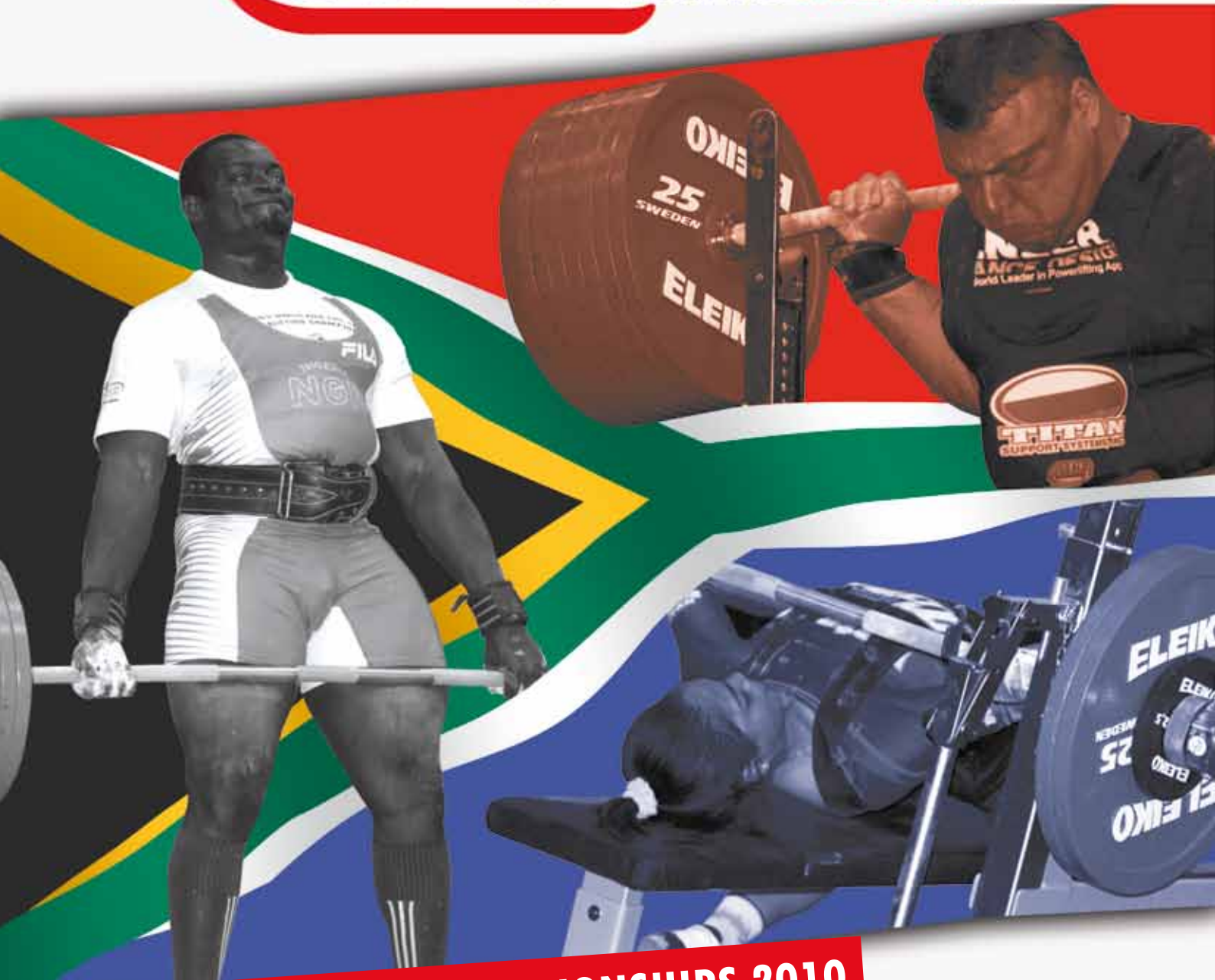




International Powerlifting Federation
WWW.POWERLIFTING-IPF.COM

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THE IPF MAGAZINE



OPEN WORLD CHAMPIONSHIPS 2010

WHO COULD BE A POWERLIFTER ?

THE NEW WEIGHTCLASSES AND WHY

INTERVIEW WITH BRAD GILLINGHAM

SUBJUNIOR & JUNIOR WORLD CHAMPIONSHIPS 2010

LETTERS TO THE EDITOR

Dear Editors,

I was very pleased to take hold of the first issue of the new IPF magazine. Turning the pages I thought „This magazine looks very good.” I first read the report about the various championships. I really liked that the reports began by giving the background information of each championships thus giving a setting to the articles that followed. Then reading the article a strange thing occurred to me: I find myself re-living the championship. The pictures, the emotions shown on the lifters' faces in the photos brought back the whole feel of the meets. And even if I hadn't attended some of the championships reported on, I had this same feeling.

The reports about the Committees were also of interest to me; the reader gets new information about their work. From the Regional Reports I could see how „life in powerlifting” was going in various continents.

But the personal interviews are my favorites. I think it is inspiring to find out how the great, famous powerlifters began their career, how they train, etc.

As a bonus in this first issue was a special report of the history of powerlifting, of the IPF. It behooves every powerlifter to know the origins of the sport.

In summary, every serious sport should have a magazine like this full of interesting reports, pictures, interviews with a personal slant and new information not elsewhere available. And I think the new IPF Magazine did all that.

I'm looking forward to seeing the next issues.

Best regards,

Vivien Kovács
(Hungary)

Dear editors of IPF Magazine,

I really enjoyed reading your new magazine. I'm impressed by the nice pictures in the magazine, because the quality of them is really good. The structure of the magazine is very reader-friendly as every page is mixed with pictures and information.

The topics are well chosen. For me it was especially interesting to read the regional reports at the end of the magazine.

I send you the best wishes and I hope that you keep publishing this journal.

Yours faithfully,

Markus Riss
(Austria)

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ACKNOWLEDGEMENT

We would like to thank our readers for the valuable feedback and suggestions that we have received to date, regarding the first edition of the IPF Magazine.

We take all constructive feedback and suggestions into consideration as we strive to produce a high quality magazine for our readers.

We encourage you to let us know your thoughts about the magazine, what you would like to read about, or any other suggestions that you may have.

You can e-mail our editorial staff at

marketing@powerlifting-ipf.com

MESSAGE FROM THE PRESIDENT

Dear friends of the sport of Powerlifting,

When you read this message you are holding in your hand the second issue of our new IPF Powerlifting Magazine and the New Year has already begun.

We have received positive feedback from our first issue and also ideas on how to improve it. Such suggestions are always welcome and help us make our magazine better for you.

Our IPF General Assembly in Potchefstroom/ South Africa 2010 set the directions for the future of our federation and the powerlifting sport. Of particular note:

* New weight classes were created and new World record standards accompanying them. In my opinion this major decision will improve our sport in different ways; for example the qualifiers for our international championships and the duration of our competitions.

* We instituted a Technical Rules Group, which consists of members of the different IPF Committees/ Commissions to have a broader base for our decision-making processes.

It is my firm belief that with this group our rules won't have to be revised and discussed every year, but will be valid over a longer term.

* Reinforcing the IPF Executive Committee through an elected Vice President helps us to divide the workload among the EC-members and to find more time to concentrate on new challenges for our sport. I am personally happy that we have found in Johnny Graham of the USA, a very capable and inspirational person for this position.

* The list of approved powerlifting equipment has for the time being been frozen as is. This will

ensure that the amount of gear options for lifters doesn't increasingly get out of hand.

Please allow me at this point to cite an apt quotation of Henry Ford, which describes my wish for the New Year for the IPF and our sport:

**“coming together
is a beginning,
staying together
is a progress,
but only
working together
is a success”**



I wish you a lot of pleasure in reading this edition of the IPF powerlifting magazine. Enjoy it!

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.

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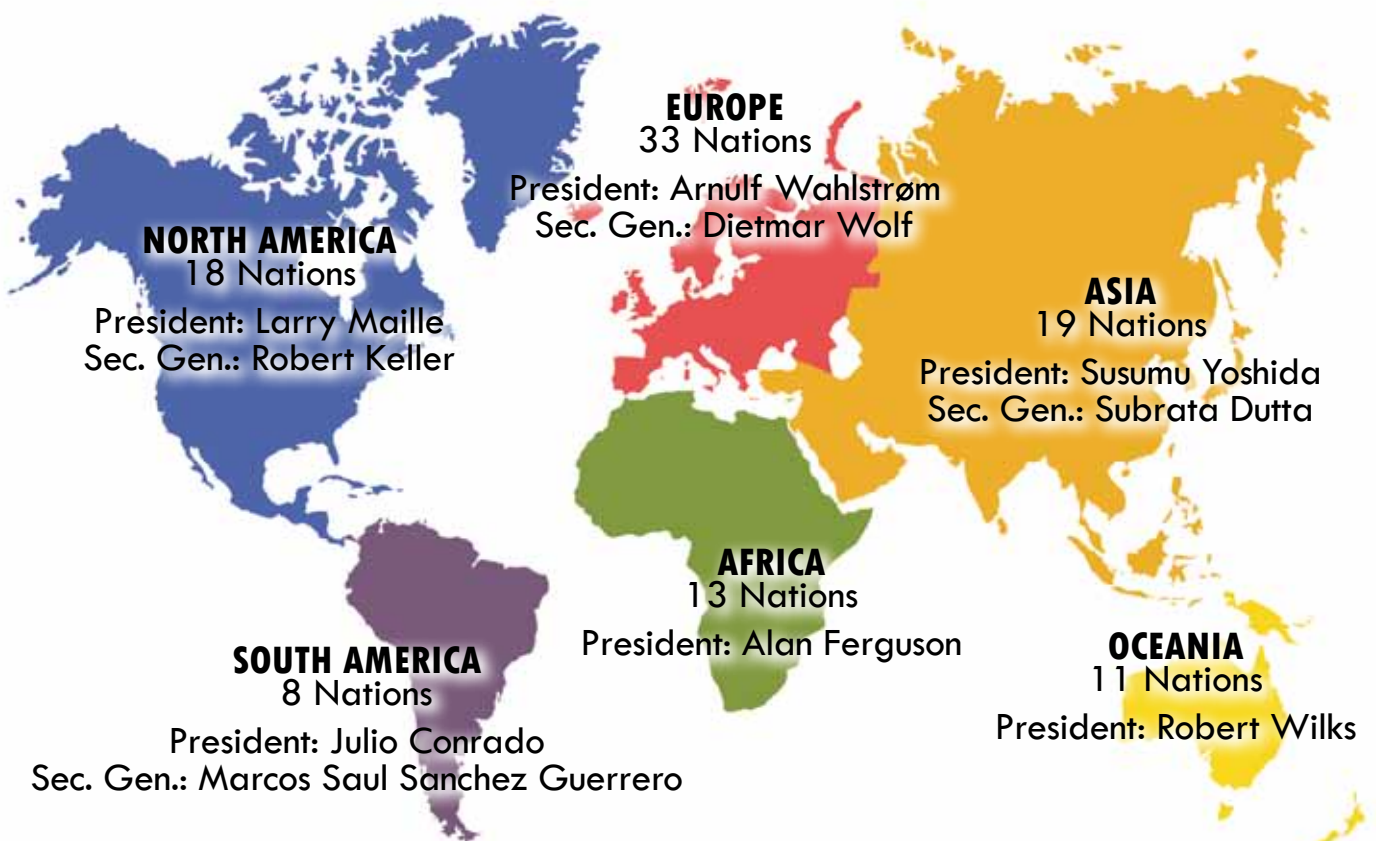
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THE REGIONS OF THE IPF



EXECUTIVE COMMITTEE OF THE IPF

President:	Detlev Albrings (Germany)
Vicepresident:	Johnny Graham (USA)
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Treasurer:	Gaston Parage (Luxembourg)
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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	



THE IPF ANTI-DOPING PROGRAMME 2011 AND BEYOND

The IPF is waging war, War, that is, on doping in Powerlifting and the destruction of a great social institution that ensues when sport is tainted by cheating through doping.

What are the weapons the IPF is using in this war? Over the past decade the IPF's doping-control methods have been refined continuously and now in 2011 there is unimpressive arsenal of methods aimed at cheaters.

COMPETITION TESTING

In 2011 the IPF will continue its programme of testing at all international events. At all World Championships, Regional Championships and other special international competitions a sizeable number of competitors will be selected for testing. This selection will not be random, but will be targeted, as per the guidelines of the World Anti-Doping Agency (WADA), being aimed at athletes who show unusual improvement, are from nations with poor testing records and so on. Thus whether an athlete comes first or last in their competition they are still candidates to be

tested in competition.

Also in 2011, the IPF in-competition testing programme will be refined and quality-controlled by a number of administrative measures recently confirmed by the IPF Executive. Thus financing, engagement of independent agencies, quality control and results management will be firmly overseen by the IPF, fulfilling its role as the ADO (Anti-Doping organization) recognized by WADA as the trusted body for controlling anti-doping activities in the sport of Powerlifting.

OUT-OF-COMPETITION TESTING

Competition-testing is one thing, but the big artillery in doping control is testing anytime, anywhere with little or no notice to athletes i.e. Out-of-Competition Testing (OCT). the IPF's Anti-Doping Rules give it the power to implement this with any athlete in any nation. So in 2011 the IPF testers may turn up without warning at a national training camp, a national championships or even an individual athlete's home or training venue and require a test.

But there is also a focus by the IPF on testing its very top athletes. Thus the IPF maintains a



INFRASTRUCTURE

Behind all this testing activity there must lie a machine to make it happen i.e. people, legislation, systems and resources. Thus the IPF has –

- an Anti-Doping Commission consisting of 7 persons who oversee the administration of IPF testing programmes
- a Disciplinary Committee, which considers some doping matters
- a Doping Hearing Panel, made up of semi-independent people, with legal or similar backgrounds, who ultimately hear virtually all cases of anti-doping rule violations
- a set of Anti-Doping Rules, which lays out almost all the IPF's legislation concerning anti-doping. Those Rules line up with WADA's requirements and methods and on that basis the IPF has been entrusted to be the ADO for the sport of Powerlifting
- a number of contracted independent agencies, such as national government drug-testing agencies, or private but approved agencies, which are engaged by the IPF to carry out testing assignments, be those in or out of competition.

Registered Testing Pool (RTP) of the top 100 or so lifters on performance rankings. From those athletes a Whereabouts Log is required i.e. the provision on-line of continuous information as to their location (through a software-system called ADAMS) – just so that their friendly IPF Drug Control Officer can visit them anytime.

And now in 2011 the IPF has a new weapon within OCT. Not only will the very top athletes in the RTP have to provide Whereabouts information so they can be tested anytime, but all entrants to Junior and Open World Championships will be required to lodge a Whereabouts form as part of their entry to those Worlds. Thus, in the 60 days leading up to the Championships and perhaps beyond, those athletes can also be readily OCT'd.

NATIONAL TESTING

So international-level testing is getting tighter and tighter in the IPF. But things don't stop there. The real front-line of the War On Drugs is at the national level, where the greatest number of our athletes actually reside.

All national Powerlifting federations are required by the IPF to have an anti-doping programme mirroring the IPF international programme. That is, each nation should have a testing programme covering its competitions and via national OCT, all its athletes. At the end of each year the national federation must lodge with the IPF an annual report of its testing activity, on pain of a fine if failing to do so.

In 2011 this will be a developing area for the IPF and its national federations. Conducting an extensive national testing programme can test the resources of some federations. Improving compliance by national federations with the IPF anti-doping programme will be a priority in this and the coming years.



Thus all these pieces of the IPF anti-doping juggernaut work together to create a system which is becoming ever more effective.

PENALTIES

Sadly a sting in the tail is an essential part of doping control for all sports and the IPF is no exception. Penalties arising from anti-doping rule violations can apply to both individuals and federations.

Not only athletes, but coaches and other support personnel can suffer doping-related penalties. Of course a positive drug test result will bring a period of suspension from competition for an athlete, most typically two years for an anabolic positive. But many offences exist other than simply failing a test, such as tampering with a testing process, trafficking in drugs, inciting use and so on. Thus coaches and the like can also be found to have committed doping offences and suffer the consequences.

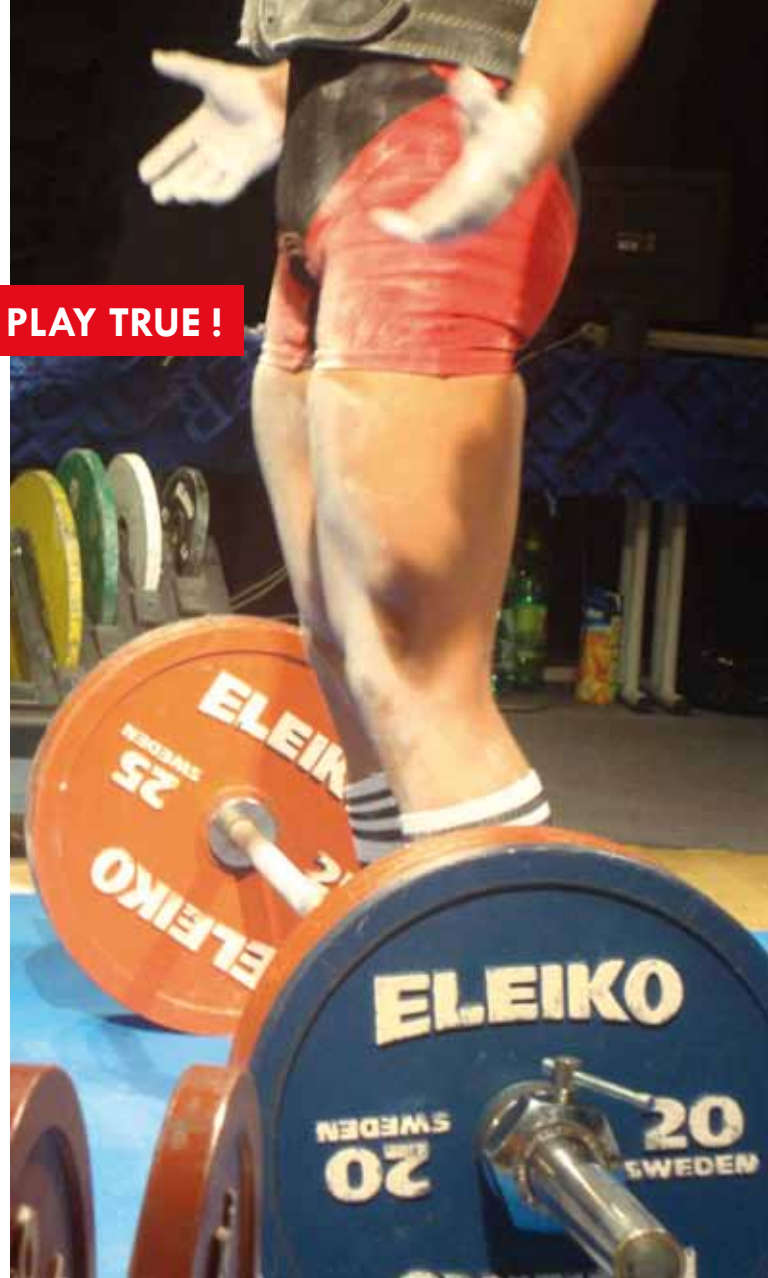
A significant change for 2011 is that an additional penalty has been brought in for cases where an athlete has been found to commit a doping offence involving a suspension of 2 years or more i.e. all the international records they have set (as far back as 1 January 2011) are removed! Coming at the time of re-starting records with the new bodyweight classes, this is a significant step in ensuring that IPF record lists will be as pure as can be from here on.

Federations too can suffer doping-related penalties. The IPF By-Laws allow for fines on national federations in the case of positive drug-test results by their athletes, whilst if one nation produces four or more positive cases in any 12 month period, penalties can be applied to that nation. Those can include a further fine, probation (usually with conditions such as enforcing a stringent national testing system) or an outright federation suspension.

EDUCATION

Equally and perhaps more constructively than penalties, the IPF has in the past and will in 2011 conduct educational activities designed to nip doping activity in the bud. The methods involve seminars, written materials and on-line information. The messages that need to go out include not only the futility and dangers of

PLAY TRUE !



doping, but also specific information about the risk of tainted supplements, how to comply with Whereabouts and so on.

So there is the IPF's arsenal for 2011 in the War On Drugs. More detail can be found at

WWW.POWERLIFTING-IPF.COM

But rest assured that the IPF is on the attack and will win many battles and ultimately the War in this critical issue for the future of world sport.

INTERVIEW WITH JOHNNY GRAHAM - NEW IPF VICE-PRESIDENT

At the recent Congress in South Africa you were voted as the new IPF Vice-President, what's your comment on that?

First, I want to say, it was an honor being elected Vice-President. I think my statement to the congress of "What you see is what you get" might have taken some people by surprise. I want the lifters to know that the same person you see everyday in me, is the same person you will see on the EC. My goal is to insure that the IPF moves forward in a very positive direction, but to do this we MUST listen to the lifters. They are the reason for our success.

Next, I think we NEED to get people to TRUST the Executive Committee. Too many times have I had the question asked, "Don't you trust the elected officials?". In my opinion, this should NEVER be asked. It should be a given. If we don't give them a reason of doubt, then this wouldn't be asked. Next we need to work on IOC recognition. To make this happen we must get more OCT's (out-of-competition tests) done and avoid all the positive results. Too many times the questions of positive drug test results are holding us back. All countries must have a better testing procedure. We, as the IPF EC, can also assist this in more education of the negative effects of illegal drug use.

Tell us how you got into powerlifting, when it was and how you progressed to where you are now.

Now you all are going to make me show my age, haha. I actually started competing in High School in Florida, but then we did the clean and jerk, and bench press. This was in the 70's, enough said. During that period I also did Olympic lifting, I was trained under Richard Graham (no relation) and Harvey Newton. While moving on to College football I got more involved in strength training lifts and found out I wasn't too bad in it. After joining the US Military I did a

little bodybuilding (you can't tell that now), but didn't like it that much. All of the guys beating me were using drugs, and I refused to take that route. "I did win a few small shows". . In 1983, while a Drill Sgt. in Fort Knox, Kentucky, an army buddy talked me back into Powerlifting. We lifted under several Federations, but mostly ADFPA, now USA Powerlifting. I have had a pretty successful Powerlifting career; I have had the honor of meeting some of the best people in the world in this sport. I have won several IPF Masters Worlds, and even held the Squat record for a while. My last meet was the 2006 Masters Worlds, which I hosted in my hometown of Killeen, Texas, and I won! What a way to go out, lifting in front of friends and family. It was also the first time my daughters saw me compete at

a World level. My best lifts are 804lb (365kg) squat, 424lb (192,5kg) bench press and 727lb (330kg) deadlift. It will be great if I could have gotten all those lifts together in one meet. I think my biggest honor in this Sport is being elected into the USAPL Women's Hall of Fame and the Texas Powerlifting Hall of Fame. It's not what you do on the platform that makes you a success, but the honor and respect of the people you have helped along the way, that makes you Great.

***"Always remember,
that we are all a part
of one big T. E. A. M.:
TOGETHER EVERYONE
ACHIEVES MORE !"***



You had an operation on your spinal column, how did that come to be?

Yeah, I had the surgery on April 5th 2010 They had to put 3 cadaver bones in my neck, along with some steel rods and plates. I have fun at the airport going through the security! I lost 12kg within ten days of the surgery. It hurts a little to turn my head. Some of my

"friends" said I looked like a dead man walking. Some said worse things. It could have been from a series of things, but my surgeon believes it was done at the World Games in Taiwan when I jammed me head at the top of a bus ceiling. The people in Taiwan should be taller. So, to make a long story short, I was lifting and walking around for 7 months with a broken neck. I was still squatting and pulling over 280 kg up to the surgery. The week before my surgery, I squatted

300 kg, because I knew that may be the last time I lift that much weight, just had to do it one last time. I am on the way to a recovery, and back in the gym training, just to keep the young guys honest. The doctors said I will take almost 2 years to lift heavy again; I was back in the gym after 3 months! You can't keep me down for to long. I actually deadlifted 235 kg for 2 reps RAW and squatted 195 kg for 5 reps of 2 set RAW this week. "I'll be back".

So you are still training after the operation, how do you train around the surgery? Is there any specific exercise that is difficult for you to do?

I do the same training as I did before the surgery, just a lot less weight. The bench is the one that really hurts the most. I get a lot of elbow pain from the nerve damage.

Tell us about your personal life.

I am the proud Father of three lovely daughters, and a wonderful and fun Grandson, Damontay. If I had known that grandkids were so much fun, I would have bypassed having kids, and went straight to them. Trakina, Jennifer, and Monique are my beautiful girls. Trakina owns her Law Firm in Orlando, Florida, Jennifer worked for the US Govt in Iraq for 16 months, but now teaches at the school here in Killeen. Monique is now in College.

I am a retired Military First Sgt, who also was in the Special Forces and a US Army Sniper. I now do a lot of security work for High Profile clients.

And finally, how do you see the IPF growing from where it was until now?

I see continued growth within the IPF. Why? Because the lifters that we have performing on the main stage are the best the World has to offer. Second, I believe in the IPF leadership. When I decided to run for Vice President, I took a good long look at the IPF EC, and asked if I wanted to be a part of this group. Yes, there is work to be done, but we have the leadership that can make, and will work to be successful. We MUST always remember the LIFTERS are the backbone of the IPF, and not leadership. We all work for the LIFTERS FIRST. As long as we keep this idea first, the IPF will continue to grow. Always remember, that we are all a part of one big T. E. A. M.: TOGETHER EVERYONE ACHIEVES MORE!

POWERLEAKS

The IPF Newsflash:

NEW SUPPORTERS

Demonstrating increasing support for powerlifting, two new sponsors officially announced their cooperation with the IPF.

- An affiliate of the giant NESTLE Group, PowerBar Europe Ltd is a German nutritional supplement company catering for a large number of competitive sports and individual athletes. With PowerBar partnering up with the IPF more than 20 years of scientific research and experience enters the powerlifting arena.



- The International Manufacturers Union (IMU) was formed by ER Equipment (Denmark), Leoko (Finland) and Titan Support Systems (USA). In addition to their longstanding support of the IPF, the founders of IMU also committed to a Bronze Sponsorship Package. The IPF welcomes IMU amongst its supporters.



WAR AGAINST DOPING

In accordance with the IPF's intention to rid the sport of doping abuse and keep it clean, the percentage of out-of-competition tests will considerably increase in 2011 and beyond. Top international lifters will also be grouped in a registered testing pool, where such out-of-competition tests will be conducted. In-competition tests remain as a matter of course. In addition to tests, extensive educational steps are also being taken by the IPF anti-doping commission.



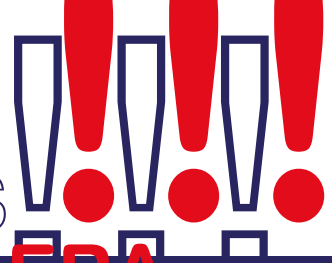
NEW TECHNICAL RULES GROUP

By vote from last year's General Assembly of the IPF, as of November 2010 the modifying of the technical rules of the IPF is to be delegated to a special Technical Rules group. The purpose of this is to make the rules simpler, clearer and to put a definitive end to ever recurring controversies about technical details. All levels of powerlifting are represented in the Technical Rules group, from lifters and coaches to officials.

NEW WEIGHT CLASSES

NEW RECORDS

NEW ERA



The 1st of January 2011 heralds a new era in Powerlifting. For that is the day that the IPF implemented the resolution of the 2010 Congress to establish new bodyweight competition classes for both Men & Women. In Parallel with that revolutionary change, a set of Standards for new world Records also came into effect, as did changes to the rules on team size, team scoring and entries to Championships.

This total package marks a turning point for the presentation of Powerlifting Championships. The new format will allow for streamlined events, crisper presentation and more intense media and fan involvement. Let's see why and how this will be.

WHY CHANGE THE BODYWEIGHT CLASSES?

The idea of reducing the long-time format of 21 bodyweight classes had been circulating in the IPF for many years, but had been only very partially implemented with the 2007 deletion of the Men's 52kg and the Women's 44kg classes. The idea of class streamlining had been so persistent because many profound technical, commercial and political factors kept pushing the issue to the fore.

On the technical side, it had been obvious for some time that the bodyweight competition classes were quite lopsided, in terms of the percentage of the world's lifters inhabiting each category. For example, in the mid 1990's research conducted by Robert Wilks to establish the performance comparator known as the Wilks Formula, analysis of the results of thousands of lifters from many countries showed a significant skewing of the populations of each class. Thus the Men's 75kg and 82 ½kg classes seemed to contain 18% each of all Men's lifters whilst the 56kg, 60kg and 125kg each contained only 2-6%; in the women's categories the very heavy (82 ½ kg, 90kg, 90+kg) classes each had a tiny proportion of athletes whilst the 52kg, 56kg and

60kg classes were heavily populated. Those distortions created a degree of unfairness as, say, an 82 ½ kg male lifter had to triumph over an enormous pool of lifters to become a Champion, whereas the winner of a Championship in one of the "orphan" classes did not have the same throno to overcome.

And there were commercial flow-on consequences of that misdistribution of lifters across the old classes. At World and Regional Championships many classes were full with dozens of competitors, yet some other classes had a mere handful of entrants, that in reflection of the underlying population to class distortions. This made those classes less credible as Championship events in the eyes of spectators and supporters of Powerlifting, whilst the similarity of performances between some adjacent classes (e.g. 125kg and 125kg+ Men, 75kg and 82 ½ kg women) had the effect that those events did not differentiate themselves in the perception of the public observing Powerlifting. Thus the marketing of IPF Championships to the sporting world had some major in-built hurdles to overcome.

From there, the political level came into play in spelling the doom of the old Powerlifting bodyweight classes. The IPF is continually striving to develop the integration of Powerlifting into major Games and sporting festivals. Events such as the World Games and the Pacific Games are already in our roster. However the custodians of major Games strictly protect the quality of their events and the issues described above of some Powerlifting classes having relatively few competitors regularly came to the fore in the IPF's discussions with Games administrators. That is, Games bosses would say "Powerlifting must run classes with enough competitors in each class to ensure that there is a good fight in all events and a quality outcome



by all medalists". The uneven distribution of the IPF bodyweight classes at times made it difficult for our sport to fulfill those understandable demands.

So by 2010 there were a multitude of forces pushing for reform of the IPF bodyweight classes. But the final straw came loud and clear in September 2010, when IPF President Detlev Albrings and Secretary Emanuel Scheiber met with IOC officials in Lausanne to discuss the future of our sport. There it was pointed out that at 19 classes Powerlifting was the biggest bodyweight class sport in the World, far ahead of even Weightlifting, which itself had 12 years ago reduced to 15 classes (female and male combined). Aside from any questions of lifter distribution across classes, it had become starkly clear that the volume of 19 Powerlifting classes was not sustainable in a modern sports world, where streamlining, speedy presentation and quality of performance are the trends of today. The stage was clearly set for history to be made at the November 2010 IPF Congress!



the ideal is to have 12 ½ % of all lifters and competitors in each class. This is not completely achievable of course, but the gross distortions of the old classes have been significantly improved on.

HOW WERE THE CHANGES MADE?

To set the new classes, a lot of statistical work was carried out by two main analysts within the IPF, being Robert Wilks of Australia and Kalevi Sorsa of Finland. Robert Wilks' older data, described above, had the value of encompassing a wide range of the World's lifters, whilst Kalevi Sorsa updated this with analyses of the last decade's World Championships participation and results. Those two exercises were in broad agreement in the bodyweight classes that were suggested, although certainly there was art as well as science in deriving the final solution.

WOMEN

Sub-Junior & Junior only-up to 43.0 kg

47.0 kg	Class up to 47.0 kg
52.0 kg	Class from 47.01 kg up to 52.0 kg
57.0 kg	Class from 52.01 kg up to 57.0 kg
63.0 kg	Class from 57.01 kg up to 63.0 kg
72.0 kg	Class from 63.01 kg up to 72.0 kg
84.0 kg	Class from 72.01 kg up to 84.0 kg
84.0+ kg	Class from 84.01 kg up to unlimited.

In essence, there were two main criteria in determining the new classes. Firstly, as much as possible there should be an even distribution of the population of lifters and also competitors at Championships, across the classes of competition. Thus if there are 8 classes,

MEN

Sub-Junior & Junior only-up to 53.0 kg

59.0 kg	Class up to 59.0 kg
66.0 kg	Class from 59.01 kg up to 66.0 kg
74.0 kg	Class from 66.01 kg up to 74.0 kg
83.0 kg	Class from 74.01 kg up to 83.0 kg
93.0 kg	Class from 83.01 kg up to 93.0 kg
105.0 kg	Class from 93.01 kg up to 105.0 kg
120.0 kg	Class from 105.01 kg up to 120.0 kg
120.0+ kg	Class from 120.01 kg up to unlimited

Secondly, also as much as is realistic, each class should encompass an identical range of performance. Thus a 59.1kg to 66.0kg class may involve a 60kg range of performance on the Wilks Formula (59.1kg 500 points = 580kg., 66.0kg 500 points = 640kg) and so ideally a 66.1kg to 74.0kg class should also encompass a 60kg or similar range of performance. Again, equal ranges of performance for all classes was hard to achieve, with the range having to be less in the new heavier classes, but situations such as where the old 56.1kg to 60.0kg had a small range and 60.1kg to 67.5kg a very large range have been avoided.

And of course overarching those criteria was the real-world limit of a total of 15 classes being politically and commercially the maximum acceptable. Even at 15 classes Powerlifting is still equally the world's largest bodyweight sport!

So putting together the data, the criteria and the limitations that apply, the result was the set of classes accepted at the 2010 IPF Congress.

Of course, there will be National and Regional variations in the distribution of lifters across the new classes, but on a world-wide basis this is a fair and more even system.

WHAT OTHER RULE CHANGES HAVE COME WITH THIS?

The 2010 IPF Congress also brought in some extra rule changes which complement the change in bodyweight classes and help to streamline Powerlifting.

First, team sizes will now be 8 Men and 7 Women, matching the 15 new classes an team scoring will be on the best 5 lifters rather than 6 in the old system.

Next, although the possibility existed under the old rules of Powerlifting competition, the 2011 rules now highlight the option of Championships having separate A Groups of the top 10-12 lifters in 2 hour sessions presented at peak media and spectator time. Over time, the new classes will have the effect of structuring more lifters into fewer classes and high-quality A Groups in most classes will present the best lifters in the most accessible way for the public.

Finally, a very significant rule change was made, in that the 21 day prior Final Entry for Championships will be the cutoff for bodyweight class changes. Thus, if a lifter is entered in the 93kg class on the Final Entry form, he cannot move up or down but can only lift in that class. This is an essential change, to keep faith with spectators and media who attend a class anticipating seeing their favorite stars lifting at the time as advertised.

Taken together, the bodyweight class changes and those other rule changes will shape

Powerlifting Championships into spectacles that will surely draw in more and more of the sporting public.

WHAT ABOUT THE WORLD RECORDS?

New bodyweight classes mean new World Records. But that doesn't mean that the old Records are obliterated, rather the 31st December 2010 list of World Records will remain a perpetual historical archive, capping off the passing of an era.

However in 2011 the IPF will apply a set of Standards, to mark the level of performance required to set the first World Records in the new classes and age-groups. Thus right from 1st January 2011 the race will be on for lifters to set new Records.

The new IPF World Record Standards also required a good deal of statistical work. The general approach was to look at the old level of World Records in terms of Wilks Points and ratios between lifts and to set the new Standards just a shade below those, although still at a very demanding level. Thus, for example, the old Men's World Records in the Total averaged 637 points, whilst the Squat + Bench Press + Deadlift would typically add up to 106% of the official Total Record in each class – this led to the new Total Standards being set around the 625 points mark, with similar ratios for individual Standards. Age-group Standards then followed according to the statistical drop in performance from age-group to age-group in the old Record lists.

In this way the integrity of World Records as the ultimate in performance will be maintained, but the spice of Record-busting will continue to enliven lifters and fans alike in 2011 and beyond.

THE FUTURE

What effect will the new bodyweight classes and associated rule changes have on Powerlifting? Will the competitive power balance in the sport move from East to West? Will new World Records rain down or will the Standards sorely test the next generation of lifters? Will the doors now open at some of the major Games of the World where Powerlifting surely has a worthy place? These and other questions will be answered in time, but one can be sure that Powerlifting will continue to press forward in the sporting world.

Robert Wilks
(Executive Member of IPF)





IPF Sub-Junior & Juniors World Championships

28th Aug - 04th Sept 2010, Pilsen, Czech Republic

The 10th World Sub-Junior Championship and 28th World Junior Championship, which took place in Pilsen in the Czech Republic, was a gathering of over 300 young athletes from 27 countries. These young sports people, already at the World Championship level, represent the future of the sport of powerlifting. And the results suggest that they represent it admirably indeed. Naturally, as young people compete, they bring with them the full array of emotions: the joys, the disappointments, and the ongoing possibilities! World records attempted at this event are as exciting as it gets, with spectators enthusiastically urging the young lifters onwards and upwards!

This competition truly represented a celebration of our sport, and the organizers did a wonderful job of making possible a true showcase of talented powerlifting. The venue and the atmosphere ensured optimal conditions for the athletes and the very power of ancient Czechia and the city of Pilsen provided all the inspiration needed for some wonderful lifting!

THE SUB-JUNIOR WOMEN'S COMPETITION:

The competition opened with the Sub-Junior women's 44 kg weight classes. Ukrainian athlete Tamara Stenkova confidently won, with a total of 337.5 kg. Tamara had this to say after lifting: "I like to compete, and I like to perform at international competitions. Everything that we have planned with my coach, we have implemented."

In the 48 kg category, Michelle Van Dusen from the USA won overall Gold, with a total of 392.5 kg also becoming the Overall Best Lifter in the Sub Junior Women's division! Wonderful lifting Michelle, congratulations!

In the 52 kg class Victoria Karlysheva from Russia unreservedly celebrated her winning total of 400 kg! With a Wilks score of 503.12, Victoria took out Overall 2nd place in the Best Lifters award. Also in this class Ukrainian lifter Ganna Gonchar set a new bench press world record with 98kgs, Fabulous lifting from the young ladies!

The 56kg class saw Anastasiya Galanova of Russia collect the overall Gold, while her team

mate Anna Filimonova set a new world records in the squat with 167.5kgs and the bench press with 100kgs!

SUBJUNIOR WOMEN:

- 44 kg		
1. Stenkova Tamara	UKR	337.5 kg
- 48 kg		
1. Van Dusen Michelle	USA	392.5 kg
- 52 kg		
1. Karlysheva Victoria	RUS	400.0 kg
- 56 kg		
1. Galanova Anastastia	RUS	372.5 kg
- 60 kg		
1. Chukhonastava Lidiya	RUS	440.0 kg
- 67.5 kg		
1. Kotova Ekaterina	RUS	412.5 kg
- 75 kg		
1. Ovcharova Elena	RUS	450.0 kg
- 82.5 kg		
1. Tsigankova Ekaterina	RUS	432.5 kg
- 90 kg		
1. Kucherenko Elena	RUS	470.0 kg
90+ kg		
1. Luna Natalie	USA	542.5 kg

NATION POINTS WOMEN:

1. Russia	72 points
2. USA	60 points
3. Ukraine	53 points

BEST LIFTER - WOMEN:

1. Van Dusen Michelle	USA	524.65
2. Karlysheva Victoria	RUS	503.12
3. Chukhonastava Lidiya	RUS	494.38

Bringing home the overall Gold in the 60kg class was Lidiya Chukhonastova of Russia with an impressive total of 440kgs. On Wilks formula this total earned her third place in the Best Lifter awards. Very well done Lidiya!

The Russian's also dominated the next four weight classes: In the 67.5kg class Ekaterina Kotova won with a total of 412.5kg. Overall Gold in the 75kg class went to Elena Ovcharova totalling 450kgs. Again the Russian anthem played in the 82.5kg class with Ekaterina Tsigankova lifting a total of 432.5kgs. And the 90kg class was won by Elena Kucherenko with her impressive 470kg total.

The "Star Spangled Banner" then played as the USA's Natalie Luna took the overall Gold in the 90+kg class, totalling a massive 542.5kgs! This included a new world squat record of 237.5kgs! Fantastic lifting from young Natalie, well done!

In the Team Points wash-up, Russia clearly dominated the Sub-Junior Women's events with an outstanding total of 72 points, which included 6 weight class winners! The USA stormed in for second place with 60 points and the Ukraine took third with 53 points.

THE SUB-JUNIOR MEN'S COMPETITION:

The Sub-Junior Men's competition commenced with the 52 kg weight class which saw Japanese lifter Kentaro Herada take the overall gold medal with a total of 425kgs.

In the 56kg class Eric Torres of the USA set a new bench press world record of 144kgs on his way to taking the overall Gold with a total of 554kgs, with a Wilks formula of 520.98 he placed third in the Overall Best Lifter award for Sub-Junior Men. A fantastic achievement for this young man, well done Eric!

The Russian lifter Alexander Molin not only took overall first place in the 60kg class, with an enormous total of 615kgs, but he also won Best Lifter of the Sub-Junior Men! Alexander is now a two-time sub-junior world champion, very well done Alexander! In his words:

"This is my second victory at the World Championships among Sub Juniors, last year I won in Brazil in the 56 kg category. I was not satisfied with my Squat attempts, I asked for less weight because of the close battle with my American rival, although I was ready to start with more weight. In bench the American passed me by 18 kg, but in the deadlift - which is my favourite event I was confident of victory. Moving up to Juniors is very exciting, and I will set world records there. This requires persistence in training and faith in my coach - I think this is the main objective."



SUBJUNIOR MEN:

- 52 kg

1. Harada Kentaro JPN 425.0 kg

- 56 kg

1. Torres Eric USA 554.0 kg

- 60 kg

1. Molin Alexander RUS 615.0 kg

- 67.5 kg

1. Duong Vichet FRA 650.0 kg

- 75 kg

1. Panteleev Artem UKR 702.5 kg

- 82.5 kg

1. Norris Jesse USA 784.0 kg

- 90 kg

1. Bell Ian USA 762.5 kg

- 100 kg

1. Raus Alex-Edvard EST 817.5 kg

- 110 kg

1. Turner Preston USA 821.0 kg

- 125 kg

1. Aulicky Antonin CZE 767.5 kg

125+ kg

1. Petrov Dmitry RUS 760.0 kg

NATION POINTS - MEN:

1. USA 66 points

2. Russia 60 points

3. Ukraine 44 points

BEST LIFTER - MEN:

1. Molin Alexander RUS 528.53

2. Norris Jesse USA 526.76

3. Torres Eric USA 520.98

As Alexander stated there the American lifter Christin Nunez set a new world bench press record in this division during the contest of an impressive 163kgs! Wonderful lifting Christin!

The 67.5kg class saw French lifter Vichet Duong put together a consistent performance, totalling 650kgs to claim the world championship title. Congratulations Vichet!

The Ukrainian lifter Artem Panteleev took the overall Gold in the next class, the 75kgs. He totalled 702.5kgs edging out Russian lifter Ilya Jyaichnikov who set a new world squat record of 290kgs! Fierce competition, well done both athletes!

Jesse Norris of the USA set a new world total record of 784kgs in the 82.5kg class on his way to taking out the overall Gold and achieving second place in the Best Lifters award! Congratulations Jesse on the world championship title!

The 90kg class again saw the USA take the overall Gold, with Ian Bell totalling 762.5kgs.

In the 100kg class the Estonian lifter Alex-Edvard Raus claimed overall Gold by totalling 817.5kgs! In that contest the Russian athlete Sergey Usov set a new bench world record of 222.5kgs! Excellent effort by both lifters!

The relatively small field in the 110kg class was dominated by Preston Turner of the USA. Preston set an amazing two world records in his Gold-winning 821kg total. Firstly with a squat of 335.5kgs and then with a bench press of 233kgs! Wonderful lifting Preston!

The 125kg class saw the Czech Republic take first place with lifter Antonin Aulicky with a total of 767.5kgs. Finally in the 125+kg class Russian Dmitry Petrov clinched first place with a total of 760kgs. But not before the athlete from Hungary Norbert Mikula pressed a new world record of 245 kg!

Thus in the Team Points, USA finished victorious in the Sub-Junior Men with 66 points, ahead of Russia on 60 points and the Ukraine on 44.

THE JUNIOR WOMEN'S COMPETITION:

Starting with the 44kg class Diana Klimenkova convincingly won overall Gold with her total of 340kgs.

Another very striking lifter was the Ukrainian junior Anastasia Derevyanko in the 48 kg class. Anastasia set a World record squat of 166.5 kg, on her third attempt, whilst also setting a new world record total of 431.5kg. With her Wilks score, Anastasia achieved 3rd place in the Junior Women's Best Lifters award. She stated afterwards: "I never planned my total, I rely on luck and I strive for great results on each discipline."

Victory in the 52 kg category went to the Venezuelan athlete Mailebis Oquendo, whose homeland has recently started developing women's powerlifting. Her Total was 420 kg. In her own words:



“For me, this competition is a great experience, because this is the end of my Junior career and now I will continue in the Open women’s. Now I am also finishing my studies at the university as an engineer. I need powerlifting to show that I am strong not only physically but also mentally. In Venezuela, powerlifting is a male sport, women can only participate in beauty contests. Everybody thinks that I am very strong in my country.”

In the 56 kg weight class a fine result was achieved by the Swedish lifter Angelica Brage, her Total of 452.5 kg giving her the world championship title. Very well done Angelica!

The 60 kg class has grown a new star in Norwegian Kristine Hanssen Tutta, she showed an elegant result with a total of 495 kg, making her the new world champion in this class!

Russia took the honors in the 67.5kg class with Maria Gulidova securing the overall Gold with a 522.5kg total.

In the 75kg class a resounding victory was had by Ukrainian lifter Yelyzaveta Byruk. Taking a clean sweep of all the disciplines, Yelyzaveta also set a new world bench press record for this class of 156kgs! Certainly she won the world championship in her division but her staggering total of 608.5kgs gave her the title of Best Junior Women’s Lifter! Outstanding result Yelyzaveta!

The 82.5kg class saw another outstanding performance by the Ukrainian lifter, Olena Kozlova. Firstly setting an enormous 255.5kg squat world record, Olena went on to also set a new deadlift record of 236kgs! Coupled with a gold-winning bench, Olena set a new total record for this class of 631.5kgs, putting her in second place in the Best Lifters award.

Russia stepped up for the overall Gold in the next category. Olga Tkhomirova totalled 550kgs giving her the world championship title in the 90kg class.

JUNIOR WOMEN:

- 44 kg

1. Klimenkova Dina RUS 340.0 kg

- 48 kg

1. Dervyanko Anastasiya UKR 431.5 kg

- 52 kg

1. Oquento Mailebis VEN 420.0 kg

- 56 kg

1. Brage Angelica SWE 452.5 kg

- 60 kg

1. Hanssen Tutta Kristine NOR 495.0 kg

- 67.5 kg

1. Gulidova Maria RUS 522.5 kg

- 75 kg

1. Byruk Yelyzaveta UKR 608.5 kg

- 82.5 kg

1. Kozlova Olena UKR 631.5 kg

- 90 kg

1. Tikomirova Olga RUS 550.0 kg

90+ kg

1. Viteri Samanta ECU 520.0 kg

NATION POINTS WOMEN:

1. Russia 62 points

2. Ukraine 58 points

3. USA 52 points

BEST LIFTER - WOMEN:

1. Byruk Yelyzaveta UKR 596.14

2. Kozlova Olena UKR 580.28

3. Dervyanko Anastasiya UKR 576.78

Finally in the 90+kg class, Ecuador was victorious with their lifter Samantha Viteri putting together a winning 520kg total. Well done Samantha!

The final National Team Points for the Junior Women had Russia in first place with 62 points. Ukraine a close second with 58 points and the USA up there in third place with 52 points. And surely a wonderful display of lifting by all nations.

THE JUNIOR MEN’S COMPETITION:

Twenty-six nations entered the Junior Men’s Competition which commenced with the 52kg class. Cyril Kruit of Russia who won confidently with a total of 512.5kgs. Next up, the 56kg lifters with Sergej Levin also of Russia winning

convincingly with a total of 605kgs. The winning streak for Russia continued in the 60kg class with Alexey Vlasov lifting his way to overall Gold with a total of 637.5kgs. The 67.5kg class again going to the Russian lifter Arthur Mashinskiy with his total of 735kgs. In his own words:

“I took out of this competition a very big lesson, I realized that the sport should not be treated carelessly, we should always be careful on the platform, listening to the judge and be sure that he gives you a command. Do not think that victory is in your hands and that you are the best, you can never relax and underestimate your opponents, they can get around you and punish you”.

Russia was on the winning dais again with Ilya Khariton in the 75kg class totalling 810kgs. Ilya managed an astounding new world squat record of 340kgs while he was at it! Well done Ilya!

Russia continued in its relentless pursuit of Gold in the 82.5kg class with Eugeny Kuzmin lifting a total of 862.5kgs. And in the 90kg class top athlete Levon Tavakalov totalled 895kgs to secure his world championship title. Sergey Mashintsov in the 100kg class completed Russia's Gold rush with a superb 950kg total! Later Sergey had this to say:

“This is the biggest victory for me, I have been going for it for a very long time. Since 2004 I have dreamed of winning the World Championship, and only now this dream has come true. I come from Kazakhstan, now living in Surgut, trained by Michael Frolov. Powerlifting for me is big fun, I would simply not be interested in going to the gym, as I want the emotions, a competitive element, a fight. I think that the Russian team is worthy of competing at this Championship, the girls are even better than the guys, but the guys are all great. I like the big weight categories, where they are lifting real weight!”

In the 110kg class contest Ukrainian lifter Vadym Dovganyuk completely dominated his competition by setting 3 new world records! He set his sights firstly on the squat lifting a record 395kgs! Then he benched a magnificent world record 300kgs! Finishing on a world beating 1007.5kgs, Vadym made his world championship dreams come true and took second place as overall Best Lifter in the process. In the words of this champion:

“This victory is very important to me as it is my last world championship as a junior. I really wanted to win and my dream has come true. I felt joy and peace of mind when standing on the first stage of the pedestal. I want to say a huge thanks to my coach, as well as my sponsors, without whom this victory could not take place. I intend next year to get into the national team, it will be hard, but I'll try. Powerlifting is my life, I am very happy that I chose this sport. I believe that a champion should be balanced, just and strong. We must respect our opponents and be ready for anything.”

Wonderful wise words from an outstanding young athlete, well done Vadym!

In the 125 kg class Viktor Testsov from the Ukraine became the Champion of Champions in the 2010 Junior Men's competition, with his phenomenal record total of 1093 kg! Benching a new world record 328 kg along the way! A truly outstanding performance from a class athlete, congratulations Viktor!

Finally the passions ran high in the 125 kg+ class. Oleksandr Shepel of the Ukraine started out by squatting a continental record 440 kgs! The Finnish athlete Tuomas Korkia-aho then benched a new world record of 335 kg! Oleksandr finished strongly on a total of 1065kgs winning the championship title on body weight from two others who also totalled 1065kgs: Ukrainian Volodymyr Svistunov and Norwegian, Carl Christensen. Well done to all the athletes for a competitive performance!



The Team Points for the Junior Men's competition ended with Russia clear winners with 6 world champions and 72 points!

The Ukraine finished a highly commendable second on 63 points and the USA came home with 41 points in third place.

But the real winner from this competition, as many will agree, was the sport of powerlifting itself. These talented and committed young lifters show such determination to pursue this most challenging and rewarding sport, and we all look forward to witnessing their amazing achievements well into the future! The message is clear for all: Play clean, play well and enjoy your sporting journey that for many of these young lifters has only just begun!

JUNIOR MEN:

- 52 kg

1. Krut Cyril RUS 512.5 kg

- 56 kg

1. Levin Sergey RUS 605.0 kg

- 60 kg

1. Vlasov Alexey RUS 637.5 kg

- 67.5 kg

1. Mashinskiy Arthur USA 735.0 kg

- 75 kg

1. Khariton Ilya RUS 810.0 kg

- 82.5 kg

1. Kuzim Eugeny RUS 862.5 kg

- 90 kg

1. Tavakalov Levon RUS 895.0 kg

- 100 kg

1. Mashintsov Sergey RUS 950.0 kg

- 110 kg

1. Dovganyuk Vadym UKR 1.007.5 kg

- 125 kg

1. Testsov Victor UKR 1.093.0 kg

125+ kg

1. Shepil Oleksandr UKR 1.065.0 kg

NATION POINTS - MEN:

1. Russia 72 points

2. Ukraine 63 points

3. USA 40 points

BEST LIFTER - MEN:

1. Testsov Victor UKR 623.22

2. Dovganyuk Vadym UKR 610.04

3. Shepil Oleksandr UKR 604.38



The Women's Committee

The women's committee has been established to promote female powerlifting and to recruit women into governing bodies in powerlifting.

The women's committee consists of the following members:

Chairwomen:

Eva Speth (Germany)



Eva has been an active powerlifter for more than 25 years and still takes part in international benchpress championships. She also has responsibilities in her national federation, where she is the team manager and speaker for the masters benchpress. She works as software

developer for an international operating company.

Members:

1. Judith Reitmann (Uruguay)

Judith Reitmann lives in Montevideo in Uruguay and is an active powerlifter. She started her career as weightlifter in 1988 and won the South American Championships in 1991 and 1992. During this time she was also the best lifter of her country. Ten years later Judith returned to powerlifting. She took part in the South American Championships in 2007 in Sao Paula (Brazil). In 2008 Judith won the South American Championships in Quito (Ecuador)

2. Disa Hatfield (U.S.A)

Many of you will know Disa Hatfield, she is an active powerlifter and will take part in the World Championships this year. Disa is currently a professor of Exercise Science at the University of Rhode Island (U.S.A), she was awarded her PhD last May.

3. Tetyana Akhmamyeteva (Ukraine)

Tanya has lifted at the national level since 2003. She does not have a function in the Ukrainian federation yet, but would

like to promote a career as a referee. Her most important successes are World Junior Champion (2007 and 2008), European Junior Champion (2008), and second place in the World Championships (2009 and 2010). In addition to her powerlifting, she works as an interpreter (English) and is studying at the university for a second degree.

4. Deepali Kulkarni (India)

Deepali comes from India and has represented her country in many competitions, for example in the Commonwealth Powerlifting Championships held in Christchurch, NZ in 2007. She is married and works for the government revenue department of Maharashtra of Mumbai.

5. Maria Pia Moscianese

Maria comes from Italy and represents Europe on this committee.

All representatives on the women's committee are active in our sport, they take part in major championships and can help to ensure that women are not discriminated against during competitions.

In IPF championships today, women are fully integrated into the sport and gender equality is fully in practice. This concerns not only the whole organisation and nomination rules, but it is also in place in warm-up areas, changing rooms, anti-doping controls and the attendance of female referees.

Another point of interest is to look at women's participation in World Championship events. The table below presents the number of nations attending World Championships with the number of male and female athletes that they sent.

The comparison shows, that the number

N=	2004		2005		2006	
	N	A	N	A	N	A
Men	27	143	38	160	37	144
Women	25	100	21	95	27	89
A=	2007		2008		2009	
	N	A	N	A	N	A
Men	34	162	32	118	28	106
Women	31	112	27	95	21	67

REPORTS FROM THE COMMITTEES

of nations that send female athletes to world championships is still at a high level and nearly the same as the number of nations sending male athletes. One conclusion could be, that female lifters in a nation benefit from and share in, the high level of participation and success of the male lifters within that nation. Furthermore, that powerlifting as a whole is a recognized sport across many regions and is well supported, and that women do indeed find their way into this sport.

The decision of the IPF to integrate the men's and women's lifting within the daily schedule at championship events has also been very positive. The profile of women's lifting has benefitted much from this scheduling arrangement. In championship timetables, the athletes are divided into their weight classes and on every day of competition we have both men's and women's lifting. Because powerlifting is traditionally a men's sport, many spectators come to a competition to see the strong men lift. Now they are pleasantly surprised to watch the female lifters as well. So this new championship timetable has been a good way to draw attention to our female lifters.

But there are still many regional differences, for example in Europe, North America, India, Japan and some other countries, women as a matter of course are a part of every team. However in other regions there are only a few



female lifters. But the situation is the same concerning the referees. In some countries we have engaged female referees who are on duty at many international championships, but on the other side there are countries without any female referees at their championships.

These regional differences are not limited to powerlifting; in countries, where equal rights for men and women are guaranteed, where gender equality in all spheres of social life is guaranteed, women can and do take the chance, and enjoy their powerlifting.

For the future the following main priorities are seen:

1. We have to promote and educate more female referees. At all championships there are only ever a few female referees with a IPF I or IPF II license, available. The IPF has to ensure, that during the weigh-in of the female athletes, there are enough female referees on duty. It is recommended that we specifically ask former female lifters if they are interested in this job. They know the rules and becoming a referee could be way for them to still be part of the powerlifting family.

2. More women should be encouraged to take responsibility in committees. The IPF is leading the way in this, for example: Inger Blikra is the Speaker of the Athletes Commission and Dr. Josephine Wing-yuk is the Speaker of the Coach Commission. We do have women in almost every commission, but too often only one. In the end only 32% of all members of the commissions are women. It is suggested that more women should put their hand up to take on these responsibilities!

3. We need positive representation of successful female powerlifters and referees in all the media. Maybe it would help to introduce in the IPF Magazine one of these ladies from a part of the world, particularly from where gender equality is not granted.



ANTONIETTA ORSINI

The 2010 IPF General Assembly in Potchefstroom elected Antonietta in the IPF's Hall of Fame! Instead of a lengthy description of her merits let's see what she had to say to readers of the IPF Magazine:

To all my friends in powerlifting being chosen for this prestigious title is a source of immense satisfaction, crowning a long sporting career which began long ago in 1970.

Let me take this opportunity to recount a wonderful story of sport and friendship.

When I was 6 my parents sent me to ballet classes. I was a slim, small 6 years old and it seemed an appropriate choice. I was a dedicated pupil, and frequented these classes for 5 years, though I must confess I found it a little boring. I do think, however, that ballet school was a very character-building experience in my life.

After a few years I started gymnastics classes, where I met the most influential person in my sporting and non-sporting life: the parallel bars champion and Olympic gold medal winner, Giovanni Carminucci. Giovanni taught me determination,

passion and sacrifice: an inestimable set of values which have enabled me to deal with the intensely hard world of competitive gymnastics. With him as my guide, I became more and more successful, but what was more important is that he introduced me to a calm and motivating environment where, gradually, an intense passion for gymnastics, and especially for competitive gymnastics, developed within me. Unfortunately a knee injury forced me to give up gymnastics, but my love of this sport made me stay in the field as an instructor for girls of 5 to

10 years old. I always try to transmit to these girls everything I learned from Giovanni.

In 1984, when I was 20, I discovered weight training. I started with a little physiotherapy for my knee but I soon found I was treading the stage as a body builder... In this new sport, as with gymnastics, my dedication paid off and I made it to the European and World selections in 1990 of the Italian Body Building Federation, now the IFBB-Italy. Here my competitive spirit came to the fore. In 1989, just for fun, I took part in my first bench-press contest: a great success! I had discovered another great love of my life: Powerlifting.

In 1991 I gave up bodybuilding and began, with the same dedication as

before, a new career as a powerlifter. In 1993 I became a member of the Italian Powerlifting Federation, where I encountered a very "sporting" world, where the idea of antagonistic



competition did not exist, where everybody was everybody else's friend, ready to help one another, and where the only enemy was "the bar"! With the encouragement of the Italian Federation, during the same year, I took part in my first international competition: the IPF World Championships in Jonkoping, Sweden. I finished fourth in the 67.5 kg category. I was competing with great athletes like Tanakova, Sjostrand, Zukova, Ingeborg, Boudreau, Kudinova, Ivanova and many others, and this is where my long association with powerlifting began: bringing me great satisfaction in all the international competitions: 2nd, 3rd, and 4th places...

The European Powerlifting Federation selected me 3 times for the World Games: 1997 in Lahti, 2001 in Akita and 2005 in Duisburg. Unfortunately the World Games brought me my only moments of disappointment during my career: each of the three times I bombed out! But this was useful too; my character and determination grew stronger as I realised that "it isn't important if you fall on your face... what counts is that you get up again!" And... in 2009 in the World Games in Taiwan I won the silver medal!! A dream that became reality!

Since 1993 I have had the honor of competing in the European Powerlifting Federation and the International Powerlifting Federation. In these two "super-federations" I have always found an authentic "Olympic spirit" and I have had the pleasure of meeting and making friends with many of the champions of this sport. This is possible only when you live and compete together with many athletes from all over the world who share the same sporting ideal. Now the IPF and the EPF have founded the Women's Committee whose task is to promote the sport of powerlifting among women in Europe and the World. I will be watching with enthusiasm all the initiatives the Committee sets forth and I invite any interested girls to contact me, through the website of the Italian Federation for information or advice. (www.powerliftingitalia-fipl.it)

In the IPF or its European affiliate, the EPF, and the Italian Federation, I have been trained in the ideal of clean sport. I have been tested for doping on average twice a year, every year since 1993. In 2005, in the course of 6 months, I was tested twice in competition and once I was tested OCT by three WADA doctors that came to the Sports Centre, in Rome where I work, to test me.

I would like to express my heartfelt gratitude to several people who have played an invaluable part in my life: My father and my mother, who have supported me even in times of defeat, and who have always made me feel like a winner. Riccardo, who has been "patiently" by my side in my life and in my training – not an easy task! I would like to thank the President of the Italian Federation, Sandro Rossi, who, from the beginning of my career in the "iron" world, has always given me advice on training methods and planning. I would like to thank the Italian athletes who continuously support me and who I am honored to represent in every competition. I have celebrated my victories with all of them and they have always been a source of comfort in times of defeat. I would like to thank the Italian Federation. With their excellent organization they give all the athletes and technicians the opportunity to compete, reaching the objectives they have worked so hard to achieve. "Our Federation" gives us all the opportunity to fulfil our dreams in the world of sport, to represent the national colours and to experience together sporting and non-sporting moments which we will all remember in the future.

And in the future, when we remember the IPF, EPF and the Italian Federation, all the competitions, the travels all over the world, the victories and the defeats, we will proudly say "I was there too!" Yes, my friends, although I was not in South Africa yet "I was there too!"

Thank you. Antonietta Orsini



The Technical Committee

A SHORT REVIEW OF TECHNICAL RULE CHANGES

When one hears that a lift of such and such a weight has been accomplished in a competition of the IPF or of any of its affiliate member federations, one can be assured of the integrity of that lift. And just why is that? It is because of the clear delineation and enforcement of the technical rules of Powerlifting. These are the cornerstones of our sports in that they specify what counts as a legitimate lift and what doesn't.

Revising the rules is a general effort to simplify them to make for greater clarity while upholding the quality of competition. Such revision took place in November 2010 at the General Assembly in Potchefstroom, South Africa.

The Technical Committee of the IPF provides the following overview of the most important latest changes which may affect both lifters and officials. Slight amendments which are not of a major concern have not been included, but will be found on the IPF Website in full. .

BODYWEIGHT CATEGORIES

Women:

-43 kg (only SubJun) -47 kg, -52 kg, -57 kg, -63 kg, -72 kg, -84 kg, +84 kg

Men:

-53 kg (only SubJun) -59 kg, -66 kg, -74 kg, -83 kg, -93 kg, -105 kg, -120 kg, +120 kg

Changes to the bodyweight categories had been deemed necessary for many years due to the lack of entries in some of the classes and also to reduce the number of classes enabling the sport to become more comparable with other International Federations. Analysis and formulation were by Robert Wilks (Australia) with the assistance of Kalevi Sorsa (Finland).

This is considered to be the biggest change of rule since the introduction of the Rounds System.



The lifter must nominate his bodyweight category twenty one days before the competition date in that in which he will compete, then after it cannot be changed.

This had been proposed at previous Rules Congresses but did not receive the amount of votes needed. It will make for less secretarial work and raise the competitive edge of events.

THE THREE LIFTS

Squat

It is no longer obligatory to position the bar as in the diagram featured in the Rule Book. This is just an indication of the natural position. Movement of the bar on the shoulders throughout the lift will not be cause for disqualification. Standing erect will mean that "slight deviation is allowed". It is appreciated that to stand completely upright with particularly heavy weights, is an almost impossibility. Lateral movement of the feet is no longer legal during the performance of the lift. Foot movement after the "rack" signal is not cause for failure.

REPORTS FROM THE COMMITTEES

Bench Press

All lifters must now press the bar to straight arms length elbows locked. No compensation will be allowed. Therefore, Medical Impairment Certificates will not be accepted. It will be up to the referees to decide whether or not a complete movement has been made. A newly formed Rules Group as voted by the General Assembly will be responsible for all future rule changes.

The press may be made with un-even extension and movement of the feet will not be cause for failure if they are kept flat and in contact with the platform.

In single lift Bench Press Championships groups of up to twenty lifters may be formed.

Deadlift

As in the squat, lateral movement of the feet is no longer legal. It was introduced originally (before non-slip carpet) when platforms could become slippery.

Having witnessed the recent Sub-Juniors at World championships returning the bar to the platform in the Sumo position and how dangerously close it was to their feet, any lateral movement would only compound the danger.



SUPPORTIVE GEAR

No doubt because of a glut on the market a freeze has been put on the acceptance of any new gear enabling it to receive the IPF Signature of Approval. It will remain in force up until at least 31.12.2014.

Suits

Any tightening which must be made on the original seams and form a pleat, must be made on the inside but not sewn down, apart from shoulder straps which maybe sewn down but also turned under. Not more than a 3 cm length can be left protruding. All making for a more aesthetic look.

Shirts

The same form of tightening as that of the suit applies to the shirt. Any other doctoring or manipulation from the manufacturer's design will not be accepted. Should the material not cover the deltoid area when the shirt is worn, then the lifter will not be allowed onto the platform. The off the shoulder fashion is illegal.



Shoes/Boots

A slight change in the wording to conform with the intention.

Tape on thumbs

To be worn around the thumbs not length wise and over.

Scales

Scales must be of an electronic digital type and register to the second place of decimals, and weigh to at least 180 kg's.

There is now specific reference to this in the Technical Rules. Registering to the second



place of decimals makes it less likely that lifters will weigh the same. To weigh up to 180 kg is conservative, but as is known, there have been lifters on the International Circuit well in excess of this bodyweight.

Clocks

Timing clocks visible to all (venue, platform, warm-up area) must be used which operate continuously up to a minimum of twenty minutes and display elapsed time. Additionally, a clock displaying time left in which to enter the next attempt should also be made visible to the coach and lifter.

These important pieces of apparatus have never been detailed within the rules, if, taken for granted.

Referees

Women Referees will now wear a scarf instead of a tie. It is considered to be more ladylike. This proposal was forwarded by the Technical Committee at the request of many ladies.

If a change of referees is necessary due to large groups, the change will be made between the disciplines so that all lifters have the same referees for that particular discipline. This is to ensure that there is no doubt in regard to fairness and to eliminate any uncertainty amongst athletes or coaches.

Part of the requirement for becoming a Category One Referee is that he/she is able to

converse in English to a standard that will allow complete comprehension in disputes, if asked to partake in Jury Duty. The examiners will decide upon the proficiency in this respect.

Current Category One Referees who have difficulty with the English Language, must endeavour to improve on it if they wish to be selected for Jury Duty.

JURY

A five man jury can now be installed at the World Games or Men's and Women's Open Championships in Powerlifting.

A jury can only overturn referee's decisions by a unanimous jury vote. Only 2 – 1 referee's decisions can be considered by the jury.

World and International Records

World Records may only be made at the above named Championships.

It was considered that this was more credible and less likely that "fictitious" claims would be made at "lesser" events.



John Stephenson
Chairman
IPF Technical Committee

Women's & Men's Masters World Powerlifting Championships 2010

27. Sept - 02. Oct 2010, Plzen, Czech Republic

Powerlifting is one of the rare sports that truly allows for continual competitive accomplishments across the individual's lifespan. Lifters beyond their 60's are not a rarity in this sport, and attendance figures demonstrate that the Masters competitions are more popular than ever.

In 2010, 250 athletes, the best from over 34 nations came together at the 19th Women's and 28th Men's Masters World Powerlifting Championships. The venue was the wonderful city of Pilsen in the Czech Republic, a historic city founded in 1290 by King Wenceslaus II of Bohemia.

WOMEN

In the women's divisions there were a total of 55 lifters, 31 in the Master 1 Class, 19 in the Master 2 Class and 5 women lifting in the Masters 3 Class. Only 4 lifters bombed out of the competition. Eighteen nations were represented.

MASTERS 1:

The Overall Masters 1 Best Lifter was won by the recent inductee Hall of Famer Antionetta Orsini from Italy with a Wilks Score of 589.81! Antionetta took a clean sweep of the Gold medals in the 67.5kg class, with a squat of 220kg, a bench press of 145kg and a deadlift of 207.5kg. With a total of 572.5kg she deserved the title of World Champion. Wonderful lifting Antionetta!

In the 48kg class Manuela Stucchi from Italy also took first place in all three disciplines. She squatted 135kg, bench pressed 67.5kg and deadlifted 155kg. She also came 3rd in the Overall Masters 1 Best Lifters awards with a Wilks of 476.76!

The 52kg class was won by the Hungarian lifter, Magdolna Petroczki. Her Total of 387.5kg included a squat of 145kg for which she won Gold, a bench press of 82.5kg for Silver and 160kg in the deadlift for the Gold. She also came 2nd in the Overall Masters 1 Best Lifters with a Wilks score of 497.78. Also of note in this division, Hiroko Arai from Japan took the Gold in the bench press breaking the World Record with 110.5kg!

In the 56kg class Eva Buxbom from Denmark squatted 145kg for the Gold, her bench press of 75kg gave her the Silver and deadlifted 162.5kg for the Gold. Her Total of 382.5kg gave her the Overall Gold in her division.

The 60kg class was dominated by Australian lifter, Jeannette Gevers. She took all the Gold home with a squat of 152.5kg, bench press of 90kg and a deadlift of 157.5kg. With this result, Jeannette took an amazing 5th World Title in a row!

In the 75kg class Rhonda Clark from USA got a Bronze in the squat with 165kg, she got 4th place in the bench press with 87.5kg and took the Gold in the Deadlift with 200kg! Her Total

of 452.5kg gave her the Overall Gold in this division.

The 82.5kg class was won by Russian lifter, Olga Berseneva. She squatted 185kg for Gold, she bench pressed 120kg for the Silver medal and deadlifted 185kg for the Gold. She received Overall Gold with a Total of 490kg.

The 90kg class was won by Laura Styrhund from USA. She also got all Gold with a squat of 165kg, a bench press of 117.5kg and a deadlift of 175kg. Her Total of 457.5kg gave her the title of World Champion.

The 90+kg was also won by an American lifter, Malinda Baum. She squatted 150kg for Gold, bench pressed 110kg for the Gold and deadlifted 160kg for the Gold! Her Total of 420kg also gave her the Overall first place.

So in the Masters 1 Team Points USA won with 62 points, Germany came 2nd with 37 points and Italy came 3rd with 24 points. Japan came 4th also with 24 points, but lost the 3rd place to Italy because of the position of the lifters.

MASTERS 1 WOMEN:

-48 kg

1. Stucchi Manuela ITA 357.5 kg

-52 kg

1. Petroczki Magdolna HUN 387.5 kg

-56 kg

1. Buxbom Eva DEN 382.5 kg

-60 kg

1. Gevers Jeanette AUS 400.0 kg

-67.5 kg

1. Orsini Antonietta ITA 572.5 kg

-75 kg

1. Clark Ronda USA 452.5 kg

-82.5 kg

1. Berseneva Olga RUS 490.0 kg

-90 kg

1. Styrhund Laura USA 457.5 kg

+90 kg

1. Baum Malinda USA 420.0 kg

MASTERS 2 AND 3:

The Overall Best Masters 2 Lifter with a Wilks score of 494.56 was Laura Locatelli from Italy. In the squat she not only received the Gold, but also broke the World Record with 170kg! She got Gold in the bench press with 80kg, and she deadlifted 185kg also for the Gold. Her Total of 435kg gave her the Overall Gold in her division.





Jennifer Hunter from Great Britain Totalled 372.5kg for the Overall Silver medal and also 3rd place in the Overall Best Lifter with a Wilks score of 466.58.

MASTERS 2 & 3 WOMEN:			
-48 kg			
1. Viitasaari Vuokko	FIN		347.5 kg
-52 kg			
1. Koykka Anita	PHI		390.0 kg
-56 kg			
1. Herrmann Klothilde	GER		372.5 kg
-60 kg			
1. Locatelli Laura	ITA		435.0 kg
-67.5 kg			
1. Marts Donna	USA		437.5 kg
-75 kg			
1. Puchkova Tatiana	RUS		425.0 kg
-82.5 kg			
1. Hackney Regina	USA		250.0 kg
-90 kg			
1. Hollands Susan	GBR		432.5 kg
+90 kg			
1. Hallen Susan	USA		415.0 kg

The 48kg class was won by Finnish lifter, Vuokko Viitasaari. She squatted 130kg for the Gold medal, bench pressed 75kg for the Gold medal and deadlifted 142.5kg also for the Gold medal. Her Total of 347.5kg gave her the Overall Gold.

Anita Koykka from the Philippines in the 52kg class squatted Gold with 152.5kg, bench pressed Gold with 82.5kg and took the Silver in the deadlift with 155kg. She won the Overall Gold with a Total of 390kg. She also came 2nd in the Overall Best Lifter with a Wilks score of 491.43.

In the 56kg class Klothilde Herrmann from Germany took all the Gold with a squat of 142.5kg, a bench press of 80kg and a deadlift of 150kg. She received the Overall Gold for her Total of 372.5kg.

In the 67.5kg class Donna Marts from USA won the Overall Gold with a Total of 437.5kg. She squatted 165kg, bench pressed 102.5kg and deadlifted 170kg, taking all the Golds! Fellow team mate Cathy Marksteiner came 2nd with a Total of 375kg. Tatyana Fomina from Russia got Silver in the squat, she squatted a World Record for Master 3 with 155.5kg!



The 75kg class was won by Russian lifter, Tatiana Puchkova. Her Total of 425kg included a squat of 165kg, a bench press of 100kg and a deadlift of 160kg. She received Gold for all her lifts!

The 82.5kg class was won by American lifter Regina Hackney. By taking all the Gold with a squat of 60kg, a bench press of 67.5kg and a deadlift of 122.5kg she collected a Total of 250kg. She was also the oldest female competitor there at the age of 71! In the Master 3 division she received an Overall 5th place.

and Tatyana Fomina of Russia took Best Overall Lifter with a Wilks of 389.16.

The Team Points in the combined Masters 2 and 3 Divisions saw USA showing their dominance by taking first place with 63 points, they were followed by Finland with 29 points, and 3rd place went to Great Britain with 21 points. The 4th place went to Germany, they also collected 21 points. Well done to all the ladies of Masters lifting!

MEN



In the 90kg class Susan Hollands from Germany won the Gold with a Total of 432.5kg. Her Total included a squat of 175kg, bench press of 90kg and a deadlift of 167.5kg.

Susan Hallen from USA won the 90+kg class with a Total of 415kg that included a squat of 150kg, a bench press of 120kg and a deadlift of 145kg. Fellow team mate Janet Koenig came in 2nd place with a total of 317.5kg.

In the Masters 3 division, Gail Moore of the USA finished in overall 3rd place with a Wilks score of 369.71, Eila Kumpuniemi of Finland finished in 2nd place with a Wilks of 371.95,

In the men's divisions there were a total of 202 lifters, 83 in the Master 1 class, 64 in the Master 2 class and 55 in the Master 3 and 4 class. There were 17 lifters that bombed out of the competition. Thirty-four nations were represented.

MASTERS 1:

The Wilks point placings saw Kader Baali from France take Overall Best Lifter. Competing in the 75kg class, he squatted 282.5kg for the Silver medal; bench pressed 185kg also for the Silver medal, and won Gold with an amazing pull of

MASTERS 1 MEN:

-56 kg

1. Kupperstein Eric USA 573.5 kg

-60 kg

1. Rilke Henrik GER 550.0 kg

-67.5 kg

1. Noppers Lewis CAN 680.0 kg

-75 kg

1. Baali Kader FRA 750.0 kg

-82.5 kg

1. Becker Jeff CAN 765.0 kg

-90 kg

1. Schnurr Mario GER 807.5 kg

-100 kg

1. Buttigieg Frederic FRA 847.5 kg

-110 kg

1. Nicholls Tom CAN 900.0 kg

-125 kg

1. Dzyuba Roman UKR 920.0 kg

+125 kg

1. Eriksson Robert SWE 900.0 kg

282.5kgs in the deadlift. His winning Total of 750kg securing the World Championship title for him. Well done Kader!

In the 56kg class USA's Eric Kupperstein not only walked away with all Gold, but also a World Record in the deadlift with 248.5kg! He squatted 202.5kg and bench pressed 122.5kg. His Total was 573.5kg.

In the 60kg class Henrik Rilke from Germany won Gold in the squat and deadlift, he squatted 205kg and deadlifted 217.5kg. He won the Silver in the bench press with 127.5kg. His total of 550kg gave him the Overall Gold in his division.

Canadian lifter, Lewis Noppers won the 67.5kg class with a Total of 680kg. He achieved a Bronze in the squat with 247.5kg and a Bronze in the deadlift with 272.5kg. He won Gold in the bench press with 160kg!

The 82.5kg class was won by Jeff Becker from Canada. Jeff won Silver in the squat with 295kg, Silver again in the bench press with 187.5kg, and again Silver in the deadlift with 282.5kg. Giving him a winning overall total of 765kgs.

Mario Schnurr from Germany won the 90kg class with a total of 807.5kg. It included Gold in the squat with 312.5kg, Silver in the deadlift with 300kg and Bronze in the bench press with

195kg. The 90kg class was also the biggest group of the competition with 15 lifters.

The 100kg class was won by the French lifter, Frederic Buttigieg. His winning total of 847.5kgs included a 320kg squat, which gave him the Silver, a gold-winning bench press of 237.5kg and a gold-winning deadlift of 290kg.

In the 110kg class the Canadian national anthem was played once again, this time for Tom Nicholls. In both the bench press and deadlift he received the Silver medal, with a press of 245kg and a deadlift of 320kg. In the squat he achieved Gold with 335kg to collect a Total of 900kg! For this he achieved 2nd place in the Overall Best lifters award.

The biggest squat of the competition came from Ukrainian lifter Roman Dzyuba with an outstanding 380kg! He also deadlifted 320kg for the Gold and bench pressed 220kg. He collected a total of 920kg, giving him 3rd place in the Overall Best lifters award.

The 125+kg class was won by Robert Eriksson from Sweden. He achieved Silver in the squat with 345kg and the Gold medal in the deadlift with 310kg. He bench pressed 245kg. He collected a winning total of 900kg.

MASTERS 2 MEN:

-56 kg

1. Taguibao Antonio PHI 450.0 kg

-60 kg

1. Yoshida Masami JPN 520.0 kg

-67.5 kg

1. Takahashi Masayuki JPN 633.0 kg

-75 kg

1. Haynes Clifford GBR 640.0 kg

-82.5 kg

1. Kraus Veleriy GER 680.0 kg

-90 kg

1. Valentinsen Sigve NOR 772.5 kg

-100 kg

1. Mitchell John GBR 760.0 kg

-110 kg

1. Hogberg Thomas SWE 785.0 kg

-125 kg

1. Collart Jean-Luc BEL 832.5 kg

+125 kg

1. Green Steven USA 817.5 kg



In the Team Points Germany came 1st with 58 points. France came 2nd with 44 points with USA coming 3rd with 43 points. Twenty-five nations contested the Men's Masters 1 Divisions.

MASTERS 2:

Leading the Masters 2 was Sigve Valentinsen from Norway in the 90kg class. Sigve won easily with a total of 772.5kg, 140kg more than his next opponent! His total included a squat of 300kg, a bench press of 212.5kg and a deadlift of 260kg, racking in all the Gold medals in his division! He also won the Overall Best Lifters award in the Masters 2 Division with a Wilks score of 505.18!

Antonio Taguibao from the Philippines won the 56kg class with a total of 450kg. In the squat and deadlift he received the Gold, lifting 180kg for both lifts, in the bench press he also took Gold with 90kg.

In the 60kg class Masami Yoshida from Japan won the World Champion title, taking Gold in the bench press with 140kg and Silver in the deadlift with 205kg. He squatted 175kg, giving him a total of 520kg.

In the 67.5kg class there was another Japanese lifter on top of the podium, this time it was Masayuki Takahashi. He deadlifted 210kg and grabbed the Gold in the squat with 240kg. In the bench press he not only won the Gold, but also lifted a new World Record with 183kg! His total of 633kg gave him the Overall Gold in his division and with a Wilks score of 489.64 he took 2nd place in the Overall Best Lifters award!

Clifford Haynes from Great Britain came back this year to win the 75kg class yet again! He deadlifted 225kg, got Bronze in the squat with 230kg and lifted a World Record bench press with 185kg! His total of 640kg made him the World Champion once again, congratulations to you Clifford! Eleven lifters competed in this Class.

In the 82.5kg class German lifter Valerij Kraus totalled 680kg to secure his World Championship win. His total included a 130kg bench press and Gold medals in both the squat and deadlift, lifting 275kg in each.

John Mitchell from Great Britain won the 100kg class with a total of 760kg. It included a Gold winning squat of 300kg and Silver in the deadlift with 280kg. He bench pressed 180kg. There were 10 lifters competing in this class.

The 110kg class was won by Swedish lifter Thomas Hogberg. His total of 785kg included Gold in the deadlift with 290kg and Bronze in the squat, 305kgs and bench press, 190kgs.

In the 125kg class Jean-Luc Collart from Belgium won with a total of 832.5kg. He squatted 320kg for the Gold medal, deadlifted 300kg for the Silver medal and bench pressed 212.5kg to win the Overall Gold in his class. Jean-Luc also achieved 3rd place in the Overall Best lifters award, congratulations!

In the 125+kg class fellow team mates Steven Green and Dan Gaudreau from the USA competed against each other. Dan took the Gold in the squat with 355kg. Unfortunately Dan bombed out of the bench press thus opening the door for Steven to win the Championship Title. Steven went on to bench press 242.5kg and deadlift 260kg; he received Gold in both these lifts, achieving a winning total of 817.5kg

In the Team Points in the Masters 2 Division: Germany won with 51 points, Great Britain came 2nd with 48 points while USA achieved the 3rd place with 44 points. There were 20 nations competing against each other in the Master 2 division.

MASTER 3 AND 4:

Milan Gombar from Slovakia, competing in the 60kg class, took out Best Overall Lifter in this division with a Wilks score of 450.18! He won the Gold in the bench press with 115kg and Gold again in the deadlift with 205kg. He won the silver in the squat with 190kg. . Also in the 60kg class Hidetoshi Marumoto from Japan not only won the Gold in the squat, but set a new World Record with 200kg!

The 56kg class was won by Italian lifter Franco Giumarra. He lifted all Gold for his winning total of 480kg. It included a bench press

MASTERS 3 & 4 MEN:

-56 kg			
1. Giumarra Franco	ITA		480.0 kg
-60 kg			
1. Gombar Milan	SVK		510.0 kg
-67.5 kg			
1. Jacobs Jeffrey	USA		532.5 kg
-75 kg			
1. Sato Toshihiko	JPN		600.0 kg
-82.5 kg			
1. Lincoln William	GBR		632.5 kg
-90 kg			
1. Sochanski Stefan	POL		655.0 kg
-100 kg			
1. Sasaki Kenji	JPN		660.0 kg
-110 kg			
1. Lovasz Gyorgy	HUN		642.5 kg
-125 kg			
1. Grobar Kvetoslav	CZE		670.0 kg
+125 kg			
1. Gavrilkevich Stanislav	UKR		660.0 kg

of 80kg, a deadlift of 200kg and also a new World Record in the squat with 200kg! Franco also achieved 2nd place in the Overall Best Lifters award! Congratulations Franco!

The 67.5kg class was easily won by American lifter Jeffery Jacobs. He lifted all Gold with a total of 532.5kg. His total included a squat of 192.5kg, a bench press of 117.5kg and a deadlift of 222. kg.

In the 75 kg class Toshihiko Sato from Japan achieved Gold in the squat with 235kg, Gold in the bench press with 135kg and lifted Silver in the deadlift with 230kg. He won the class with a total of 600kg.

In the 82.5kg class William Lincoln from Great Britain won Silvers in the squat with 245kg and the deadlift with 230kg. He won the Gold in the bench press with 157.5kg. He totalled 632.5kg to secure his World Championship win.

The 90kg class was won by Stefan Sochanski from Poland. He squatted 257.5kg for the Gold, deadlifted 260kg for Silver and bench pressed 137.5kg for the Bronze. He totalled 655kg for the win. Janos Fabri from Hungary, who only just scrapped into the 90kg weight class came 2nd overall. He squatted 230kgs for the Silver and

took Gold in the deadlift with a massive 282.5kg, which was a new European Record! His Wilks score of 432.4 gave him 3rd in the Overall Best Lifter award!

The 100kg class was won by Japanese lifter Kenji Sasaki with a total of 660kg. His total included a squat of 240kg and a bench press of 175kg; he received Gold for both these lifts. He won Silver in the deadlift with 245kg.

The 110kg class was easily won by Gyorgy Lovasz from Hungary. He won the Bronze in the deadlift with 240kg while he won Gold in both the squat and the bench press. He squatted 220kg and bench pressed 182.5kg.

In the 125kg class the local lifter from the Czech Republic won the Overall Gold. His total of 670kg included a squat of 237.5kg, a bench press of 170kg and a deadlift of 262.5kg. He took the Gold medals in all three of the lifts.

The 125+kg class was won by Ukrainian lifter Stanislav Gavrilkevich. Taking all the Gold medals, he squatted 250kg, bench pressed 190kg and deadlifted 220kg. His total of 660kg secured him the World Championship in his class.

In the Masters 4 there were 9 lifters including the oldest lifter of the competition, 78 year old Raymond Curtis from USA! Truly inspirational for all athletes, Raymond demonstrates that age is no barrier to competitive powerlifting, Raymond achieved 8th place with a Wilks score of 247.5.

The Overall 3rd place in the Masters 4 Division went to Marcel Nivault from France with a Wilks score of 338.22. Second place went to John Walker from Great Britain with a Wilks score of 347.75, and first place was won by Japanese lifter Toshihiko Sato with a Wilks score of 430.7!



In the Team Points for the Masters 3 and 4 Divisions, USA again won 1st place with 56 points. Japan came 2nd with 48 points and Germany came 3rd with 35 points. Nineteen nations competed in these divisions.

The 2010 World Masters Powerlifting Championship saw the largest number of athletes competing at any IPF Championship. This highlights the long-term, high-level of engagement that lifters around the world can and do enjoy, in this sport of Powerlifting. "Lifting for Life" it seems, is a worthy and very achievable goal for many powerlifters. By lifting clean, and lifting well, athletes can enjoy sporting longevity and all the ongoing personal and national benefits of competing in the IPF Championships.

The 2011 World Masters Championships will be held in September in St. Catherine's, Canada. With the new-look weight classes it promises to give rise to some interesting new match-ups and competitive lifting to inspire us all!



IPF SPONSOR ALLIANCE FORMED

Growing support for powerlifting not only expresses itself in increasing numbers of lifters worldwide, but in more and more respected corporate partners joining in partnership with the International Powerlifting Federation.

However, in August 2010 an even further development of sponsorship took place when three of the biggest IPF supporters decided to establish an alliance of their own. The purpose: to create a unified voice in the representation of powerlifting Manufacturers and thus help promote partnership with the IPF.

Deeds followed words as the newly formed International Manufacturers' Union of Powerlifting (IMU Powerlifting) committed to a Bronze Sponsorship package to the IPF in the very first day of their existence.

In 2011 all World Championships will display the IMU seal as a token of support and sponsorship provided for the IPF, and representatives of the members of the IMU may be present awards at the championships.

The IPF wishes to gratefully thank the founding members of the IMU, listed here in alphabetical order:

- **ER Equipment of Denmark**
- **Leoko Weight Equipment of Finland**
- **Titan Support Systems Inc. of the USA**



**OFFICIAL RECOMMENDED SPORTS
NUTRITION PARTNER**

IPF NUTRITION SPONSOR

As has been announced previously, the year 2011 marks the beginning of a cooperation between the IPF and various sponsors to more widely promote the sport of powerlifting.

It is our pleasure to give a brief introduction to the IPF's newest official sponsor PowerBar Europe Ltd from Germany.

PowerBar is the first in their own class of sponsors of the IPF in that they are not directly related to powerlifting. You might know that several sponsors of the IPF sell products that are directly connected to Powerlifting (such as knee wraps, weight racks, or various equipment). PowerBar however is independent of Powerlifting. The executives of PowerBar have expressed their wish to enter the powerlifting scene and for this reason they are even giving large discounts to Powerlifters and the IPF.

A unique feature of PowerBar is that they have been in business for over 20 years and fine-tuned their products testing elite athletes of different sports. They have also specialized in strength and power improving products as well as mass-building ones (for those athletes who need it).

Surely when you check out their homepage at www.powerbarstore.eu you will see why PowerBar has grown into a large international company present in 35 different countries.

So there you have it, the newest corporate supporter of the IPF: PowerBar from Germany.

THE DEFINITION OF DEFINITION. 9 WEEKS.



PowerBar

POWER TO PUSH

THE INNOVATIVE 9-WEEKS SUCCESS CONCEPT FOR EFFECTIVE MUSCLE BUILDING AND DEFINITION!

Enough of the slogans it's time for visible results. Scientifically tested and proven. A balanced concept consisting of **effective training, individual nutrition plans and high quality sports nutrition.**

TNS CONCEPT: TRAINING + NUTRITION + SPORTS NUTRITION

FREE training and nutrition plans as well as attractive product packages under WWW.9WEEKS.EU





OPEN WORLD CHAMPIONSHIPS
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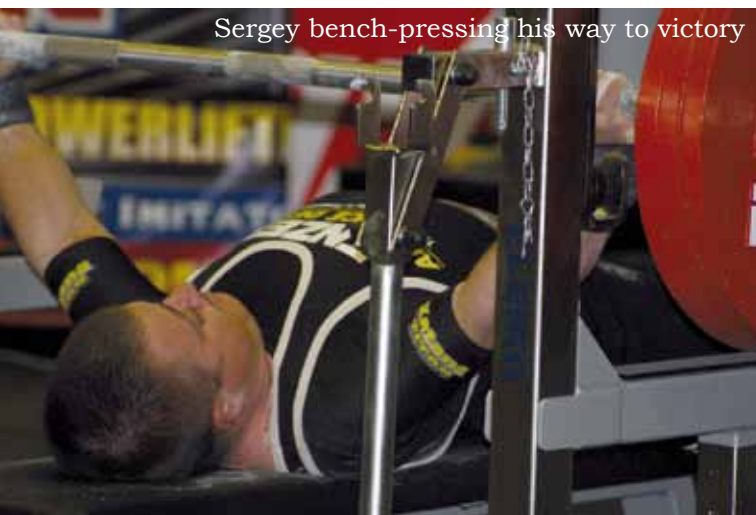
Undeniably, the peak event of the international powerlifting community is the IPF Open World Powerlifting Championships. And rightfully so. Gathered here in one place are the best athletes from around the globe to demonstrate their powerlifting prowess on an equal footing. No matter if you are 14 or 69 years of age or anything in between, whether you are from the USA, Norway or Iraq. This is the place where „Yea shall be judged” by one thing and one thing only: „How much weight you can lift”

Over 200 competitors, the best from more than thirty nations entered into the heat of struggle in November, 2010. The setting was the wonderful university town, Potchefstroom in South Africa.

In keeping with African traditions, a superb native dancing group set the tone for the Opening Ceremony. Following the introductory speech of Mr. Alan Ferguson, President of the African Powerlifting Federation, IPF President Detlev Albrings officially commenced the 2010 IPF Open World Championships.

Day One of The Championship kicked off with the **male lifters up to 56 kg weight class**. In this lightest men’s category the strength of the lifters belied their bodyweight. So much so that Sergey Fedosienko of Russia not only became a World Champion for the fifth time but also Best Male Lifter of the Championship with 668.14 on the Wilks formula scale. He took first place in the Squat with 280kgs, first in the Bench-press with 180kgs and first as well in the Deadlift with 260kgs. A jackpot for Sergey!

In the **men’s up to 60kgs category** Chinese Taipei lifter, Tsung-Ting Hsieh had a fantastic



Sergey bench-pressing his way to victory

“Some people may think about me as if I was a star, but I don’t. I’m just doing my thing. For me the greatest win if I achieve the total I have planned. I’m trying from competition to competition to correct all my mistakes. Currently I’m my own coach . I’m also coaching others and my trainees help me a lot.

At the moment I have about 50 trainee athletes, among them 15-20 athletes of a high level. It is very practical for me to be a coach and to train. I’m an exacting coach both for my trainees and for myself, there is no time to loaf around. Some of my trainees also competed at this Championship. They have the same training plan as I do. I have tried many plans, but four times per week for 2.5 - 3 hours I consider the best one. We have a standard plan – and we stick to the program. Monday – Squat and Bench Press, Wednesday – Bench Press and Deadlift, Friday – Squat and Bench Press, Saturday – Bench Press and Deadlift. It comes out four times per week Bench Press, twice per week Squat and Deadlift. We differentiate between preparatory period and competition period training . In the preparatory period we hardly use any equipment, except knee bandages. Before the competitive period we start to work with equipment. We use bench shirt once per one or two weeks, deadlift suit once per week. I do deadlifts without equipment and my trainees put on equipment just before the competitions.”

Sergey Fedosienko

day out! He took first place in the Squat with 260kgs, first again in the Bench-press with 190kgs and yet another first in the Deadlift with 272.5kgs! Setting himself a terrific total of 722.5 and new World Champion!

First up for the **women, the up to 48kg category**. Yukako Fukushima of Japan was outstanding with a first place in the Squat of 180kgs, and a new World Record in the Bench-press with 122.5kgs! She went on to take overall first place with a total of 462.5kgs. Taking first place in the Deadlift was Chia-Yu Lee of Chinese Taipei with a lift of 170kgs, she finished in third place overall with a total of 412.5kgs.

Three-time World Champion Fukushima Yukako:

“I first heard about powerlifting, when I was 20 years old. The most memorable victory in my life was the winning the world powerlifting championship in Norway in 2006. As a powerlifter I like all three exercises, not only bench-press (Yukako is 8-times world champion in bench press). I skipped bench press championship for the last two years in order to have my mind on the world games in 2009. Equipment is important in exerting more force under the IPF rules. I think it's necessary to study the movements in gear and I spend about six weeks preparing. I believe that everyday training makes better records. The most important competition in my life was the world junior powerlifting championship held in Sydney in 1992, which was my first international championship. It made me realize the strength of other powerlifters as well as my weaknesses, and that's when I seriously started to think that I wanted to be a better competitor.

I try to train with right form in every repetition. My basic training program includes 2sets of 8reps with an increase of 5kg (2.5kg for bench-press) every week in a five-week cycle. I try not to work out excessively. I'm trying to have higher a success rate in practice so that I can feel confident about myself. The most important thing for me in my life is my family - my husband who is also a powerlifter and my coach in competitions.”

Fukushima Yukako

Even the immortal words of Julius Ceasar hardly do justice for our next winner. “Veni, vidi and a resounding vici” is still but a weak description of what Sri Hartati of Indonesia accomplished in the **women's weight category up to 52 kg**. By her stunning results, squat 205 kg, bench press 120 kg, deadlift 185 kg she took home the overall gold as well as the Best Female Lifter title at these World Championships based on her Wilks Formula scoring of 641.11. Wonderful lifting Sri! That ended the first day of the competition.

The second day brought one of the big surprises of the World Championship in the **men weight category up to 67.5 kg**. Polish Superstar Jaroslav Olech returned unexpectedly to this weight category after his dominance of the 75kg Category in previous years. He had trained for only 6 weeks before the competition. And right away he set a new World Record with a Squat of 342.5 kg!



Super-human strength - Jaroslav Olech

“This was a very hard win. I was injured 4 months ago and still not recovered. I had an iron pin inserted in my right arm that is why my normal trainings lasted only for 6 weeks. I could only squat while having the implant as I couldn't use my arm. When it was removed I was finally able to bench and deadlift. An additional complication in my preparing for the competition was the 7 kg that I had to cut from my bodyweight. I live in Poland together with my family and they support me a lot.”

The Bench-press Gold went to Nikolay Sokolov of Russia with 207.5kgs while Hassan El Beghitti of France took the Deadlift Gold with a lift of 315kgs. This weight category witnessed a real close battle of the top three lifters, the two aspiring Russians, Nikolay Sokolov and Sergey Gladkikh, breathing down the neck of the leading Olech. While the former two proved to be worthy rivals for Jaroslav, it was the Pole who finally emerged victorious

The stage was set again for the next **women's weight category up to 56 kg**. The winner Tatyana Primenchuk later said that this was a special win as it took a huge effort. To lose

weight Tatyana jogged for 10 km in every training session! She finished with a total of 512.5 kg (202.5+120+190), outperforming Inna Filimonova of Russia just by 7.5 kgs.

Tatyana said of her win:

“For me every win is special, but this second one proves that my first victory wasn’t just accidental. My rivals stimulate me to get better results. I can’t forget the moment before the third attempt of deadlift when the Chief coach of Ukraine team Bazaiev Sirazhutdin told me “Will we run on risk or not?” We took a risk and it all came out right.

I’m very grateful for my win to my coach Alexander Pushkar, my daughter, my mother and my friends. I love powerlifting for the crazy adrenalin burst. The keystones of my success are complex training, including good technique, the correct use of equipment and a regulated diet. As for me, in the first place are these factors: good recovery, comfortable day schedule and favorable psychological state. But for the sake of training I’m ready to give up everything.

Training was completely different from the previous ones. . The hardest innovation was jogging. For the beginning – 5 km, then 7 km and 10 km. But for me this method proved its value: I had no excess weight, muscles recovered very fast. Maybe, athletics left a trace in my system since childhood.

I would like to get Olympic gold, but I’m not sure I’ll compete at that time.”

The third day of competition started with **women up to 60 kg**. All anticipated a heated struggle for medals from three athletes – Russia’s Irina Poletaeva, Ukraine’s Tetyana Akhmamyetyeva and 2009 World Champion Sari Noviana from Indonesia. Tetyana took the squat gold with 220 kg. She even had an attempt at the world record, a close call but failed. This weight category was definitely not for the faint-hearted. The struggle was carried on until the



Tetyana, Irina and Sari took the podium

After her competition was over Tetyana described her feelings:

“Compared to previous World Championships I felt more comfortable, a greater confidence with the weights I took. In the previous competitions I was worrying and “burning out” before them, this time everything was different, I felt my strength. It was much easier for me, probably because of the great competitive experience.

For me the high point of the competition was my world record squat attempt, I was so close to beating that record. I felt the highest significance in the third attempt of squats, when I was so close to beat world record. Although this fact psyched me up; however I was nervous and didn’t beat a record. Before my third deadlift attempt I was already enormously relieved. I felt no pressure, I was just going to do all I could and leave the rest to fortune.

Training is very serious thing for me and I exert myself totally. Sport – takes the first place in my life and even private life has a secondary role. Powerlifting for me is a way of life. This is the first thought I have when I get up in the morning and the last one when I go to bed in the evening. My coach, Vadim Voronetsky brought me into sport. He taught me how to fight, to become firm of purpose and hard-working person. I came into the sport when I was 18 years old girl and I wasn’t a strong personality. He made of me the athlete as I’m now and, I think, I couldn’t train and compete without his assistance.”



Tatyana Primenchuk squatting 202,5 kg

The competition in **women’s 67.5 kg** gave us some drama and ups and downs. Two-time champion Larisa Soloviova after finishing with a 217.5 kg Squat, unexpectedly missed all three Bench-press attempts at 150 kg. However she went on to take the Gold in the Deadlift with 235 kg. This opened the door to four-time Junior World Champion, Yulia Medvedeva of Russia to take her first Open World title with a total of 605 kg (230+160+215).



Yulia Medvedeva – graduating from Junior to Open World Champion

“Before the competition I was really nervous, this was my first Open World Championship and I tried to calm down and concentrate. In sport my main rival is weight.

I have been involved in power lifting for nine years and I still don't know why I like it so much. The wins boosted me and there was always a wish to conquer the harder tasks. I always strive for higher goals. I'm from the Northern Urals region of Russia. My coach is Igor Kononov Vladimirovich. I think the coach should clearly understand the sportsman, his spiritual inner world, psychological mood and muscle potentialities. I couldn't train without coach, I got used to him a lot.

In squat I knew I was first and tried to do my best. All the more because deadlift is my weak point and I had to gain as much edge as possible in squat. Bench press is my favorite discipline. Earlier this year I became national champion of Russia and here I and my coach came with great expectations. Of course the difference between winning a Junior and Open Worlds is like a chasm but we managed it. My win reinforced my confidence.”

Following the ladies came one of the traditionally most populated weightclasses: **men up to 75 kg**. Breaking a longstanding dominance of Eastern European nations in the category was Jose Castillo of Ecuador. His outstanding performance gave him a total of 830 kg (330+207.5+292.5) thus capturing the gold. Russian lifter Pavel Ozerov couldn't catch Jose in the overall chase and had to settle for a gold in the Bench-press with 215 kg, while Lung-Hsin Huang of Chinese Taipei won gold in the Deadlift with 302.5kgs.

Closing the day's competitions was the **men up to 82.5 kg** category. To understand the significance of what took place that day we'd better go back to 1982 when legendary Mike Bridges of the USA set a seemingly unbreakable world record in the squat with 379.5 kg. This record stood the test of time, untouched, hardly even approached by lifters of later years. So lay the record comfortably sleeping until 2009 when then rising Russian powerlifting star Alexey Sorokin went just 5kg shy of it in his last attempt at the Worlds in India.

So the scene was set in 2010 for Alexey and this “Methuselah” of records to clash once again. It was a thrill for all who witnessed it how Alexey took 380 kg on his shoulders and performed a textbook form squat! Hats off to Alexey, trainee of Sergey Fedosienko.

But you are much mistaken if you think you can squat 380 kg these days and lean back waiting to win the overall gold. Alexey had such rivals in the weightclass as Andrii Nanjev or Volodymyr Rysev of the Ukraine both panting to snatch the overall gold from him. Adding to the action-packed events was the battle going on for the medals of the two remaining disciplines. And it was a battle in the benchpress where Robert Palmer of Great Britain finally merited the Bench-press Gold with a lift of 230kgs. And as if it was not enough for the day, we saw the 90kg world champion of 2008, Daniel Williams of Team USA, returning to the 82.5 kg category, and this comeback earned him the Deadlift Gold with 330 kg.

The fourth day of competition arrived and started with a vengeance when the **women up to 75 kg** took the platform. Two outstanding athletes Yelyzaveta Byruk of the Ukraine and Svetlana Tsvetkova of Russia were fighting for the top spot. The struggle lasted up to the very last attempt in Deadlift. Finally Yelyzaveta won gold. She confessed she had strove for this kind of win almost all of her life and that's saying something from somebody who started training at 4 years of age! The winning total was 627.5 kg

In the **women's 82.5kg weight category** the Russian lifter Svetlana Dedulya and young Elena Kozlova from Ukraine competed head to head. They both squatted 255 kg, and they finished with the same total of 640 kg. Elena had lighter bodyweight and thus took the title.

The **men's 90kg category** 2009 World Champion from the Ukraine, Mikhaylo Bulanyy dominated again. His rivals included Vladimir Sholskiy of Russia and Zelim Kuvambayev of Kazakhstan. In the Squat, Vladimir took first place with 365kgs, while Poland's Jan Wegiera won the Bench-press with 270 kg. The Deadlift gold went to Mikhaylo for his 342.5 kg attempt, and he finished the day with a total of 947.5 kg, winning his second World Title.

Mikhaylo Bulanyy had this to say:

“This year and a year ago in India I was under great pressure as I have very strong rivals from Ukraine. I wanted to win and in squat I did a personal best. In bench-press I was close to my PB (personal best) and in deadlift I achieved a PB again. That's how I could win overall. The highlight for me was my last squat of 380 kg. My coaches and partners revved me up very well and that is why I could do it.

From the very beginning when I starting powerlifting I had good squat results and technically I have a knack for it. I train four times and 2-3 training sessions for squat per week. First training squat without knee wraps (the best one – 260 kg), the second – with wraps (the best 270 kg for three times), the third – with wraps and suit without straps (330 kg) and fourth – with wraps and suit with straps. I stick to this scheme for all the period of preparing for competition. For squat I do not use any additional exercises, two years ago I did them, but now there is no need to use them.

Before the competitions I try not to think about the rivals and to gather everything I'm good at. By February I want to prepare for the Russian national Championships and have a good result. I have a serious rival Evgeny Vasyukov who did 917.5 kg total in a recent competition.

We have a friendly atmosphere within our team, especially with my coach Sergey Fedosienko. We have been good friends for seven years. He contributed a lot to my training and competitions, without his help I couldn't achieve the goals I set.”

An incredible amount of weight;
an incredible athlete – Alexey Sorokin





Yelzaveta and Svetlana – companions in powerlifting

“I would like to thank my husband for the win. He is my main support in both sport and life. He is my coach and thanks to him I can set goals for myself and make them a reality. I feel there is nothing in my life that I couldn't achieve. My principle is – time will tell – and trust in God.

Yelyzaveta Byruk

Yet the march of the Ukrainian team continued in the **men's up to 100 kg category**. That night the stage was set for the face-off of two of the greatest 100 kg lifters in recent years: Ivan v, the five-times World Champion from the Ukraine and Konstantin Lebedko of Russia. At the 2009 Worlds Konstantin had snatched the overall gold from Ivan, so powerlifting connoisseurs were thrilled in anticipation of seeing these two on the same platform again.

“When the struggle is head to head and yet you win in the end – it's just great!”

“If the sportsman has doubts after the competition this means he couldn't do all he planned and needs to work a lot to realize his potential. If the sportsman is satisfied with competition this means he succeeded. After the competitions I was calm and felt I performed my duty.

During the competitions, seeing the white lights after each attempt gave me great satisfaction. First of all I would like to thank God for my second win on World Championship, as I'm believer, and I would also like to say thanks to my my coach (Vadim Voronetsky), he supported me more than anyone else. His support is very important for me, and also my relatives who back me up. I feel their support even over the long distance separating us.

When I went to the Championship I had a goal – to do the best I possibly can. Well, I did it.”

Kozlova Elena

Finally in a competition not lacking in nerve-racking action Ivan struck back for last year's defeat. His bench press of 295 kg was a new World Record, and his total of 1047.5 kg secured him the overall gold! Konstantin came second this time with a total of 1022.5 kg.



Ivan Freydun struck back

Here is what Ivan told us after competing:

“After our arrival in in South Africa we didn't have time to rest as the competitions started the next day. I was also worried for Andrey Krymov and Mikhail Bulanny both having some problems and going sick. So I competed not fully rested.

The fight on stage was immense; Konstantin is a very strong rival especially in deadlift. During competitions I was worrying a lot. In spite of having competed for many years I still worry all the time even before regional Championships. Mostly I was worried about the refereeing. I believe that meets will be more exciting by implementing the new weight categories.

1.5 month before the competition I had a hip injury and I was worried that there was not enough time to recover. Regimen is very important for me before the competitions; on holidays I try not to drink even beer.

I train mostly without coach according to my old plans Of course it is very good when you have personal coach, who checks your technique all the time, but I don't have such an opportunity. I like my training scheme as I do a lot of exercises on bench press which I love the most. I do every day bench-press and parallel bars. Squat I have twice a week – light and heavy.”

Day five opened with the **women up to 90 kg category**. Charging head on against each other were Valeria Shcheglova of Russia and the experienced Ielja Strik from the Netherlands. Valeria broke-away in the squat with 265 kg putting some distance between herself and her rival. She further widened the gap by winning the bench-press with 180 kg on the bar. Hopes of catching up with Valeria were fading quickly, but Ielja went for a big pull of 242.5 kg in her second attempt to win on bodyweight, but that proved to be too heavy. As it turned out even this valiant effort wouldn't have sufficed for Valeria also pocketed the deadlift gold with a fantastic 235 kg, thus taking home the overall Gold.

And the medal-haul for Russia's women's team was not over yet. Next up were **women over 90kg** with Galina Karpova putting on some formidable numbers. Galina had been continuously training up to the last moment, and one doesn't need better proof of correct training methods than her results. Not only did she set a new world record of 322.5 kg in the squat but she smashed the total world record as well in the bargain raking in all the possible golds in the category. Yet she remarked that her total of 747.5 kg was the lesser foe to overcome. Her main victory was to win over herself! Runner-up in this group was Inna Orobets of the Ukraine, while overall bronze went to an ecstatic Kateriina Nokua of Finland. Very good lifting all round!

Completing the day was the **men's up to 110 kg**. Russia's Maxim Barkhatov left no doubt in anyone's mind that he is the king of this category. Ukrainian rivals Sergiy Pevnev and Valeriy Karpov while putting up a good fight, were mainly competing to decide who gets the overall silver. Maxim was head and shoulders above the fray and went on to set a new World Record of 1062.5 kg(415+275+372.5) in the total. Sergiy finished with a total of 1007.5 kg and won the Bench-press Gold with a lift of 275 kg.



Maxim Barkhatov deadlifting



Galina Karpova: "My dream is a 350 kg squat!"

"I attribute my results only to my hard training. I train five days per week. I squat twice per week – light and heavy. Max squat I go up to is – 330 kg. At the Russian Championship I squatted the same weight, but it got red-lighted for technicalities. When onstage I hardly feel the weight, but in training it is much different. As for assistance work I do leg- presses, but I try not to overload my legs, as I work with heavy weights at training. We never go below 60-70% of one rep max in training. I work only in equipment I'm going to compete. I need to get the "feel" of it and be confident with it in the competition. But even if gear gets canceled I will lose nothing.. I squatted without gear 250 kg in training, and I can do more. I decrease the weight in squat a week and a half before the competition, in bench-press a week before, and in deadlift two weeks before.

The most memorable competition in my life was my first World Championship in 2002 in Germany. My American rival Liz Willet weighed 145 kg while and I weighed 113 kg. Our fellow lifter, Taiwanese Chao Chen-Yeh weighed 113.5 kg, and was the new world record holder in squat. I got ready for the win and broke the record by squatting 285 kg.

There are two people behind my victories – me and my coach Zagrudny Alexander. We got acquainted in 1994, and since then we have been working together for already 17 years. I consider unpredictability is the main rival in all the competitions. This factor always brings nervousness and worries, many sportsmen cannot cope with emotions and fail. It happened to many an excellent lifter at this competition.

Don't know if I have enough strength, but I would love to squat 350 kg – this is my dream. I participated in World Games in 2004, and I won gold there. I would really love to fight for the gold at the next World Games in 2013!"



The last day of the competition arrived. Presenting a most impressive array of lifters, the **men's up to 125kg category** lined up to decide the fate of the medals. The list included last year's world champion Igor Gagin of Russia, total world record holder, Junior World Champion Viktor Testsov of the Ukraine, or deadlift greats such as USA's Weite Nicholas or Tomas Sarik of the Czech Republic. This round proved again that powerlifting is not just about brute strength. To win one must first be able to overcome their own emotions and fears. As could be expected Igor and Viktor dominated the first event closely followed by surprise bronze medalist in the squat – Mohamed Bouafia of Algeria accomplishing 400 kg. Being 20 kg ahead of the Ukrainian the younger Gagin brother registered a 290 kg bench-press while Viktor set a fantastic new world record of 330kg thus turning the table and gaining a 20kg edge in the subtotal over his rival.

However one must remember the old powerlifting saying: the competition doesn't start till the bar hits the floor. And the bar did hit the floor dramatically. Testsov of the Ukraine did not manage to put in a good deadlift thus bombing out from the overall competition, and Igor Gagin pounced on the opportunity taking home the overall gold medal. Weite Nicholas of the USA came in second going nine out of nine in a high-

tension competition, a feat unto itself. On top of that his excellent lifting won him the deadlift gold in a climatic contest with Tomas Sarik who finally received overall bronze.

Gagin, Gillingham, Grabowski, Svistunov, Spingl, Sandvik, Bowring, Jonsson, Dorner, Mardell – no, you are not reading about a miraculous soccer team. These are the top ten of the superheavies (over 125 kg) who made history. No competition ever within the living memory of powerlifting had ten lifters totaling 1000 kg or a bove in a single weight category. Looking at the nominations was a thrill in itself but seeing the action live gave a new meaning to the words: adrenalin overdose. For the athletes went shoulder to shoulder to the very last moments. There was no telling who would win, literally every attempt could turn the fate of the gold medal. Brad Gillingham of the USA, this years winner of the Arnold Classic, Oleg Gagin of Russia, Daniel Grabowski of Poland and Volodymyr Svistunov from the Ukraine, all fought for the first place. It started with some colossal numbers in the squat, 9 lifters going over 400 kgs. Grabowski of Poland and Russia's Gagin both squatted 445 kg and a smaller bodyweight tipped the scale in favor of the Pole. Bench-press belonged to Kenneth Sandvik of Finland with a lift of 317.5kgs while

Svistunov was catching up with the leading duo, Grabowski and Gagin managing only their openers. All was still open when it came to the last and according to many the most spectacular event of powerlifting - the Deadlift. And here the undisputed IPF superheavyweight deadlift great, Brad Gillingham reigned supreme. It had been a long time since we saw a 400 kg deadlift in an IPF competition and he gave one to the ecstatic and cheering crowd. Overall first place and World Champion title went Daniel Grabowski - for the first time in his life with total of 1072.5 kg (445+275+352.5). Overall second place was taken by Oleg Gagin with 1055 kg. With a jump of several places, finishing with overall Bronze came Brad on a total of 1052.5kgs. So now you know why they say: "the comp doesn't start until the bar hits the floor!"

"I had hard training before these competitions. Two years ago I became world champion amongst the juniors which was a great satisfaction. That is why I strove to win this time. I prepared for five months. I thought that Alexander Shepil was going to be my main rival. But this year he had too many meets and couldn't recover. I hope he will recover from his injuries and return on stage, it will be great pleasure to have him as my rival again.

Powerlifting is a team kind of sport. You need good team that helps you. I want to express my gratitude to my friends in Lublin, Poland, they always help me in trainings. And also to Andrey Rugkovsky who prepares all the schemes for me and has been working with me for six years.

I have trainings three times per week 3-5 hours each (I work with equipment). It depends also on how many weeks out you are from the competition. I start to use equipment 9-10 weeks before the competition. My best without gear in the squat is 330 kg.

My secret is good diet, hard trainings, and a lot of positive thoughts. You never know what tomorrow will bring, but you can motivate yourself to win. Powerlifting is a sport where anything can happen. In squat I have advantage over the rivals. But I knew that all would be decided in the deadlift. If you are a good deadlifter - you are potential winner. My previous wins happened because of the advantage in deadlift, my best is 370 kg. Now I have some grip issues.

The team of Poland is a very strong one, there are wonderful people I admire. The legend of world powerlifting Jaroslav Olech, or Jan Wegiera who participated in thirty international competitions. We support each other a lot!"

In the final analysis Russia took first place in the nations' ranking, followed by the Ukraine, the bronze taken by Finland in the Women's and by Poland in the Men's categories. Thus concluded the 40th Men and the 31st Women's World Championships in Potchefstroom, South Africa. At least as far as the competition was concerned. But irrespective of standings, all had a great time. The sport of powerlifting formed the common language, the connecting link between Chinese, Swedes, Nigerians and a host of other nations, and people made friends and were enjoying themselves immensely. Well that's what sport is supposed to do ultimately. And the camaraderie, the friendship was not limited to the platform area. The generous host, competition organizer Johan (Hannie) Smith and his team set up a great feast, à la South African in celebration of notable birthdays. Powerlifting friends also deserve a break after all, don't they?

But that's an entirely different story...



Strongest 2010 - Daniel Grabowski of Poland

WOMEN:

- 48 kg

1. Fukushima Yukako JPN 462.5 kg

- 52 kg

1. Hartati Sri INA 510.0 kg

- 56 kg

1. Prymenchuk Tetyana UKR 512.5 kg

- 60 kg

1. Poletaeva Irina RUS 560.0 kg

- 67.5 kg

1. Medvedeva Yulia RUS 605.0 kg

- 75 kg

1. Byruk Yelyzaveta UKR 627.5 kg

- 82.5 kg

1. Kozlova Olena UKR 640.0 kg

- 90 kg

1. Shcheglova Valeria RUS 680.0 kg

- 90+ kg

1. Karpova Galina RUS 747.5 kg

NATION POINTS - WOMEN:

1. Russia 66 points

2. Ukraine 61 points

3. Finland 42 points

BEST LIFTER - WOMEN:

1. Hartati Sri INA 641.11

2. Medvedeva Yulia RUS 626.50

3. Poletaeva Irina RUS 624.34





Happy end for all



The don't come bigger and stronger than this...

MEN:

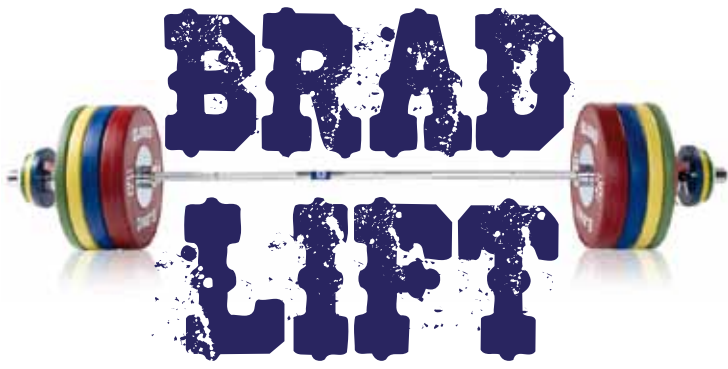
- 56 kg			
1. Fedosienko Sergey	RUS	720.0 kg	
- 60 kg			
1. Hsieh Tsung-Ting	TPE	722.5 kg	
- 67.5 kg			
1. Olech Jaroslaw	POL	825.0 kg	
- 75 kg			
1. Castillo Jose	ECU	830.0 kg	
- 82.5 kg			
1. Sorokin Alexey	RUS	910.0 kg	
- 90 kg			
1. Bulanyy Mikhaylo	UKR	947.5 kg	
- 100 kg			
1. Freyduin Ivan	UKR	1.047.5 kg	
- 110 kg			
1. Barkhatov Maxim	RUS	1.062.5 kg	
- 125 kg			
1. Gagin Igor	RUS	1.065.0 kg	
125+ kg			
1. Grabowski Daniel	POL	1.072.5 kg	

NATION POINTS - MEN:

1. Russia	66 points
2. Ukraine	58 points
3. Poland	52 points

BEST LIFTER - MEN:

1. Fedosienko Sergey	RUS	668.14
2. Freyduin Ivan	UKR	638.82
3. Olech Jaroslaw	POL	638.38



400kg. Can you run us through how your day went?

This was my 10th Open World Championship contest and my 28th IPF event including Masters, World Games, NAPF and Invitational events. I have competed in 75 powerlifting competitions, and I still get nervous! I think this is the fun part of competing. Maybe when I stop getting nervous it will be time to quit. I feel that the 2010 Superheavy(125+ kg) Class was arguably the toughest weight class in the history of the IPF with 13 1000kg totals being nominated. I knew that I had to be perfect in order to have a chance at the podium. I did not warm up very well in the squat and we lowered my attempts. After the squat I was feeling like I had a chance to medal if my benches went well.

I am recovering from a shoulder injury which I suffered at the 2009 World Games so I was very happy with my bench. I have a lot of confidence in my deadlift, and I knew I would have a shot at pulling for an overall medal. I am happy the way it turned out. I was able to attempt 400kg to get a spot on the podium. World Championship Medals do not come easy, and I was very happy with Gold in the deadlift and Bronze overall.

INTERVIEW WITH BRAD GILLINGHAM

Brad Gillingham is a well-known competitor in powerlifting for the past two decades. At 6'5" and 148kg he recently broke the Master 1 Deadlift World Record at the Open Worlds in South Africa with a staggering 400kg. Brad and his brothers own Jackal's Gym, located in Marshall, Minnesota. We welcome Brad to the IPF Magazine, we are all excited to get to know more about him.

1. How did you get involved in powerlifting?

My father is Gale Gillingham who played Professional American Football in the NFL for the Green Bay Packers. He played in the legendary Ice-Bowl Game and won two Super Bowl World Championships. He is in the Green Bay Packer Hall of Fame and is considered one of the greatest Offensive Lineman to ever play in the NFL. Our family has always taken a big interest in athletics. My father did most of his off-season weight training at home. My brothers and I began lifting at an early age. Both of my brothers Karl and Wade have been involved in Powerlifting and Strongman Events. Karl has competed in the World Strongestman contest 4 times and he still competes all over the world. We were all involved in other athletics growing up. I was a Basketball and Track and Field Athlete. I once highjumped 6'10" (208 cm). Eventually I got more involved in heavy strength training and my desire to get stronger continues to this day.

2. At the recent Open World Championships you finished the competition on a high note with a World Record deadlift of



THE QUEST FOR 400 kgs - COMPLETED!

3. You are known for doing strongman as well. Do you split your training between powerlifting and strongman?

I have not been involved in a Strongman competition for several years. I tore both of my biceps tendons in consecutive years, 2002 and 2003, at the Arnold Classic Strongman Event. I enjoyed competing in both of the Arnold Classic Strongman Events, but after I had both of my arms surgically repaired I decided I better stick with powerlifting.

4. What does your training schedule look like?

I am my own coach and I set up the training programs for all of the Powerlifters at the gym. We train 3 days a week. Monday we concentrate on the deadlift and assistance. Wednesday we concentrate on bench press and assistance. Friday is our heavy squat training day and light bench training day and assistance. We use a lot of Olympic lifting training techniques in our training with Romanian Deadlifts, front squats and cleans. We mainly train RAW and put on gear just before competitions.

5. Who is your hero in powerlifting that inspires you?

There are many people that inspire me from around the world. I am inspired both by lifters from the past and the present, in the USAPL and

IPF. Viktor Naleikin of the Ukraine comes to mind. Viktor competed at a very high level late into his 40's and is a great Champion and friend. I try to be a real historian of the sport and try and stay as knowledgeable as possible about all of the great lifters, both male and female, that have lifted in the USAPL and IPF. These lifters' accomplishments keep me humble and give me the desire to compete at a high level as long as I can.

I have learned a lot from the Masters lifters about the desire to stay strong and continue to compete at a high level at a much older age than I am. IPF Masters World Champion lifters like Shawn Cain, Bill Helmich, and Johnny Graham have inspired me to continue to stay strong and not use age as an excuse.

I may be inspired the most from my father and brothers. They have a never-ending desire to lift heavy things and stay strong. My father is aging now, but he still lifts as heavy as he can 3 days a week at the age of 66. I don't think my brothers and I will ever be as strong as he was in his prime. Although never a powerlifter, but a great strength athlete, my father is my hero.



“Train smart and stay drug free!”

6. What is your most memorable moment in your amazing career?

All of my experiences have been memorable. I have really enjoyed traveling and meeting friends all over the world.

It is tough to pick one moment. The 2010 IPF World Championships in Potchefstroom will always be a highlight. All of the IPF Invitational

Battle of the Giants events (1999, 2001, 2005) in Orebro, Sweden were fantastic. My first World Championship Gold Medal in Akita, Japan in 2000 along with the 3 times I have competed in the World Games (2001, 2005, 2009) may stand out the most.

7. You are a lifetime drug-free athlete. How has this helped you achieve all of your accomplishments and why do you think it's important to be a drug free athlete?

I have been able to compete in an IPF World Championship or the World Games over the past 14 years. I have seen a lot of lifters come and go during this time due to injury, or problems with doping control. I feel that the longevity of

my career is directly related to being a drug free athlete. I play by the rules.

8. When you are not training or having competitions, what do you do to unwind?

I live in rural Minnesota; out in farm country. I am far removed from the big cities of the USA. I work a full time job for the State of Minnesota as an Environmental Regulator. I listen to a lot of Country music and drive a 4 wheel drive pick-up truck. I like doing alot of hunting and fishing. We hunt for everything in this part of the country, upland birds, waterfowl, turkeys, deer, coyotes and fox. This is classic country style of living in the USA. I like to spend time with my wife Diane and family. We have 2 girls Emily (12) and Elizabeth (10) that keep us busy. I like to spend as much time as possible with family and friends.

9. Ok, having done the 400kg deadlift, what is next for Brad Gillingham?

I would like to compete as long as possible. I would like to accomplish my goal of exceeding 410kg in the deadlift.

10. Do you have any advice or motivation for our readers?

Take time to appreciate and acknowledge all of the hard working people, executives, officials, meet directors, spotters and loaders, and coaches, that make the great sport of powerlifting happen. Without these people we would not be able to compete in the great sport of IPF Powerlifting! Thank You!

Thank you very much Brad for giving us some of your time, we wish you a great future!



Czech and Czech Federation

hosting World Championships Open classes 2011

Form of government:
Parliamentary republic

Flag:



Red, white and blue.
The colours on the flag stand for: The Czech nation - red and white.
The Slovak nation - red, white and blue.

The original flag of the Czech nation was a white over red design. A blue triangle, was then added at the hoist as the Slovak part, to complete the flag.

Citizens:

Population (2009 est.): 10.5 million.

Capital:

Prague (pop. 1.21 million)

Language:

Czech

Religion:

Roman Catholic, Protestant.

Typical drink:

The most famous Czech drink is beer and it is also thought to be the world's best. The best-known brands are Plzensky Prazdroj (Pilsner Urquell) and Budejovicky Budvar (Budweiser).

Typical dish:

Czech cuisine is marked by a strong emphasis on meat dishes. Pork is quite common, and beef and chicken are also popular.

Typical souvenir:

glassware, handmade soap, beeswax candles, dried flower arrangements, natural cosmetics, wooden toys and other traditional Czech handicrafts.



History and evolution of powerlifting in the Czech lands:

1966 is considered to be the year when powerlifting in the Czech lands was born. At that time bodybuilding gained independence from weightlifting and powerlifting represented another direction again. The first unofficial powerlifting competition was held in 1969 as a part of a bodybuilding competition. The year after that the first independent powerlifting competition was organized.

The first administrative structures of powerlifting did not develop until 1973, when a powerlifting commission was established at the Czechoslovak bodybuilding federation. This commission worked out a system of championships, technical rules and standards, started to register records systematically and trained referees. Starting in 1979, the system of different levels of championships leading to the first official national championships of the Czechoslovak Socialist Republic was established across the country. At that time the member-base of the sport of powerlifting started to grow as did the performance of the lifters.

Czech powerlifting began on the international stage by participating in socialist countries competitions within the IPF/EPF. In 1984 the Czechoslovak Socialist Republic became a full member of the IPF and EPF. From that year onwards the Czech team has been present at most of the World and European Championships in powerlifting and bench press only formats.

Modern history of the Czech powerlifting

The turning point in the history of Czech powerlifting is without any doubt year 1992,



MIROSLAV VACEK & VLADIMIR MATI

when powerlifting was finally and fully separated from bodybuilding. As a consequence, the Czech Powerlifting Federation (CPF) was founded as an independent body to manage all the matters of the Czech powerlifting community. In close connection with this change the member-base and number of active powerlifters grew substantially.

Nowadays the Czech Powerlifting Federation has almost 5000 members including approximately 600 registered active powerlifters, 26 national level referees and 7 IPF international referees.

The CPF organizes national championships in powerlifting as well the bench press only format. There are basically three levels of competitions for every age category. Several cup competitions also make part of the calendar of powerlifting events with an emphasis on youth sport.

The picture of the CPF would not be complete without mentioning its organization of international powerlifting and bench press championships. The very first international event that was awarded to the CPF was the World Bench Press Championships in 1995. Since then, the CPF ranks among the most active and experienced organizers of international championships.

WORLD OPEN POWERLIFTING CHAMPIONSHIPS 2011

The 2011 powerlifting season will reach its peak in November in the city of Pilsen where the CPF will organize and host the World Open Powerlifting Championships. In 2010 Pilsen hosted the World Sub-Junior and Junior Powerlifting Championships and World Masters Powerlifting Championships. Both events were organized to a high level thanks to cooperation



with companies; RC Sport and Taurus. These companies have been invited to cooperate on all international championships sanctioned by the CPF in 2011 including the Open Worlds.

The rich experience of the CPF management (represented by Miroslav Vacek, CPF President) and the highly professional input of the above named companies (represented by Vladimír Mati, Meet Director) guarantee a successful organization of the top powerlifting event which will be the 30th anniversary championships held in the Czech Republic. You are all very welcome!



POWERLIFTING.CSTV.CZ

- The official web page of the CPF, information available in Czech only

PILSEN

Pilsen is with its population of 165 000, the fourth largest city in the Czech Republic. It is an important industrial, commercial, cultural and administrative center located in the western part of the country. The city was founded in 1295 and boasts many beautiful architectural landmarks of different styles. Pilsen is a seat of such industrial giants as the engineering complex Skoda and the Pilsen Brewery. Given the numerous woods and rivers that surround Pilsen, recreational possibilities for the visitors are plenty. We must not forget to mention that Pilsen is only about one hour's drive from Prague, the capital of the Czech Republic and has a good connection on Germany and other countries.

Source: <http://web.plzen.eu/en/home/>

PARK HOTEL PILSEN

The official hotel of the Open Worlds 2011 is a modern 4 star hotel situated in the pleasant neighbourhoods of the Borsky park. It is one of the largest Czech congress hotels outside Prague with 150 rooms of different types. The powerlifting competition will take place in the Big Hall inside the hotel complex. The hotel offers free parking, and wellness services are available at an extra charge. The hotel restaurant and lobby bar are also at your service.

Source: <http://www.parkhotel-czech.eu/>



**WORLD GAMES 2013 IN CALI, COLOMBIA
A PREVIEW**

The World Games is the most prestigious assembly of major non-olympic sports. Many consider that to be included in the World Games is a significant stride towards the goal of becoming an Olympic Sport.

With the International Powerlifting Federation being a respected member of the World Games family, the great sport of powerlifting has been duly represented in previous Games.

In early December 2010, IPF General Secretary, Emanuel Scheiber visited the venue of the 2013 World Games in Cali, Colombia. Here we quote a selection of his report to take a glance of what's in store for Powerlifting at the host city.

“I had meetings with Mr. Jose Luis Echeverry (Sport Director COC and member of the national Olympic Committee), Mr. Jorge Sato (responsible for all international federations), Mrs. Carmen Elisa Zuluaga (Venue director and responsible for our sport in the venue), Erlyn Antonio Mena Bonilla (Secretary General of the Colombia Powerlifting Federation). There was a very constructive and friendly atmosphere to the meeting.”



TRAVEL TO CALI

There are a variety of options for travel to Cali from all regions. From Europe, the best connection is via Madrid (Spain), because the national airline from Colombia (AVIANCA) and also the Spanish airline IBERIA have direct flights from Madrid to Cali.

All other flights are via the capital city of Colombia (Bogota) the problem there being that if you arrive in Bogota, you have to check out complete (also your luggage) and check in again for the connecting flight to Cali. Then you must go to a different airport. It is just few minutes by bus but in Bogota all the signs are in Spanish, almost nothing is translated in English. Flights via Bogota are from Frankfurt (Lufthansa) and Paris (Air France).

Another possibility is to fly via Miami or Panama. From North America the best connection is via Miami and New York, because there are direct flights to Cali.

The organizer of the games (COC=Colombia Organizing Committee) informed us that they were in negotiations with the national airline AVIANCA about the flight tickets to reduce costs for sportsmen and delegates if they fly with AVIANCA. More details about this will follow. The transport from the airport in Cali to the city centre takes up to 30 minutes, and presents no foreseeable problems.

HOTEL

The organizer is still in negotiations with hotels and they have at the moment no specific hotels to recommend. On the internet one can find some good hotels with good conditions. The COC has been informed that if they have negotiations with hotels they should keep in mind that the powerlifting delegation will stay at these hotels.

TRANSPORT - SECURITY

As per the above, transport from the airport to the city center is a short distance. . We will have more details about the transport between the hotel and the venue after our second meeting at the end of 2011, by which time we will also have any specific hotels named.

Security in the City in general and also to and from the airport and to and from the hotel or venue was discussed at the meeting. The COC assured us of the security of lifters and officials during the games. The city government will have extra security during the games. Personal experience during this short stay also confirms that security should not be an issue.

Going around the main centre in Cali one got the impression that Cali is a normal city like a lot of others around the world, no less safe than elsewhere.

VENUE

It's a big coliseum with room for about 2500 to 3000 spectators. Sumo Events will be hosted also at this venue. A floorplan of the venue with all its facilities and planned additional construction work has been provided. The upshot of all this at the moment is that all facilities necessary for our competition will be available there.

TIMETABLE AT THE GAMES

The scheduling for the Games was discussed. After some explanation to the effect that in Kaoshiung 2009 World Games the 2 days were very stressful and tight for us: Mr. Echeverry

told us that we can have a 3rd competition day at the venue as there will only be Sumo and Powerlifting events held there. Sumo events will be held at the beginning of the Games and they need 4 competition days. The COC agreed that for the preparation of the powerlifting event two IPF Officials can be there to observe all preparations.

EQUIPMENT

The COC agreed to use the equipment the IPF prefers – ELEIKO. The organizer will order all new equipment from Eleiko. They were informed that Eleiko is a partner of the IPF and we have good relations with this company.

TEST EVENT

We are in negotiations with the COC and the IWGA (International World Games Association) so that we can organize two test events prior to the Games. The first test event should be on a national level, in which referees, computer staff and spotters and loaders will be educated by the IPF. The second test event should be on international level, preferably the South American Powerlifting Championships 2012.

We believe that it's best to host test events in Cali itself. The COC told me that they will support such events, because they also see the importance of this.

It is my opinion that we need these test events to ensure that we will have a powerlifting event at the games up to the organizational and professional standards that we in the sport expect of a World Games.

Emanuel Scheiber
Secretary General IPF



WHO COULD BE A POWERLIFTER?

I recently had the wonderful experience of attending the 2010 World Powerlifting Championships in Potchefstroom, South Africa.

Officially my job was to act as an Assistant Coach to the lifters in the Australian Team. But as this was my first “Worlds” I was determined to soak it all in and watch every bit of lifting that I possibly could! When not attending to my athletes, I sat as part of the spectator crowd watching the lifting and chatting to other lifters and their coaches. I marvelled as the strongest powerlifters in the world today, took to the platform in front of us and performed their 9 lifts. From the lightest lifters through to the super heavy weights, males and females, all ages, from all nations. What an awesome spectacle! Competing in front of us were people from all races, and as I was to learn, all walks of life and occupations, each with their own history and personal story.

And it got me wondering, with all that I saw before me, the great variation in body types, personalities and backgrounds, how would I answer the question: Who could be a Powerlifter?

The first thing that strikes you when watching any powerlifting competition from a local gym level to a World Championship, is the undeniable fact that powerlifters come in every conceivable shape and size. Unlike many other sports that have a rather specific “ideal body type” [think of long-distance runners, sprint cyclists, gymnasts, hammer-throwers, or jockeys] powerlifting is undertaken by the muscular types and the slender types, the bulky, the wirey, the stocky, the lean, the huge and the petite. Hourglass, V-frames, Apples and Pears - all body shapes enjoy and are potentially capable of being an accomplished powerlifter. It turns out that there is no “best” body type or shape, everyone of them is represented up there on the Championship platform. Now powerlifting being a sport of three

distinct lifts [the Squat, the Bench-press and the Deadlift] clearly tests strength and power in different parts of the individual’s body. Thus it is imaginable that a particular bodily characteristic might be advantageous in the execution of a particular lift. For example having relatively short arms [particularly if combined with a relatively deep chest] is generally considered mechanically advantageous in the execution of the bench-press. However the powerlifter is charged with the job of executing all three lifts and thus a mechanical advantage in one body part will do nothing for the other lifts, and at worst be a distinct disadvantage [for example, possessing relatively long arms would be an advantage in deadlifting!] The point here is this: not only is there no ideal body type or size for powerlifting but there is also insignificant overall advantage in any particular physical characteristics. It would appear that Powerlifting is potentially a sport for EVERY BODY.

Next lets look at temperament, personality or mental attitude, what ever you like to call it. Yes, you can see it right up there on the platform! As you might expect there are the extroverts,

Youngsters competition





I wonder if we have enough holes in that belt...

mental aptitude that determines who could be a powerlifter. It is clear that individual powerlifters simply work to optimise that which they are, rather than adopt a single, preferable approach.

So this really got me thinking: Could potentially anyone be a powerlifter? Lets think about this. Our current industrialised, mechanised and modernised lifestyle is extremely recent in our human evolutionary history. Most of us understand that for many thousands of years, humans have lived a very physical lifestyle. In order to survive and succeed, our ancestors did endurance activities and we did strength activities, and we did activities that combined the two. Through all our history, we have walked, run, carried, hauled, pushed, pulled, dug, chopped, fought, danced, swum and climbed. The simple reality is that we all share a very, very long ancestral history [that is apparent in our essentially unchanged physical biology today] of demanding physical activities, and not the least of which was strength activities. Of course some individuals excelled and managed certain physical tasks more naturally than others and perhaps those individuals got allocated those jobs. But my sense is that realistically we all had to do many different physical tasks daily in order to survive and pull our weight in our community. And so, no one body or personality type engaged in or adapted exclusively to the strength jobs.

who love the performance aspect of competition and confidently express themselves as they execute their lifts. There are the aggro types, who “fire up” at the bar and the situation. But there are also other personalities and attitudes: there are the humble, the calm, the business-like, the respectful, the grateful, the anxious, and yes even - the serene. When you watch powerlifters train, prepare and compete, you will see a great array of mental approaches. Some lifters rev-up and go “outward”, some calm down and go “inward”, some are verbally switched on, some need physical and sensory triggers, and still others harness the power of emotion. Some switch their thinking brain “off” while others switch it “on”. And many lifters oscillate between these and other mental states! It is apparent that there is no one personality type or



A supply body has its advantages too

No average man could lift that



We were all capable of it and we all probably did do it. Thus it is still evident today that **any human body or mind could do strength-based activity**. But not everyone does! Why?

What I find interesting to ponder is what happens within a person when they try to move something heavy. Imagine the situation: we attempt to move something that is heavy for us, we are momentarily challenged and perhaps defeated by it. What happens next I think helps to answer the question of why some people pursue strength activities and others do not [completely irrespective of body type, personality or any other variable]. I think people orientated towards strength activities are inherently attracted to that type of physical challenge and are intrinsically fascinated by their body and mind's ability to meet that challenge. Furthermore, I think those people start to wonder something like the following: "how many times could I move this thing before it defeats me?" and "what is the heaviest thing I could possibly move?" If one or both of these questions spontaneously arises within an individual, my guess is that sometime soon they are going to try to find out.

I believed we are closer to understanding who could be a powerlifter. This is for certain - the

answer is not about a particular body type, size or physical attribute. Its not about a particular personality type or aptitude, nor gender or reserved for a particular age group. It most certainly is not about race, socio-economic status or IQ. I believe the answer to this question lies in an individuals personal, fundamental response to the experience of trying to move something heavy. If this type of activity resonates within you, if you inherently feel curious, interested and switched-on by the question of how much you could possibly lift, then you are a potential powerlifter. The degree of success thereafter is all about how the individual strives to optimise their own physical and psychological makeup and all that defines them, in the pursuit of lifting better and more.

**Here is my short answer:
Anyone could be a powerlifter. Just go and lift something and find out.**

by Christina Chamley (Australia)

Christina is a 41 year old powerlifter from Burnie, Tasmania - Australia. She is also a Psychologist and a mother of two.



SQUAT LIKE A

Rocket!!!



HOW TO BECOME A "ROCKET" AND GET GOOD RESULTS IN SQUATS

I have always been impressed with the first movement of powerlifting the Squat, and most of all – dynamic squats. It wasn't important who did it – men or women. This movement could be compared to launching a rocket, when the athlete bursts up from the bottom of the squat position. There are many athletes performing squats in competitions both "easy and effortlessly", and that gives an adrenalin rush to the public. No matter in which federation you are competing – quality squats are always exciting.

So what should we do to achieve a good performance in the squat? One day I interviewed the famous Polish athlete Jaroslav Olech and asked him what additional exercises he used in training to break world records in squat repeatedly (365 kg in the 75 kg category). Jaroslav pointed out that he didn't use any additional exercises besides squats and good mornings. Well, let's put his case down to his phenomenal ability, however many athletes need these not so important and at the same time basic additional and auxiliary exercises to help improve their general powerlifting and technical results in the squat.

We won't stick to scientific formulation dividing squats into corresponding phases, but we'll divide squat into three basic ones: taking the weight from the rack, the actual process of squatting and angle position and the standing up phase.

Taking the weight from the racks. Many people may ask, "Is it so important and is there such a need to work out with muscles involved in this process?" Yes, exactly, from when you take the weight on your shoulders and from start position all depends on the phase of the next movement.

First of all you need to strengthen shoulders muscles. We suggest dumbbell press in the standing position. The weight shouldn't be too heavy, as we have a purpose to strengthen ligaments, but not to develop muscles. We need to perform the movement calmly and fully and not overstrain these muscles. This exercise also brings into play deltoid and trapezius muscles that assist the action of taking off the weight from the racks and keeping it on the shoulders. There is no need to repeat it more than 8 times.

We should also remember some of the classical exercises for weightlifters. Note that at the recent World Championships women athletes have shown phenomenal results in light bodyweight categories in the squat. Primarily as some of them have had good experience in weightlifting. Thus at the recent World Games in the first group of the 48 kg- 52 kg categories the Chinese woman lifter succeeded in squatting 207.5 kg. However she's was also a bronze medalist at the Olympic Games in weightlifting. How did she get such a good result? I think the answer is obvious. I feel that there are excellent influences of exercises from weightlifting on powerlifting squats.

One of the exercises – is pressing weight behind your head in a standing position. The same thing – the weight should be in a comfort zone of the ligaments and muscles and it has only strengthening effect. You may perform different exercises using gym apparatus, but

most lifters prefer to do the exercises with free weights.

Now the second conditional phase of squats. Here the muscles of the back, pelvis and hips take part. Your successful squat will depend on the way you apply your efforts. For back muscles, – good mornings are the exercise of choice. You should increase additional weight during the training cycle and it should be in its maximum 40-50% from your squats. It may be from 3 to 5 reps, 3-4 sets.

Many lifters from the Ukrainian national team use the next exercise – squats on plinth (or on a box), this gives an opportunity to feel the correct direction of movement and position in the squat. The box should be parallel, and additional weight also depends on the method you choose.

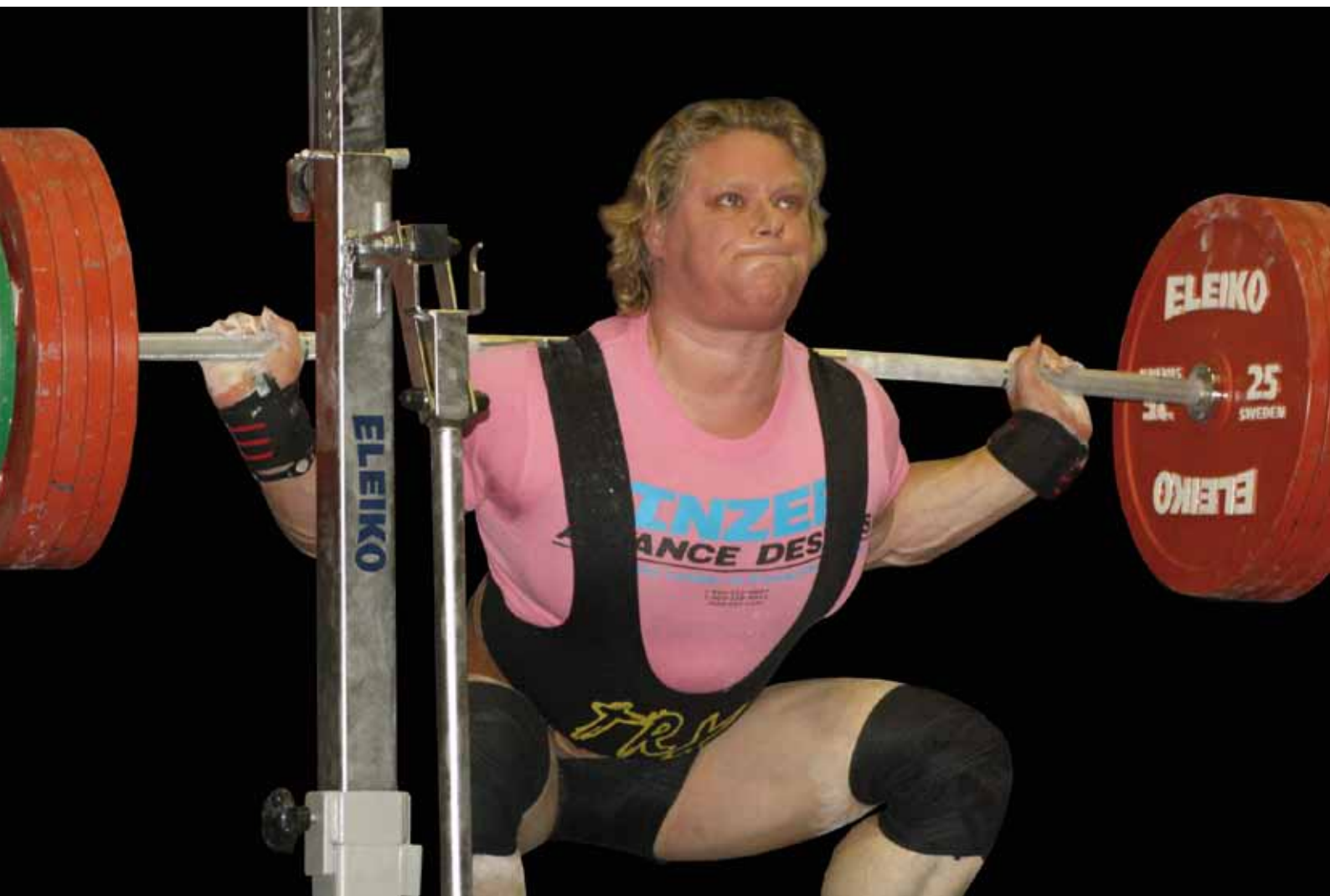
The exercise called Gekkend Schmidt (Hack) squats – is excellent to strengthen knee ligaments, of course make sure the weight is within certain limits not to cause inflammation or overstress of these ligaments. It is advisable to perform this exercise with weight and just the

bar. The exercise should be performed slowly when squatting down and quickly (explosive) for standing up. Not more than 8 times.

It is well known that balance and weight sense helps with the performance the correct squat.

How do you do that? There is such a method – squat with eyes closed. This may be performed not more than for 10 seconds. Additional weight should be not more than your initial weight in training, but the more you can squat in such position the better for you.

Many lifters have problems with additional squatting, and this is not a secret. Sometimes the athlete does not feel whether he's got the correct position or not, especially taking into account modern equipment. There is perfect exercise to train for the correct sense of angle, many famous athletes use it – squatting with a delay/pause in the sitting position (bottom of the lift). With that the results may be as different as the performance itself. Thus, the first variation is when the athlete squats as low as possible and relaxes, then performs powerful effort standing up. Here you can even get two effects – the sense of sitting position and training the start from





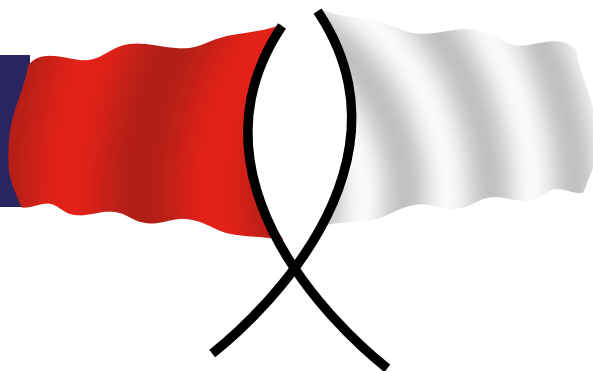
squat. Weight shouldn't be more than 30% from your max squats, and is advisable to perform the action without equipment. There is another variation – athlete squats and makes a smaller delay, does not relax and stands up quickly. This method helps to train the angle position. It may be performed in equipment and even with 80% from maximal weight for 2-3 times.

Finally we take the last conditional phase of standing up. Very often the athlete relies on equipment too much (suits and wraps) and use it in their training, but this is their mistake. This way you won't have a good foundation of muscles and ligaments. One must learn to give initial impulse from the sitting position and it should be enough for the whole phase of standing up. In this case it is advisable to squat 50-60-70% without squat suit. This will help to strengthen all the muscles and ligaments and also you'll learn how to take a firm stand with any weight.

One more highly effective exercise – squats with weight on the chest (front squats). You may say that this is weightlifting again. Yes, this is what it is. This exercise will help you to train the correct back and angle positions and how to perform a powerful start from sitting position. It's depends on the athlete about how much weight to use, but not more than you won't be able to lift, repeat for about 4-6 repetitions.

So I hope that after using our exercises you'll be able to squat like a rocket!

A REFEREE'S DAY



We often pride ourselves in saying that Powerlifting is an objective sport. Augmented by some qualifying factors, that statement is true. After all it's as simple as: did you lift more than the other guy or not? Even if it's just by half a kilo or one pound, the difference between the performance of various lifters can be measured very objectively. But then one other factor enters the equation. This many call, the biggest variable in Powerlifting – the referees. Those people you see sitting in front of you or around you when you perform the lift. Just who are they and what do they do? What are their duties and motivations for doing what they do? The IPF Magazine followed an International Category I referee through his day at the 2010 Powerlifting World Championships, to help answer these very questions.

We had to get up early in the day to catch our chief referee of the first session, the Men's 125 kg class, Bernd Rimarzig from Germany. Weigh-in had started at 8:00 a.m., the gear check and setting the rack heights had commenced at 7:00 a.m. We were to learn that the chief referee must be the first official on the deck because he is the one picking up the paperwork for this group and he allocates the duties for the 2 side referees and the technical controller. Thus Bernd was already at the venue by 6:30am.

The squat session for this group was scheduled to start at 10am sharp. In the preceding 30 minutes Bernd had to deliver the papers to the speakers table, as well as copies for the coaches. He and the other referees had a short review with John Stephenson, Chairmen of the IPF Technical Committee about the rules and rule interpretation. Then, all the officials for the session could be introduced and the Squat session could get underway.

Over the next several hours, an array of duties fall to the chief referee. He is responsible to check amongst other things that, the rack heights are correct for individual lifters, the bar is loaded correctly and the collars are secured.

He watches for the spotters signal when they have finished loading the bar as he can then signal to the speaker to announce the "bar is loaded".

The Technical Controller can then come into play letting the lifter come onto stage. Once the lifter takes the bar from the rack, and stands in position, the side referees put their arms up and when they are satisfied that the lifter is in position as per the rules they signal and Bernd is now able to give the squat command with a downward hand movement. The athlete begins the lift and when he is done, the chief referee gives him the rack signal. And for this particular session, this sequence is repeated 45 times (3 attempts each for 15 lifters). It takes two and a half hours to complete!

After the squat session there was a 20 minute break. Time for our chief referee to have a sandwich and a cup of tea. In the referees' tea room there was time to ask Bernd a few questions:

Bernd, what is the most important thing for you in giving a technical critique of the squat apart from depth? How do you decide if the lift is good or not?

"I watch for stability of the lifter and I look at the whole of the motion sequence. Start and end of the attempt must be absolutely in accordance with the rules."



Five minutes before the bench press was to start, the referees, jury, and loaders made their way back to the stage. The second discipline, the bench press was another another long concatenation of “Start-Press-Rack – good lift/no lift” commands and signs.

The lifter, going about his own arduous business of lifting tons, is probably oblivious to the fact that the referees are sitting for another two hours straight during the bench press segment, charged with the job of applying the same amount of concentration and attention to every single attempt. Not that anybody expects the lifter to notice this. However, it is worth a thought, that the referees remain focused the entire time. With the benching finished there was time for another well-earned 20 minute break. We spoke with Bernd again:

You are every time very certain about the calls you make. What are the most common failures in the bench press from the viewpoint of a head referee?

“Lifting the head, not waiting for the rack signal, and not being able to lower the bar onto the chest because of the tight benchshirts.”

How do you manage to watch the lifter, the side referees and spotters at the same time?

“Full concentration, eyes wide open. I always want to make sure that the lifter doesn’t have to wait too long to start the lift.”

How can you stay focused for so long?

“I make it my responsibility as a referee that the days when I come on duty I am fully rested and well prepared – just like a lifter.”

The last event is the deadlift. The “king of all disciplines” in powerlifting. Now the showdown is on for the final results and every single lift is a total war. Or a war for the Total, whichever you like more. Deadlift session is fairly fast compared to the two other events, the spotters are loading quickly, and there are no more setting of rack heights. The referees have again 45 lifts to adjudicate.

Is it difficult for you to red-light a lift when the audience is clamoring in approval but it was a no lift in actuality?

“Usually no, I try to be objective and neutral about it. It doesn’t matter what nation the lifter is from or if the audience is loud about it.”

The chalk has barely settled after the last lift and when a deafening roar goes up from the crowd, reverberating in the competition hall. The fans cheer the new world champion. But for Bernd there are further duties yet to be done. First all referees must sign the protocols sheet. Following that is the highlight of the competition. The chalk had barely settled after the last lift, when a deafening roar went up from the crowd, reverberating in the competition hall. The fans cheered the new World Champion! But for Bernd there were further duties. The referees still had to sign the protocol sheet. Following that, one of the highlights of the competition - the victory ceremony. Bernd marshalled the lifters all wearing their national tracksuits and escorted them to the stage. The awards were given, the winner’s national anthem was played. We took the opportunity to ask a final question:

What was the highlight of this group for you personally?

“For me the greatest experience was the very standard of performance and the fierce fight for the medals in this heavy weight class. The winner had a very impressive technique. The principle of good technique equals good performance shone clearly through again today.”

In summary this Worlds in South Africa was one of the most strenuous ones for me personally. The last group was huge and it was a long day for all of us. But I must say that the atmosphere of the competition pays you back many times over.”

And now our “specimen referee” has completed his duties and he can enjoy a break before his next shift. But the dedicated and enthusiastic powerlifting fan that he is, he may well stay in the hall now as a spectator to watch the next weightclass...





INTRODUCING IPF
HALL OF FAME
MEMBER DENNIS UNITT

Elected to the IPF Hall of Fame are those with outstanding and consistent contribution to powerlifting, or stellar achievements in the sport. The set of values shared by all awardees are dedication to drug-free lifting, a high work ethic towards volunteer work for the sport and the embracement of fair play. The Hall of Fame therefore is powerlifting's Nobel Prize. The award is given in three categories: official, female lifter and male lifter. The IPF is proud to present the 2010 awardee of the IPF Hall of Fame in the "official" category: Dennis Unitt.

Dennis' induction is all the more applicable to our magazine as he is the creator of "The International Powerlifter", the predecessor of our Magazine. He has been working for more than 40 years as editor for different Powerlifting Magazines. The editors of the IPF Magazine would like to pay homage to Dennis for his exceptional work spanning several decades. And what could tell the tale more vividly than his own words detailing some of the events of his life in powerlifting. Here we go:

In my twenties, I was a keen Rugby Football player and used weights to make me strong for the game. However, I injured my knee severely when playing, so I gave up the Rugby but continued weight training, moving to Weightlifting, which led to training on the three powerlifts. I was soon keen to enter competitions.

Back in 1970, there were over 40 Powerlifting Clubs in the West Midlands area of England and competitions were arranged by the largest, but it was difficult to find out about championships if you were not in a big club.

So I edited the West Midlands Newsletter so that I and other lifters in the Clubs in my area could know about competitions, results, courses etc.

In 1973, I took over the national Powerlifting Newsletter for Great Britain called "BRITISH POWERLIFTING" but carried on with the West Midlands Newsletter.

I continued on for a few years with British Powerlifting until the World Championships in Calcutta in 1980 when it was proposed that my Newsletter became the official IPF magazine, but I had to change the name to "INTERNATIONAL POWERLIFTER".

The BRITISH POWERLIFTING was also produced but as a supplement to the I.P. I dropped the West Midlands Newsletter then.

After that I went to nearly all the major European and World Championships and took all the photos for the magazine, getting the results, writing reports, plus talking to lifters to find out what was going on and in some cases conducting an interview on training etc for the magazine. So it was a busy time to put it all together afterwards, type all the pages and publish the magazine. Unfortunately, I was restricted to the World Championships I could go to because of the cost.

That's what I was doing on the magazine, but at the same time, I had a full time job as the Publications Manager in the Publicity Department of a local manufacturer.

Familywise, with my wife Hellen, my three sons were raised and put through University, since when they have all succeeded in rewarding professions.

On the Powerlifting side, I was competing regularly at Divisional and national level winning British Championships in the Masters class and competing in World Championships, the last one was in Palm Springs last year 2008.

Being a referee involved me in many British Championships and now I am an IPF Cat Two referee, able to referee at International Championships.

Also I was running B.P.SPORTS supplying Powerlifting equipment nationally and overseas. I was kept very busy during those years

Moving back to my magazine work, I continued to publish INTERNATIONAL POWERLIFTER and in 2001, The IPF President Norbert Wallauch asked me at the World Games in Akita, Japan if I would be willing for my magazine to include the IPF Newsletter at that time produced by Robert Keller in America.

So I included the IPF Newsletter into the INTERNATIONAL POWERLIFTER until in 2005, Norbert Wallauch asked if I would stop producing my own magazine, which contained

results from other powerlifting organisations and become the IPF Media Officer, one of the jobs being to produce a magazine entirely composed of IPF matters.

This I gladly did and after the World Championships in Stavanger, Norway, produced Vol. I No. 1 of THE INTERNATIONAL, POWERLIFTER in January 2007 and have published the magazine every two months since.

This year, I found that I was competing with the Internet and especially the IPF Website where information and results were readily and quickly available so it was hard for me to find fresh contents for every issue and making it difficult to produce an interesting magazine, so I decided to retire at the end of this year.

Readers are surely interested in competitions of old, where lifters, today's legends competed. Included below are some of the memories of these meets from the man who saw and reported on them firsthand – we give you Dennis Unitt again:



Turku was my first World Championships overseas so I was pleased that the hotel ITIKUURI had all the facilities for the lifters, gym, sauna, swimming pool, shops bank, casino, night club - all under the same roof. Another feature was that a hostess was allocated to each team (not speaking Finnish) to look after their every request

The venue was in the hotel auditorium with a seating capacity of 2000. The raised stage, giant scoreboard with everything in place for a successful Championships. Even a band to play the winner's national anthem. TV cameras were there every day.

I admired the big policeman Taato Haara with his big squats in Birmingham. He turned up in Espoo to present the awards to the +125kgs medallists

I have also known Jarmo Virtanen, many time World 75kg and 82.5kg champion. My best memory of him was when in Espoo he completed the double - winning Junior and Senior World titles in the same year.

Pori was cold. I remembered the freezing walk from the Hotel Vaakuna to the Pori Sports Hall, which had everything for a successful Championships. For me the highlight was the Press Room with all the information for the TV and Press journalists, plus telephone, fax and typing facilities. There was even a room to interview the medallists after each class. I managed to speak again with Jarmo Virtanen. He had not lifted in Johannesburg the previous year as he was about to become a father. The hall filled up when he lifted and won his ninth world title. I asked if he was going for Number 10? He replied "I don't know, it was hard for me this year". I didn't see Jarmo on the platform again, but I saw him later when he was a coach to Finnish teams at World Championships.

Other memories of Pori was seeing the Sports Hall packed to capacity as the Finns came to see Ed Coan from America power up a 1000 kg total to win the 100kg class. Karwoski totalled the same I remember.

Also in the Interview room was Toivanen, pulling a 350kg deadlift to beat Gene Bell in the 90kg class. I was able to talk at length with Janne and in my next issue of the "International Powerlifter" I did a feature article on Janne and his incredible deadlifting powers.

In fact, the next years Worlds in Salzburg saw Janne in the 100kg class up against the best in the world and needing a big dead lift to win. He did it but it was not enough! What followed was the most exciting moments of the Championships for me and my report in the magazine best describes the courage of Janne Toivanen.

Markovsky of Russia had failed to pull 330kg totalling 912kg leaving Woodside of the Bahamas to pull a magnificent 352.5kg for a 910kg total and second place. This left Toivanen 365kg to total 912kg and win on bodyweight - But 362.5kg was put on the bar!

What was happening? JT came out and pulled it strong for three white lights and we were told by the M.C. that he had won the title. How could that be? His 362.5kg dead lift gave him a 910kg total, just 2.5kgs short.

It was getting late and the audience was beginning to disperse. At this point the stage suddenly filled with people. Coaches, managers, TV people, lifters referees loudly gesticulating and arguing about Toivanen winning. It was realised by many people that 365kgs was needed for victory, the Finnish coach said he had asked for that weight, but 362.5kgs had been wrongly loaded the bar.

After much discussion it was decided by the referees that to settle it, Toivanen was to be given a fourth attempt.

The bar was loaded to to 365kg. Toivanen strode out. Wide stance, sucking in air, he sank down to the bar inch by inch, gripping the bar so tightly that his knuckles went white. He then pulled relentlessly until he reached the finishing position. Three whites - he had won again!!"

This dead lift by Janne Toivanen in Salzburg 1996 was another example of what Powerlifting is all about strength of mind and strength of body.

A friend asked me about the best lifts I have seen in the 70's, 80's and 90's. Not an easy one to answer as I have seen thousands of lifts including world records over the years. The dead lift of Janne Toivanen in Salzburg was one of the best.

Another one that stands out was made at the Europeans held in Zurich in 1980 on the deadlift in the 82.5kg class. Ron Collins from GB had pulled 325kg and 345kg and the Finnish lifter Veli Kumpuniemi had pulled 330kg easily enough but couldn't hold world record 355kg.

Back comes Collins, pulls the 355kg, three white lights for a new world record. But his still warm record was taken from him when Kumpuniemi with his wide legged stance came out and pulled up 357.5kg for new world record - fantastic lift under pressure.

His record still stands to this day, some 29 years later - the oldest record on the IPF books.

This lift demonstrated to me the innate pulling power of the Finnish lumberjack and his determination and will to pull the weight - no matter what - to win. That's Powerlifting.

There was another remarkable deadlift made at the World Championships in 2003 in Vejle, Denmark. In the men's 90kg class, Ivan Freydon of the Ukraine, after failing with 342.5kg, pulled a very hard 347.5 to win the World title, pushing Tarasenko of Russia into second place. Immediately, the Russian coach pointed out to the Chief Referee that the bar was incorrectly loaded and was light by 2.5kilos.

Freydon was awarded another attempt due to the misload and so it was up to the Ukrainian to do it all over again. All credit to Ivan. He mentally recharged himself and prepared to attempt another heavy deadlift. Then he came back for this crucial dead lift and to the delight of all pulled it hard and strong for white lights to win the title.

These are just a few of the moments I have enjoyed from the Powerlifting I have seen at various international Championships throughout the World from Perth in Australia to Nova Scotia in Canada. I have had the opportunity to meet the top powerlifters in the World, so many I have met and interviewed.

I love Powerlifting because I am doing everything and get completely involved - training in my local gym, lifting in Championships, refereeing, meeting other lifters at competitions, writing the magazine etc. - all these Powerlifting activities I have enjoyed over the last 30 years.

Dennis - powerlifting fans from around the world thank you for your fascinating recollections and wish you at least another 30+ successful years in our sport and in your personal life.



- **Who is stronger? Powerlifting vs Bench Competitors.**
Find out the facts and decide for yourself.
- **Heavy artillery against doping. How is it going to work exactly?**
- **Benching techniques from the far East. The Samurai secret.**
- **Exclusive interviews**
- **What's new down and under?**
A report on the Oceania Championships.

2011 EVENTS

13.-16.04.	World Masters Bench Press Championships IPF	Rødby, Denmark
24.-29.05.	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
12.-17.06.	IPF Classic Powerlifting World Cup (unequipped)	Sweden
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



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