

Australian Powerlifting Union magazine, October 2018



By Chris Lewis and profiled contributors



(picture courtesy IPF: Richard Hozjan competing at 2018 IPF Raw Classic in the 120kg weight division)

Cover shot dedicated to Richard Hozjan, one of Australia's best IPF powerlifters for 15 years. Richard has a [best raw total](#) of 805kg, 282.5kg squat, 217.5kg bench press and 320kg deadlift. In Single ply lifting, Richard has also achieved a 908.5kg total, 340kg squat, 275kg bench press and 327.5kg deadlift.

APU message (Sean Muir)

Thank you for putting your trust in myself and the APU's board of directors with regard to the task of ensuring a new beginning for Australian powerlifters as part of the International Powerlifting Federation (IPF).

The journey has been incredible, as some of you may be aware.

While the politics of the sport has certainly played out, the remarkable efforts of many APU board, committee and other members/supporters who have ensured that lifting opportunities for APU members in the IPF have continued. We have done our absolute best to keep the lifters on the platform and to promote drug free powerlifting as part of the IPF.

During 2018 the APU achieved a number of goals, with the IPF describing our first year as the best ever by a new federation.

- 8 January 2018 – birth of Australian Powerlifting Union Ltd
- 9 January 2018 – APU accepted as provisional member of IPF
- 3 March 2018 – APU holds its first domestic competition - Bristow Open
- 14-19 May 2018 – APU's first International Athletes Kim Stevenson and Linas Valuckas compete in Finland at the IPF World Open, Sub Junior, and Junior Classic Bench Press Championships
- 17 May 2018 – Letter of understanding between APU and IPF setting Anti-doping policies and procedures in place
- 18 May 2018 – APU and the Australian Sports Commission hold a meeting to discuss direction and requirements for APU with regard to its bid for government accreditation, including with ASADA.
- 6-17 June 2018 – APU sends a 14 member team to IPF Classic Powerlifting Championships with many medals won (see story later)
- 10-15 July 2018 – APU sends team to IPF University Cup
- 15 July 2018 – APU holds its first Australian Equipped Championships (30 competitors)
- 19 August 2018 – The Western Australian (WA) State Championships held in Perth subject to the APU's first anti-doping tests.

The APU also thanks Mr Gaston Parage and Mr Robert Keller from the IPF who have continuously supported the APU from the beginning to ensure that we could grow the sport in a way that works for us in Australia.

As the APU vision states, as the IPF affiliate in Australia, the APU will continue to promote, drive and grow drug free powerlifting in Australia and Internationally. Our mission is to

promote and instil transparency, integrity and fairness in a drug free powerlifting community.

In October APU reached its initial annual target for 300 yearly members (three months early), while also exceeding expectations with well over 100 entries for the upcoming Australian Classic Powerlifting and Bench Press Championships in Swansea.

While certain regions are behind others in terms of the use of social media and championship locations such as Victoria, such issues are being addressed with improvements to be evident in 2019.

With regard to the issue of referees and the lack of a viable training and qualification structure, the APU executive committee is currently finalising an effective system that will ensure more referees emerge through a competency based assessment system while recognising previous approved learning.

Our annual general meeting, to be announced, will further enhance the APU's ability to promote an effective and supportive environment for powerlifters.

The first Australian Classic Powerlifting and Bench Press Championships, which will have representation from QLD, NSW, VIC, SA WA and ACT (TAS to be announced soon), marks a return to the importance of state representation before the state bodies were dissolved. This will create added excitement for APU athletes with state pride also enhanced by representative uniforms and colours.

The APU is also proud to be part of the Oceania Regional Powerlifting Federation that will take part in its first championships on the Gold Coast. With the championship being managed and run by the new Oceania Regional Powerlifting Federation (not by APU), the board of the ORPF should be contacted for any enquiries. Selection for the championships will be made directly after the closing of entries for the 2018 Australian Classic Powerlifting and Bench Press Championships.

Yours in Strength

Sean Muir

APU President

The APU Magazine

Our first APU magazine is up and running, with four issues to be produced per year.

While future issues will improve over time in terms of presentation, given work on this first issue only began on September 14, the APU magazine is an important development as it recognises and celebrates the various efforts and achievements of our federation in 2018, including lifters, officials, organisers, spotters and supporters. This magazine will be a celebration of all things that have and will make APU a success.

The APU hopes that all members and supporters get on board to make their own unique contribution to the magazine, as the APU welcomes the creativity, effort and opinion of all those committed to drug free powerlifting. As the magazine is produced free and depends on volunteered time, all contributions will be valuable whether to provide subject material, including facebook entries about local competitions or training, or even suggestions to improve the presentation of the magazine.



(Picture courtesy IPF: APU President embracing Cass Pickard after her M1 63kg division victory at the 2018 IPF Raw Classic)

So congratulations to all of the people that that have made the APU a success in 2018, and we look forward to 2019 with the APU magazine reflecting our progress and success as Australia's leading drug tested powerlifting federation as the provisional national affiliate of the IPF.

Top 2018 APU performances

APU members provided some outstanding lifting feats during 2018 in terms of both domestic and international competitions.

At the international level, the APU had 14 athletes represent Australia at the 2018 IPF Raw Classic held in Canada (Calgary): Femmy Ayegun, Julie Henderson, Dean McGarry, Brigot Pugh, Cass Pickard, Zoe Deeks, Sean Muir, Ewan Belgrove, Rachel Jones, Kevin Bui, James Frecklington, Andi Carlisle, Richard Hozjan and Kelvin Aitken.

While all APU lifters [performed admirably](#) in various [male](#) and [female](#) divisions, winning many individual lift medals, APU lifters won five gold medals with regard to the combined total for the three individual lifts: Femmy Ayegun, Brigot Pugh, Cass Pickard, Ewan Belgrove and Rachel Jones

Ewan Belgrove won the male sub-junior 83kg division with a total of 676kg, including a massive 267.5kg squat (world record), 166kg bench press (world record), and 242.5kg deadlift. Ewan also finished second with regard to the highest Wilks score of all male sub juniors.



(Picture courtesy IPF: Ewan Belgrove squatting 267.5kg on way to winning sub-junior 83kg division 2018 IPF Raw Classic)

Rachel Jones won the female 57kg Junior class with a total of 395kg (world record), including a 147.5kg squat, 75kg bench press and 172.5kg deadlift, while also finishing third in term of overall best score for junior females.

Brigot Pugh won the female M1-57kg class with a total 382.5kg, including a 120kg squat, 75kg bench press, and 187.5kg deadlift (world record). Brigot finished second overall in the M1 female class based on score.

Cass Pickard won the female M1 63kg division with a total of 417.5kg, including a 147.5kg squat, 75kg bench and 195kg deadlift. Cass also finished third overall in the M1 female class based on score.

Femmy Ayegun won the M2 57kg female division with a total of 345kg, including a 112.5kg Squat, a 72.5kg bench press and 157.5kg deadlift (world record). Femmy placed second overall for all M2 Women based on her Wilks score.

APU lifters were also represented at the IPF World Men's Classic Bench Press in Finland (14-19 May 2018). Linas Valuckas lifted 182.5 for [fifth place](#) in the male 93kg junior division, while Kim Stevenson [finished fourth](#) by lifting 110kg in the 63kg open class.

And, while the World Open Powerlifting Championships are to be held on 4-10 November, shortly after the APU raw nationals, the APU [National Equipped and Bench Press Championships](#) (15 July 2018) show that equipped lifting still has considerable interest. With 30 lifters competing, standout male lifters were Jamie Connolly with a 940kg total, including a 360kg squat, 245kg bench and 332.5 kg deadlift; Florian Loock who lifted 815kg at 106.4kg bodyweight; the 14 year old sub-junior Levi Hall who lifted a 180kg squat, 80kg bench and a 160kg deadlift in his first official competition at just 68kg bodyweight; Richard Hozjan who bench pressed 255kg; and Jono George who bench pressed 170kg in the 66kg division.



(Picture courtesy IPF: Femmy Ayegun winning the M2-57kg division at the 2018 IPF Raw Classic)

Of the female lifters, Mel Green was the best lifter with a total of 460kg at 70.9kg bodyweight, including 165kg squat, 95kg bench and a 200kg deadlift, while Temaleti Huakau achieved the best bench press with 110kg.

In terms of the many [domestic competitions](#) that occurred throughout 2018, which mostly comprised raw lifting, future APU magazine issues will provide much greater detail of all meetings that occur throughout the year.

Leading the way in terms of organisation, presentation and promotion for the APU were the Western Australian competitions, which included the Perth Open and [WA state championships](#) held on 19 August 2018 where 12 women and 23 men competed.



(Picture courtesy IPF: Brigot Pugh winning the female 2018 M1-57kg class IPF Raw Classic)

With 12 APU domestic competitions hosting raw lifting by 20 September 2018, there were 39 APU lifters (seven females and 32 males) who had achieved a Wilks score above 400 for the year, including Daniel Curry who became the first APU lifter to achieve a Wilks score above 500 at the recent [NSW Open](#) held at Adonis Athletics Campbelltown 24:7 on 2 September 2018.

Female	Bodyweight	Total	Date	Score
Rachel Jones	55.0	395	6-17/6/2018	471.35
Brigot Pugh	55.33	382.5	6-17/6/2018	454.33
Cass Pickard	62.21	417.5	6-17/6/2018	452.70
Andi Carlisle	51.21	355	6-17/6/2018	447.80

Femmy Ayegun	53.11	345	6-17/6/2018	423.11
Zoe Deeks	62.39	372.5	6-17/6/2018	403.01
Jenny Tran	50.15	312.5	5/8/2018	400.531
Male	Bodyweight	Total	Date	Score
Daniel Curry	155.4	927.5	2/9/2018	510.589
Leonardo Sucitra	73.9	690	19/8/2018	496.8
Scott Hall	150.6	875	3/3/2018	483.875
Richard Hozjan	115.3	800	3/3/2018	464.48
Isheanesu Nyandoro	81.8	682.5	13/5/2018	459.57
Ewan Belgrove	81.51	676	6-17/6/2018	456.16
Dominic Leah	81.65	670	19/8/2018	451.65
Lewis Lusted	73.2	612.5	13/5/2018	444.02
Callan Gibbons	82.85	662.5	13/5/2018	442.69
Lewis Lusted	73.05	610	19/8/2018	442.86
Mitchell Ronan	81.2	647.5	2/9/2018	437.969
Joshua Malafe	116.3	750	5/5/2018	434.475
Tom Buckland	82.9	650	22/4/2018	434.2
Ryan Fredericks	107.6	727.5	13/5/2018	431.13
Kevin Bui	82.51	640	6-17/6/2018	428.74
William Brown	116.3	737.5	26/8/2018	427.234
Alex Georgeou	103	710	5/5/2018	427.207
Edan Mata	119.7	742.5	24/3/2018	427.000
Richard Williams	136.15	760	19/8/2018	426.52
Gareth Smith	103.6	710	2/9/2018	426.284
Abe Walton	101.6	702.5	21/7/2018	424.872
Cire Jairus Mendoza	58.6	482.5	2/9/2018	420.595
Merlin Viet	87.55	647.5	5/8/2018	419.386
Jason Williams	82	622.5	22/4/2018	418.569
Colin Lim	82.05	622.5	5/8/2018	418.382
Scott Meiklejohn	82.1	622.5	21/7/2018	418.2577
Jake Ruwhiu	114.2	715	19/8/2018	416.23
Jesse Peak	91.7	652.5	5/5/2018	412.706
Emmanuel Foster	65.7	520	2/9/2018	409.812
James Frecklington	91.38	645	6-17/6/2018	408.61
Thomas Duong	77.8	587.5	2/9/2018	408.371
Adam Huard	137.9	715	5/8/2018	400.472

Within the list of Wilks scores above 400, there are a number of junior lifters which show that the APU can look forward to some high quality lifting in future years. They include Jesse Peak, Ewan Belgrove, Tom Buckland, Kevin Bui, James Frecklington, Rachel Jones, Colin Lim and Leonardo Sucitra.

In addition, quite a few top class powerlifters joined the APU throughout 2018 and will compete in the 2018 Australian Classic Powerlifting and Bench Press Championships in

Swansea NSW on 27-28 October 2018, which serve as the primary qualifying championships for the

- Asia Pacific Classic Powerlifting Championship at the Gold Coast in March 2019,
- IPF Classic World Powerlifting Championships in Sweden 2019,
- IPF Classic Bench Press Championships 2019, and;
- IPF Commonwealth Powerlifting and Bench Press Championships in Canada in September 2019.



(Ewan Belgrove, one of the APU's best young lifters, winning his weight division 2018 IPF world sub-juniors).

They include Nathan Tanis, a 23 year old who achieved a Wilks score of 512.71 in 2018 having lifted 760kg at a bodyweight of 81.5kg, including a squat and deadlift of 300kg for both lifts.

Colin Webb, who placed fourth at the 2013 IPF classic championships in the 83kg division, and who has a best Wilks score of 469.03 having lifted 740kg at a bodyweight of 91.3kg in 2017.

And Ray Owen, a M1 lifter, who achieved a Wilks score of 445.99 in 2016 with a total of 726kg at 97.7kg bodyweight which included a massive 191kg bench press.

IPF competition results

With the APU being the provisional affiliate of the IPF, the world's major international powerlifting federation that promotes drug free powerlifting, APU members aspire to represent Australia against the best powerlifters in the world.

While there have been several major IPF powerlifting competitions in [2018](#), the IPF Raw Classics saw a number of outstanding performances, with the United States of America team dominating the open class divisions by winning five of eight [male titles](#) and four of the [seven female](#) divisions.

No doubt that American success owes much to its enormous depth of very talented lifters. As of 20 September 2018, the Open Powerlifting website indicates that the [USAPL](#) (US IPF affiliate) had 41 male and female lifters with a Wilks score over 500 for 2018. In contrast, other national IPF affiliates have very few lifters with a Wilks score above 500, although [Canada](#) had 11 and [Russia](#) 7 at the time of writing.

Nevertheless, the IPF Classic featured some outstanding lifters from around the world.

Leading performers included Ray Williams (USA) who won the 120kg+ division with a total of 1083.5kg, comprising a 442.5kg squat, 242.5kg bench press and 398.5kg deadlift (world record).

Sergey Fedosienko won the 59kg division with a total of 664kg which included a 225kg squat, 165kg bench press and 274kg deadlift (world record).

Brett Gibbs (New Zealand) won the 83kg division with a total of 830.5kg (world record), including a 299kg squat (world record), 214kg bench press (world record), and 317.5kg deadlift.

Of the female lifters, Joy Nnamani (Great Britain) won the 52kg division with a total of 430.5kg including a 150kg squat, 85kg bench press and 195.5kg deadlift (world record).

Jennifer Thompson (USA), born in 1973, won the open 63kg division with a total of 492.5kg, consisting of a 147.5kg squat, an incredible 142.5kg bench press (world record) and 202.5kg deadlift.

Bonica Brown (USA) won the 84kg+ division with 671.5kg (world record), including a 273kg squat (world record), 151.5kg bench press (world record), and 247kg deadlift (world record).



(Picture courtesy IPF: Ray Williams squatting a huge weight at 2018 IPF Raw Classic)



(Picture courtesy IPF: Sergey Fedosienko on his way to winning another 59kg division Raw Classic)

For more news about the powerlifting world, the inside stories and championship results, subscribe for your copy of the official [IPF Magazine](#).



(Picture courtesy IPF: Jennifer Thompson celebrating her 142.5kg world record bench open 63kg division)

Profiles

Each APU magazine issue will profile a number of APU and IPF athletes to highlight their powerlifting feats and provide some insight into their training approach and lifestyle.

As you will see from the various profiles, while we all share an interest in powerlifting, we all have unique personalities and interests.

Rachel Jones

Rachel, still a 23 year old junior in 2018, is the APU's highest ranked female (as of 30 September 2018) with a Wilks score of 471.35 when lifting 395kg to win the 57kg junior class for the second successive time at the IPF Raw Classic. Rachel also holds the 57kg junior squat (153.5kg) and total (395kg) world records.

Having first competed in powerlifting in on 28 June 2015 within a few months of joining Adonis Athletics Castle Hill, Rachel has improved her lifts greatly from her [initial](#) powerlifting competition total of 255kg.

Rachel trains under coaches at Adonis Athletics Castle Hill with William Lee currently providing programs with regard to her training and nutrition.

This includes 4-5 days of training per week with all sessions focusing on the three compound lifts, along with one gymnastics training session a week for fun. Rachel believes that gymnastics is a sport which gave her an excellent strength base and taught her the importance of commitment and discipline.

While Rachel's diet is basic, eating a lot of protein, carbs and fat, Rachel consumes around 1900-2100 calories and 110 grams of protein per day. Rachel also eats the majority of her carbs around training time and does not take any supplements at all.



(Picture courtesy IPF: Rachel Jones 147.5kg squat on way to winning 57kg juniors)

Outside powerlifting, Rachel's interests include gymnastics, riding motorbikes - on road and MX, snowboarding and 4x4 driving.

Rachel, now in her last year as a junior, is looking very much to October's APU Australian Championships as she is determined to post her biggest total yet.

Nathan Tanis

Nathan, 23 years of age, recently joined the APU and is already one of Australia's best powerlifters with a 760kg total in the 83kg class (512 Wilks score). Nathan's world class total included a [300kg squat](#) (1kg above current IPF world record), 160kg bench and 300kg deadlift.

He also won the 83kg division at the 2016 and 2017 Australian national championships.

Nathan has improved greatly since his [first competition](#) in September 2014 when he totalled 537.5kg at 72.8kg bodyweight.

Under the coaching of APU member Amir Fazeli from Adonis athletics for the best part of the past three years, Nathan trains five days per week with the main focus on the squat, bench and deadlift.

Nathan presently consumes around 2900 calories each day (220g of protein, 350g of carbs and 70g of fat) and maintains a bodyweight around 85-86kg.

Outside powerlifting, Nathan enjoys travelling, aided by considerable opportunity to see the world through powerlifting competition, and dirt bike riding.

Nathan is hoping to be one of the APU's first lifters to win an open class medal at the 2019 IPF Raw Classic in Sweden, the IPF's world championship for raw lifters. Hence, Nathan will be one of the most exciting lifters to watch at October's APU national championships.

Cass Pickard

Cass is one of Australia's best powerlifters winning the M1 63kg female division at the IPF Raw Classic in both 2017 and 2018. Cass's 2018 result, a personal best total of 417.5kg, included a 147.5kg squat, 75kg bench and 195kg deadlift.

Cass's dedication has enabled her to improve greatly from her first official competition in 2013 when she lifted a [300kg total](#) during March 2013, before becoming an Australian representative from 2014.

Interestingly, Cass's first unofficial competition, after being introduced to the sport and coached by the IPF world champion Katrina Robertson in 2013, was at Sean Muir's gym in Townsville only five weeks after being shown the squat and deadlift where she achieved a 90kg squat, 52.5kg bench press and 150kg deadlift.

Living in Emerald Qld, Cass trains at Generations Gym Emerald four sessions per week, and has been coached by Joe Matthews (online) from RealFitt Strength & conditioning in Canberra since 2014.

While still learning to find solutions to the various niggles that pop up occasionally, at times a hindrance to her passion for powerlifting, Cass's immediate aims are to lift a 200kg Deadlift and 80kg bench press while she still searches for a happy medium between high and low bar to help improve her squat.

With her favorite saying being "Attitude is everything", Cass notes how amazing the human body given she won the 72kg M1 division at the 2015 Commonwealth Championships in Canada 2015 just 12 weeks after having an abdominal hernia operation.

In terms of diet, while Cass admits she faces a constant battle given she is a self-proclaimed "foodie", she prepares herself for competition by consuming about 2000 calories per day made up of protein, good carbs and fat with lots of water. Cass also takes a few supplements such as a multivitamin, magnesium, and a scoop of protein powder on training days.

Cass's favourite cheat meal is to have a whiskey, a good burger and fries, and anything sweet.

Outside lifting and training, Cass is married to Hamish Pickard and is the proud mum of Tyson 8 and Dilyn 7. Cass juggles her training around family, work commitments and volunteer work.



(Picture courtesy of IPF: Cass Pickard)

Cass's dream day is to sleep in until 6am, drop her kids off to school, have a training session followed by a massage, and then settle back for a nice dinner cooked by her husband. Her favorite weekend, when not working, is to simply hang out with her husband and kids.

Cass is looking forward to the APU's first raw nationals in October where she can hang out "with strong like-minded peeps".

To follow Cass's powerlifting story, see her powerlifting [facebook page](#).

Leonardo Sucitra

Leonardo, 23 years old, is already one of the APU's best male lifters with a total of 690kg in the 74kg male division, including a fantastic 295kg deadlift.

As a high achiever, eager to excel in his last year as a junior with a longer term goal of achieving a world open deadlift record (his favourite lift), Leonardo is hoping to qualify for the 2019 IPF Raw Classic in Sweden at this month's APU Nationals.

Leonardo, who has only been a [competitive powerlifter](#) for less than two years, notes that "powerlifting is a beautiful sport that requires immense discipline and a brutal level of mental fortitude". With powerlifting a sport that Leonardo believes can enhance self-development and building confidence, he utilises his research skills to explore the technical aspects and science of the sport to help increase his lifts.

Self-coached, Leonardo trains 5-6 days a week with day 6 being devoted to simple conditioning, mobility and recovery work.

Leonardo's training is strongly influenced by Westside Conjugate Training program which consists focuses on the three powerlifts, but also emphasises bodybuilding movements as important accessories.

In both the off-season and during the training period consumes, Leonardo eats around 2500-3000 calories per day, with a primary focus on high fibre carbohydrate and protein foods.

Leonardo follows the Reverse Diet strategy, which refers to a process where calories are brought back up to maintenance level after long period of caloric deficit. The main goal with this strategy is to increase caloric intake of the body to help recovery and/or improve the metabolism at the same time.



(Picture: Leonardo Sucitra getting set for his successful 295kg deadlift at 73.kg bodyweight).

With the tough days behind him when he struggled to balance university study, work and training, Leonardo now gives back to the powerlifting community by coaching young lifters. Leonardo, supported by others with immense knowledge and experience from 20+ years of

training, is also trying to revolutionise and promote powerlifting in Indonesia through the Chin Mi Training System which aims to promote member and community progress in terms of both fitness and life goals.

Outside powerlifting, Leonardo enjoys soccer, dancing and reading.

Recognising past Australian IPF lifters and contributors

In each issue, the APU will feature a past Australian high achiever with regard to their performance and contribution to the IPF and its Australian affiliate.

This issue highlights Katrina Robertson, now based in Perth and part of the APU leadership group, who is the last Australian to win an open class IPF championship (1997 in Capetown, South Africa) when 37 years of age. With IPF competition then involving the use of single ply equipment and wraps, Katrina lifted a total of 647.5kg in the 90+kg division at 37 years of age, including a 247.5kg squat, 137.5kg bench press and a massive 262.5kg deadlift (20kg above the previous world record).

Katrina, who [represented](#) Australia from 1996 to 2002 and later won a gold medal in the Gay Games held in Sydney in 2002, also broke 31 Australian, 18 Commonwealth and seven world records.

Observing that Rockhampton was a big hub for Powerlifting in the mid 1990's at a time when the hard working Bev Smith was Queensland Manager, Katrina recalls her first Australian record as a novice (202.5kg deadlift) in her first powerlifting competition in Townsville in 1994, and her first World record at Norm's Gym in Rockhampton in 1995.

Katrina's powerlifting success occurred, despite a horrific motorcycle and car crash when 18 where she suffered multiple injuries, including breaking both legs.

Trained as a Psychologist (for around 28 years) and Clinical Neuropsychologist, after initially being a registered nurse, Katrina has assisted and supported many athletes through coaching and mentoring. Katrina says she still really enjoys encouraging and challenging people to make the most of who they are and can be in terms of personal development.

As Katrina [indicated in 2012](#), personal confidence and positive self-esteem is aided very much by participation in sport whether it be aiming to become a world champion, being a good local squash player, or even winning the school 100m at the age of seven.

Now involved with the APU with a commitment to ensure that diversity and inclusiveness is a significant part of the development of the APU, Katrina wants to encourage female participation in powerlifting as lifters, coaches, referees, board and executive members, officials, and supporters. Katrina says it is long overdue for women to play a much bigger role in their chosen sports, and their sporting journeys.

In terms of her training and dietary approach twenty years ago, Katrina observes that there was very little information available then specifically about women and strength training, and was not too concerned about her bodyweight then. Hence, Katrina tried out many



(Picture: Katrina Robertson squatting 250kg in 1996)

combinations of different programmes and lots of intuitive reasoning, learning along the way.

Now coached by Joe Matthews at RealFITT in Canberra, Joe and Katrina (now 58) are working on developing a solid strength and power foundation by training five days per week to set up for some fun lifting over the next few years.

Katrina is also working with Jason Williams to develop the best balance and use of macronutrients to support a healthy, stronger and leaner bodyweight at 90kg today after winning her world title at around 125kg.



(Picture: Katrina Robertson competing in her first competition for 13 years in Canberra July 2018)

International lifter profile

Each issue will also profile a current and/or past international IPF champion to celebrate their achievements and learn from their insight and experience that has accompanied their powerlifting success.

This issue highlights Brett Gibbs, the New Zealand champion who became the 83kg world champion by winning the 2018 IPF Raw Classic with a world record total of [830.5kg](#) along with a 299kg squat (world record), 214kg bench press (world record), and 317.5kg deadlift.

Brett, who previously placed 2nd at the 2017 IPF Raw Classic in the open 83kg division, has been lifting [since 2008](#) when he first competed as a sub-junior.

Training under Mike Tuchscherer (Reactive Training Systems) since late 2016, Brett trains five days per week, including twice for squats and deadlifts and three bench press sessions.



(Picture courtesy IPF: Brett Gibbs on way to winning gold in the open 83kg division)

For more information on RTS training, Brett suggests readers check out the [RTS youtube channel](#), in particular the Emerging Strategies videos.

In terms of diet, Brett no longer counts macros or tracks anything nutritional as he has in the past. Rather, he tries to eat well by ensuring an adequate amount of quality protein, mostly meat based sources.

While careful not to overeat, Brett has never pursued a strategy of bulking then cutting and repeating on the basis that he has always sought to increase weight slowly.

While Brett has certainly put weight on (about 10kgs) since he began powerlifting training in 2008, currently weighing around 86-87kgs most mornings, he starts to weigh himself within a few months of competition on most days in order to adjust his diet daily should he be heavy or light. Thus, Brett reaches his targeted bodyweight of 83kg within the last couple of weeks prior to the competition weigh in.

As a result of his dietary approach, Brett has been able to stay in the 83kg weight class since beginning powerlifting in 2008 with his bodyweight while increasing his strength levels greatly.

Brett's insight into powerlifting is often expressed on his [facebook page](#) where he offers insightful and comprehensive posts.

On 24 July 2018, Brett discussed his approach to motivation.

"I got asked today if I ever lack motivation when it comes to training. There's always going to be a combination of factors that essentially make up the actions you'll take when you're

high or low on motivation. They'll 100% change over the course of your journey through powerlifting or fitness related activities, so I thought I'd share some of my insights.

The factors mostly consist of 3 things.

1. The desire you have to achieve your ultimate goal(s), and the thought/idea of what you ultimately think that's going to feel like.
2. What ultimately wanted you to start this journey along?
3. Do you do it for yourself or do you do it because of the people who essentially motivate you and have an expectation for you to do well / show up.

When I think about these factors that play a role in my year to year training it's interesting to think how much things change and I'll give you a few examples.

1. When I first started, I never had any real goals other than to just get started. I think that is all any one can really say, personally I think it's BS when people say they wanted to be world champion at a given sport when they haven't even showed up to play yet. Anyway... Once I had established that I was going to pursue powerlifting to its fullest extent it went from chasing NZ records, to attending worlds, to winning worlds to setting multiple world records. That was the DREAM!! But in reality when you get there, it's not that exciting. It's honestly not, the chase was way better. So to not be motivated by that, changes a lot. Your overall thought process and idea of that ultimate feeling you want starts to change drastically.

2. This is a little bit of the first, but more so from a perspective of what got you started and if that still aligns with what you're wanting to achieve. For me I only started because I needed rehab on my arm after breaking it twice. I can safely say I successfully rehabbed that but have just continued to lift as I mention in the above statement. For some, you may start for health reasons, social reasons etc. Do these still align or not? If they don't you'll want to set some serious goals to ensure you have direction through the tough times.

3. Starting out (11-12 years back) I was into the idea of building muscle, being strong and meeting other gym goers as we all had similar goals. Training with an awesome bunch of guys on a strict regiment, having big sessions together, and all attending the same meets. I can tell you whilst those times are great, it won't last too long. People move on at different stages of their life, it's not enough to show up for someone else, you ultimately need to show up because you want to be there, as if you were showing up to an empty shed with no music. If you have that ability to show up to a great bunch of people I am all for that, but don't rely on them to be there for you every session, if you do that it's just a matter of time before you, yourself will stop showing up.

Ultimately my advice is this - Regardless of how motivated you are in a given day/week or month just show up and do SOMETHING! This has been the biggest key to my success, I believe. It's not always super hard and strict training backed by the perfect nutrition. Some times it utter trash and a sulk in the corner and for some extended periods too. But it always comes back and that's when you'll be super thankful you pushed through those tougher

times. Discipline is key, but it's not enough on its own. You do need to be motivated to get better everyday! Even if it's only some days, it adds up".

On 23 February 2018, Brett wrote about exercise choice and training intensity.

"Exercise selection is a highly talked about topic when it comes to powerlifting programming.

Things like

- How do we implement them?
- How do we select which exercises to use?
- When should we use them and when shouldn't we?
- How do we measure success etc. etc.
- Why are we using this exercise and not this one?

I think it's important to establish the overall outcome you want from the start. Why would we even want to do a secondary movement when we can just do more of the competition lift. Specificity rules right?

This is where you as a coach or athlete need to start, as the answer to that can vary on your preferences / personal application / structure of program etc. so I believe if we don't give context to any of these variables then simply stating "a two count pause Squat is great to build time under tension at the bottom of the movement" doesn't give me any application and doesn't trigger a change in thought process (to a decent level) of how I might want to improve future training using a secondary movement.

For me, the outcome needs to be one of two things.

1. We must see strength improvement in our main competition lift. This can be measured in many ways, and that may depend on how you've structured your weekly micro cycle. To measure progress we're either seeing the same loads moved with a lower RPE (Rating of Perceived Exertion), or the same RPE being moved with more load. Essentially the equivalent to the one rep maximum is trending up. (assumed fatigue can alter this in a phase where this is expected)
2. Movement pattern becomes more efficient (in the competition lift) where we can see clear changes that the strength potential would likely be higher. We may not see instant results here, but the athlete/coach should be able to feel/see the difference and then we can begin to dial in the training for the competition lift.

Something that easily occur and be a marker of success, however if fact (not fact, just IMO) are not.

1. Secondary movements progress week to week (progress rate irrelevant), however the competition movement is not seeing any (much) benefit in progress of E1RM or movement pattern. In fact whilst the secondary movement has great success the competition lift starts

to feel foreign and just feels “off”. Often this is blindsided by success on the secondary movements, so the athlete continues.

So how should we go about selecting an exercise or if we even need to.

Obviously, assessing where there are weak points in an athletes movement on the main lift is a good place to start. That can be either a technical fault or a lack of strength. Once you’ve selected the exercise you’ll need to see where it has its place in the weekly training and how that might look. Will it be after the main lift? Will it have its own day? What protocol will I run with that exercise? That’s something that has a 1000 (way more) answers. But be specific to how you want to plan out your weekly training with the secondary movement.

I want to add, that whilst it is important to get the exercise right, it’s just as critical to get the protocol right, so make your best decision there and use that information to decide if that was successful. Remember we need to have positive outcomes in the main lift and track what was successful.

So to say a “2 count pause squat was not successful for me” is not quite there, and doesn’t give any one an idea of how you used it or anything. You’ll need to look more at that, before writing off the exercise for future training. “The 2 count pause squat, where we implemented a protocol which had the athlete working in the 65-70% range for 4-5 triples one time per week, 2-3 days after the main lift, showed that the athlete was able to complete the 1st week just as easy as the last week (linear increase in load), however the lifter showed little to no progress in the competition lift”

Moving on from that, after some time you’ll need to assess where you want to bring them in and out, how you want to rotate each exercise, each exercises protocol and how that’s going to align with the weeks competition lift and how those competition lifts protocols are looking and progressing.

I could go on, but to sum it up, you’ll need to be aware of these things as an athlete and begin to understand the concepts in your program, regardless if you have a coach or not, because the key to developing your own process of training is always going to have a heavy dose of personal self-awareness and preference to drive results and keep motivation high.

Before I wrap it up, I stress the importance of being consistent in how you do that movement. If your pauses are a little quicker then what’s asked, and your competition lifts going well, keep doing that, keep being consistent with the way you do it week to week. To often I see people needing to bag someone out about “that wasn’t at said RPE” “That wasn’t a 3ct pause”, that’s not entirely what is important. So if you could your own pauses, always do that, don’t have your friend do it next week so on and so forth”.

Outside powerlifting, Brett’s primary hobby is spearfishing. While he has pursued spearfishing on a casual basis for many years, Brett has approached this activity on a much more serious basis for the past couple of years by learning more about fish species, how to be a better diver, and learning greatly about the general surroundings of the ocean he is diving into. In Brett’s words, “seeing what is going on under the water and trying to catch your own food is pretty amazing”. Brett also has embraced the challenge of learning how to

train his breathing a couple times per week, finding this task to be “so mentally challenging, unlike anything I have come across before”.

Members Corner

The APU welcomes feedback from its members in line with its recognition that all APU members, whether lifters, helpers or supporters, all play an important role in the well-being of any successful sporting organisation.

In this section, APU members can provide comments and suggestions that will be published anonymously to encourage debate and enhance the APU's performance and capacity to encourage drug free powerlifting.

Amongst the first comments received, as of 21 September 2018, was a feeling that not enough publicity had been generated with regard to the 2018 Australian Classic Powerlifting and Bench Press Championships on 27-28 October 2018; that there were not enough competitions during 2018 in the Sydney/NSW area; and that communication through social media about the APU has not been consistent and is a bit haphazard.

Training tips: Nutrition

Each issue a contributor will highlight an area of training important to powerlifters. This issue Chris Lewis provides his summary of the nutrition literature (based on recent studies and public information).

Beyond obvious health reasons, of crucial importance to any successful weight training program are good nutrition habits in order to ensure that the body gets enough energy and nutrients in order to maximize muscle gain from exercise while minimising fat accumulation.

In terms of the desired number of calories, a key issue for all athletes as seen by the previous lifter profiles, it is often difficult to know how much to eat in order to balance muscle growth and minimise bodyfat increase, albeit some lifters will seek to maintain their bodyweight within their desired weight division. After all, in contrast to adipose (fat) tissue that has more than 3 times as many calories as muscle for the same weight, fully hydrated human skeletal muscle is around 70-75% water.

Given that only a small amount of new muscle can be built each week, even with the perfect diet and training strategies, with one study estimating that the average male [can only build](#) between 0.25 and 0.5 pounds of dry muscle tissue per week, one should try to keep their extra intake of calories to build muscle at around 300-500 per day. In other words, if an athlete is maintaining their bodyweight at 3000 calories per day, then an increase to 3300-3500 is all that is needed.

Of course, one can try to get even closer to the amount of calories needed to gain muscle, say within 100-200 calories of required calories per day, but one must be extremely careful to ensure that enough calories are eaten to promote positive nitrogen balance and muscle

growth. Hence, it is wise to go a little bit higher to maximise one's growth potential, with any surplus body fat quickly lost by dieting for a short period. For example, a period of eating an extra 300-500 calories per day for 8 weeks, would only require a relatively short period of time to reduce excess bodyweight.

Consideration to calories eaten by strength athletes should also take account of periods of inactivity, which may be caused by injury, staleness or other personal reasons. If one eats the same amount of calories when they stop training, they will quickly gain bodyfat although muscle loss will be more gradual. For example, if a lifter has been eating around 3200 calories per day during training periods, with a daily one hour of exercise burning around 500 calories, then that one hour less activity per day over a week without calorie adjustment will result in a body fat increase of around 0.4 kg per week.

In line with sensible dietary recommendations, [as promoted](#) by the Australian government, a healthy diet should focus on nutritious foods from the five key food groups every day to get adequate amounts of protein, fats, carbohydrates, vitamins and minerals:

Vegetables, including different types and colours, and legumes/beans;

Fruit;

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley;

Lean meats and poultry, fish, eggs, tofu, nuts and seeds; and

Milk, yoghurt, cheese and/or their alternatives.

In terms of protein intake, one [2016 study](#) of 20 young males performing resistance exercise and high-intensity interval training 6 days a week, found that those consuming a high protein diet (2.4g per kg) gained (on average) an extra kg of muscle and lost an extra kg of fat over four weeks when compared to the lower protein group (1.2g per kg), despite both groups eating around 33 calories per kg of bodyweight.

A [2014 study](#) of previously untrained 18 males in their twenties also found that those who consumed a diet with 30% protein built up more lean body mass than those who consumed 15% protein when undertaking a 12 week period of weight training on sets with around 60-80% of their maximum lifts, despite both groups consumed the same calories with both 15% coming from fat sources.

In addition, the same study found that the higher protein group lost a greater body fat percentage; had considerably more growth hormone circulating in the blood, and had a lower level insulin resistance which meant that their cells became more sensitive to insulin (a positive sign).

Another [2015 study](#) on 48 young bodybuilding trainees (for 8 weeks) with a few years of previous training experience, found that those consuming 3.4 grams per kg bodyweight lost extra fat mass (-1.6kg compared to -0.3kg) than those consuming 2.3g of protein per kg, despite the higher protein group consuming about 400 extra calories per day. However, both groups achieved similar gains with regard to strength gains (bench press, squat, vertical jump and pull-ups) and the lower protein group gained more bodyweight on average (+1.3kg compared to -0.1).

In terms of eating frequency, while [one study](#) found that eating a portion of protein every three hours is best for muscle building for bodybuilders and athletes rather than six hours, the difference was subtle and not statistically significant. The study, on 24 young men who performed strength training 4-6 times a week and ingested 80g of whey protein over 12 hours, had one group consuming a 20g portion every three hours with other groups having either a 40g portion every six hours or a 10g portion every 90 minutes.

In terms of total food intake per day, [2014 research](#) found that eating 5-7 small meals per day was not really advantageous when either building muscle or losing fat in terms of speeding up the metabolism, controlling insulin and cortisol, or even managing appetite. While it was found that increasing meal frequency did blunt appetite and decrease hunger, frequent meals did not appear to favourably “alter body composition, improve energy expenditure or raise resting metabolic rate”. Rather, greater importance was given to eating the right amounts of good food in a balanced diet, with meal frequency a matter of personal preference in terms of schedule and body response which could only be worked out through trial and experimentation.

In terms of the importance of fats and carbohydrates as the primary energy source, with many athletes often trying to eat more carbs around training time when quick sources of energy are needed from intense weight training sessions, many studies show the importance of carbs.

A [2010 study](#) of athletes, albeit limited to a five day micro-cycle of intense training, found that eating low levels of carbohydrates reduces testosterone levels, thus suggesting that it is wise to eat your carbs near to your training session if a low-carb diet is your choice. With the 20 well-trained endurance athletes (training more than five times a week) being given a diet with 60% or 30% of energy coming from carbohydrates, it was found that lower carb intake will burn more fat but will depress the production of important hormones like testosterone.

While it does take a few weeks for a body to get used to a lower carbohydrate intake, a [2014 study](#) of 8 experienced male mountain bikers in intense training also found that a low-carb diet generated fewer Watts on the basis of a decreased ability to perform high intensity work due to lower glycogen muscle stores and the lower activity of glycolytic enzymes.

Other articles suggest less difference between low-carb and low-fat diets with regard to the ability to perform exercise. For instance, a [2014 article](#) noted that the combination of exercise and a low-carb diet, tested on 20 adults over a year against an equal-sized control group on a high-carb diet with all given a couple of hundred calories less than they burned, found that the difference between the two groups was not significant as both groups lost about the same amount of fat with similar improvement with regard to performance capacity on a treadmill and muscle strength. The major difference found was that those on a low-carb diet burned more fat during moderately intensive exercise on the treadmill when compared to a high-carb diet.

Of carbohydrate choices, notwithstanding the need for any athlete concerned about high glucose levels to consult their physician, the evidence strongly supports longer acting carb sources that generally cause a lower insulin demand. Accordingly, since quick acting carbs acting through digestion and glucose delivery often have a high glycemic index (GI) whereas carb sources that are broken slowly have a lower GI, as measured with regard to [food items](#), we recommend consumption of carb sources with a Low GI index of 0-54, and servings with a lower Glycemic Load (GL) that take account of the quantity of total [carbs per serving](#) with recommended carb meal options to have a load of < 20. Taking account of both the GI index and load will help produce stable blood sugar levels, albeit that a high GI food may also have its use for trainees after trainees to restore energy recovery after exercise or during exercise when experiencing hypoglycemia.

GI levels can be higher in food items for a number of reasons: greater sugar levels occur with ripening fruit; longer cooking methods can break down the cellular structure which raises the GI level, processing can raise the GI level (flour higher than whole grain wheat), and the length of storage can increase the GI level.

In addition, while one's glycemic response will [also differ](#) amongst individuals and from day to day in the [same person](#), the GI levels of meals may also be [lowered](#) by fat, protein, salts (say vinegar), and soluble dietary fibre which can reduce the impact of high GI by slowing the gastric emptying rate.

Low GI, 55 or less

fructose; beans (black, pinto, kidney, lentil, peanut, chickpea); small seeds (sunflower, flax, pumpkin, poppy, sesame, hemp); walnuts, cashews, most whole intact grains (durum/spelt/kamut wheat, millet, oat, rye, rice, barley); most vegetables; most sweet fruits (peaches, strawberries, mangos); tagatose; mushrooms; chilies.

Medium GI. 56–69

white sugar or sucrose, not intact whole wheat or enriched wheat, pita bread, basmati rice, unpeeled boiled potato, grape juice, raisins, prunes, pumpernickel bread, cranberry juice, regular ice cream, banana.

High GI, 70 and above: glucose (dextrose, grape sugar), high fructose corn syrup, white bread (only wheat endosperm), most white rice (only rice endosperm), corn flakes, extruded breakfast cereals, maltose, maltodextrins, sweet potato, white potato, pretzels, bagels.

For those lifters who enjoy their sweets, it is also noted that some foods, cited as being unhealthy, can also have a low GI, including chocolate cake and ice cream.

With regard to food supplements, including protein powders, vitamins and minerals, they are mostly not necessary if one eats an adequate and balanced diet of healthy foods that covers the body's needs.

However, when dieting and eating less food, vitamins and mineral supplementation should be considered as a precaution to ensure adequate levels.

Anti Doping

In 2018, both the APU and IPF made considerable effort to ensure that they are WADA compliant.

First, the IPF has been confirmed WADA compliant and continues to be one of the leading international federations leading the fight against doping to protect the rights and provide a clean platform for our athletes. In fact, 2018 marked the first year that the IPF received a Tier 1 compliance rating, the highest possible rating.

For the APU, after a tough first year of seeking drug testing assistance, as documented by the Australian Broadcasting Corporation on both [radio](#) (38 minute mark) and [television](#), the APU Board (supported by the IPF) did achieve an ongoing testing arrangement with Professional Worldwide Controls (PWC), an independent ISO certified Anti Doping service provider which provides testing for national drug testing agencies and sporting federations around the world.

The APU, which has engaged the services of PWC to conduct tests (both in-competition and out-of-competition) on behalf of the IPF, strictly adhere to all WADA regulations and guidelines and has zero tolerance for any athlete who wishes to engage in doping activities to gain an unfair advantage.

On 16 August 2018, the APU President Sean Muir wrote an insightful piece on his facebook page.

“Anti-doping can only do so much, but a comprehensive approach can do so much more to curb Performance Enhancing Drugs (PED’s) in Sport. I have done more in the last four or five years to understand what makes anybody take PED’s in Sport (Sports Psych) and the reasons vary. A single approach catches those who are vulnerable to that approach but we need to look at multiple approaches.

When you consider athletes and PED use, you can break athletes into 4 groups and approach each one in different ways:

- a. Not considering
- b. Considering
- c. Using tactically
- d. Using

The “not considering” group (a) we want to keep them there. To do this we must continue to reward achievement and growth. A good sportsperson is composed of more than medals, badges and Instagram followers. The effort "off" the platform certainly goes further than the effort "on" the platform in many ways.

The approach in the “considering” group (b) is EDUCATION and support. One of the best lifters in the world from NZ once told me that PED users don’t last long. Good diet, good training and good recovery gives you longevity in the sport.

The approach for “using tactically” group (c) is random or target. These people who use PEDs tactically are often risk taker (along group d). The best approach is to let them take a risks. The public and athlete approach would be to test every winning athlete at every big event (such as World Champs). This approach makes it easy for the “Using Tactically” group to ensure they are clean on the day. Why does everyone think that those who take PED’s are going to be winners?? Research has shown that around 1 in 10 athletes at Olympic level may be on PED’s, but those 1 in 10 are not necessarily Olympic Champs.

The approach for “Using” group (d) is in competition and out of competition. These are the athletes that have been the target for anti-doping from the beginning and standard traditional anti-doping systems will catch these PED users.

Most of the research on the psychological profiles do have some stand out behaviour that we can identify and coach, but I won’t discuss this online for obvious reasons. But being in a position to implement a system to be “effective”, not just “present” with anti-doping testing is pretty exciting.

It is just as much our job to support and educate athletes that may be “considering” using PED’s and keep them clean than it is to catch an athlete “using” PED’s”.

Latest APU competition news

While the competition schedule is still being developed for 2019, the great news is that Victoria will hold its first APU competitions with plans for South Melbourne PTC to host a meeting sometime in February 2019.

Leading the way in terms of scheduling is the Western Australian branch of the APU which Paul Rucci and his team are looking forward to 2019 with three competitions already scheduled.

Feb 17 2019, [APU WA Cup](#), tickets on sale 1 November 2018.

12 May 2019, [APU Perth Open](#), tickets on sale 1 February 2019.

1 September 2019, [APU WA State Powerlifting Championships](#), tickets on sale 1 June 2019.

For more information about WA APU powerlifting contact sadm@powerlifting-apu.com or wa.teamcoach@powerlifting-apu.com

At the international level, with the [2019 IPF calendar](#) already out and selection largely determined by results at the 2018 APU Australian Classic Powerlifting and Bench Press Championships, the APU also announced during September 2018 that the Inaugural Oceania Regional Powerlifting Championships will be held on 24-25 November 2018 at the Gold Coast.

The APU has thanked and congratulated Michael Kingston, President of the Oceania Regional Powerlifting Federation (ORPF) and his team for doing an incredible job of communicating across all of the Oceania Regional Nations and put together the new Oceania Regional Powerlifting Federation.

The IPF president also provided this message for the APU magazine.

Dear Friends,

I would to take this opportunity to welcome the Oceania Regional Powerlifting Federation (ORPF) to the International Powerlifting Federation (IPF)!

The ORPF will fully replace the OPF that was excluded at last year's IPF General Assembly in the Czech Republic.

To celebrate the launch of the new regional federation in Oceania, we have invited all of the member federations in Oceania to Halmstad, Sweden for 2018 IPF General Assembly, the World Open Championships and a special meeting or all of the Oceania member federations.

Also, the ORPF will hold their inaugural Regional General Assembly in Sweden and the ORPF Powerlifting Championships in the Gold Coast, Australia on November 23-25, 2018. I kindly ask the Oceania member federations to support this important event by sending their athletes and officials.

The IPF Executive has one major objective in assisting the new administration of the Oceania Regional Powerlifting Federation and that is to ensure the organization is viable and will be established on the principles of fairness, good governance and transparency. Thus far, we're very impressed with the committee's work, under the presidency of Mr. Michael Kingston from Papua New Guinea.

Oceania affiliates not yet members are encouraged to join the ORPF as you will receive fair, well organized and appropriately tested international regional championships.

To close, I would like to personally wish the ORPF and its member federations and most importantly the lifters of Oceania great success!

Thank you,

Gaston Parage

President

International Powerlifting Federation

Next issue

With the APU only starting work on this issue on 14 September 2018, subsequent issues can only be better as more contributors emerge and greater feedback is provided over a three month period.

If members want to make a comment, or offer a contribution to future issues, please contact Chris Lewis on c11lewis@yahoo.com.au

The next issue will be posted on the [APU home page](#) and [facebook](#) page on 1 January 2019, so any member contribution needs to be sent in by the end of November 2018 if they want it included in that issue.

We hope that APU members appreciate our efforts, and we look forward to producing the next issue (out 1 January 2019) to highlight the ongoing evolution of our great APU federation as 2019 promises to be an even better year for our lifters as part of the IPF, the world's premier powerlifting federation.