,0	
6. Peeters Andre 1970	FRA	97,58	330,0	5	232,5	5	325,0	6	887,5	6. Dahl Olaf 1974	NOR	143,84	372,5	7	252,5	7	355,0	3	980,0	
7. Chida Kohei 1968	JPN	98,88	315,0	7	275,0	3	260,0	9	850,0	7. Sandvik Kenneth 1975	FIN	130,32	390,0	5	287,5	3	290,0	9	967,5	
8. Arakawa Takayuki 1978	JPN	93,10	307,5	8	230,0	6	285,0	7	822,5	8. Anderson Patrick 1971	USA	128,42	355,0	8	265,0	6	307,5	8	927,5	
9. Givens Floyd 1951	USA	97,58	250,0	9	172,5	9	272,5	8	695,0	— Thompson Andrew 1976	GBR	157,90	350,0	9	—	—	320,0	7	Out	
- 110 kg										Nation (points)										
1. Barkhatov Maxim 1981	RUS	109,91	405,0	2	270,0	4	375,0	1	1050,0	1. Russia	72	[12+12+12+12+12+12]								
2. Rokochiy Oleksiy 1981	UKR	109,60	385,0	4	280,0	1	352,5	2	1017,5	2. Ukraine	57	[12+9+9+9+9+9]								
3. Wiak Jacek 1975	POL	108,80	410,0	1	265,0	5	340,0	4	1015,0	3. Poland	49	[12+8+8+8+7+6]								
4. Karpov Valeriy 1984	UKR	109,18	390,0	3	275,0	2	342,5	3	1007,5	Best Lifters										
5. Omland Tor Herman 1977	NOR	109,32	380,0	5	270,0	3	310,0	5	960,0	1. Fedosienko Sergey	Russia	54,94	0,9277	715,0	663,27					
6. Ovsonka Peter 1982	SVK	105,04	352,5	6	205,0	8	300,0	6	857,5	2. Olech Jaroslaw	Poland	74,20	0,7179	887,5	637,13					
7. Krejca Zbynek 1974	CZE	109,54	310,0	7	252,5	6	295,0	7	857,5	3. Freydn Ivan	Ukraine	99,10	0,6108	1025,0	626,07					

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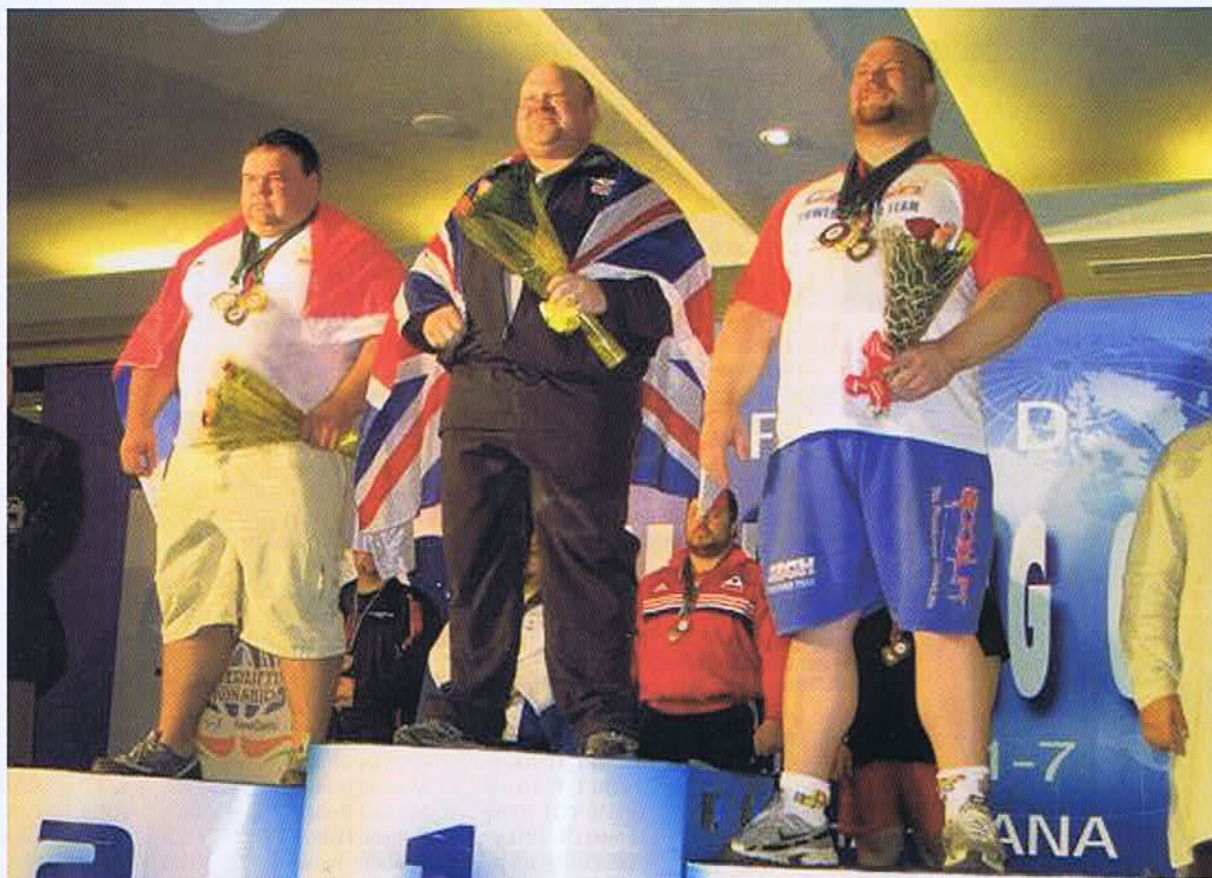


Photo by Inger Blikra

Dean Bowring of Great Britain made all nine attempts in the 2009 Men's Open World Championships to win the +125kg title with a massive 1055kg total (and NO British records, either) beating the giant 169kg Russian on body-weight. Dean is the first British lifter to win the World Superheavyweight class although I remember Andy Kerr came close a few times, nearest was in Gothenberg in 1983 just failing to pull the 385kg he needed to beat Bill Kazmaier.



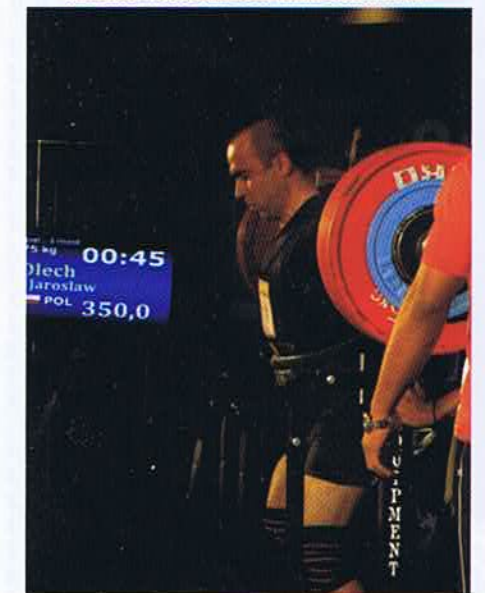
Medallists from the 48kg class



Best Lifter Sergei Fedosienko warms up



Another world title for Inna Filiminova



Jaroslaw Olech gets set to take on a big squat

23.10.2009	W sen BP1 90+kg	Joanne Schaefer-Williams NED	200.5	La Louviere BEL *
23.10.2009	W m40 BP1 90+kg	Joanne Schaefer-Williams NED	200.5	La Louviere BEL *
23.10.2009	W m40 BP1 90+kg	Joanne Schaefer-Williams NED	191.0	La Louviere BEL *
23.10.2009	W m40 BP1 90kg	Birgit Witt GER	145.5	La Louviere BEL *
22.10.2009	M m60 BP1 125+kg	Norbert Schade GER	215.0	La Louviere BEL *
10.10.2009	M m40 BP1 60kg	Anton Kraft DEN	215.0	Acapulco MEX *
10.10.2009	M m40 BP1 60kg	Anton Kraft DEN	210.0	Acapulco MEX *
03.10.2009	M m50 SQ 125kg	Jean-Luc Collart BEL	365.0	Ostrava CZE
02.10.2009	M m60 BP3 110kg	Finn Knudsen DEN	190.0	Ostrava CZE
02.10.2009	M m70 SQ 110kg	Truls Kristensen NOR	250.0	Ostrava CZE
02.10.2009	M m70 SQ 110kg	Truls Kristensen NOR	245.0	Ostrava CZE
02.10.2009	M m70 TOT 110kg	Truls Kristensen NOR	627.5	Ostrava CZE
02.10.2009	M m70 TOT 110kg	Truls Kristensen NOR	620.0	Ostrava CZE
30.09.2009	M m40 SQ 82.5kg	Luis Tapia PUR	338.0	Ostrava CZE
30.09.2009	M m70 SQ 100kg	John Gavin Walker GBR	225.0	Ostrava CZE
30.09.2009	M m70 SQ 100kg	John Gavin Walker GBR	223.0	Ostrava CZE
30.09.2009	M m70 TOT 100kg	John Gavin Walker GBR	577.0	Ostrava CZE
29.09.2009	M m40 SQ 75kg	Jorg Muller GER	297.5	Ostrava CZE
29.09.2009	W m40 BP3 67.5kg	Mayumi Kitamura JPN	158.0	Ostrava CZE
29.09.2009	W m40 BP1 67.5kg	Mayumi Kitamura JPN	158.0	Ostrava CZE *
29.09.2009	W m50 SQ 75kg	Donna Bryant USA	172.5	Ostrava CZE
28.09.2009	M m60 SQ 60kg	Hidetoshi Marumoto JPN	192.5	Ostrava CZE
28.09.2009	M m60 BP3 56kg	Kunio Watabiki JPN	131.0	Ostrava CZE
28.09.2009	M m60 DL 56kg	Kunio Watabiki JPN	205.5	Ostrava CZE
28.09.2009	M m60 TOT 56kg	Kunio Watabiki JPN	506.5	Ostrava CZE
28.09.2009	M m60 TOT 56kg	Kunio Watabiki JPN	496.0	Ostrava CZE
28.09.2009	M m60 TOT 56kg	Kunio Watabiki JPN	481.0	Ostrava CZE
28.09.2009	M m60 BP1 56kg	Kunio Watabiki JPN	131.0	Ostrava CZE
28.09.2009	M m70 DL 67.5kg	Joseph Stockinger CAN	207.5	Ostrava CZE
28.09.2009	M m70 SQ 60kg	Marcel Nivault FRA	166.5	Ostrava CZE
28.09.2009	M m70 DL 60kg	Marcel Nivault FRA	188.5	Ostrava CZE
18.09.2009	W sen BP3 90+kg	Hildeborg Juvet Hugal NOR	200.0	Sandnes NOR
18.09.2009	W sen BP3 90+kg	Hildeborg Juvet Hugal NOR	194.0	Sandnes NOR
18.09.2009	W sen BP1 90+kg	Hildeborg Juvet Hugal NOR	200.0	Sandnes NOR
18.09.2009	W sen BP1 90+kg	Hildeborg Juvet Hugal NOR	194.0	Sandnes NOR
13.09.2009	M sen BP1 125kg	John Bogart USA	328.5	Cleveland USA *
13.09.2009	M J23 BP1 100kg	James Kolb USA	288.5	Cleveland USA *
13.09.2009	M m40 BP1 125kg	Horace Lane USA	315.0	Cleveland USA *
13.09.2009	M m40 BP1 67.5kg	Hisayuki Nakayama JPN	215.0	Hamamatsu JPN *
13.09.2009	M m60 BP1 82.5kg	Toshio Kitano JPN	186.0	Hamamatsu JPN *
13.09.2009	M m60 BP1 75kg	Yuji Kato JPN	181.0	Hamamatsu JPN *
13.09.2009	M m70 BP1 60kg	Hiraku Fushimi JPN	120.0	Hamamatsu JPN *
12.09.2009	M sen BP3 90kg	Jose Manuel Perales ESP	285.5	Torre Vieja ESP *
12.09.2009	M J18 BP3 110kg	Michael McCoy USA	230.0	Ribeirao -SP BRA *
12.09.2009	M J18 BP1 110kg	Michael McCoy USA	230.0	Ribeirao -SP BRA *
12.09.2009	M J23 SQ 110kg	Denis Knyazev RUS	392.5	Ribeirao -SP BRA *
12.09.2009	W J23 BP1 82.5kg	Devan Doan USA	161.0	Cleveland USA *
11.09.2009	M J18 BP3 100kg	Michael Ladner USA	215.5	Ribeirao -SP BRA *
11.09.2009	M J18 BP1 100kg	Michael Ladner USA	215.5	Ribeirao -SP BRA *
11.09.2009	W J23 SQ 90+kg	Olga Gemaletdinova RUS	282.5	Ribeirao -SP BRA *
11.09.2009	W J23 TOT 90+kg	Olga Gemaletdinova RUS	692.5	Ribeirao -SP BRA *
10.09.2009	M J18 SQ 82.5kg	Erik Degerman SWE	302.5	Ribeirao -SP BRA *
10.09.2009	M J18 TOT 82.5kg	Erik Degerman SWE	767.5	Ribeirao -SP BRA *
10.09.2009	M J18 BP3 75kg	Daigoro Kitagawa JPN	185.5	Ribeirao -SP BRA *
10.09.2009	M J18 DL 75kg	Yevgeniy Galuzinskiy KAZ	300.0	Ribeirao -SP BRA *
10.09.2009	M J18 DL 75kg	Yevgeniy Galuzinskiy KAZ	295.0	Ribeirao -SP BRA *
10.09.2009	M J18 TOT 75kg	Yevgeniy Galuzinskiy KAZ	710.0	Ribeirao -SP BRA *
10.09.2009	M J18 TOT 75kg	Yevgeniy Galuzinskiy KAZ	705.0	Ribeirao -SP BRA *
10.09.2009	M J18 BP1 75kg	Daigoro Kitagawa JPN	185.5	Ribeirao -SP BRA *
10.09.2009	W J18 SQ 82.5kg	Kenzie Hower USA	221.5	Ribeirao -SP BRA *
09.09.2009	W J23 BP3 67.5kg	Yulia Medvedeva RUS	152.5	Ribeirao-SP BRA *
09.09.2009	W J23 BP1 67.5kg	Yulia Medvedeva RUS	152.5	Ribeirao-SP BRA *
08.09.2009	M J18 BP3 67.5kg	Adrien Poinson FRA	182.5	Ribeirao -SP BRA *
08.09.2009	M J18 BP1 67.5kg	Adrien Poinson FRA	182.5	Ribeirao -SP BRA *
09.08.2009	M m70 DL 110kg	Gorden Fletcher NZL	227.5	Auckland NZL
09.08.2009	M m70 DL 110kg	Gorden Fletcher NZL	221.5	Auckland NZL
08.08.2009	M m50 SQ 100kg	Michael Bridges USA	365.0	Miami USA
08.08.2009	M m50 TOT 100kg	Michael Bridges USA	887.5	Miami USA
08.08.2009	M m50 TOT 100kg	Michael Bridges USA	865.0	Miami USA
08.08.2009	M m50 TOT 100kg	Michael Bridges USA	837.5	Miami USA
08.08.2009	M m60 DL 125kg	William Helmich USA	270.0	Miami USA
07.08.2009	M sen BP1 110kg	Vladimir Volkov RUS	306.0	Frydek-Mistek CZE
07.08.2009	M m40 BP1 110kg	Vladimir Volkov RUS	306.0	Frydek-Mistek CZE
07.08.2009	M m50 BP1 110kg	Vladimir Volkov RUS	306.0	Frydek-Mistek CZE
07.08.2009	M m50 BP1 90kg	Marek Markwat POL	250.0	Frydek-Mistek CZE
07.08.2009	M m60 BP3 82.5kg	James Klostergaard USA	173.5	Miami USA
06.08.2009	W m40 BP1 48kg	Ilka Schwengl AUT	102.5	Frydek-Mistek CZE

* pending

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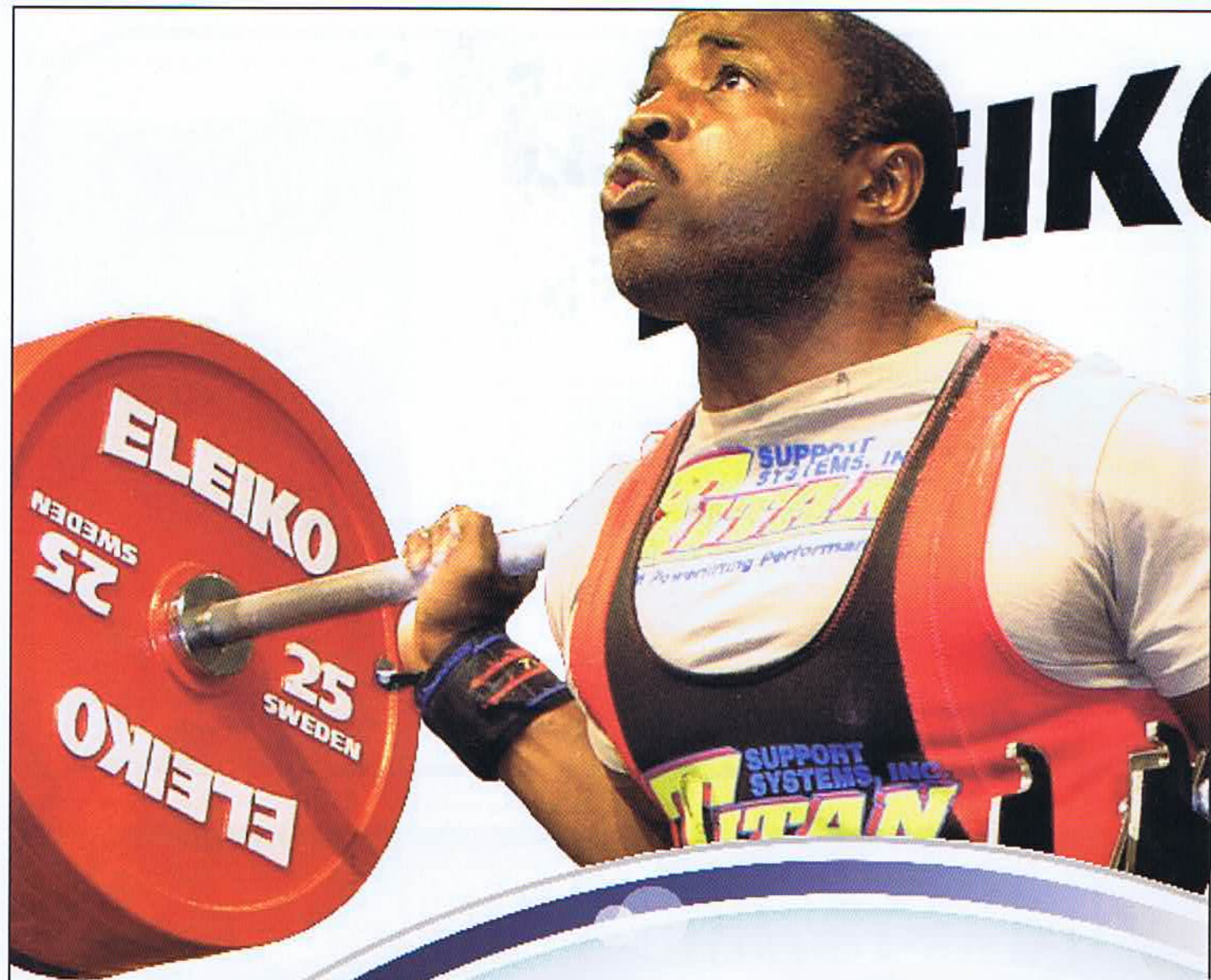


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