

International Powerlifting Federation
WWW.POWERLIFTING-IPF.COM

ISSUE NO. 01/2010



THE IPF MAGAZINE

THE ARNOLD SPORTS FESTIVAL 2010

WORLD MASTERS BENCHPRESS, ORLANDO

WORLD OPEN BENCHPRESS, TEXAS

WORLD SUBJUNIORS BENCHPRESS, TEXAS

THE HISTORY OF THE IPF

EDITORIAL

Dear Friends of the Powerlifting sport,

I am very proud that I have the opportunity to introduce to you the first issue of our new IPF Powerlifting Magazine.

The magazine has not only a new design; it has also a new target course. That means, we publish 2 issues per year with information of coming World and Regional Championships, interviews, pictures, committee corners – also more background information around our sport etc.

The day by day information as results, invitations, technical newsletter will be promptly published on our IPF homepage and so you have there the possibility to find and read immediately current news.

We are pleased to find an editorial team headed by Heinrich Janse van Rensburg (Media Officer) and the team members Zhanna Ivanova and Sabine Al-Zobaidi. I am sure that the Media Officers of the regions and member nations will assist this team with their contributions, photos and articles.

Please keep in mind, our magazine is fashioned and developed for you and it is only alive through your support.

On this occasion I will also inform you that the Strategic Meeting was held in Munich and we will present at our General Assembly 2010 in Potchefstroom / South Africa our proposals for the improvement of our federation.

Our goal is to simplify our Technical Rules and update our constitution and By Laws to achieve a modern federation.

Furthermore it is our main interest to have rules, which remains over a long period and to prevent every year rule changes.

I wish you a lot of pleasure at the reading of the IPF powerlifting magazine.

Best wishes and regards

Detlev Albrings
President IPF

“Powerlifting is an exciting, vibrant sport, which is accessible to those of almost every age, gender and physical capacity. It is practiced in all of the continents and has many hundreds of thousands of individual adherents or athletes, coaches and officials worldwide.”



CONTENT

04

The Structure of the IPF

06

Arnold Sports Festival 2010

10

World Masters Benchpress Championships

13

World Benchpress Championships
World SubJunior Benchpress Championships

17

Technical Committee

18

The history of IPF

28

Eleiko

30

Medical Committee

32

North America

36

South America

37

Europe

47

Asia

48

Africa

50

Oceania

53

Invitation for the IPF General Assembly

55

Calender

Dear Friends of Powerlifting!

As Secretary General from the International Powerlifting Federation I am very glad that we will have now a new magazine, which shows you everything interesting around powerlifting in the IPF.

Three years ago, we started with a program to revise the brand "IPF". For this project we hired a consult manager, who also counseled the National Olympic Committees from Luxembourg and Germany, Mr. Patrik Ries.

Together with Mr. Ries we created a new Logo and a new corporate design for our federation. Mr. Ries advised us also, to build up a system that we will be able in the future to organize championships more interesting for spectators and the media.

Together, we also created a new partnership program for the IPF and their partners to stimulate the work between the federation and the supporters on the one hand and also to create a program which is on an equal level for all current and hopefully prospective partners.

Another part of our cooperation with Mr. Ries was to create a new magazine in a definitive new style.

The content of the new magazine should be a mix of reports from past and also upcoming championships with information's about the host country (visa, population, climate), the host city, the environment of the host city (historical places, connection to the next airport or railway station), and also infos about the organizer from the championships.

We will also introduce the six regions from our federation and also different member federations from the IPF.

In this magazine will be published also reports from the different committees with interesting news about anti doping, coaching, refereeing, and a lot more of useful information's for lifters, coaches and officials.

Of course there will be published also everything around the administrative part in our federation like invitations for the General Assembly and news about meetings with the umbrella federations (IOC, WADA, SportAccord).

I am very happy that we found a good team, which work out and design our magazine.

On this way I will give forward my thanks to Heinrich Janse van Rensburg from South Africa and Zhanna Ivanova from Ukraine, who are responsible for the reports and pictures and who are always active to find new and interesting information's and reports, and also Sabine Al-Zobaidi from Austria, who collects all reports and prepare the layout and the printing of the magazine.

But I will also point out that a magazine can just be interesting and successful if all help together and everybody makes a contribution.

Finally I hope you will find interesting news and you will also be pleased with the new magazine.

Sincerely



Emanuel Scheiber
Secretary General IPF

IPF - INTERNATIONAL POWERLIFTING FEDERATION

Lerchenauerstr. 124a, 80809 München, Germany

detlev.albrings@powerlifting-ipf.com

emanuel.scheiber@powerlifting-ipf.com

MANAGING EDITOR: Sabine Al-Zobaidi

EDITORIAL TEAM: Heinrich Janse van Rensburg
Zhanna Ivanova

ASSISTED BY: Chris Calvano, John Stephenson, Dennis Unitt, Arnulf Wahlstrøm, Eleiko, Larry Maile, Julio Conrado, Nikolay Koltakov, Susumu Yoshida, Alan Ferguson, Robert Wilks

Cover Picture by Bernd Rimarzig, Magazine Pictures by IPF, B. Rimarzig, H. van Rensburg, Z. Ivanova, S. Al-Zobaidi, istock.com

LAYOUT BY: Tom Tanzer, goodflow communications, Austria

THE REGIONS OF THE IPF



EXECUTIVE COMMITTEE OF THE IPF

President:	Detlev Albrings (Germany)
Secretary General:	Emanuel Scheiber (Austria)
Treasurer:	Gaston Parage (Luxembourg)
Vicepresident/ Board Member for North America:	Lawrence Maile (USA)
Board Member for Asia:	Susumu Yoshida (Japan)
Board Member for Europe:	Arnulf Wahlstrøm (Norway)
Board Member for Africa:	Alan Ferguson (South Africa)
Board Member for Oceania:	Robert Wilks (Australia)
Board Member for South America:	Julio Cesar Conrado (Brazil)
Assistant Secretary:	Sabine Al-Zobaidi (Austria)

11 COMMITTEES

Anti-Doping Commission	Law & Legislation Committee
Appeal Committee	Medical Committee
Athletes Commission	Non Executive Officers
Coach Commission	Technical Committee
Disciplinary Committee	Women's Committee
Doping Hearing Panel	

ANTI-DOPING COMMISSION

Chairman: Robert Wilks, AUS

Members: Kalevi Sorsa, FIN
Tone Ingebretsen, NOR
Alan Ferguson, RSA
Lawrence Maile, USA
Robert Keller, USA
Detlev Albrings, GER

DOPING HEARING PANEL

Chairman: James F. Cirincione, USA

Members: Janie Soubliere, CAN
Chris Calvano, USA
David Sperbeck, USA
Norbert Wallauch, AUT

APPEAL COMMITTEE

Chairman: Lars-Göran Emanuelson, SWE

Members: Jean-Claude Verdonck, BEL
Eliot Feldman, USA
Tatsuo Togo, JPN
Steve Lousich, NZL

MEDICAL COMMITTEE

Chairman: Chris Calvano, USA

Members: Richard Herrick, MD, USA
Bénédicte Le Panse, FRA
Dr. Josephine Wing-yuk IP, HKG
Mathias Ritsch, GER
Helmar Stiegler, AUT

ATHLETES COMMISSION

Speaker: Inger Blikra, NOR

Deputy: Gundula Fiona von Bachhaus, GER

Members: Priscilla Ribic, USA
Hiroyuki Isagawa, JPN
Pjotr van den Hoek, NED
Phil Richards, GBR

NON EXECUTIVE OFFICERS

Records Registrar: Anatolij Steczenko, UKR

Championship Sec.: Gaston Parage, LUX

Finance Secretary: Gerhard Geissler, GER
Jean-Claude Verdonck, BEL

Media Officer: Heinrich Janse v Rensburg, RSA

Media Assistant: Zhanna Ivanova, UKR

COACH COMMISSION

Chairman: Dr. Josephine Wing-Yuk IP, HKG

Members: Johnny Graham, USA
Wim Wamsteeker, NED
Rudolf Küster, GER
Dietmar Wolf, NOR
Alain Hammang, LUX
Ralph Farquharson, GBR

TECHNICAL COMMITTEE

Chairman: John Stephenson, GBR

Referee Registrar: Patrik Thur, SWE

Standing Members: Bill Jamison, CAN
Johnny Wiklund, SWE
Henk Keizer, NED

Member Europe: Myriam Busselot, BEL

Member Africa: Johan „Hannie“ Smith, RSA

Member Oceania: Steve Lousich, NZL

Member Asia: Subrata Dutta, IND

Member N. America: Bill Clayton, USA

DISCIPLINARY COMMITTEE

Chairman: Lawrence Maile, USA

Members: Fabien Lambiel, FRA
Kalevi Sorsa, FIN (interim)

WOMEN'S COMMITTEE

Chairwoman: Eva Speth, GER

Member Asia: Deepali Kulkarni, IND

Member S. America: Judith Reithmann, URU

Member N. America: Disa Hatfield, USA

Member Europe: Tetyana Akhmamyetyeva, UKR

Member Europe: Maria Pia Moscianese, ITA

LAW & LEGISLATION COMMITTEE

Chairman: Jean-Claude Verdonck, BEL

Members: Sandro Rossi, ITA
Gaston Parage, LUX
Detlev Albrings, GER

THE ARNOLD SPORTS FESTIVAL 2010



Imagine - more than ten thousand people at the Arnold Fitness Expo in the city of Columbus, with an atmosphere of expectation for the sports holiday, long rows for autographs of bodybuilding stars, all rejoiced and taking pleasure. Some people here has arrived simply to look at the parade of human force, dexterity and endurance, and some people here is in it to show themselves, and to declare themselves the best!

With a high-grade general love to the thousand's of beautiful female and male bodies around you, there were a passionate atmosphere with the feeling of a sports phenomenon! The USA love sports, but even more it is loved by the people who have created this grandiose show, to be exact, a legend of the bodybuilding world, the well-known film actor and the governor of California - Arnold Schwarzenegger. Going on a huge exhibition walk, he smiles to all the people and waves a hand, and the most important thing is - he takes pleasure in it because all these people around him are healthy! He has managed to unite bodybuilding, strongman, powerlifting, fitness, arm wrestling, weightlifting and all other kinds of sports in one living organism. And all of them have harmoniously jointed with a tournament atmosphere. Arnold

personally has managed to visit all the sports arenas, powerlifting was also an exception!

It is the third year on this given Festival that powerlifting was successively represented by the IPF. There were many sports to consider, but expectation grew much earlier on the weight tournaments, as it was more interesting. It's a fact that there were more than 3500 spectators to come and look at the powerlifting. When the powerlifting competitions were showcased on the main stage, there were even more spectators! In the USA there is a lot of love with real appreciation for powerlifting.

Within the festival there was the USAPL Raw Challenge Powerlifting Championship. 18 women and 64 men took part in this competition. The women competed in the open and master age group. The most impressive result for the women was shown by Sioux-z Hartwig-Gary in the 52kg category. She Squatted 140kg, Benched 77,5kg and Deadlifted 145kg, she had a Total of 362,5kg. She also became the Champion of Champions. The second place in absolute offset went to Kelly Moore with a Total of 347,5kg; the third place went to Becky Rich which competed in

the 56kg category with a Total of 367,5kg. Champion of Champions for the given tournament was awarded by monetary prizes. For the first place the lifters received \$500, for the second place \$300, and for the third place \$200. Certainly, this stimulated the lifters to give their best results!

At the Middle weight class for the men the Champion of Champions is Eric Kupperstein, with a body weight 59,6kg he Squatted 197,5kg, Benched 107,5kg, and Deadlifted 255kg! The second place was occupied by Steven Howard in the 90kg category, here is his results – a Squat of 252,5kg, a Bench press of 172,5kg and a Deadlift of 260kg, giving a Total of 685kg. The third place went to Larry Dyles-Smith, in the 75kg category, he collected a Total of 595kg.

In the Heavy weight class victory went to Alex Drolc with a body weight of 97,9kg he squatted 265 kg, benched 182,5kg, and deadlifted 307,5kg, giving a Total of 755kg. The second placed Michael Neal, with a bodyweight of 164,6kg lifted a Total of 847,5kg. The third place was won by Jamie Emberley in the 110kg class with the Total of 772, 5kg.

The second day of competitions had the Quest American Invitational Powerlifting Championships. Here lifters competed in gear, there were participants from USA, Canada and Brazil. 10 women and 34 men from Northern and South America in general participated. It is also desirable to note the work of the two remarkable leaders which did not stop for a minute. The spectators knew all about the lifters and which weight they lifted. All temper of struggle was displayed on two huge screens; spotters worked accurately and encouraged the sportsmen. The public sat on a platoon, without an exception it was interesting for all to see what occurred on the platform where the lifting occurred. Visiting the competition was the well-known actor Sylvester Stallone who sat about half an hour near the platform and interestingly observed the competition!

Among the women the Champion of Champions was Erica Bueno. With a bodyweight of 61,5kg she squatted 185kg, benched 132,5kg and deadlifted 182,5kg, having collected a Total of 500kg. Winners of the given tournament were also awarded by monetary prizes of \$1000. With a bodyweight of 72,4kg, Maliek Derstine became the winner of the light weight class with a Total of 782,5kg. In the middle weight class victory was gained by the numerous World championship appearances of David Ricks. David squatted 340kg, benched



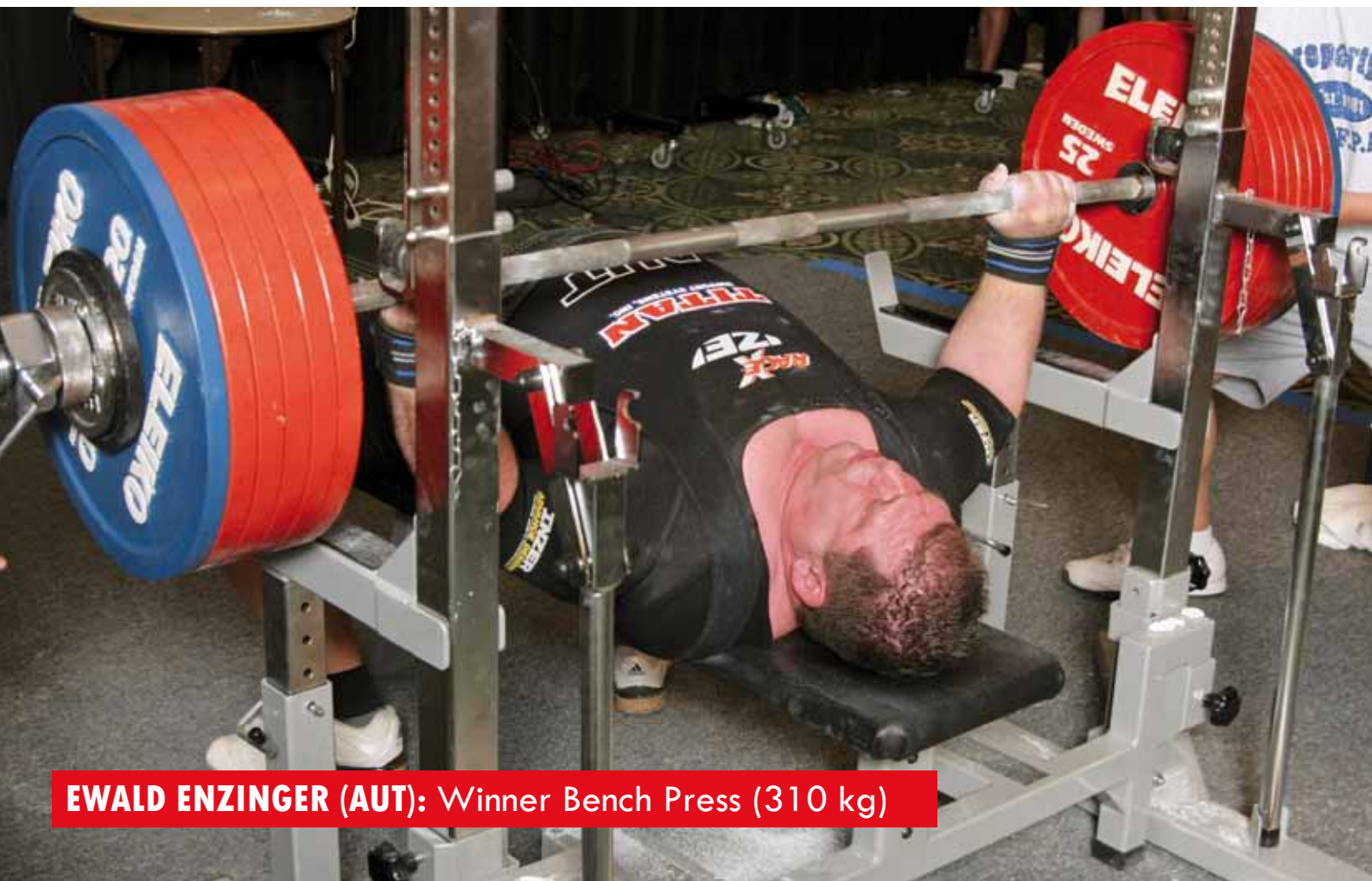
215kg, and deadlifted 332,5kg. The winner in the heavyweight class is the World Games Champion of 2009, Michael Tuchscherer. He competed in the 125kg weight category very accurately, confidently and harmoniously, he knew what his purpose was and went for it. His result in the Squat was 405kg, his attempt on 420kg was unsuccessful. Michael benched 275kg, and did a deadlift of 372,5kg. His total 1052,5kg is of worthy admiration, he is one of the best in the modern day in his weight class.

At 16.00 on the main Expo Center stage the GNC IPF PRO Deadlift Competition began. In the hall there were so many people that there was no empty seat left! The lifters felt the support of the spectators and tried to give their best as much as possible, giving out the strongest emotions, and received huge pleasure from it. Among the women the first place went to the American sportswoman Alyssa Hitchcock, with a bodyweight of 65kg she pulled 212,5kg and has deservingly won \$1000. Her comments concerning the tournament: "I think that the Arnold Classic is an amazing event! I find it completely incredible that they can bring together so many different things in one place! It is a great experience to compete there and see and meet so many other people. I enjoy every minute being there. There were a few difficulties there for me and I know

some others too. I thought the warm up area did not have enough room for twenty some lifters to try and get in gear and warm up and we definitely did not have enough time to warm up. I felt very rushed. Also I thought that the stage we were deadlifting on was very bouncy and the platform felt squishy to me. Everything else is wonderful though. I think it is so much fun and a great time for all the lifters and spectators! I take the Pro Deadlift as a competition and show, but more so as a competition. I am very satisfied with my results and I hope to compete at the Arnold Classic again in the future!"

The second place for the women came from Sweden's Angelica Brage. She had a bodyweight of 55,4kg and had a deadlift of 187,5kg. The third place went to American Alexa Schillinger with a bodyweight of 54,3kg, she pulled 182,5kg.

It would be desirable to notice that in Deadlift and Bench press competitions it had the strongest representatives gathered of these disciplines of powerlifting in the world. In the environment of powerlifting, considering that it would be quite a good idea to include a squat program in the festival, as this is the most dynamical and entertaining movement in powerlifting, with many lifters showing magnificent results.



EWALD ENZINGER (AUT): Winner Bench Press (310 kg)

Well, among the men a confident victory was earned by Robert Herring from USA, with a bodyweight of 85,5kg he had a lift of 340kg. And the second place was occupied with the legendary American sportsman Brad Gillingham. His bodyweight was 144,2kg, and deadlifted 390kg! All his attempts was accurate, technical, powerful. It is necessary to tell that Brad has two brothers who too are engaged in power kinds of sports, directly a dynasty of athletes. Brad's also very modest, has told that this is the Arnold – Classic Super Show, from participation in is a great pleasure. The heaviest deadlift in the tournament would be awarded separately. Getting a third place with a bodyweight of 89,1kg Craig Terry (USA), has lifted 337,5kg. In total 8 women and 13 men had taken part in the deadlift competition. They are the strongest lifters in the world at this discipline. Lifters from USA, Sweden, Norway, Germany, and Austria participated in the competition. In the future the IPF plans to increase geography of the countries-participants and participants in this tournament as it is the most powerful indicator of popularity of this kind of sports in the world.

Certainly, there are also “Bomb outs”. So, at the last day of the competitions it was time for the bench press, judges rigidly judged the lifters because of the 9 lifters that have bombed out, there were still many that had unsuccessful attempts. Therefore further it is necessary to give the discount that the Arnold is more than a show, more than a competition, and to spectators it is pleasant to see how lifters push and pull heavy weight.

6 women and 18 men took part in the Titan Bench Bash competition, the lifters came from Germany, Brazil, USA, Japan, Denmark, Austria, Sweden, and Norway. Among the women a confident victory was earned by Germany's Gundula v. Bachhaus. With a bodyweight of 61,1kg she had a bench of 145kg, her attempt on 155kg also has been attempted, because of a few errors she didn't get the weight. Erica Bueno (Brazil) had the same bodyweight as Gundula - but she bench 140kg. The third place went to the American, World Champion, Jessica O'Donnell. She had a bodyweight of 99,8kg, she pressed 172,5kg, she also got awarded for the biggest bench press!

In the light weight category for the men the victory was hardly earned by Germany's Markus Schick. His bodyweight was 81,2kg – and had a bench press of 270kg! In the third attempt he attempted a World record 283 kg, but the judges saw technical discrepancies



in bar movement. Precisely with the same weight, 270kg was pressed by Adam Mamola from USA, but his bodyweight was 900grams heavier than Markus's.

The heavy weight lifters also finished the competition with this grandiose tournament of the Bench press. The Austrian sportsman Ewald Enzinger, with a result of 310 kg became the indisputable leader. In the second place was American Timothy Anderson – he pressed 277,5kg with a bodyweight of 99,8kg. In the third place was American Brady Stewart with bench of 282,5kg, he had a bodyweight of 115,2kg.

Nine lifters have received a zero result, naturally they bombed out. But as a whole, it was unforgettable for all sportsmen and sportswomen, organizers and spectators of the show in this sports holiday.

Author: Zhanna Ivanova

Edited by: Heinrich Janse van Rensburg



**10th
World Masters
Benchpress
Championships
Orlando, USA
30.03-03.04.2010**

Powerlifting is the sport which will not leave you throughout your whole life. A Russian poet once said: “All ages are obedient to Love”, so it is possible to make comparison to powerlifting: “All ages are obedient to Powerlifting”. The World Master Bench press championship in the USA has become the next acknowledgement to this fact.

Not even the quantity of participants amazes imagination, but their age range. Among the women there were 24 representatives have taken part at the age of 50 till 70 years; 40 men at the age from 60 till 82 years, 44 lifters in age range from 50 till 60 years. It is no wonder that the considerable quantity of participants are from Japan, Germany and the USA, where life expectancy and respect for sports is the highest in the world.

The way in which these people work on a platform, causes an admiration. Completely collecting all the power, they are going to the bar with such a respect and desire, like they are doing this the last time in their life. Their sense of ecstasy after the victory over the weight simply makes everyone to believe in eternal youth!

The United States dominated the IPF 10th Master World Bench which was held in Orlando, Florida. The US team has won all 5 age division with the closest nation 15 points behind! There were 134 men and 46 women competing on the big stage, all doing their best for all the hours of hard work they put in.

In the Women’s M40-50 division April Shumaker (48kg) shined out with her impressive 100kg press, the lift also secured her the Champion of Champions Trophy for

Women Master 1. Tomoko Sakamaki (56kg) from Japan got 2nd place in the Best lifters award with 110kg and Germany’s Regina Haas (75kg) placed 3rd with a bench press of 132,5kg.

In the team points Germany came 2nd with 29 points. France, Philippines and Japan came 3rd with 24 points. Finland got 6th place, with South Africa, Canada, Hong Kong and Great Britain all in the 7th position.

German athlete Eva Speth (90kg+) pressed 137,5kg and became the Champion of Champions for M50-60. Chiyomi Sawa (67,5kg) from Japan got the 2nd place with a press of 110kg and United States own Jill Arnow (90kg) got the 3rd place with a press of 130kg.

In the team points Germany came 2nd with 50 points followed by France in 3rd with 34 points. Japan and Russia both secured the 4th place with 12 points with Finland right behind them with 9 points in the 6th position.

In the men’s division there was much excitement, with stars from America like Dennis Cieri, Danny Thurman, Horace Lane, Mike Hara and Dan Gaudreau that all won Gold medals!

In the M40-50 Dennis Cieri (90kg) secured his win with 255kg, he missed an attempt at the IPF Open World Record with 295,5kg.

Eito Eigo (100kg) from Japan got the top honours as being crowned Champion of Champions! He pressed 280kg to secure his win.

Danny Thurman (82,5kg) also took home the gold with an impressive 250 kg, he missed his final attempt at the USAPL American Record of 272,5kg. He also got 2nd at the Best lifter award for M40-50.

Horace Lane (125kg) got the bronze in the Best lifter award and a Gold medal by pressing 280kg.

In a surprise, Anton Kraft (67,5kg) from Denmark, the IPF World Record holder at 56kg (202,5kg) missed weight at 60kg, competed at 67,5kg, still finishing second by pressing 170kg. Kraft missed his attempt at 185kg, he also competed raw.

In the team points Japan came 2nd with 41 points, with both Finland and France securing 3rd place with 38 points. Germany got the 5th place with 376 points with the Hungarians right behind them with 15 points in 6th place. Great Britain got 7th place, Poland 8th place with Slovakia, Canada 10th, Denmark 11th, Estonia and Philippines both got 12th places with Sweden at 14th place. The lifters from Norway and United Arab Emirates have bombed out and have no team points.

In the age category M50-60 Mike Hara (75kg) pressed 192,5kg and win the gold. He missed his last attempt of 250kg.

Daniel Gaudreau (125kg+) upped his own M2 IPF World Record by 500 grams by pressing 295.5kg. He missed his final attempt with 320kg. Gaudreau also took the Champion of Champions award for M50-60 bencher. Gary Pamplin (110kg) from USA bench pressed 255kg to finish runner-up to Gaudreau, and Finland's Kari Vilppola came 3rd with a press of 240kg.

In the team points Japan got 2nd place with 48 points, Germany 3rd with 39, Finland 4th with 37. Great Britain got the 5th spot with 21 points, Poland behind them with 15 points, Sweden got 7th place with 15 points. Kazakhstan got 12 points the secure 8th place and Canada got 9th place with 12 points as well. France came 10th with 8 points, with Norway and Bulgaria securing 11th place with 7 points. Costa Rica and Australia both got the 13th spot with 5 points each.

In the Master III division there was 3 World Records set, all 3 from Japan, and those 3 men were also the best lifters!

First one came from Japan's 67 year old Toru Magome (67,5kg), he bench pressed 170,5kg. The lift also secured his win as Champion of Champions!

In the 2nd place, also with a Gold medal Yuji Kato (75kg) pressed 181,5kg on his last attempt. Just behind him and also Gold medal winner is Toshio Kitano (82,5kg) who successfully attempted 195kg on his last lift.

In the team points Japan got a 2nd place again with 48 points, Germany trailing them with 41 points in hand, with France in the 4th position with 26 points. Great Britain got 5th place with 14 points; just behind them with 12 points in the 6th place is South Africa. Denmark and Finland both got 7th place with 9 points. Belgium and Norway got also secured the 9th spot with 8 points, while Greece and Australia got the 11th place with 7 points. Sweden got 13th with 6 points and Czech Republic got the 14th spot with 5 points. Estonia did not get any team points as the lifter bombed out.

There were 5 lifters in the Master IV age division; they were lead by Japan's 73 year old Hiraku Fushimi (56kg) with a World Record performance of 122,5kg! The oldest competitor of the competition was also from Japan, the 82 years old Yasumitsu Takei (67,5kg), he got a

bench press of 90kg. It just show you that you can never be to old to go and lift competitively, that the Master IV lifters can even give the young lifters of today a run for their money. That is truly amazing!

Overall this was a great competition, with only 12 bomb outs. The next big competition which is also held in the USA will be the IPF Open World Bench Press Championship held with the Junior/Sub-Junior World Bench Press Championship in Killeen, Texas. Historically this will be the biggest Bench Press competition that will be showcased on the grandest stage of them all, the "IPF World Bench PressChamps".

By: Heinrich Janse van Rensburg

Edited by: Jane Ivanova

THE CHAMPIONS:

WOMEN MASTERS 1

- 48 kg

1. Shumaker April 1966 USA 100 kg

- 52 kg

1. Masuyama Akemi 1962 JPN 100 kg

- 56 kg

1. Sakamaki Tomoko 1965 JPN 110 kg

- 60 kg

1. Vasquez Rosemarie 1970 PHI 102,5 kg

- 67,5 kg

1. Iliiev Isabelle 1967 FRA 117,5 kg

- 75 kg

1. Haas Regina 1962 GER 132,5 kg

- 82,5 kg

1. Styrilund Laura 1964 USA 115 kg

- 90 kg

1. Pecante Erlina 1964 PHI 130 kg

90+ kg

1. Gransard Nathalie 1964 FRA 120 kg



WOMEN MASTERS 2

- 48 kg				
1. Leverett Ann	1954	USA	72,5	kg
- 52 kg				
1. Nelson Diann	1955	USA	87,5	kg
- 56 kg				
1. Bekhtereva Irina	1959	RUS	75	kg
- 60 kg				
1. Sauer Helen	1952	USA	100	kg
- 67,5 kg				
1. Sawa Chiyomi	1949	JPN	110	kg
- 75 kg				
1. Duffy-Smet Debra	1957	USA	102,5	kg
- 82,5 kg				
1. Eulenstein Ursula	1949	GER	95	kg
- 90 kg				
1. Arnow Jill	1959	USA	130	kg
90+ kg				
1. Speth Eva	1954	GER	137,5	kg

MEN MASTERS 1

- 56 kg				
1. Kolsovsky Stefan	1961	SVK	142,5	kg
- 60 kg				
1. Kaattari Raimo	1970	FIN	152,5	kg
- 67,5 kg				
1. Waymel Olivier	1966	FRA	175	kg
- 75 kg				
1. Berndt Roy	1966	GER	202,5	kg
- 82,5 kg				
1. Thurman Daniel	1968	USA	250	kg
- 90 kg				
1. Cieri Dennis	1968	USA	255	kg
- 100 kg				
1. Eigo Ito	1968	JPN	280	kg
- 110 kg				
1. Goto Shuji	1968	JPN	235	kg
- 125 kg				
1. Lane Horace	1964	USA	292,5	kg
125+ kg				
1. Wdowinski Dariusz	1965	POL	270	kg

MEN MASTERS 2

- 56 kg				
1. Iminov Irkin	1959	KAZ	120	kg
- 60 kg				
1. Flink Seppo	1953	FIN	110	kg
- 67,5 kg				
1. Sato Keiji	1952	JPN	165	kg
- 75 kg				
1. Hara Michael	1960	USA	192,5	kg
- 82,5 kg				
1. Otani Susumu	1952	JPN	200	kg

- 90 kg				
1. Kitagawa Takeshi	1958	JPN	220	kg
- 100 kg				
1. Nakatani Kouichi	1960	JPN	227,5	kg
- 110 kg				
1. Pamplin Gary	1957	USA	255	kg
- 125 kg				
1. Kojo Motohisa	1958	JPN	247,5	kg
125+ kg				
1. Gaudreau Daniel	1960	USA	295,5	kg

Men Masters 3

- 56 kg				
1. Fushimi Hiraku	1937	JPN	122,5	kg
- 60 kg				
1. Lietzau Joachim	1950	GER	135	kg
- 67,5 kg				
1. Magome Toru	1943	JPN	170,5	kg
- 75 kg				
1. Kato Yuji	1948	JPN	181,5	kg
- 82,5 kg				
1. Kitano Toshio	1946	JPN	195	kg
- 90 kg				
1. Herrmann Reinhard	1950	GER	172,5	kg
- 100 kg				
1. Clark Dave	1948	USA	175	kg
- 110 kg				
1. Tallman Clifford	1943	USA	205	kg
- 125 kg				
1. Beuch Ronald	1950	USA	205	kg



21st IPF World Benchpress Championships

2nd IPF World Sub-Junior and Junior Benchpress Championships

Killeen, Texas, USA. 24-29 May 2010

The World Bench Press Championship started in a small town with 236 lifters from 30 different country's near Austin in Texas, the town of Fort Wood, Killeen. A town with one of the biggest army bases in the USA, as they got 50 000 army personnel. The weather was nice and warm with the occasional WARM wind blowing throughout the day, but hey, this is Texas! Altogether there were 41 continental and world records broken, just as it should be!

The championship kicked off with the women 44kg-52kg class, it included the Sub-Junior, Junior and Open class. One of the many highlights in the Sub-Junior class was by Anna Filimonova (52kg) for Russia with a bench of 97,5kg to win the gold, it also secured her the title of Overall lifter; she was followed by Katie Durham from the host country with a bench of 77,5kg. Roxan Luckcock (48kg) from Great Britain had a bench of 72,5kg to bring the gold back home, with Sheila Mayes (44kg) from USA with a bench of 62,5kg to get the gold. In the 56kg class Tatiana Gabidulina from Russia benched 82,5kg for the gold, Natalia Melnikova (60kg) also from Russia, benched 90kg to get the gold, she also got 3rd place in the Overall Lifters. Marta Szabo (67,5kg) got 1st place with 85kg. In the 75kg class USA's Kirsten Olson won with 107,5kg, she also is runner-up for Overall lifter. Stacie Pomrening (82,5kg) from USA got gold with 107,5kg and Samantha Fretwell (90kg+) also got gold for the US with 102,5kg In the team points USA is leading with 66 points, with Russia in 2nd place with 36 points and Finland in 3rd with 17 points.

One of the highlights in the Junior class came from Canada with Rhaea Fowler (75kg)

THE CHAMPIONS:

WOMEN OPEN CLASS

- 48 kg

1. Kozdryk Justyna 1980 POL 130 kg

- 52 kg

1. Nagaya Kaori 1963 JPN 127,5 kg

- 56 kg

1. Kotkova Larisa 1974 RUS 142,5 kg

- 60 kg

1. Thompson Jennifer 1973 USA 147,5 kg

- 67,5 kg

1. Medvedeva Yulia 1986 RUS 157,5 kg

- 75 kg

1. Newman Christina 1977 USA 155 kg

- 82,5 kg

1. Doan Devan 1987 USA 145 kg

- 90 kg

1. Strik Ielja 1973 NED 175 kg

90+ kg

1. Lugovaya Irina 1974 RUS 205 kg

MEN OPEN CLASS

- 56 kg

1. Ikeda Naoya 1970 JPN 180 kg

- 60 kg

1. Nakayama Hisayuki 1963 JPN 207,5 kg

- 67,5 kg

1. Noda Toshihiko 1979 JPN 215 kg

- 75 kg

1. Hara Michael 1960 USA 232,5 kg

- 82,5 kg

1. Fujita Hiroyuki 1977 JPN 250 kg

- 90 kg

1. Wegiera Jan 1965 POL 282,5 kg

- 100 kg

1. Vaigant Sergey 1989 KAZ 280 kg

- 110 kg

1. Koltonski Karol 1983 POL 307,5 kg

- 125 kg

1. Hirvonen Marcus 1976 SWE 315 kg

125+ kg

1. Sandvik Kenneth 1975 FIN 330 kg



WOMEN SUBJUNIORS

- 44 kg				
1.	Mayes Sheila	1992	USA	62,5 kg
- 48 kg				
1.	Luckock Roxan	1992	GBR	72,5 kg
- 52 kg				
1.	Filimonova Anna	1994	RUS	97,5 kg
- 56 kg				
1.	Gabidulina Tatiana	1992	RUS	82,5 kg
- 60 kg				
1.	Melnikova Natalia	1992	RUS	90 kg
- 67,5 kg				
1.	Szabo Marta	1992	HUN	85 kg
- 75 kg				
1.	Olson Kirsten	1992	USA	107,5 kg
- 82,5 kg				
1.	Pomrening Stacie	1992	USA	107,5 kg
90+ kg				
1.	Fretwell Samantha	1994	USA	102,5 kg

MEN Subjuniors

- 56 kg				
1.	Whipple Tyler	1993	USA	122,5 kg
- 60 kg				
1.	Nunez Isaac	1992	USA	145 kg
- 67,5 kg				
1.	Burris Rusty	1992	USA	147,5 kg
- 75 kg				
1.	Prodchenko Andrey	1992	RUS	175 kg
- 82,5 kg				
1.	Bottinger Florian	1992	AUT	170 kg
- 100 kg				
1.	Rosensweet Matthew	1993	USA	125 kg
- 110 kg				
1.	Raich Martin	1992	AUT	100 kg
125+ kg				
1.	Mikula Norbert	1993	HUN	250 kg

with a huge bench of 155,5kg to win the gold, set a new Junior World record and get the Overall Lifter award! Eva Makrai (48kg) from Hungary got a bench of 100kg to get the gold and 2nd place in the Overall. Maj Rames (60kg) from Denmark bench 115kg to win the gold and secure her 3rd place in the Overall. The sweet Nina Eriksson (56kg) from Sweden got the gold with 102,5kg. Alesha Summers (44kg) from USA grab the gold with a press of 67,5kg. Marina Kainleinberger (52kg) from Austria also won the gold with a bench of 72,5kg. Tiffany McKinney (82,5kg) from USA got 1st place with 137,5kg. Agnes Szabo (90kg) from Hungary also got 1st place with 145kg. Katie Sons (90kg+) from the host country got a bench of 132,5kg to secure the gold. In the team points USA got 1st place with 63 points, Hungary 2nd with 41 points with Russia in 3rd place with 38 points.

The highlight of the competition for the women in the Open class just had to be Irina Lugovaya (90kg+) who won the gold and got Overall 3rd for Russia with a huge bench of 205kg, the crowd were in awe to see how easy that bench was! Justyna Kozdryk (48kg) from Poland secure her gold medal and Overall lifter with a 130kg press, it is also a new European record! Larisa Kotkova (56kg) from Russia went 3 for 3 with a bench of 142,5kg to get the gold and 2nd place in the Overall. In the 52kg class there was a real fight between Kaori Nagaya from Japan who weighed in at 51,70kg and Kriszina Nagypal who weighed in at 51,10kg. With the 3rd attempts coming up both lifters had 130kg on the bar, but only one could prevail to become World Champion. That was the Japanese lifter Kaori Nagaya! Kriszina Nagypal came 2nd with a bench of 120kg. The beautiful mother of 2 Jennifer Thompson (60kg) from USA got the gold with 147,5kg.





Yulia Medvedeva (67,5kg) from Russia got 1st place with 157,5kg. With probably the biggest support of the competition from the host country was Christy Newman (75kg) who got a bench of 155kg to bring the gold back home! There was a lot of emotion going on in the 82,5kg class, with Devan Doan from USA missing her first 2 attempts, the last attempt was “do or die”. And she prevailed with 145kg! Ielja Strik won her 7th consecutive World Championship with a press of 175kg, she missed the World record of 185kg.

The men’s lifting kicked off with the Sub-Juniors with Isaac Nunez (60kg) from USA with a bench of 145kg, he got gold and 2nd place for Overall lifter. Andrey Prodchenko (75kg) from Russia got 3rd Overall and gold with 175kg . Tyler Whippie (56kg) won the gold with a press of 122,5kg. Rusty Burris (67,5kg) got gold with 147,5kg. Florian Bottinger (82,5kg) from Austria got gold with 170kg. Matthew Rosensweet (100kg) won with 125kg and Martin Raich (110kg) from Austria also won the gold with 100kg. The Overall lifter and the owner of the new Sub-Junior World record and World Champion is Norbert Mikula from Hungary, the crowd was really supporting him with a lot of emotion, with such great Sub-Juniors as we saw here at the World Championship there will definitely be a bright future for powerlifting and the IPF. In the team points USA is in 1st place with 66 points with Austria in 2nd place with 24 points and

Germany in 3rd place with 18 points.

In the Juniors Krut Kirill (52kg) from Russia benched 122,5kg to win the gold. Phillip Rotar (56kg) from the USA won gold for his country with a press of 130kg. In the 60kg class Maxim Korolev walked away with gold, by pressing 155kg. Michael Broussard (67,5kg) from USA walked away with gold with a bench of 195kg. Daigoro Kitagawa (75kg) from Japan won gold with a huge 207,5kg. Dmitry Inzarkin (82,5kg) from Russia had tremendous bench of 240kg, he got 3rd place Overall lifter. Igor Trifonov (90kg) from Kazakhstan got gold with 225kg. Boguslaw Waszczuk (100kg) from Poland got 240kg for the gold. Luke Haarsma (110kg) from the host country got 277,5kg and also secured the Overall 2nd place. The last day there was much excitement, as the heavyweights got on stage! Ferenc Kovacs won the gold medal in the 125kg class with a press of 282,5kg, while Tuomas Korkia-Aho from Finland in the 125kg+ class won the gold medal and Overall Junior lifter with a massive 327,5kg! In the team points USA got 61 points for 1st, Finland came 2nd with 37 points and Poland is in 3rd place with 37 points.

The Open men started with the 56kg class with Japan’s Naoya Ikeda winning the gold with a 180kg bench!

There was 7 lifters in the 60kg class, taking the lead was a battle between Japan’s Hisayuki Nakayama and Denmark’s Anton Kraft. Both weighed in the same, 59,60kg. And both

took the same attempts. It was with the final press of strength and energy that Hisayuki Nakayama from Japan can call himself World Champion; he got a bench of 207,5kg with Anton benching 202,5kg.

Toshihiko Noda (67,5kg) from Japan took the lead with a 215kg press, he did not take his 3rd lift. In the 75kg class there was much excitement as there were 3 lifters who weighed in the same, but at the end it was USA's Michael Hara who won the gold and also broke the Master II World record! The 82,5kg class had really great competition with 2,5kg separating the top 3 places. In the end it was Hiroyuki Fujita from Japan that won the gold with 250kg, Daniel Thurman also got 250kg but weighed in more than Hiroyuki. In the 90kg class Jan Wegiera from Poland won the gold and got the 2nd Overall place with a bench of 282,5kg!

There was much excitement in the 100kg class as the top 4 places had 7,5kg difference! The top lift was awarded on bodyweight as both Sergey Vaigant from Kazakhstan and Eigo Ito from Japan got 280kg, in the end it was Sergey who prevailed and became World Champion!

In the 110kg class Karol Koltanski from Poland got the gold with a new World record of 307,5kg, it was sheer amazement to see top class lifting like this at the competition and also the excitement of the lifter!

The 125kg class had a lot of emotions and crowd support, as Sweden's Marcus Hirvonen battled Horace Lane from USA as they both took 315kg in their last attempt, by being 500 grams lighter Marcus Hirvonen won the gold and became World Champion! One of the best moments of the whole competition was the team of Sweden who sang their national anthem for Marcus's victory; they are a really great team who always gives a lot of emotion into the support of their fellow teammates.

The 125kg+ class had a lot of emotion and controversy in the last 2 attempts, as Kenneth Sandvik from Finland got 330kg Fredrik Svensson from Sweden went and got 332,kg for the win...but...while he got 3 white lights the jury got a complaint that the lift was no good because he dipped the bar, the jury had to make a final decision. In the end the lift was reversed and the gold medal and title of World champion and Overall lifter went to Finland's Kenneth Sandvik. There was lot of emotion going on and different opinions from other lifters as well. But you could see just how

much a World Championship means to lifters as they give their all and train hard throughout the year. In the team points Japan placed 1st with 64 points, USA 2nd with 55 points and Sweden with 52 points.

By: Heinrich Janse van Rensburg

WOMEN JUNIORS

- 44 kg

1. Summers Alesha 1988 USA 67,5 kg

- 48 kg

1. Makrai Eva 1990 HUN 100 kg

- 52 kg

1. Kainleinberger Marina 1990 AUT 72,5 kg

- 56 kg

1. Eriksson Nina 1989 SWE 102,5 kg

- 60 kg

1. Rames Maj 1989 DEN 115 kg

- 67,5 kg

1. Chistyakova Yulia 1989 RUS 125 kg

- 75 kg

1. Fowler Rhaea 1988 CAN 155,5 kg

- 82,5 kg

1. McKinney Tiffany 1989 USA 137,5 kg

- 90 kg

1. Szabo Agnes 1988 HUN 145 kg

90+ kg

1. Sons Katie 1990 USA 132,5 kg

MEN JUNIORS

- 52 kg

1. Krut Kirill 1991 RUS 122,5 kg

- 56 kg

1. Rotar Phillip 1991 USA 130 kg

- 60 kg

1. Korolev Maxim 1989 RUS 155 kg

- 67,5 kg

1. Broussard Michael 1989 USA 195 kg

- 75 kg

1. Kitagawa Daigoro 1991 JPN 207,5 kg

- 82,5 kg

1. Inzarkin Dmitry 1987 RUS 240 kg

- 90 kg

1. Trifonov Igor 1989 KAZ 225 kg

- 100 kg

1. Waszczuk Boguslaw 1989 POL 240 kg

- 110 kg

1. Haarsma Luke 1990 USA 277,5 kg

- 125 kg

1. Kovacs Ferenc 1988 HUN 282,5 kg

125+ kg

1. Korkia-Aho Tuomas 1987 FIN 327,5 kg

TECHNICAL COMMITTEE



CHAIRMAN

John Stephenson
(Great Britain)

MEMBERS

- Bill Jamison (Canada)
- Bill Clayton (USA)
- Myriam Busselot (Belgium)
- Henk Keizer (Nederlands)
- Johnny Wiklund (Sweden)
- Johan Hannie Smith (RSA)
- Subrata Dutta (India)
- Steve Lousich (New Zealand)

The Chairman is elected by the General Assembly and serves for a period of four years. Members are selected by the IPF Executive in consultation with the Chairman. Each of the members represents their particular region.

The function of the Technical Committee is to generally:

- (1) Produce proposals of a technical nature.
- (2) Appoint referees/jury for World Championships from nominated officials.
- (3) Train up-coming International Referees by way of courses prior to Examinations, and conduct clinics in conjunction with championships.
- (4) Co-ordinate referee examinations with Referee Registrar e.g. setting theory Papers.
- (5) Publish via the Executive Committee material relating to performance of competition lifts and IPF related items.
- (6) Inspect equipment submitted by manufacturers who wish to use the words “IPF

Approved” in advertising campaigns.

REFEREE REGISTRAR

Patrik Thur (Sweden)

The Referee Registrar is responsible for the administration of all material relating to the examination of candidates wishing to take the International Referee Exam.

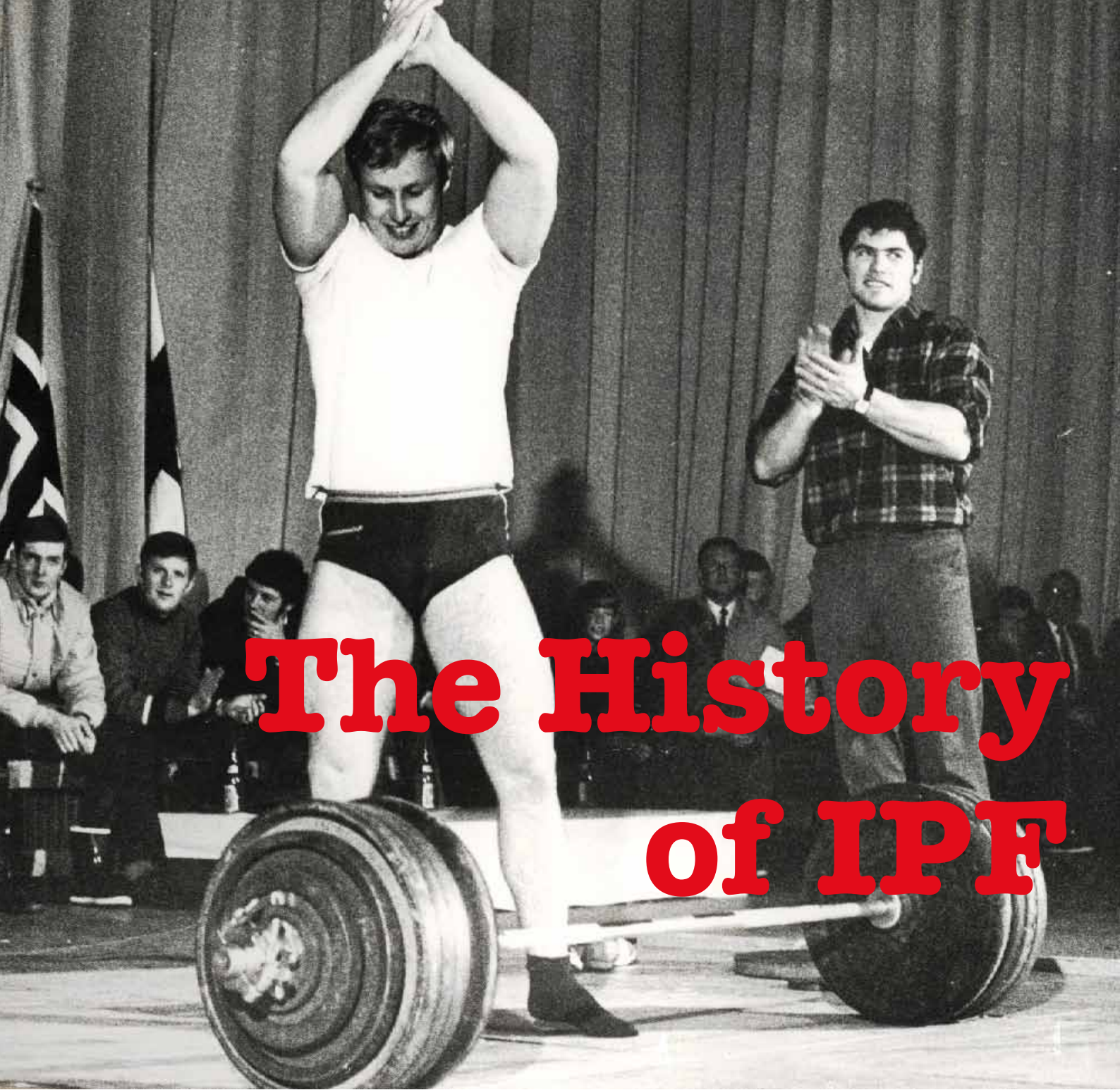
Examiners are appointed world wide by the Technical Committee.

An up-date of all Nations current referees is produced annually by the registrar and published in the report to the General Assembly by the Technical Committee.

The current statistic of Referee examination 2010:

Sabine AL-Zobaidi	Austria	1
Alex Mathieson	Great Britain	1
Arto Hannolin	Finland	1
Maria Pia Moscianese	Italy	1
Carole Springett	Great Britain	1
Laszlo Baki	Hungary	2
Tina Östergaard	Denmark	2
Eliot Feldman	USA	2
Ihor Yasenetsky	Ukraine	2
Bekpan Serik	Kazakhstan	2

	NO. OF NATIONS	CAT. 1	CAT. 2	TOTAL OF REF.
EUROPE	25	116	146	262
AFRICA	1	6	5	11
ASIA	10	28	64	92
OCEANIA	2	7	13	20
AMERICA	13	18	80	98
TOTAL	51	175	308	483



The History of IPF

FIFTY YEARS AGO THERE WAS NO IPF - THERE WAS NO POWERLIFTING.

By Dennis Unitt

Sure, there were the three Olympic lifts - Clean and Press, Snatch and the Clean and Jerk. But Olympic lifting did not appeal to everybody, so around the world there were many strong men unable to, unsuited to, or unwilling to do the "Olympic Three".

Other lifts were used by bodybuilders as strength builders and among them there were the individual powerlifts and their variations, the squats, bench presses and dead lifts with

big poundages performed by very powerful men during the 1950's/1960's.

In the USA, Terry Todd was making squats in excess of 750lbs, bench at 500lbs, and dead lifts officially at 730lbs. Ronnie Ray was outstanding with many National titles benching 500lbs at 198lb bodyweight. Dave Moyer with his 450lb squat at 123lbs.

Doug Hepburn and Benoit Cote in Canada, two Superheavies capable of huge lifts in the late 50's and 60s, with Hepburn credited with a 580lb plus bench press and 700lb squat and Cote with his 750lb dead lift.

These lifters had been superseded by individual performances from such notables

as Paul Anderson and Bob Peoples. They were the ones who were there when Powerlifting all started and helped set the standards for others to beat.

Over in Australia, Bruce White was pulling 600lb plus dead lifts at 148 pounds, Ron Modra and Ray Rigby were prominent early Powerlifters in the late 1960's.

In America, Olympic weightlifting was declining, while bodybuilding and powerlifting were on the up and up. In 1964, an unofficial American Powerlifting Championships took place in York, Pennsylvania.

The AAU took control and as a result, the AAU finally staged its first national championship in 1965, with the bench press, squat, and deadlift selected as the championship powerlifts.

USA Powerlifting used the same weight classes as Olympic lifting (123, 132, 148, 165, 181, 198, HWT). In 1967 a 242 lb class was added and contested at the American 1967 Senior National Powerlifting Championships.

THE "OLYMPIC LIFTING" LET INCREASE WEIGHTS

The results, in pounds, for this first 242 lb class were:

Name	Bench Press	Squat	Deadlift	Total
1. George Frenn	400	705	710	1850
2. Paul Yazolino	485	630	630	1745
3. Mel Hennessy	525	590	615	1730

In 1968, following the Olympic Games, the IWF added a 114 lb and a 242 lb. The 114 lb class was also added to Powerlifting.

Back in the late 1950's Great Britain did have a form of Powerlifting, called the Strength Set comprising the curl, bench press and squat, performed in that order. This test of power brought many lifters to the British lifting scene lifting some very creditable poundages.

This early Strength Set lifting saw many battles between Brian McPeak of Belfast, N. Ireland and Ron Judge of London, both making their best career lifts in 1964. Their totals were 160-325-510-995 for McPeak and 155-300-520-975 for Judge both at 154 pounds. Judge then squatted 543 for a British Record,

Vince Arcari of Manchester squatted 475lb at 140lb bodyweight in 1962, which was surpassed the same year by Louis Ross with 500lb.

Notable lifting came from Eddie Kershaw, the first to squat 700lbs, Terry Perdue first to bench 500lbs and Neil Whillock first to dead lift 700lbs.

Outstanding was Bob Memery from Liverpool who lifted in the 13 stone class winning 5 British titles until 1965. At this time the Curl was dropped and replaced by the dead lift. This was called powerlifting, with the first British Championships being held in 1966.

With both Great Britain and the USA staging national Championships and Powerlifting becoming more organised an international would be the next progressive step. But the first international was between Great Britain and France, but the French did not do the dead lift.

So in 1968 a team of six French lifters came to Bristol, England for the first international. The next year a team of six British lifters went to Paris for the return match. And won.

Note: no dead lift and on the squat the lifter went down into the squat and stayed there until the referee gave him the signal to come back up again!!

BRITISH IN AMERICA

But the GB/USA meeting was inevitable and in 1970, eight British lifters went to Los Angeles to take on the American team. Best GB lifter was Ron Collins with 365/550/635 for a 1550 total (705kg) at 75kilos. Then the Bench Press was first in those days. George Frenn made an 819lb squat at 242lbs.





With all this lifting activity it was no surprise that Bob Hoffman of the York Barbell Company hosted and financed first World Championships in 1971 in York, Pennsylvania, USA. Only American lifters and GB lifters competed but it set the scene for 1972 Worlds in Harrisburg.

John Moody picks up the story: "You may remember that in the early 1970's, Bob Hoffman, that great American benefactor of the strength sports, used to celebrate his birthday in November each year by inviting teams from outside America to compete against a crack American powerlifting team. The events were always held in the USA and were considered "unofficial world championships". However, because of the lack of universally accepted rules and referees qualified in the new sport, few countries appeared at Bob's birthday bash.

At this time these contests followed the American order of lifts. This was (a) bench press, (b) squat and (c) dead lift. A sequence rather frowned upon by the Europeans. Of the 80 contestants in the 1972 competition, 55 were American.

This was very unsatisfactory in all respects and some action was obviously required to remedy the problem in the future

However, at the conclusion of the 1972 event, a group of delegates from competing countries got together and held a meeting with the object of founding an organisation which would be responsible for the new sport worldwide.

The meeting was held on the 11th November in the Zembo Mosque, Harrisburg, Pennsylvania. The delegates unanimously approved and founded the "International Powerlifting Federation", which soon became known throughout the world as the IPF.

The IPF was founded in November 1972 although the first official World Championship was held in November the following year 1973.

The elected officials on this day of founding were:-Robert Crist (the AAU Weightlifting Chairman) as President with George Foster (GB), Bill Gvoich Canada), Howard Hamilton (Jamaica), Gilberto Gonzales (Puerto Rico) and Peter Fiore (Zambia) as Vice-Presidents. The elected General Secretary was Milt McKinney (USA).

THE IPF WAS BORN

With the founding of the International Powerlifting Federation in November 1972, meant the first official IPF World Championships in 1973 would be in Harrisburg, USA, same venue as 1972.

Despite the good intentions made on the day of founding, something was still not right at these next IPF Championships in November 1973, where 27 of the total of 43 lifters competing were American. There were 6 Americans in the light-heavy class alone. Once again it was obvious that a good set of rules was required.

In June 1974, an American team, though not truly representative, visited Coventry, England, for an International Match. Memorable moments for British Powerlifting fans as the teenage Rickey Crain weighing 66kilos, squatted World record 232.5kg.

Superheavy Joe White tried a World record 417.5kg squat but couldn't come up with it. Bud Ravenscroft benched 222.5kg showing the depth of quality lifters from the USA.

The match was a draw 5 classes each. Things were moving! A successful international venture promoting the ever growing Powerlifting

In November 1974, the World Championships were held in York, Pennsylvania and of the 75 lifters entered, 47 were American. The 90kg. class had 7 Americans lifting. This way was not going to attract many countries into this new sport.

Whereas Britain and other countries had a 52kg class, America didn't. America introduced the new 100kg class in 1973. Clearly it all needed standardizing and basic procedures set up.

However, the next year 1975 was to herald a fresh start for Powerlifting. Birmingham, England was the host city and Vic Mercer gathered help from the city fathers, local clubs and powerlifters from all over the country. The result was a slick, fast moving, televised Championships held in Birmingham Town Hall.

So good was the promotion of the championship that it established the format on which future IPF events were fashioned. It also gained Birmingham the title of "Mecca of



Powerlifting".

Out of the 16 countries represented the USA once again took the title of World Champions, winning 8 of the 10 classes contested. Inevitably, with more countries competing, we would see some challenges to the American dominance.

Hoping for a repeat performance the 1976 IPF World Championships returned to the USA, again to York, Pennsylvania and most of the countries who had competed in Birmingham in 1975, arrived in York hoping for a repeat performance of the flawless event held in Birmingham.

They were also hoping that with the advent of an IPF rule book and trained and qualified referees, everyone would at last compete on equal footing.

They were not disappointed and the daily audiences witnessed some superb lifting throughout the competition.

All the foreign competitors arrived in York with the intention that this year they would



make their presence felt by the all powerful Americans lifting on their home ground.

They certainly achieved their aim, as the lifting at the championships was of the highest quality and with a rule book and well trained referees, the honours were spread far more evenly than we had seen before.

The final result with Great Britain winning the Team title and Finland, Japan and Sweden also showing great potential for the future, told the USA that the rest of the world was now hot on its heels.

Vic Mercer of Great Britain was elected IPF President at the Congress and all national delegates were now confident that Powerlifting was moving in the right direction.

About this time in the mid-seventies, Europe had made great strides in opening up the sport and international competitions soon became regular events.

Scandinavia especially were aiming for the top and Australia, New Zealand and Japan were breathing down everybody's necks.

Naturally this news filtered through to the USA and reports on how the American top

lifters were training hard getting ready for the next Championships kept everyone on their toes.

The 1977 World Championships were awarded to Perth, Australia, and the selection of Australia was greeted with much pleasure by the rest of the world and promised to bring in many new countries from Asia and Oceania, so by the time Australia held the World Championships in 1977, Powerlifting was growing fast.

Perth was a good choice of venue as it attracted not only the European and American powerlifters but this new region could call upon previously unknown lifters from India and Japan as well as Australia and New Zealand. Television cameras at this Championships ensured the interest was sent worldwide.

Although the USA was still a major force to be reckoned with in Powerlifting, other countries were now making their bid for recognition.

The USA took six of the classes in Perth but with GB, Finland and Japan sharing the other four classes, things were looking up.

The 1978 World Championships were held in the city of Turku in Finland.

The Finns put on an excellent Championships. Wall to wall posters around the city and TV coverage ensured that the venue was full for every lifting session. The amenities at the venue covered all requirements and the standard of lifting was superb leading the way for the many future championships that were to follow in Scandinavia.

It was the best ever held both in standard of lifting and organization, and it was a great credit to the Finnish Federation who worked so hard to promote it.

At the 1979 World Championships in Dayton, Ohio USA, 102 lifters appeared on the platform and the event was spread over three days.



This indicates the growth that had taken place in the IPF since its inception and although the USA still won half of the bodyweight classes, there was no doubt that the rest of the world was catching up.

So ended the 70's, a decade in which Powerlifting, as a recognized sport and the IPF as the organization administering it, had become accepted throughout the world.

Powerlifting had become an established sport worldwide and while the stature of the World Championships was growing, so were other ventures in Powerlifting.

The Pan-American Championships
In America the Pan-Am Championships were formed in 1974 and the North American Championships in 1977.

The Nordic Championships for the Scandinavian countries in Europe were first held in Norway in 1976.

Next, Hawaii had opened its doors with a prestigious Invitational International.

In Europe there had been several individual international Matches, A British team went to

Finland and Belgium for such occasions.

Within Britain itself the home countries were contesting International matches.

European countries were flooding into the IPF and with the added attraction of their own regional championships, the incentive to get involved was overwhelming and many of the other regions within the IPF were clamouring for their own championships.

So, not only were the six world regions of Europe, Africa, Asia, North America, South America and Oceania sending competitors to the various IPF World Championships but they were holding their very own Regional Championships.

The first European Championships to take place were in April, 1978 held at the same venue as the 1975 Worlds, the Town Hall, Birmingham.

Eleven countries took part in this classic event and the "Mecca of Powerlifting" certainly lived up to its reputation with another successful event.

By the beginning of the 1980's, Powerlifting was certainly growing on a World scale and, likewise, the number of competitive lifters.

In 1980 the World championships went back to the USA, this time in Arlington, Texas, where again the USA won the team trophy from the 18 nations taking part.

The next year, 1981, the World scene was moved to Calcutta, India. Drug tests were held for stimulants only but results were inconclusive from this first effort.

In 1982 after the Olympic fever had died down in Germany, the World champs were held in the Olympic Basketball stadium in



Munich. Drug testing introduced at this competition, which rigorously followed the principles and requirements of the IOC. Testing would take place at all future World Championships.

GERMAN PRESIDENT HEINZ VIERTHALER FOR 12 YEARS

1983 saw the “Scandinavium” ice hockey stadium in Gothenberg Sweden, hosting the Worlds and in 1984 we were off to the States again, this time to Dallas, home of the Ewing family and the “Dallas” weekly drama.

The election of IPF officials takes place every four years and in 1984, Great Britain’s Vic Mercer had served for 8 years as the IPF President. The new President elected in 1984 was Heinz Vierthaler of Germany and he was to take control of the IPF for the next 12 years.

About this time women were showing an interest in Powerlifting, with many of them athletes of some renown in field events.

FIRST WOMEN’S WORLD CHAMPIONSHIPS

First Women’s World was in 1980 and took place in Lowell, Mass. USA. Further Worlds took place in

1981	Hawaii (USA)
1982	Birmingham (GBR)
1983	Adelaide (AUS)
1984	Santa Monica (USA)
1985	Vienna (AUT)
1986	Hostra (SWE)
1987	Melbourne (AUS)
1988	Brussels (BEL)
1988	Sydney (CAN)

USA winning the team trophy in all championships except Adelaide won by Australia

Junior lifters and Masters lifters appealed for major Championships, so in addition to the Men’s Open, further classes of competition such as Junior Men’s, Masters Men’s and Women’s Open were added to the IPF agenda on an annual basis.

It was not long before the first IPF Masters were held in September, 1983 in London, Canada and in December 1983 the first IPF Juniors were held in Florida, USA.

These Championships were important

milestones in IPF history so that by the mid 1980’s Powerlifting was in full flow.

More development when the IPF became a founder member of the World Games Association, the organisation which caters for non-Olympic sports. Powerlifting was first held in the World Games in 1981 in Santa Clara, USA.

T.V. was getting in on the act and these contracts put welcome funds in the coffers.

IT’S GOING ON ALSO WITH THE MEN’S

The Men’s Worlds continued to be held all over the World as in 1985 they were in Espoo, Finland, in Den Haag, Netherlands in 1986. Next to Fredrikstad, Norway for 1987, then moving across the World to Perth, Australia in 1988.

1989 was another first when the Men’s and Women’s World Championships were combined and were held in Sydney, Nova Scotia, the venue being the local Ice Hockey stadium. A successful experiment with the lifting taking up the whole week

So far, this history has covered the important years from the founding of the IPF right up to the point of real consolidation in the 80’s.

Everything was now in place for the IPF to control the sport of Powerlifting now set to grow in popularity and rapidly spread across the world.

At the beginning of the 1990’s, the IPF and Powerlifting were now well organised, leaving national teams to prepare for the various World Championships.

At the 1990 World Championships in The Hague, Holland, it was the Finns and the Americans battling for Gold medals with the USA taking the Team trophy.

Still in Europe the next year, the 1991 World Championships in Orebro, Sweden saw that great lifter Hideaki Inaba from Japan bow out from Senior World competition by winning his 17th title in 18 years. His only defeat was in Dallas, 1984, when suffering from an old shoulder injury, he was beaten by Chuck Dunbar of USA.

It was at this time that America still

dominated World powerlifting producing Gold medal winners every year, Kirk Karwoski, the big squatter, was unbeatable in the first half of the decade setting up the current 125kg class World record squat of 455kg in 1995. Dan Austin, Dave Ricks and Ed Coan helped keep the USA at the top.

The next year in 1992, the World Championships came back to Great Britain, the venue being the newly opened National Indoor Arena in Birmingham.

It was at these Championships that the Bench Press shirt was approved by Congress.

Coincidentally, another avenue for lifters opened up in 1992, when the popularity of the Bench Press encouraged the IPF to introduce a Bench Press single lift Championships, the first being held in Chinese Taipei. Since then this event has been well attended over the years with a World Masters Bench Press Championships starting in 2001. A World Bench Press Championships for Junior lifters has been scheduled for 2009.

With Powerlifting well established and popular worldwide, it was not long before the East European countries took an interest and by 1996 the Russians lifters were constantly

on the winners podium. Konstantin Pavlov of Russia was a regular winner as was Andrzej Stanazsek from Poland. Alexei Sivokon from Khazakstan had six world titles by 2000.

Going back to 1993, the Men's and Women's World Championships were held in Jonkoping, Sweden and in 1994 went to Johannesburg in South Africa.

1995 saw them in the European hotbed of powerlifting in Pori, Finland, moving in 1996 to Salzburg. The next year, the city of Prague held the Championships and then in 1998, moved to the cold of Cherkasy in the Ukraine, before they were held in Trento in Italy in 1999.

Women's World Championships continued to be popular with World Championships held in India and Gent, Belgium. These were separate Championships except that in 1993 they were held with the men in Jonkoping in Sweden. Other venues since were as far apart as Tokyo to Buenos Aires, then Canada, Chicago and 2005 in Ylitornio Finland.

Over these years the Russian lifter were winning all the bodyweight classes, exceptions being Raija Koskinen of Finland fiercely competing in the 44kg class every year.





At the other end of the bodyweight scale Chen Chao of Chinese Taipei won many World titles in the 90+ class from 1992 onwards.

Presidents working for more successful World Games participation

During this time we had a change of Presidency. Heinz Vierthaler from Germany had served as President of the IPF for 12 years but 1995 saw Graham Fong of New Zealand elected as President in Pori, Finland standing for four years. Another change came in 2000, when the incoming President was Norbert Wallauch of Austria who worked hard and long for the IPF before standing down in 2007.

The new and current President is Detlev Albrings, from Germany, the former General Secretary of the IPF

Being aware that although the number of competitors for the Men's and Women's Open Championships were increasing every year, so were the World Championships for the Juniors, so much so that the SubJunior Championships were introduced in 2001 to cater for the Teenage lifters .

Again with more older Masters lifters, the Masters Championships for Men had age

groups for the Over 40's ,Over 50's and over 60's. Women Master Lifter had Over 40's and Over 50's age groups.

Into the 21st Century and the year 2000 saw the World Championships in Akita, Japan held in the venue that was to be used the next year for the 2001 World Games Powerlifting.

In 2001, the World Games was a huge success for Powerlifting and four years later in 2005, this success was repeated in Duisburg, Germany.

The next World Games is scheduled to take place in 2009 in Kaohsiung, Chinese Taipei and with the IPF sending more lifters than previously, the lifting programme will be extensive and a showcase for Powerlifting.

Going back to the World Championships held in the late 1990's it was Russia and Ukraine along with Poland taking most of the Gold medals and team trophies.

This pattern of winners from Eastern Europe continued on through World Championships held in Sotkamo, Finland in 2001 moving to Trencin in Slovakia in 2002 and Vejle, Denmark in 2003. One of the

regular competitors was Jaroslaw Olech of Poland, who after coming second three times emerged as a perpetual winner from 2002 to 2007.

South Africa were hosts to the World Championships again in 2004, this time in Capetown and in 2005, the sunshine state of Florida, USA held the Championships in Miami. Powerlifting was certainly being held worldwide.

In 2006, the World Championships came back to Europe and this time went to Stavanger, Norway, the Men's and Women's Championships were held together, a well run Championships and a model for the future. Notable absence were Russia and the Ukraine, both countries banned for a year for drug offences

Last year, in 2007, the World Championships were still in Europe, this time moving south to the mountains of Austria in Sölden, where Emanuel Scheiber and his crew had set up for a well organised and enjoyable Men's and Women's Championships

This year, the Canadians are putting on the now established Men's and Women's World Championships in St. John's, Newfoundland. We look forward to it.

This abbreviated history of the IPF brings us up to date and now in 2008, a matter of thirty-six years after its foundation, Powerlifting has achieved worldwide recognition and popularity that could only be dreamed of in those heady days of the 70's.



LONG MAY IT CONTINUE!!



References:

- "A short History of the Sport of Powerlifting" by John Moody
- "British Powerlifting" magazine - Issues 1973 to 1979
- "International Powerlifter" magazine - Issues 1980 to 2006
- "The International Powerlifter" magazine - Issues 2007/2008

ELEIKO

A CONCEPT FOR CHAMPIONS

Official VIP Partner to the International Powerlifting Federation during 2010

The most famous bar in the world – the Eleiko bar – is produced by skilled craftsmen using special Swedish steel. Every bar, irrespective of whether it is used for training or competition, is a result of skilled craftsmanship – from lathing of the tracks of the sleeves to the final assembling.

For more than 50 years Eleiko has taken an active part in international world of physical strength. The

trademark stands for quality, competence and success. Since

1963, when Eleiko for the first time was used in an international championship, more than 900 world records have been set by athletes using Eleiko barbells. That's probably a record in itself.

One Leading Brand – Four Business Areas

Through many years of close connection to the strength sports, we have acquired extensive and thorough knowledge in the field of training – a competence that permeates our four business areas:

- Weightlifting
- Powerlifting
- Gym & Fitness
- Education

The Company

From being a profit centre in the mother company, Eleiko Sport AB was founded in the early 90's. Today the company is a privately owned family business.

A Stringent Quality Procedure

Every Eleiko bar manufactured undergoes a stringent quality control procedure. Every stage of the production is scrutinized to ensure that it upholds the highest standards. For example, each bar is placed in a vice and bent with a hydraulic jack subjecting it to a force of 1500 kg. The bar must spring back to an exact straightness with a maximum deviation of no more than 0,5 mm. The same procedure is repeated on the sleeves but with a force of 2000 kg. No bar will ever be bent that much in competition or training. If any bar fails to pass our strict requirements, it will be discarded and scrapped!

New Markets

Between 1957, when the company was founded, until 2000, weightlifting products were the main business in Eleiko's sport segment. In the year 2000 we moved to new premises in order to gain space for further development.

The decision to enter into the gym and fitness market has created a new business unit responsible for the sale of our functional training concept. This is a concept of hardware as exemplified by Eleiko Freeweights, FreeMotion cable machines and cardiovascular machines as well as training and education.

Training and education

Today is also training and education provided all over Sweden, but the main part is provided at our own Eleiko Sport Center in Halmstad – a very nice and well-equipped 1000 m2 training centre where personal trainers, coaches and buyers can test the concept and the equipment and/or be trained by professional trainers and lecturers.

ELEIKO SPORT CENTER

About 10 minutes from the city of Halmstad, you will find Eleiko Sport Center – a 1300 sqm private education center where you can be totally undisturbed during your course. The



center includes:

- a large gym filled with top class equipment from Eleiko
- a conference room for 100 persons
- a “bodega” for lunch serving
- dressing rooms with showers and sauna

Five result units

Today we are 30 employees, divided into five result units at Eleiko Sport AB:

- WEIGHTLIFTING (worldwide sales)
- POWERLIFTING (worldwide sales)
- GYM & FITNESS (worldwide sales)

The FreeMotion machines are sold in Sweden, Denmark and Norway (and in Russia, Ukraina, Belorussia and

Kazakhstan by Eleiko Russia).

- EDUCATION (sales in Sweden, Denmark, Norway)
- ELEIKO RUSSIA (sales in Russia, Ukraina, Belorussia and Kazakhstan)

Eleiko Russia

After several years of successful sales of Eleiko products in Russia, we decided to instate an official Eleiko representative office, Eleiko Russia, in Moscow 2004. Through Eleiko Russia we are in an excellent position to



continue to market our products in Russia. Besides the sale of the Eleiko world leading weightlifting and powerlifting equipment,, Eleiko Russia has the exclusive distribution rights for FreeMotion fitness, strength and cardio equipment as well as comprehensive education and support in Russia, Ukraina, Belorussia and Kazakhstan.

Eleiko Barbells at international competitions:

- Arnold Classic 2008
- Arnold Sport Festival 2009
- European Bench press Championships 2007, 2008, 2009
- European Championships 2007, 2008
- European Juniors Championships 2009
- European Masters Championships 2008, 2009
- Western European Championships 2009
- World Bench press 2008, 2009, 2010
- World Championships 2007, 2009, 2010
- World Games 2009
- World Masters Championships 2009, 2010
- World Masters Bench Press Championships 2009, 2010
- World Sub-Junior & Junior Bench Press Championships 2009, 2010
- World Sub-Junior & Junior Powerlifting Championships 2010



Eleiko Sport AB
Korsvägen 31
302 56 Halmstad
Phone: +46 (0)35-17 70 70
Fax: +46 (0)35-17 70 79
info@eleikosport.se

MEDICAL COMMITTEE

Update from the IPF medical Committee – July 2010

Greetings,

Based upon recent applications received by the IPF medical committee (IPF MC) it is apparent that there is understandable confusion concerning the WADA code. This article will clarify the process for both therapeutic use exemptions (TUE) and declaration of use (DOU). It will also discuss general issues of health and safety relevant to IPF competition.

First and foremost, it is important to understand the difference between TUE and DOU. We are all bound to review and comply with the WADA code. Many lifters unfortunately have completed a full TUE application when only a DOU is needed – and review of the WADA banned list prior to submission would have saved time and effort. If there is any question, email your federation's medical committee (or the IPF MC if you do not have one in your federation) and ask for clarification of the need for TUE vs DOU. This will often prevent the panic emails that we receive immediately before an event.

The most common drugs requiring DOU are the inhaled asthma medications. Currently salmeterol and salbutamol are the only beta-agonists approved. If you are using another beta agonist the MC will not be able to consider approval without extensive documentation from your physician stating that there is no WADA approved therapeutic

alternative. In other words, you must prove that you need to take the banned medicine in place of the WADA approved choices.

DOU is completed at the time of sample collection – either at the meet or out of competition (OMT). It is critical to list all medications and supplements that you are taking at the time of sample collection. Additionally, athletes who are in the registered testing pool (RTP) must log the DOU through ADAMS. Many athletes have reported difficulty using the ADAMS system, so it is of course necessary to always declare all medications and supplements at time of testing.

Some drugs that formerly required TUE or DOU now need nothing. These include topical corticosteroids (such as hydrocortisone) used for dermatologic conditions. However, keep in mind that systemic corticosteroids (prednisone) need TUE. Systemic routes include pills by mouth, and injections by intravenous and intramuscular routes among others. And of course the MC will always assist lifters with emergency treatments and their approval. We have had many examples of athletes needing systemic corticosteroid treatment for asthmatic crisis or allergic hypersensitivity reactions and we will always stand by the treatments needed to maintain health and safety. There is always another contest, but we strive to get everyone on the platform safely.

TUE is needed for many medications, most importantly drugs like insulin and certain treatments for high blood pressure. Remember that the IPF is subject to audit by WADA, and therefore all of our decisions must be well supported – either rejection or approval – as described by WADA code. Certain diuretics are banned such as hydrochlorothiazide and furosemide (HCTZ and Lasix), as they are potentially masking agents for other banned substances and also used to “make weight”. The IPF MC can only consider a TUE application which documents that none of the other available classes of blood pressure are effective for the given athlete.



This leads us to the next major point of this article. If one has such poor control of health problems such as hypertension that banned substances must be used, we must ask ourselves if it is safe and responsible – both to ourselves and the organization – to compete. Powerlifting is a risky sport and there will be a time when we will no longer be able to compete safely. This is the time to support your sport as a referee or administrator, and we always welcome more participation. While nobody wants to stop competing, the time comes for us all and ultimately the MC must assure safety above all other interests.

Use common sense. If you are overweight and have high blood pressure and even diabetes, ask yourself if your health and maybe your life is worth the pursuit of a medal that will likely end up in a desk drawer or closet for our grandchildren to discover one day. Consider getting control of your health issues before returning to the platform.

Below is the link to the WADA prohibited list, which we are all mandated to review and to comply. Best of health and good luck to you all on the platform this year.



Dr. Chris Calvano MD, PhD FACS
Chairman, IPF Medical Committee

**[http://www.wada-ama.org/Documents/
World_Anti-Doping_Program/WADP-
Prohibited-list/WADA_Prohibited_
List_2010_EN.pdf](http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/WADA_Prohibited_List_2010_EN.pdf)**



NORTH AMERICA



THE USAPL - Who We Are

USA Powerlifting (formerly American Drug Free Powerlifting Association, Inc.) is the leading powerlifting organization in the United States. USA Powerlifting is a member of the International Powerlifting Federation (IPF), the governing body of powerlifting internationally. The IPF is comprised of member federations from eighty-three countries on six continents.

USA Powerlifting is responsible for sanctioning local and regional events where powerlifters can compete in hopes of qualifying for the national level events. USA Powerlifting sanctions several National Championships in all age groups, giving athletes a chance to see how they fare against competitors across the country. Top competitors are selected by USA Powerlifting to compete in their respective IPF World Championships.

USA Powerlifting, through its affiliation with the IPF, also sends a national team to participate in the World Games. The World Games is an international multi-sports event hosted by the International World Games Association (IGWA), under the patronage of the International Olympic Committee (IOC). The event consists of official sports and demonstration sports selected from those not included in the Olympic Games. The Games are held every fourth year, following the year of the Summer Olympics.

In the United States, USA Powerlifting has representative chairs in 44 states. Each state chair is responsible for overseeing the development and implementation of USA Powerlifting's local competitions, state championships and state records. USA Powerlifting operates as a 501(c)(3) non-profit organization. An Executive Committee, headed by the President, is responsible for the operations of the organization. The Executive Committee acts as the official liaison with the IPF and oversees national competitions and national team selections. Additional responsibilities include directing the national office and supervising sponsorship and membership activities.

President: Dr. Larry Maile, Ph.D.
Secr.Gen.. Robert Keller

Upcoming event:

8th IPF/NAPF North American Championship,
Puerto Rico, Aguadilla, 03- 07.08.2010
The results will be reported in the next edition.



INTERVIEW

CHRISTY NEWMAN

Benchpress

Nation: USA

Weightclass: -75 kg

Born: 1977

Occupation: Administrative Assistant for an Oil Field Company

1. When did you start in powerlifting?

I was a cheerleader in high school. At my first football game, Coach Marvin Hall looked at me and said, "You're going to be a powerlifter!" I had no idea what he was talking about, but the entire girls' powerlifting team was made up of the cheerleading squad. We were trying to get stronger for stunts and that kind of thing. My first powerlifting meet was at Alexandria Senior High School 1993 and I benched 145 pounds (close grip) and broke some meet record! After I graduated, I went to Louisiana Tech University. I tried out for the cheerleading squad three times. They told me I was too heavy to be a collegiate cheerleader. So, after a few weeks of depression at the realization of my cheerleading career being over, I ran into Marvin Hall (my high school coach). He told me to stop moping around and go talk to Billy Jack Talton about joining the collegiate powerlifting team. So, I did and the rest is history.

2. Do you bench only or do you do all 3 lifts?

I began doing all 3 lifts in '93 and continued through college and even did a few Women's Open meets. My favorite was always the bench press. After many years of wear and tear on my knees not just from Squats but from gymnastics and cheerleading, I decided that I would focus on the bench and give my knees a rest. I do love all 3 though and love to watch people compete in all 3.

3. When you are not training or competing, what do you do for a living?

My real job is as an Administrative Assistant for an Oil Field company in Houston Texas. I

do Human Resources work for them. My other job is being the USAPL TEXAS state chair. I love it! I really enjoy helping the kids and growing the state membership.

4. Ok, so you won the World Championship in your home country, how do you feel about that?

I can not imagine a more perfect story book ending. I started going to Bench Press Worlds in 2002 I placed 7th and only got one attempt in. I broke my first World Record in that same venue in Texas in 2004, that same year I won my first Worlds. To WIN in my home state with my training partners, my parents, sisters and best friends watching started as some what stressful I wanted them to see me win, I didn't want to let anyone down. On my third attempt

I had to clear my mind and think only of the technique, the process and complete each step like I'd done a hundred times in practice. It's almost surreal everything happened in slow motion. When I saw the white lights i couldn't stop jumping. It was thrilling and emotional all at the same time. When I stood on the podium all I could think of were all the coaches and friends that had helped me and molded me along the way. I couldn't help but cry a little as I thought that this was the last time I'd be there. Winning the worlds in my home country in my home state with my family and friends watching on was as golden as it gets.

"Winning the worlds in my home country in my home state with my family and friends watching on was as golden as it gets!"



5. What was your greatest moment at the World Bench Press Championship?

I can't pick just one, seeing my Mom and Dad's face and how proud they were. Seeing Devon Doan, Jen Thompson, and Mike O'Hara win gold. Hearing my sisters and team mates yell and cheer for me. I think my favorite moment of the 3 World Titles that I have won, is when they play the USA's National Anthem. I feel honored to represent my country, my state, my city, my family and friends. You don't just hear the anthem, you feel it.

6. After competing here in Killeen, Texas, is there anything you would have changed about the competition that you would have liked, or what you want to see at future competitions?

Other than seeing powerlifting in the Olympics I can't think of much that ever needs to change. I love the sport the way it is. I would like for the basic rules of lifting to stay the same. The changes that people keep wanting to make only hurt the integrity and consistency of the sport.

7. What is your opinion of women competing in powerlifting, do you have any advice for them?

Powerlifting can be so beneficial to women. Not only can it strengthen the bones, and heart. But it is a great outlet for stress. A common misconception is that lifting weights will make you look like a lumpy freak, and powerlifting breaks all those stereotypes. Texas High School Powerlifting has more girls lifting in it than most federations. I hope that I can be a role model to them and keep them lifting and competing long after high school is over. The inner strength that powerlifting gives you carries over into all aspects of your life not just as an athlete.

My Advice to women is to find a coach and mentor, someone that can guide you toward your goals and will help you get there. I would be no where if it weren't for great coaches, and mentors in my life like: My Dad, Candy Hall, Theresa Despino, Marvin Hall, Russell Seeser, Dr. Talton, Jim Ford, Jeff Douglas, Jon Magendie, and so many more. The one person I couldn't lift without is Tony Cardella. Steel sharpens Steel

8. There has been an uproar in lifting raw these days, what is your opinion of lifting raw and lifting with supportive gear?

I'm going to be completely honest. I have been to a few RAW events and that competitive spark just isn't in the air there. I LOVE LOVE LOVE my bench shirt. I think it is the reason I have been able to lift so long, and I think gear is the reason that you are seeing lifters have longer and longer careers in this sports, look at the Open teams how many of those team members are technically in the masters age divisions. I don't see a lot of older athletes in other sports, having 20-30 year careers. I have never maxed out raw and I have never really gone over 205lb (92.5kg) without a shirt. Titan has the best shirts out there, my Fury has gotten me through many workouts.

9. Where do you see powerlifting (IPF) going in the future?

I hope that the IPF is able to get powerlifting into the Olympics and I hope that it maintains and builds its integrity. I would like to see the IPF do more in the OMT area. I would

like to see some changes in the area of the Championships that it puts on. A more consistent level of quality in the production of the events. I do think that the live internet broadcast is a step in the right direction.



INTERVIEW

TONY CARDELLA

Powerlifting

Nation: USA

Weightclass: -125 kg

Born: 1977

1. How many years have you been in powerlifting?

I did my first meet on April 1, 1995. So a little over 15 years ago.

2. How many World Championships have you competed in?

1998-2000 Junior Worlds

2001 World Games

2001-2007 Open Worlds

3. Where do you think powerlifting (IPF) is moving to?

Ultimately it depends on what the powers that be decide to do. Ultimately, the sport revolves around the lifters. I think lifters want stability and simplicity in the rules. Lifters also want better meet locations and venues. Since most lifters pay their own way to these competitions, it would be good if the lifters got their money's worth.

4. What is your opinion of raw lifting and lifting in "gear"?

I'm not a big fan of raw lifting. It has not been embraced seriously by the elite lifters in the sport yet. The equipped lifting provides a bigger challenge since it requires you to master the equipment in addition to increasing your strength. That said, the recent increase in popularity of raw lifting is a reaction to how extreme the equipment has gotten. I think there is a happy medium somewhere between single-ply equipment and raw lifting.

5. How many US national titles have you won?

1999-2000 Collegiate National Champion (125kg)
1999 Junior National Champion (125kg)
2001, 2003-2007 Open National Champion (125kg)

6. So you're injured at the moment, when do you think your next meet is going to be?

Yeah, being injured is no fun. I'd like to make it back to lifting at an elite level. Right now, I have no concrete plans for lifting in a meet. I'm slowly working my way back up. It's just a matter of how I feel when I work back up to something "respectable". My first meet back would have to be a local level event since I am not currently qualified for national level or above competition.

7. Do you have any training tips for lifters that just started in powerlifting?

For the beginning lifters I have helped out, I encourage them to learn proper technique for the different lifts. You compete like you train. If your training is sloppy and half-assed, it's going to show on the platform. It is a good idea to record video of your main work sets in your workout. Make sure it's from a good angle so that you can clearly see what you are doing wrong and what you are doing right. New lifters should seek out a more experienced lifter that can and will spend time helping them get up to speed on the sport of powerlifting. New lifters should also get involved in other aspects of the sport such as helping out at competitions.

8. What is your greatest moment in powerlifting?

I would have to say my greatest moment in powerlifting had to be winning the IPF World Championships in 2007. Just about everything came together that day. That was significant for me because it was the payoff for all the

years of training and effort that went into getting to that point. The 125kg class had not been won by an American since Kirk Karwoski won in 1996.

9. If there is anything you could change in powerlifting today, what would it be?

I would have to say the quality of meets. We can do better than we have been doing. Meets need to be in better locations that will attract more attention to the sport. If a lifter is spending a good amount of money to come compete, they should have the best conditions possible so that they can do their best. By that I mean:

- Well equipped warm-up rooms and lifter staging areas with adequate space and climate control. The warmup room does not need to be huge, but it should be able to comfortably accommodate lifters and coaches.

- Easily understandable informational displays.

Most information displays show so much information that you can't read it or is poorly formatted and hard to read. Displays need to provide information about the competition to both lifters/coaches as well as the audience. If you want audience participation, they need to be able to understand what is going on.

- Nice awards. If you win a World Championship, the awards need to reflect the prestige that comes

with winning.

- Good accommodations. Too often people go to meets overseas to find venues that are inconvenient and overpriced. Competing for most people is both a sporting event and vacation. If you would not want to stay there on a vacation, that might not be a good place to put your lifters.

- Good announcing.

The announcing should be professional, easily understandable, and include some color commentary about each lifter.

“Remember, this sport is about the lifters. Our competitions need to be run with the lifters and their wants/needs in mind first and foremost. Without the lifters, we don't have a sport.”



SOUTH AMERICA



Member Federations are:

Argentina, Brazil, Colombia, Ecuador, Guyana, Peru, Uruguay, Venezuela.

President:

Julio Conrado

Secretary General:

Marcos Saul Sanches Guerrero

Upcoming events are:

- The South American Powerlifting Champs, 5.-8. August 2010 in Montevideo-Uruguay

- The South American Benchpress Champs, 25.-28. November 2010 San Sebastian-Brazil

The biggest event in the future of the South American Powerlifting Federation will be the hosting of the **WORLD GAMES 2013 in Cali, Colombia**. It will be a magnificent assignment for the whole South American Federation to stage.

The slogan for the World Games is **“Cali 2013 – Fair play to The Planet“**.

The delegation from the city in southern Colombia with more than 2.5 million inhabitants will be headed by Pascal Guerrero, the CEO of the Organizing Committee. José Luis Echeverry, Sports Director of the Cali Organizing Committee, presented the ideas regarding the sports program for the 9th World Games. For the first time in history the World Games will take place in a South American country.

The IWGA is aware that the 9th World Games in Colombia will draw special attention, because in 2016 the Summer Olympic Games will be staged in Rio de Janeiro, Brazil—and that means in South America for the first time as well.

by Julio Conrado



EUROPE

EPF: EUROPEAN POWERLIFTING FEDERATION



Minutes from the EPF General Assembly 2010.

19 member nations and 6 EC members were present at the General Assembly while lifters from 25 nations took part in the European Championships. All proposed amendments on the agenda were accepted by the delegates and will be in power from 1.1.2011 if not otherwise specified:

- * New Sub-Junior group will be introduced at the European Junior Championships from 2011.

- * All nominated nations must be represented at the Technical meeting prior to the European championships. If not present, a fine of 250 Euro will be imposed.

- * Nominated nations must pay the participation and anti doping fee to the EPF bank account latest at the date of the technical meeting. If not, a fine of 500 Euro will be imposed.

- * European Youth and Junior championships will from 2013 be organized in the month of April each year.

- * All competitors in European championships must stay in the official hotel(s) for the championships to be permitted to take part.

- * Referees must decide in which categories they are available for refereeing. When the Technical chairman has finally made up the referee list (7 days prior to the championships), the referees can not expect to officiate in other weight categories than listed.

Hall of Fame to Dietmar Wolf.

At the General Assembly in Sweden, Dietmar Wolf from Norway was awarded EPF Hall of Fame for his long and EPF Secretary General for 5 years and is also a recognized international coach. The Hall of Fame is the highest distinction distributed by the EPF.

Short report from the European Open Championships.

The European Open Championships in Köping were one of the best organized championships in the history of EPF. The

Swedish PF and the local organizer, Köping AK, made an impressive work prior and during the championship. The venue was in a big sport hall with good space for all. Especially the warming up area was big and very well equipped. Also the venue was very well planned and gave a good atmosphere with exceptional quick and clever spotters and a computer system with informative result service. It was a professional live internet broadcast from the competitions sent on the EPF web with 3 cameras of high quality. This system also included local TV distribution in some categories.

The meet director, Robert Ericsson, and his many crew members shall be very proud of this excellent organization and EPF hope to return soon back to Sweden for another Europeans.

Icelandic PF.

The Icelandic PF is accepted as full member of the Icelandic Confederation of Sport. This means the federation gets the same economical and other support as all Olympic sports at Iceland. Congratulation to the leadership of the Icelandic PF for the good work.

New EPF members.

Two new member federations were accepted at the EPF General Assembly in Sweden. EPF is pleased to welcome the Romanian PF and the Israel PF as full EPF members. Romania were represented by 2 lifters at the European Open Championships in Köping while the Israel PF is a newly established federation that need some time to organize for international representation. Contact details for both federations are listed at the EPF web (www.europowerlifting.org).

Morten Novum from Norway elected new Appeal Committee Chairman.

Since half year ago, the EPF Appeal Committee has been without a chairman. At the General Assembly, Morten Novum from Norway was elected unanimously as the new chairman for this committee.

Morten Novum is Vice President in the Norwegian Powerlifting Federation and also an international category 1 referee.

Greetings from the President.

All proposals at the EPF Congress gained majority votes. Most discussions cased the proposal to make it obligatory for all participants in European championships to stay at the official championship hotel(s). The proposal was put forward due to complaints from many organizers that reservations of correct number of hotel rooms were difficult. Some time the hotels claim cancellation fees if not the rooms are cancelled long time in advance. Reserving a high number of rooms will also normally give lower accommodation prices which must benefit the hotel guests. The conclusion of the discussion was that the proposal was slightly modified to make it obligatory for all competitors to stay at the official championship hotel(s) – otherwise they can not participate. The argument for this change in wording from participants to competitors was that especially in Master championships, some referees travel by own cars or caravans to make refereeing and pay all expenses themselves. Then they should have the option to sleep in their own caravan.

However, this new rule is a big help for the organizer to make better planning but also a responsibility for the EPF administration to control that the hotel prices are no higher than normal rates for the hotel(s) and it is estimated that they shall be lower. Preferably, both hotels of high standard and of economy standard should be provided.

by Arnulf Wahlstrøm

For details results of all European Championships, please visit our homepage: www.europowerlifting.org



THE EPF HISTORY

Powerlifting, as we know it today, was practised in several countries in the late 60's. The inspiration and inputs came from such famous strength athletes as Dog Hepburn (Canada) and Paul Anderson (USA) who lifted heavy weights in both squat and deadlift in the 50's and 60's.



Probably the first international competition in powerlifting was staged between Great Britain and France. In 1968 a team of six French lifters were invited to Bristol and the year after a team of six British lifters went to Paris for a return match. In these competitions no dead lift was included and in squat the lifter had to stay down in the squat until the referee gave him the signal to return up again. The British team won the competitions.

In a International competition that Bob Hoffman organised in 1972 a meeting attended by delegates from the participating nations after the event was held on 11 November in Zembo Mosque, Harrisburg, Pennsylvania and the International Powerlifting Federation (IPF) was founded.

The first official IPF World Championships were held in November the following year 1973.

The European Powerlifting Federation was founded 14 May 1977 in Turku, Finland. There were delegates from Great Britain, Finland, Sweden and Norway. Jaakko Parvianen (FIN) was elected President, Wally Holland (GB) Secretary and the following four Vice Presidents: Vic Mercer (GB), Bror Holm (FIN), Georg Boström (SWE) and Emil Emilsen (FIN).

The first European championships were organized in Birmingham in 1978. 63 lifters from 11 nations took part. Taito Haara from Finland became the champion of champions. He lifted 400-225-355=980 kg in +110 kg category (140,0 kg body weight). This was an impressive result at a time when the supportive gear had not yet been developed. Great Britain won the team award ahead of Finland and Sweden.

From 1978 the Open European Championships for Men were held annually and in 2006 the first combined championships



were held for both Men and Women.

In 1983 Heiner Köberich took the initiative and organized the first Open European championships for Women in his home city Darmstadt in Germany. 52 lifters took part from 11 nations.

Tina Woodley, from the Netherlands, won the champion of champions award lifting 150 – 87,5 – 180 = 417,5 kg in the 56 kg class.

The first European Junior Championships for Men were organized in Soest, Germany in 1985. 80 lifters from 15 different nations took part.

The European Junior Championships for Women were introduced in 1995 and organized in Cherkasy, Ukraine. 34 lifters competed from 9 countries.

European Masters Championship for Men were introduced in 1988 and organized by Great Britain in Milton Keynes. The age categories were “over 40” (Master I) with 59 athletes and “over 50” (Master II) with 49 athletes. 11 nations were represented.

Open European Bench Press Championships for Women and Men started in 1995 and for Masters in 1998.

Up to 1986 one EPF vice president from each member nation was appointed at the annual Congress. These vice presidents had no “executive mandates” and were not appointed to take care of any particular duties within the EPF. They were contact persons for EPF related matters in their national federations.

This changed in 1987 with the implementation of the EPF Constitution. As from 1988 only one EPF Vice President is elected every 4 years and serves as a member of the EPF Executive board.

Since the foundation of EPF 33 years ago, 5 presidents have been in charge and two of them died during their presidency. Helge Stave from Norway acted as president only one and a half year before he died in 1981 and Wouter v.d. Toorn from the Netherlands was president for two years before he died in 1989.

A new dimension in European and Worldwide powerlifting was introduced when the former Soviet Union countries and other Eastern European countries joined the EPF and IPF starting at the end of the 1980's.

Poland invited Norway and Czechoslovakia to take part in the open National championships in Zory in December 1984. In 1987 the Baltic Cup was established and hosted for the first time by Poland in Gdansk. The Soviet Union became a member of the EPF and IPF in 1990 and was in 1992 replaced by Russian membership.

The EPF was formed by 4 nations in 1977. In 2010 the federation has grown to 30 full member nations and about 5 tentative or provisional members. 6 categories of European championships are organized annually with about 700 participants all together. In addition the Danube Cup is organized biannually.

The EPF is by far the strongest region within the IPF as regard to medal winners in World championships and also with regard to number of member nations.



UKRAINE CHAMPIONSHIPS

The Ukraine men's and women's Powerlifting Championship started on 20 February in Kharkov. The strongest Ukrainian lifters come together to show each other and themselves their power and their hard work at the gym. Everybody wants to be first, but just one can become CHAMPION!

On the first day on the competitive stage left to fight for the title of strongest in Ukraine, representatives of the beautiful half of humanity were in weight categories up to 48kg, 52kg, 56kg, 60kg, the men's weight categories was 52 kg, 56 kg, 60 kg and 67.5 kg.

In the 48kg class for women Anastasia Derevyanko won representing Ivano-Frankovsk with the Total of 405 kg (Squat 150kg, Bench press 90kg, Deadlift 165kg). The "Silver" championship was won by Irina Baburova, her result - 382.5kg (150, 82,5, 150). The third position went to Alexandra Pozdeeva - 247.5 kg (105, 42, 5, 100).

With an excellent Total of 440 kg (170,100,170), Champion of Ukraine in the 52 kg class is Oksana Chumak (Dmitruk) from the Netishyn, Khmelnytsky region. The second step of the podium went Anna Sinelnikova - 385 kg (140, 90, 150). Inna Trofimenkova won bronze medal with result 380 kg (140, 87,5 152,5).

A brilliant victory in the 56kg class at the Kharkov platform was won by Tatyana Primenchuk, who established two new Ukrainian records: Deadlift - 192.5kg and the Total - 510 kg (192,5 125, 192,5). Vita Abdulina got second place - 472.5 kg (195, 105, 172,5). Natalia Tolochna got third place with a Total of 387.5 kg (152,5, 85, 150).

The performance of Tatyana Akhmamyetyeva from Kamenetz-Podolsk in the 60kg class was excellent! Tatyana's Squat repeated was the same as the World Games 2009, it also equaled the Ukraine record of 220kg, Bench - 122,5kg, Deadlift - 200kg with total of - 542,5kg. Mariana won the second position - 505 kg (200, 102,5, 202,5). "Bronze" was a speech by Maria Chepil - 470 kg (180, 120, 170).

Also competing on the first day was the men, I want especially to mention an Honored Master of Ukraine sports Sergey Vatyk of Kolomyia, for whom his victory in the 56 kg class made him a 16-time Ukraine Champion in powerlifting. His result - 545 kg (200, 150, 195).

Gladden was all the fans of the Iron Sport of Ukraine as Arkadiy Shaloha lifted with

many records in the 67,5kg class. The Master of powerlifting from Donetsk has updated his own records in the Squat - 292,5kg, in Bench - 200kg and in the Total - 772,5kg.

The Second day of the competitive IPF Ukrainian Powerlifting Championship saw the women in weight classes from 67,5kg to 90kg and over +90kg.

Two-time winner of the World Games Larisa Soloveva won in a landslide victory in the 67,5kg class. Larissa collected in the Total 587.5 kg (210kg Squat + Bench press 157,5kg + deadlift 220kg), she was 117,5kg ahead of silver medalist Maria Ermolenko - 470 kg (182.5, 95, 192,5). Third place in this category won March Dobryakova - 437.5 kg (167,5, 102.5, 167,5).

Despite the lack of competition in the 75 kg class Elizabeth Biruk, brilliantly lifted and set a Rational Record in the Bench press- 165 kg. Elizabeth gathered a Total of 625 kg (230, 165, 230).

In the 82,5kg class the efforts of the World Champion 2009 Elena Kozlova were beaten by the National Records in the Squat - 250 kg, Deadlift - 250 kg and was repeated by a National Record in the Total - 640 kg (250, 140, 250).

Inna Orobets once again confirmed the title of strongest in Ukraine in the class of athletes whose weight exceeds 90 kg. In the active of World and European champion, 645kg was her Total (250, 170, 225). "Silver" was won by Tatiana Varlamova - 527.5 kg (200, 100, 227,5).

This show of force started for athletes in weight classes 75 kg and 82.5 kg in the second competition day.

In the 75kg weight class Anatoly Goryachok from Sevastopol were in 2nd position after his Squat of 300 kg, after the Bench with 185kg he went to 7th place. But the connoisseurs of Ukrainian powerlifting know that his "crown" is his deadlift and the struggle for supremacy in the category is still ahead. And the "master" was pleased to pull in viewers once again setting a New National Record of 322.5 kg! The Total of 807.5 kg was "Golden".

In the 82,5kg class the duel of the day was between Andrei Nanev and Vladimir Risev. The winner in Total was Vladimir Risev and he became Ukraine Champion of 2010 and added the title of National Record in squat 357, 5 kg! Vladimir Risev road to victory gave him a Total of 887,5kg (357,5, 222,5, 307,5). Andrei Nanev took "Silver" with a Total of 860kg (340, 220, 300).

On the third competition day of the National



IVAN FREYDUN: 4x World Champion

Championship being held on 22 February 2010 in Kharkov, there were three places contested for awards in the male class weighing 90kg, 100kg and 110kg.

In the 90kg class the World Champion of 2009, Mikhaïl Bulaniy got Gold with a Total of 957,5kg (365, 252,5, 250), the Silver medalist of the World Championships in 2009 and World Record holder in the Bench press Andrew Krymov got Silver with a Total of 902,5kg (330, 287,5 285). Krymov's Bench press is more than his own World Record of 287,5kg!

In the 100kg class fans was delighted by the Four time World Champion Ivan Freydun. "Ironman" Ivan was successful in the squat with a weight of 380 kg. In the Bench press he did 292,5kg, exceeding the World Record! Stretching it in the third attempt of the Deadlift with 367,5kg Freydun got a New National Record in the Total with 1039 kg! This Total that Ivan Freydun did also exceeds the IPF Total Record.

Gennady Chipco, with a Total of 902,5kg (350, 202,5, 350) and Igor Makovetskiy with a Total of 900 g (360, 227,5, 312,5) took the 2nd and 3rd place in the 100kg class.

There was drama with a fight in the 110kg class. On the platform there were three honored sports masters, Pevnev Sergei, Alexei Rokochiy and Valeriy Karpov. The winner at the end was Pevnev, he lifted a Total of 1052,5 kg for a New National Record! (400, 290NR, 362,5).

Completing the competitive championships was the Titans of the Ukraine Powerlifting Championship in weight classes of 125kg and +125kg.

Everybody looked forward to the duel in the 125kg class between the World and European Champion of 2008, Silver medalist of the World Games 2009, Alexander Shepel and European Champion and World Silver medalist of 2009, Victor Testsov.

In the Squat Shepel took the leadership with 415kg. Testsov got 400kg in the Squat. An elegant Bench press of 312,5kg by Victor Testsov allowed him not only to eliminate the difference of the 15kg after the Squat, but also avoiding his more titled opponent after the two disciplines at a difference of 47,5kg, as Alexander Shepel successfully performed only his first attempt in the Bench with 250kg.

In the Deadlift Victor Testsov easily coped with the barbell weighing 340kg. Thus, to defeat Victor Alexander Shepel had to establish a new record of Ukraine - 390kg. Knowing the potential Shepel ordered the weight of the Deadlift that does not seem unrealistic. But the bar, weighing 390 kg, this time was held in the hands of Alexander only a third of the way...

Champion of Ukraine in 2010 in the 125kg class is Victor Testsov – 1052,5kg (400kg Squat, Bench press 312,5kg, Deadlift 340kg). Silver was taken by Alexander Shepel with a 1015kg Total (415, 250, 350). In the third place was Roman Dzuba with a Total of 850kg (350, 200, 300).

Among the heavyweights (weight class over 125kg) there was no equal to Vladimir Svistunov, which collected a Record Total of 1025kg (405, 290, 330).

Author: Nikolay Koltakov

Translation and additional: Zhanna Ivanova

ERIK RASMUSSEN

1. How long have you been in Powerlifting?

Well, I started to do Powerlifting in 1982

2. How many World and European Championships have you competed in?

O wow, there has been so many! But my best place was coming 3rd in the Open Worlds in Cape Town in 2004/2005.

3. You are the owner of ER-Equipment, one of the leading brands in squat and bench racks, can you tell us how you started the company?

We started the company back in 1999

4. You have competed in the IPF for a long time now, where do you think Powerlifting is going?

It is definitely moving forward!!!

5. Your equipment is one of the best in the world today, is there anything we as lifters can expect more from ER-Equipment?

I have made the racks for lifters and the loaders. I want to make it accessible for everyone. If someone came to me with an idea, I will think about it and see if I can do it. All the idea's about the racks came from powerlifters.

6. Where did you use your first rack?

It was at our National Championship in 1999 in Denmark.

7. If there is anybody that could give you new ideas for racks where can they get hold of you?

You can go to my website and find my contact details on there: www.er-equipment.dk



Erik Rasmussen, Owner of ER-Equipment

JAROSLAW OLECH



Yes, the strongest athlete on the planet, the eight times World Champion (2002-2009) and twelve time European Champion (1998-2009), a many times world record holder (15 records in the 67,5 kg and 75 kg categories), Champion of the World Games 2009, and most of all likes to take part in competitions. Jaroslaw - one of the few athletes, about who we can say that his modesty only decorates him. He never brags about his conquests - he is their lives and gives sports enjoyment to many fans of powerlifting.

Jaroslaw, we start with a few words about where you were born, where you grew up, about your childhood, about parents, and how you came into powerlifting?

"I was born in city, which is situated between Krakow and Warsaw in Poland. There I grew up, trained and studied. Now I live partly in Poland, partly in London. As a child I was an ordinary kid, maybe a bit stronger than my peers. From childhood, I liked football, and I still love to see high-quality, interesting matches. At the age of 18 I heard about powerlifting for the first time, then started training. My first coach was Darek Darlatka, he worked with me for three years.

As parents, they have me simply wonderful. My mother worked in a hospital as a nurse, my father was a master of the tree. Now they are retired. I have an older brother, he is two years older. Previously, he was also involved in powerlifting and took part in international

competitions, he became a bronze medalist of Europe championship twice. He is working now and has no longer practicing. I have two daughters - Caroline and Daria. Caroline is about 13 years, Daria - 4 years old. My wife Anna doesn't work - she devotes herself fully to the family."

Tell me about your first competition, where and when they were held?

"My first competition - the Poland National Championship - I competed on the category 56 kg. I do not remember how much I totaled then, - it was 17 years ago. I took part in international competition for the first time in 1995 - it was the Junior European Championship. Then I entered the category 67, 5 kg, and took second place with a total of 637.5 kg. A year later I had won this competition with a total of 685 kg. I began competing in the world championships in 1997. I began in the category 67, 5 kg with the total of 710 kg for the third place."

Jaroslav I know, that you have competed for a long time with the powerlifting legend of the world, Alexei Sivokon. How did it influence on your sport way, and how were your relationships?

"Yes, I'm really a lot of time lost to Alexei. What I was feeling? What is not worthy of victory. It has mobilized me to work hard in training, and subsequently it has borne fruit. Alexei was a model athlete for me, I always treated him with a great respect. He also was a good friend with whom I could talk also".

Jaroslav took part at the World Championships for ten times in weight category 67, 5 kg, and his best result is - 832.5 kg (World record) in 2004. Then he did a world record in the squat - 340 kg, in the next year's world championships, he set a world record in deadlift - 318 kg. He won European Championship in the category 67,5 kg 9 times, for the first time it happened in 1998. In the 75 kg category he stands Champion since 2007. For now, he three times-winner of European and World Championships in this weight category. His best result - 887.5 kg (world record). In the squat Jaroslav beat the world record three times: first by 350 kg in 2007, then - 360 kg in 2008, and finally, 365 kg in 2009.

What do you like in powerlifting?

"I love to compete, do not like training. When I compete, I'm very calm, full of myself.

I like it when coaches help me. I have three coaches: Arkadiusz Znoek - coach's of club (in Poland, all athletes were in favor of any club, in my club about a hundred athletes - there are also powerlifters and bodybuilders), Roman Shimkovyakov - my coach in national team. Roman in the past was very strong athlete, repeatedly won European and World Championships. And the man with whom I training directly - Jacek Wiak, he also serves with me. I write my training plan by myself."

Tell me about your training schedule.

"It's a secret (laughs). I am training three times a week for 4 hours. Six weeks before the competition starts to work with equipment. After that, every training day I work with equipment. Without it, I squatted 220 kg, 160 kg bench, deadlift 270 kg. During training I try to enter the competitive equipment. Each training session I have varied, depending on the period of training I was doing between 5 and two attempts. During the competitive period, I train only competitive exercise, and immediately them before competition. In the off-season I did not train at all, my greatest passion in the off-season - "rock" biceps"

How does your diet look like?

"I do not like fish, I like meat and chicken more. I love noodles and pasta, rice is not it. I like sweets very much, I eat it, when I want. I have no diet. Of the sports supplements use vitamins, protein, BCAA, glutamine ... Oh, and beer every day (laughs).

Now it is not hard to take part in my weight class, I feel comfortable with, because I do not have to loose the weight. When I go to the category 67, 5 kg, I should be rounding up to five kilograms."

What do you do in your spare time?

"I don't have much free time. A lot of time consuming works on London in construction work - I work for a decorator. I am training with Jacek and his brother, who also carried away powerlifting. Jacek - my best friend, he



helps me a lot. In my spare time I like to read sports magazines, I like to find interesting new instructional techniques in terms of training and equipment.”

What are your future plans?

“I plan to continue to take part in competitions. Of course, I have my injury, but everything is normal with my back now. Me with Jacek have a good doctor, Tim, he has his own clinic in London, where he works with various athletes and various problems with back and joints.

As for memorable events I remember the World Games, there was no more vivid event in my life. In general, I am peaking only twice a year - at the World and European championships.”

What would you like to wish our readers?

“First of all, I want to wish them patience in training and health!”



***“I don't like training,
I like to compete!”***



RUSSIA

VS.

UKRAINE



The two strongest nations in the IPF are Russia and Ukraine. By comparing the results of their National Championships 2010 you can make yourself an image about the sportsmen accomplishments.

by Zhanna Ivanova

WEIGHT CATEGORY	RUSSIAN LIFTERS MEN	UKRAINE LIFTERS MEN
56 kg	Sergey Fedosienko BW=54,9kg (S)280 (B)170 (D)261NR (T)711 NR	Sergey Vatyk BW=55,5kg (S)200 (B)150 (D)195 (T)545
60 kg	Konstantin Danilov BW=59,8kg (S)292,5 (B)170 (D)255 (T)717,5	Ruslan Karyaka BW=59,7kg (S)220 (B)140 (D)220 (T)580
67,5 kg	Nikolay Sokolov BW=67,5kg (S)300 (B)195 (D)285 (T)780	Arcady Shaloha BW=67,45kg (S)292,5 NR (B)200 NR (D)280 (T)772,5 NR
75 kg	Pavel Ozerov BW=74,7kg (S)325 (B)217,5 (D)295 (T)837,5	Anatoly Goryachok BW=75kg (S)300 (B)185 (D)322,5 NR (T)807,5
82,5 kg	Aleksey Sorokin BW=81,7kg (S)370 (B)225 (D)305 (T)900	Vladimir Risev BW=81,5kg (S)357,5 NR (B)222,5 (D)307,5 (T)887,5
90 kg	Vladimir Sholskiy BW=89,7kg (S)387,5 (B)237,5 (D)310 (T)935	Mikhail Bulaniy BW=89,3kg (S)365 NR (B)252,5 (D)340 (T)957,5
100 kg	Konstantin Lebedko BW=99,5kg (S)365 (B)270 (D)355 (T)990	Ivan Freydzun BW=100kg (S)380 (B)292,5 NR (D)367,5 (T)1039 NR
110 kg	Maxim Barchatov BW=109,9kg (S)402,5 (B)260 (D)380 (T)1042,5	Sergey Pevnev BW=103,4kg (S)400 (B)290 NR (D)362,5 (T)1052,5 NR
125 kg	Igor Gagin BW=124,8kg (S)435 (B)295 (D)340 (T)1070	Victor Tescov BW=124,9kg (S)400 (B)312,5 (D)340 (T)1052,5
+125 kg	Oleg Gagin BW=173kg (S)447,5 (B)282,5 (D)310 (T)1040	Vladimir Svistunov BW=151kg (S)405 (B)290 (D)330 (T)1025

WEIGHT CATEGORY	RUSSIAN LIFTERS WOMEN	UKRAINE LIFTERS WOMEN
48 kg	Valentina Vermenuk BW=47,9kg (S)170 (B)97,5 (D)157,5 (T)425	Anastasia Derevyanko BW=46,9 (S)150 (B)90 (D)165 (T)405
52 kg	Natalia Salnikova BW=50kg (S)175 (B)107,5 (D)170 (T)452,5	Oksana Chumak BW=51,6kg (S)170 (B)100 (D)170 (T)440
56 kg	Inna Filimonova BW=55,9kg (S)222,5 (B)105 (D)197,5 (T)525	Tatyana Primenchuk BW=56kg (S)192,5 (B)125 (D)192,5 NR (T)510 NR
60 kg	Irina Poletaeva BW=59,9kg (S)217,5 (B)157,5 (D)205 (T)580	Tatyana Ahmameteva BW=59,5kg (S)220 (B)122,5 (D)200 (T)542,5
67,5 kg	Julia Medvedeva BwW=66,9kg (S)227,5 (B)160 (D)215 (T)602,5	Larisa Soloveva BW=66,05kg (S)210 (B)157,5 (D)220 (T)587,5
75 kg	Svetlana Cvetkova BW=73,6kg (S)240 (B)140 (D)240 (T)620	Elizabeth Biruk BW=71,1kg (S)230 (B)165 NR (D)230 (T)625
82,5 kg	Svetlana Dedulya BW=80,05kg (S)250 (B)160 (D)225 (T)635	Lena Kozlova BW=76,8kg (S)250NR (B)140 (D)250NR (T)640
90 kg	Valeria Sheglova BW=90kg (S)265 (B)187,5 (D)242,5 (T)695	Julia Bushueva BW=87,4kg (S)160 (B)120 (D)187,5 (T)467,5
+ 90 kg	Galina Karpova BW=134kg (S)315 (B)190 (D)240 (T)745	Inna Orobec BW=103,1kg (S)260 (B)170 (D)225 (T)645

In the Russian men's Nationals 71 lifters from 20 regions of Russia took part.

By wilks points the best lifters are:

1. **Sergey Fedosienko - 660,06**
2. **Konstantin Danilov - 613,81**
3. **Maxim Barchatov - 613,68**

In the Ukrainian men's Nationals 107 lifters from 22 regions of Ukraine took part.

By wilks points the best lifters are:

1. **Ivan Freydzun - 632,64**
2. **Sergey Pevnev - 632,45**
3. **Mikhail Bulaniy - 613,57**

In the Russian women's Nationals 69 lifters from 31 regions of Russia took part.

By wilks points the best lifters are:

1. **Irina Poletaeva - 649,87**
2. **Julia Medvedeva - 618,89**
3. **Inna Filimonova - 618,58**

In the Ukrainian women's Nationals 43 lifters from 14 regions of Ukraine took part.

By wilks points the best lifters are:

1. **Elizabeth Biruk - 615,19**
2. **Larisa Soloveva - 609,13**
3. **Tatyana Ahmameteva - 608,36**

REPORT

AUSTRIA

Host country World Championships Benchpress 2011 – Subjuniors / Juniors and Open classes

Form of government: Republic, neutral,
Member of the European Union, member of the
Schengen Agreement

Flag: red-white-red with black eagle

Citizens: 8.35 million

Capital: Vienna

Currency: Euro

Language: German (98%)

Religion: Christian (69%), Moslem (5%), other
faiths (14%)

Typical drink: red wine

Typical dish: Wiener Schnitzel (breadcrumbs and
fried veal scallop)

Typical souvenir: Mozartkugeln (chocolate
balls)

Austria is called the heart of Europe, embedded between Germany, Italy, Suisse, Czech and Hungary. With 54 clubs and around 3.500 lifting-members is the Austrian Powerlifting Federation one of the smaller Federations. Karl AICHINGER is our president since 2002. 30 lifters are in the national team. The Austrian Powerlifting Federation – ÖVK – was founded in 1983 by Norbert WALLAUCH and Karl AUER, but Powerlifting is established in Austria since 1961. The most successful Austrian lifters are Karl SALIGER (Powerlifting/ Benchpress), Leopold KRENDL (Powerlifting), Martin SIMACEK (Powerlifting), Dagmar WANG (Powerlifting), Alexandra TICHY (Powerlifting), Günter KOENIGER (Benchpress), Reinhold KASES (Benchpress), Gerhard LEIERZOPF (Benchpress), Marion BRAUN (Benchpress) and Claudia WERNIG (Benchpress). They were World- and/or European Champions.

Powerlifting and Benchpress have the same significance in financial support from the Austrian government, but we do not have private sponsors in Austria. In the past we hosted some World and European championships, like 1985 IPF Women's open class, 1991 EPF Juniors, 1996 IPF Men's open class, 2007 IPF Women's and Men's open.

In Austria are 9 provinces, the host place is situated in Tirol with

the capital Innsbruck. Innsbruck was 2 times host city for Olympic Winter Games in 1964 und 1976 and will be host the 1st Youth Olympic Winter Games in 2012. Sight worth seeing is the golden roof, the Hofburg and the Helblinghouse in the old city center. The ropeway "Nordkettenbahn" invite You to visit the "Seegrube" to have a grand view above Innsbruck.

50 km towards west from Innsbruck is Ötztal-Bahnhof located. Here is the new constructed adventure park "AREA 47" situated.

www.area47.at

**From 23rd
to 28th May
2011 the host
city will be
Ötztal-Bahnhof,
location: AREA 47**



About 500 Subjunior, Junior and Open Class lifter from around 45 nations will be there to ascertain the World Champions in their classes. Alongside the leisure facilities from the AREA 47 itself – like rafting, high wire garden, climbing, hiking, beach ball, swimming, watersliding, etc. – we offer in the evening to view timbersports, motorbike-show, fitness dance and models shows. Sight-seeing-tour to Innsbruck and the glacier in the high Alps is also in our programme. The hall itself collars 5.000 spectators. There is also separate a gym for training, called venice beach. For meat and drink you find there two restaurants in the area 47 or some different restaurants in Ötz. All hotels are in the near, maximum 8 km. We will have free shuttle-service from each hotel to venue like public transport vehicles and also from railwaystation Ötztal-Bahnhof. Accommodation in different 3- or 4star hotels in Ötz. Looking forward to see You all in Spring 2011!

Emanuel Scheiber and Sabine Al-Zobaidi, in the name of the Austrian Powerlifting Federation.



ASIA

Largest region in the IPF in area is the Asian Powerlifting Federation. Everything in this region is so different, mixed and colourfull. We want to show it on the flags of the 19 member federations. The President of the Asian Powerlifting Federation is Susumu Yoshida from Japan and the Secr.Gen. Subrata Dutta from India.

The Asian Powerlifting Federation hosted two large International Championships in 2009. The World Games in Taiwan which we will never forget and The Open Worlds Powerlifting in New Delhi, India.



Report of Mongolia 1st to 5th, February 2010 – Home of the Asian Powerlifting Championship

I arrived 1st February at Ulaanbaatar Airport. Several members of the Mongolian United Powerlifting Federation were there to greet me at the airport. The temperature outside was -29 degree's Celsius. It was so cold it was almost hard to breath! The hotel was the Bayangol Hotel. This will be the official hotel for the Asian Powerlifting Championships that will take place in May. The hotel is very nice.

The room was clean and comfortable. There is a big restaurant that was closed because there were not many guests in the winter season and of course it was too cold to do the sightseeing. They will be open at the Asian Championships. The restaurant at the second floor served Traditional Mongolian food. It is very pleasant. The next day, I met the new President of the Federation, Chimed Saikhanbileg. He is a member of parliament and has been doing powerlifting training for 2 years. He can now benchpress 160kg. Very impressive for him!

I had several meetings with the Federation. Tro is the chairman of the federation and the leading power of Mongolia.

Mogi who was my translator translated Mongolian to English to help me so many times during my stay in Mongolia. I want to say thank you for the many members of Mongolian Federation who worked hard for this National Championships and coming Asian Championships.

I pointed out several things for them to achieve a great Asian Championships. I also saw their National Championships. This competition took 3 days, it started in the morning and finished almost midnight every day. There was 170 competitors. The Goodlift System was introduced for the first time to Mongolia in their Nationals and even though they had some difficulty to use them properly, I believe they can handle this system in the Asian Championships. Eleiko barbell sets and rack will be ordered from them soon, and we can expect a high level competition in Ulaanbaatar this coming May. What will the temperature be in May? I heard it will be not so cold, do not worry! See you soon.

Susumu Yoshida - President of APF

AFRICA

So far this year various federations have held a number of championships unfortunately I have not been able to attend to any apart from the South African Championships in small town in the Orange Free State called Viljoenskroon.

The competition was well attended with many lifters spread over two days. Lifting started early each day and finished well into the evening. From this competition lifters were selected to compete in the World Juniors, Masters and Men's and Women's Worlds to be held in Potchefstroom in November this year.

The African Championships were due to be held in Algeria on the 1st and 2nd June 2010. However due to various unforeseen circumstances and complications the competition was postponed until 6th and 7th October 2010 with the venue remaining the same.

The venue is a city called Bejaia which is about 300 km's from Algeirs. The organisers have promised a great competition with minimal costs to the lifters, great medals and trophies, good warm up area with new platform equipment and we are expecting some great lifting.

I traveled up to Algeria in June to conduct a Referees clinic and meet with the championship organizer to inspect the equipment and arrangements and was very impressed with the enthusiasm and effort that has been put in so far to make this competition a success.

The referees clinic and examination was attended by a number of candidates and 5 new referees passed the IPF Cat 2 written examination and will do the practical at the forthcoming African Championships.

A demonstration competition was arranged and the five referees were examined in a practical situation and qualified as African Powerlifting Federation referees.

Powerlifting in Algeria is in good hands and is well supported with excellent lifters.

Alan P. Ferguson
President African Powerlifting Federation

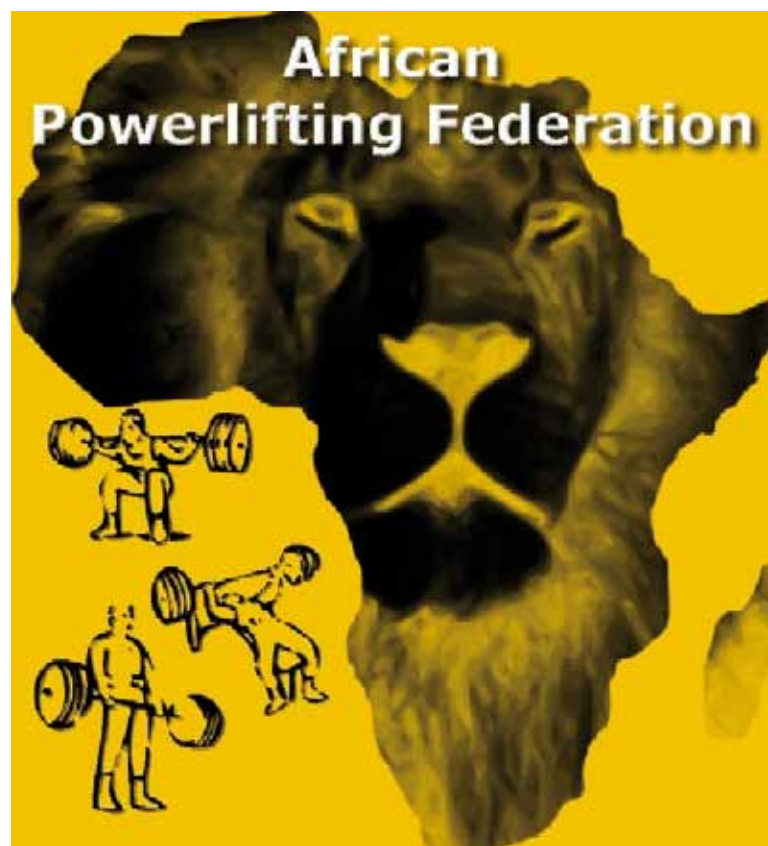


The 31st Women's and 40th Men's IPF Open World Powerlifting Championships 2010

The Elite lifters of the world will come together 7-13 November in Potchefstroom, South Africa, the home of the FIFA World Cup Champions, Spain.

The South African Powerlifting Federation (SAPF) has hosted 7 World Championships, including the successful 2004 Open Worlds in Cape Town. The hall where the Championships will be held is also the same venue as the 2008 Sub-Junior and Junior World Championships. Potchefstroom is 1,5 hour's drive from Johannesburg.

The venue will be in the Potchefstroom University campus, walking distance from the hotels where the lifters will stay, there is also a brand new hotel that is being built for the lifters to stay in. Around the venue there are 9 restaurants to choose from. There are 3 gymnasiums, heated swimming pools at campus and a movie cinema at the mall in Potchefstroom. The university is well known for





its historical buildings and grounds, and it will also be summer in South Africa in November, so it will be beautiful.

South Africa will also be greatly represented at the World Championships, the lifters were chosen for the Championships at the South African Nationals in May 2010. The men will be represented by Marlon Daniels, Ettiene Potgieter, Pieter Erasmus, Warren Simon, Harry Shomalistos and the Overall Open lifter, Johan Smith. Johan has been the Overall Junior lifter for 2 consecutive years, it is a great achievement as this is his first year as a Junior in which he won the Overall Open award! He also won the Sub-Junior World Championships in 2008, at the same venue as this year's Worlds. After a recent knee operation he was out of competition for a while but came back in the 100kg class with a tremendous squat of 330kg, with much more left in the tank! Finishing off with a 280kg Deadlift, he totalled 810kg. He is definitely one lifter to watch out for in the future!

The women will be represented by three sisters, the Sub-Junior Stephanie Pretorius, Liezl Pretorius and Cene Petit (Res). Also competing is Gillian Smith (Res.), Kelly Ann-Grobler(Res.), Mirriam Sinclair, Lisa Basson, Michelle de Sausa, Hesterkie Range, Sue Glazier, Esmay Smith and the Overall Open women lifter, Sanet Momberg. This is the 1st time that she won the Overall award, she is a very impressive lifter, especially with a bench

of 127,5kg raw in the 67,5kg class!!! She will be one to watch out for at the upcoming Championships.

There will be daily trips to the very popular Sun City, known for its casino's, hotels, amusement parks, golf courses and celebrity guests including the well known chef Gordon Ramsey, actor Morgan Freeman, golfing legend Gary Player and former President of South Africa, Nelson Mandela.

There will also be trips to the wild life parks, where the lifters can experience the real wildlife in Africa!

The competition main organisers will be the SAPF records registrar, Vicky Botha, the Treasurer Gail Mackenzie and the newly appointed SAPF President, Hannie Smith. In a recent interview with Hannie he said, "It is such an honour for South Africa to host the biggest powerlifting competition of the year, I have been at many World Championships before for the IPF as the Technical Officer. This year everybody will feel the vibe of Africa. I welcome all the athletes and coaches at the 31st women's and 40th men's IPF Open World Powerlifting Championships."



OCEANIA



Oceania Powerlifting Federation member nations are:

Australia, New Zealand, Fiji, Papua New Guinea, Tahiti, Nauru, Tonga, Samoa, New Caledonia, American Samoa, Niue, Tuvalu,

Oceania Powerlifting Championships

This year's event has been confirmed for the sunny island of Samoa.

Date: 10th and 11th December 2010

Venue:

Multi Purpose Gym, Faleata Sports Complex, Samoa.

The president is Robert Wilks from Australia, the **Vice president is Julian Perry** from New Zealand. **The Secretary is Pam Cutjar** from Australia and **the Treasurer is Steve Lousich** from New Zealand.

2010 Oceania Bench Press Championships

The garden city of Christchurch, New Zealand played host to the Oceania Bench Press Championships on the 13th of February.

Overall winners on the day were Taari Murray (NZ) for the women with a best Bench Press of 145kgs in the 90+ class (116.67 Wilks) and in a close finish, Steve Pritchard (AUS) for the men who pressed 270kgs in the 125 weight class (154.24 Wilks). Pritchard making comment on the competition, "Truth is on any given day there are 4 or 5 guys that could have won best lifter - it's pretty much a roll of the dice and see who comes out on top. One guy's bad luck becomes another's good luck. It was worth the trip just to catch up with my good friends Tonka (Reuben Simanu), TK, BB (Nathan Baxter) and many others as well as make new friends - thanks especially to the Eastside (Barbell) guys for the hospitality! Awesome stuff."

There was plenty of drama with a great competition in the super heavy weights between good mates Reuben Simanu of NZ and big bear Nathan Baxter of Australia. Nathan managed to come back and slam 280kgs on his second attempt after he decided to have a sleep half way up on his first lift (270kgs). The collar on his Super Katana shirt choked him

until he blacked out, causing him to dump the bar onto his stomach. But they build them tough in Western Australia and the nap must have done him good as he managed to come back to nail the heaviest lift of the day, plus a near miss at 300. Reuben's 277.5kgs wasn't enough for the win but just edged Nathan out on Wilks points in the end though (152.72 and 152.31 respectively).

Other lifters of note were the Nauru boys who managed to place 2nd overall behind NZ on team points. One memorable lift was Raboe Roland at a body weight of 87.9kg who crushed 230kgs on his third attempt, then made sure the people back home in the Pacific could hear him celebrating.

Thank you to meet director Mike Clifford, CPA, Eastside Barbell Club and all the volunteers for putting on another professional meet.



DAMIEN USSIA

Powerlifting / Benchpress

Nation: Australia

Weightclass: -125 kg

Born: 1990

Occupation: student

1. When did you started with powerlifting?

I started powerlifting a bit over a year and a half ago after a stint as an Olympic lifter.

2. Do you bench only or do you do all 3 lifts?

THERES A 3RD LIFT!?! I'm joking, I am a full lifter, but I love my bench so I do a lot of bench only meets but you can't beat heavy squats and deadlifts, they put hair on your chest and deepen your voice. As far as I'm concerned if I can't hold a weight on my back then how am I supposed to hold it on my wrists, I am a big believer that the squat and deadlift will help build a big bench. maybe in a few years I might become a complete bench only but until then I have to prove myself in all 3 lifts.

3. When you are not training or competing, what do you do for a living?

Well, being 19 I spend most of my time at university, or working 1 of my 2 jobs, I am draftsman and I work for a builder just lifting heavy stuff. It's great, it's like getting paid to train!

4. This was your first World Championships. How was it for you?

It was great! I can't wait for next year's Bench Worlds in Austria! Also a big thank you to Supplement 101 as they have sponsored my trip, without them I could not have come here to the great city of Killeen, Texas!

5. After competing here in Killeen, Texas, is there anything you would have changed about the competition that you would have liked, or what you want to see at future competitions?

To be honest I can't say anything bad, being my first Worlds I can't compare it to anything,

but the venue was great, the hotel was great and they were close (being a 125er I don't like walking so that made me happy knowing the venue was 30 seconds away). I loved the fact that there was a lot of AC/DC played in between lifting, made me feel at home.

6. What was your greatest moment at the World Bench Press Championship?

The Lifting, it's what I went there to do, nothing beats competing. Training with Tony Cardella and Jeff Snyder in Houston was awesome, I learnt a lot and saw some big lifts in that session, seeing Jeff Snyder hit a 410kg reverse band bench was unreal and Nathan Baxter (Aussie SHW) have a crack at an 362,5kg reverse band bench raw was just crazy.

But my favourite non-lifting memory was eating a 1kg steak in under 10 minutes, a personal best! Test driving a Ford Mustang with Frank (South African SHW) and hanging out at the Titan factory.

7. Where do you see powerlifting (IPF) going in the future?

I think it's going to keep growing. It's gaining so much popularity around the world now so I think its going to keep getting BIGGER and BETTER.

8. There has been an uproar in lifting raw these days, what is your opinion of lifting raw and lifting with supportive gear?

Personally I love equipment, and mainly because I want to see what the human body can do, I want to push the limits and equipment allows that. Raw lifting is great in training and you need to be strong raw that's no doubt, but equipment is enabling us to lift weights that were unimaginable 20 years ago. For example, Ken Anderson was telling me about one of his multi ply lifters who broke his arm benching over 400kg, I hate hearing about lifters getting injured don't get me wrong, but to me that is pushing the boundaries, that is why we powerlift, we are trying to see just how much punishment we can take, to break a bone benching tells me that this guy pushed his body to the limit and I respect that, and to me that is powerlifting going beyond what we thought is possible.

9. What are your future goals and competitions?

My main goal in lifting is to be the first junior in the southern hemisphere to bench

“My main goal in lifting is to be the first junior in the southern hemisphere to bench 300+kgs.”

300+kgs. Competition wise I want to go to next year's Bench Worlds in Austria and if my 3 lift total is good enough the Powerlifting Junior Worlds as well.

10. Australia is well known for their great sporting culture, how does powerlifting play a part in that?

Powerlifting in Australia is definitely growing, but I feel that strength isn't appreciated in Australia. People don't really understand what we do. I think as the sport grows we will have a greater influence on Australian sporting culture but at present time.





INVITATION FOR THE IPF GENERAL ASSEMBLY 2010

**Conference Room, Puk Sport Hotel,
Loop Street, Potchefstroom/ South Africa**

Sunday, 7th November 2010/ Begin: 02:00pm

AGENDA

- 1) Roll call of Nations and Delegates, presentation of credentials of each Nation. Certification of Athletes and Referees**
- 2) President's Address**
- 3) Minutes of the last General Assembly**
- 4) Report Treasurer – Report Auditors**
To examine the accounts of the previous year
To approve the budget for the forthcoming year Fees (if requested)
- 5) Report Secretary General**
- 6) Committee Reports**
 - a) Technical Committee
 - b) Medical Committee
 - c) Disciplinary Committee
 - d) Appeal Committee
 - e) Law & Legislation Committee
 - f) Anti Doping Commission
 - g) Anti Doping Hearing Panel
 - f) Women Committee
- 7) Regional Reports**
 - a) Region 1 (Europe)
 - b) Region 2 (Africa)
 - c) Region 3 (Asia)
 - d) Region 4 (North America)
 - e) Region 5 (South America)
 - f) Region 6 (Oceania)
- 8) Elections**
- 9) Proposals**
- 10) New Member Applicants**
- 11) Action on delinquent Nations**
- 12) Hall of Fame**
- 13) Future Championships**
- 14) Any other Business**
- 15) Adjournment**

Please send your amendments according IPF-Con. 7.3.6.3. latest 7th September 2010 to the Secretary General. Please keep in mind that at this General Assembly the Constitution and By-Laws can be changed.

Emanuel Scheiber
Secretary General IPF
Emanuel.Scheiber@powerlifting-ipf.com

SHORT FLIERS OF OUR PRINT-REPORTERS



ZHANINA IVANOVA

Born: 04.07.1984
Nation: Ukraine

Occupation - personal coach in fitness club (Kiev); postgraduate student of The National University of Physical Education and Sport of Ukraine.

Biggest success in powerlifting - World and European junior champion 2003; silver medal of World championship 2004; bronze medal of World championship 2008; three times silver medal of European championship (2004; 2006; 2008); bronze medal of World Games 2009.

HEINRICH JANSE VAN RENSBURG

Born: 27.05.1986
Nation: South Africa

I am a personal trainer and the Admin Manager at a gym. I graduated from Grey College High School in Bloemfontein in 2004. I am currently studying Forensic Psychology at the University of South Africa.

I love training, have been in the gym for 8 years now, I really started seeing good results when I started powerlifting in the beginning of 2008. There are 2 people that elevated me in this sport, my good friend and training partner Pieter Benade, he got me into powerlifting and showed me the ropes. The other one is our powerlifting President, Hannie Smith. He showed me the powerlifting world of the IPF and what it is all about, without him I would not be here today. Other people that I would like to thank is Gaston Parage, Emanuel Scheiber, Detlev Albrings and Andre Ludik, they all play an important part in my success.

I would like everybody to enjoy the magazine, as this is for every lifter out there, no matter if you're a beginner or an elite lifter.



SABINE AL-ZOBAIDI

Born: 1971
Nation: Austria

Occupation: Office Administrator, Secretary General of Austrian Powerlifting Federation

I am active and involved with powerlifting since 1995, but I had to retire because of disease in the year 2006. I am wedded to powerlifting, because loving this sports too much. The greatest gift is to see the player on sure road to success and the respectful contact between the nations all over the world.



2010 EVENTS

27.09.-02.10.	World Masters Championships IPF	Plzen, Czech Republic
07.-13.11.	Men's and Women's World Championships IPF	Potchefstroom, South Africa

2011 EVENTS

13.-16.04.	World Masters Bench Press Championships IPF	Rödby, Denmark
24.-28.05.	World Bench Press Championships Open, Sub-Junior & Junior IPF	Ötztal-Bahnhof, Austria
29.08.-03.09.	World Sub-Junior & Junior Championships IPF	Moose Jaw, Canada
27.09.-01.10.	World Masters Championships IPF	St. Catharines, Canada
06.-12.11.	Men's and Women's World Championships IPF	Plzen, Czech Republic

2012 EVENTS

18.-21.04.	World Masters Bench Press Championships IPF	Johannesburg, South Africa
22.-26.05.	World Bench Press Championships Open, Sub-Junior & Junior IPF	Plzen, Czech Republic
27.08.-01.09.	World Sub-Junior & Junior Championships IPF	Warsaw, Poland
01.-06.10.	World Masters Championships IPF	Killeen, USA
04.-10.11.	Men's and Women's World Championships IPF	Aguadilla, Puerto Rico



The world's largest range
of licensed powerlifting equipment

- BARS
- DISCS
- COLLARS
- COMPLETE SETS
- RACKS
- PLATFORMS
- STANDS & BENCHES
- DISABLED PROGRAM
- ATTEMPT BOARDS
- ACCESSORIES



ELEIKO

www.eleikosport.com