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THE

IPF MAGAZINE

BENCH PRESS WORLD CHAMPIONSHIPS 2011

ARNOLD SPORTS FESTIVAL 2011

INTERVIEW WITH BILL KAZMAIER

NEWS FROM DOWN UNDER

JAPAN RECOVERS FROM TSUNAMI

THE REGIONS OF THE IPF



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LETTER TO THE EDITOR

Dear Editors,

Let me congratulate you on another great issue of the IPF magazine. I was excited to see the first issue, but I think the second issue is a huge improvement. While the first issue was good in many ways, the writing and approach to the stories in the 2nd issue are more interesting, engaging and professional. I particularly enjoyed the way the athletes' interviews were interwoven into the competition reports.

It is great to see a truly international powerlifting magazine that is both informative and entertaining. Keep up the good work.

regards,
Stephen (Australia)

MESSAGE FROM THE PRESIDENT DETLEV ALBRINGS

Dear friends of Powerlifting,

Four years have elapsed since the IPF had their elections in Sölden, Austria. This is the time to review the past 4 years, and ask ourselves what we have achieved, what is still in progress, what we must prioritize and how to strengthen our efforts.

ACHIEVEMENTS

1 The IPF has introduced a new logo and a new homepage. There is no accounting for taste. Everyone has different opinions regarding the logo and homepage. We are now considering updating our homepage, in the styling mostly. We note that homepages generally have modernised in the last few years and we must also follow that trend.

2 The IPF has negotiated an agreement with YouTube and we are able to publish videos of our championships on our Powerlifting-Portal. Also organisers are ordering Broadcast agencies to offer Live Streaming of our events. At our 2011 World Open Women/Men Championships in Plzen we are also offering Live Streaming.

3 The IPF together with the European Powerlifting Federation [EPF] have made a contract with Alexandre Kopyayev, the originator of the competition program "Goodlift". He will now work for the IPF and EPF and attend every championship to ensure high level results and that the competitions run smoothly.

4 We have made contracts with our manufacturers to ensure stability in our business relationships.

5 Also we have made contracts with our organisers to ensure high quality championships.

6 We have found volunteers, to work on our IPF Magazine as well as IPF marketing in other ways. The leader of the Marketing Team

is Miklos Fekete and I am very thankful that he and his team bring new ideas and vision.

7 The IPF has made a contract with Sabine Al-Zobaidi, who is the Assistant Secretary for Anti-Doping matters, especially for the WADA-ADAMS system.

8 Last year the IPF General Assembly decided to assign a special group of people to the "Rules Group". These people have a high degree of knowledge within our sport and have responsibility for our technical rules. This Rules Group decides carefully about adjustments to our Technical Rules taking care that we only have changes that are truly necessary.

9 We have built up confidence and respect with our umbrella federations like the International Olympic Committee [IOC], SportAccord, International World Games Association [IWGA], and the World Anti-Doping Agency [WADA].

We have also recognised the importance of developing a relationship with the different organisations who also offer powerlifting like: the International Paralympic Committee [IPC], the Special Olympics, the World Masters Games, Pacific Games and the Commonwealth Games. This is necessary and important for a number of reasons including broadening our membership base.



10 Last year the IPF General Assembly decided to expand the Executive Committee and introduce an IPF Vice President. The election of Johnny Graham as Vice President is a real asset for the IPF. Johnny has many years of knowledge and expertise in our sport, working in various capacities, as an athlete, coach, and team manager etc.

At the 2011 SportAccord event in London, neither our Secretary General Emanuel Scheiber nor myself was able to attend the event. For the first time then, Johnny was able to represent the IPF and talk with the IOC, IWGA, WADA etc. By all accounts he did an excellent job, and we are delighted to have him on board in this capacity.

CURRENT PRIORITIES

One of our highest priorities now is in the area of raising the public profile of powerlifting as a sport. We must strengthen our efforts regarding the media. We must encourage the media to cover our sport and increasingly bring it into public awareness. We must be present in newspapers, magazines, electronic media and television in every corner of the world. Nations, clubs and individuals can all help in this regard by publicising what is happening in our sport at national and local levels. If you would like assistance with publicity, media releases or marketing of our sport please do not hesitate to contact the IPF Marketing Team for support.

The main goal, however which I originally articulated at the 2007 General Assembly, was for us to gain IOC recognition. To this end, we have had fruitful meetings with the IOC Sports Department. Our application was welcomed and they told us, that our application demonstrated that we manage and carry out our sport in a high quality manner.

The IOC Executive have discussed our application several times but to date, they have denied awarding us the IOC recognition that we seek. The primary reason for this is our high number of anti-doping rule violations. Not only on the international and regional levels, the IOC also counts the anti-doping rule violations on the national level, and this remains a significant problem.

The IPF recognise that the whilst the amount of anti-doping rule violations on the international and regional level are decreasing, it is also important that the IPF member nations continue to strengthen their fight against doping and increase mainly the amount of out-of-competition tests. Furthermore these actions must be accompanied by supporting ongoing education of athletes, coaches, and officials in the area of adherence to the anti-doping rules.

I can not stress strongly enough that drug testing of athletes in every nation will continue to increase. All nations will be held responsible for their doping violations and the onus is on individual coaches and lifters to know the rules and abide by them. Any anti-doping rule violation affects us all - we are one sport with one

goal, that is: to gain IOC recognition, we simply must work together on this and lift clean.

The development of our beloved sport is an evolution; that means the development never stops.

I hope and I wish that the leading team of the IPF stand for re-election in Plzen, Czech Republic and act in the best interest of our sport and the IPF.

Best wishes and regards!



Detlev Albrings
President IPF



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Classically Speaking...

by Christina Chamley & Miklos Fekete

Supposing you've spent the last few months on Planet Earth.. you've surely heard about the breaking news that... the IPF will hold its first Unequipped World Cup, which will be hosted in Sweden in 2012!

What does this mean exactly for member federations, lifters and fans in general? Our article gives you a summary of that and a glimpse of the future.

First, let's take a look at what is "unequipped". Generally called "raw" in the powerlifting community, it means lifting without the assistance of any supportive gear such as squat or deadlift suits and bench shirts, etc. The word "raw" in the dictionary means: "simple, natural, classic, plain, uncluttered, unembellished". And the essence of that definition is exactly what the IPF and the organizers had in mind when we announced next year's Unequipped World Cup. The Swedish organizers chose to name it "IPF Classic Powerlifting". Well, they are the brave ones, the pioneers with the drive and initiative to boldly bring this kind of lifting to the international powerlifting scene, so they have the right to name it, don't you agree? So it is called "IPF Classic" in our terminology.

The rules are set out for you here:

PERSONAL ATTIRE - COSTUME (non supportive)

A leotard type one piece lifting costume must be worn. It must be single ply, of stretch material, and form fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition.

(a) It may be of any colour or colours.

(b) It may bear the badge, emblem, logo and/ or inscription of the lifter's National Association or sponsor, (refer to Sponsor's Logos IPF Technical Rules) and the name of the lifter.

(c) It may have a double thickness of the same material 12 cm's x 24 cm's in the area of the crotch.

LIFT IT RAW!



(d) The length of leg must be a minimum of 3 cm's and a maximum of 25 cm's measured from the top of the crotch.

(e) Any doctoring or manipulation of the costume from that as designed by the manufacturer will render it illegal for use in competition. The costume should be purchased as it is to be worn.

T-SHIRT

A standard/regular cotton or polyester or mixture of cotton and polyester T-Shirt must be worn under the lifting suit during the performance of the squat and bench press, but is optional for men in the dead lift. Women must wear a T-Shirt while competing in all three disciplines.

(a) It may be of any colour or colours, and may be the official T-Shirt of the contest in which the lifter is competing.

(b) It may bear the badge or inscription of the lifter's Nation, National or Regional Federation, or Sponsor. (Refer to Sponsor's Logos IPF Technical Rules)

(c) It shall not have sleeves, which terminate either below the elbow or at the deltoid. Lifters may not push or roll the sleeves up to the deltoid when competing in IPF Competition. T-Shirts must not be worn inside out.

BRIEFS

A standard commercial “athletic Supporter” or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester must be worn under the lifting suit. Women may also wear a commercial or sports bra.

Any supportive under garment is not legal for use in IPF Competition.

SOCKS

Socks may be worn

(a) They be of any colour or colours and may have manufacturers logos.

(b) They shall not be of such length on the leg that they come into contact with the kneecap supporter if worn.

(c) Full length leg stockings, tights or hose are strictly forbidden. Shin length socks must be worn to cover and protect the shins while performing the deadlift.

(d) Light protective guards between sock and shin may be worn.

Swedish referee in action



BELT

Competitors may wear a belt. If worn it shall be on the outside of the lifting suit.

(a) It shall be made of leather, vinyl or other similar non-stretch material in one or more laminations, which may be glued and/or stitched together.

(b) It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.

(c) The belt may have a buckle attached by means of studs or stitching. The buckle may have one or two prongs. It may also be lever type.

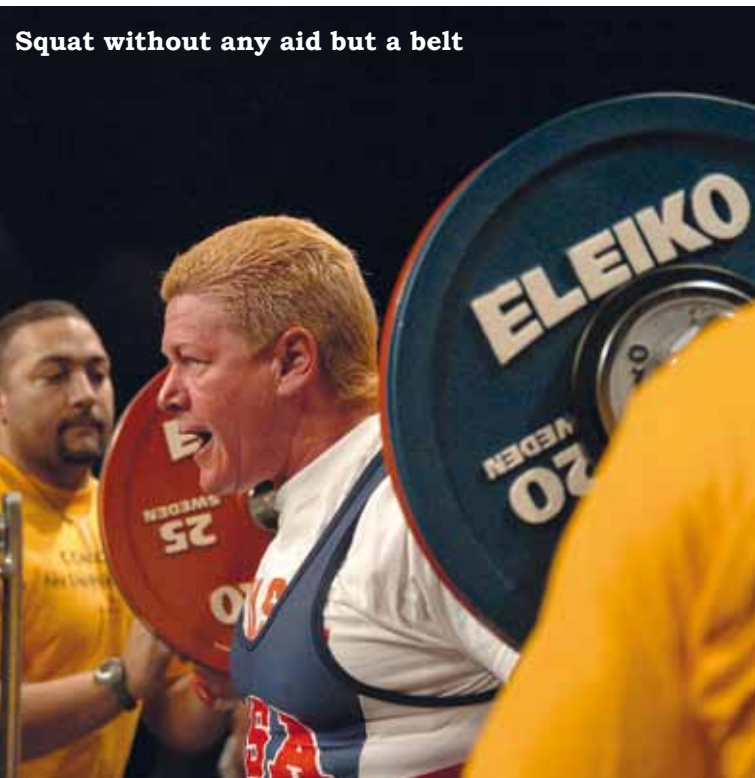
(d) A tongue loop shall be attached close to the buckle by means of studs or stitching.

(e) The name of the lifter, the lifter’s Nation, State or Club may appear on the outside of the belt.

Dimensions:

1. Width of belt maximum 10 cm’s.
2. Thickness of belt maximum 13 mm.
3. Inside width of buckle maximum 11 cm’s.
4. Outside width of buckle maximum 13 cm’s.
5. Tongue loop maximum width 5 cm’s.
6. Distance between end of belt and far end of tongue loop maximum 25 cm’s.

Squat without any aid but a belt



SHOES/BOOTS

Shoes or boots shall be worn.

(a) Shoes or boots shall be taken to include only sports shoes, sports boots - Weightlifting, powerlifting boots or Deadlift slippers. All referring to indoor sports only.

(b) The underside must be flat i.e. no projections, irregularities, or a doctoring from the standard design and no part of the underside higher than 5 cm's.

(c) Loose inner soles that are not part of the manufactured shoe shall be limited to 1 cm thickness.

WRAPS

Wrists:

1. Wrist wraps as featured on the IPF Approved list may be worn.

2. Standard commercial sweatbands may be worn, not exceeding 12 cm's in width. A combination of wrist wraps and sweatbands is not allowed.

3. A wrist covering shall not extend beyond 10 cm's above and 2 cm's below the centre of the wrist joint, and shall not exceed a width of 12 cm's.

Knees:

Commercial knee sleeves as designed for medical/surgical or sports use and constructed of neoprene (no other form of rubber or similar material is acceptable) with an optional covering of cotton, polyester or medical crepe may be worn. Alternatively an elasticised traditional kneecap supporter may be worn. A combination of the two is forbidden.

(a) Knee sleeves must be "slip on" and not contain any form of tightening e.g. straps/draw strings/velcro tabs and the likes.

(b) Maximum length 30 cm's maximum thickness 7 mm's.

(c) Must not extend more than 15 cm's above or 15 cm's below the centre of the knee joint.

(d) Shall not be in contact with socks or lifting suit.

THUMBS

Two layers of medical tape may be worn around the thumbs.

INSPECTION OF PERSONAL EQUIPMENT

There will be no pre-contest inspection, but the Technical Controller will carefully scrutinise each of the lifter's apparel before they appear on platform.

If a lifter is found to be wearing or using an item contrary to the rules it could result in disqualification. All items worn must be clean and not ripped or torn.

Items such as watches, jewellery and mouthpieces may be worn.

The rules will be strictly enforced.

The setting and circumstances of the Unequipped World Cup are nothing short of spectacular as per reports from Sweden. The venue is in Stockholm with a brand new hotel 7 minutes walk from the competition hall. The area is teeming with restaurants while the underground (one of the best modes of transport in the city) is just 3 minutes away. Also in 2012 Sweden's capital will host the 100th anniversary celebrations in honor of the 1912 Stockholm Olympic games. So festivities throughout the city certainly won't be lacking.



A bird's view of Stockholm



and lifts as is. From a spectator point of view, unequipped allows people to more easily relate to the lifts being performed on the platform. Without the specialised suits, the spectator can immediately compare their own “results” that they have achieved in their gym to what they see before them. There is no question arising in people’s mind as to “Just how big a part did the equipment play in that lift I just saw?” These are just a few on the list of potential benefits and positives of the unequipped format of competition.

Raw lifting is not without an already successful track record within the IPF. Many countries have already held extremely popular and high class unequipped competitions at the national level. With this kind of popularity the IPF to decided to introduce the format to the international platform. The unequipped world cup in Sweden is thus a “test competition”. If indeed this format proves as successful and well-liked, as the early indicators suggest, more unequipped events will be organized, foreseeably both powerlifting as well as single lift bench-press events.

So there you have it. Now it’s the lifters’ and federations’ turn to get themselves organized and nominate their national teams for the Unequipped World Cup debut in 2012.

Add to that the fact that powerlifting in Scandinavia and Sweden is traditionally extremely popular, lifters often compete with a full-house, vocal crowds cheering them to greater and greater performance. True viking style!

So just what is the appeal of unequipped competitions? Well unequipped lifting is definitely cheaper for the lifter! This is a very real advantage in attracting new, particularly younger people into the sport, not to mention easier on the hip pocket of established lifters! Another advantage is the convenience and relative ease of competition, with there being no requirement to suit-up and all that goes with it. There are no anxious adjustments to be made to suits and shirts, the lifter virtually walks out

Rely on your true strength!



HAS EQUIPMENT REALLY CHANGED US?

by Herbert Schandl (Head Coach Team Austria)

The last decade has seen some major developments in the world of powerlifting, most notably in terms of equipment.

This has had some impact on the way in which powerlifters are training now. I know some lifters who spend most of their time trying to find out ways to put on their shirts and how to get the most out of them. They make quite a science out of it, and since they do not have more time available to them, they therefore devote less time to training. And then there are exercises nobody would have dreamed of a decade ago, like board presses. I definitely know of people whose bench training consists entirely of them. And then there is that tedious process of finding “the” bench shirt, often by costly trial and error. How much weight must I use to get it down to the chest at all? And how, for heaven’s sake, am I to get this weight up again?

But does this development of equipment convert into a true increase in the weight we are lifting?

I decided to pick two distant years and compare them weight class for weight class (in terms of relations between the exercises as well as in absolute numbers), the first: one year before the wide-spread rise of modern equipment, the other some recent year. Looking at each weight class makes things a little more complicated than taking averages over all lifters, but there are numerous reasons for doing so.

Now it has to be pointed out at the outset that differences exist in body proportions and body dimensions as well as in rule-related differences. Not all lifters are created equal!

Imagine a cube of 1 cm length. It’s cross-sectional area is 1 cm^2 , it’s volume 1 cm^3 . If we double the lengths, we have an area of 4 cm^2 , but the volume is 8 cm^3 . Now strength is highly correlated to muscle area, but body weight is related to volume. So it is easy to see that the relative strength of a smaller athlete is much higher than that of a heavier one.

As far as I know, no study has been conducted concerning the body proportions (somatotyping) of powerlifters, but it seems obvious that a heavyweight is not just an inflated smaller athlete. We see this especially if we compare extreme classes where things come to the “companionship of lean and fat” (you can increase the amount of lean bodyweight by allowing gains in body fat, therefore increasing performance at the cost of seemingly unnecessary body weight). This could lead to problems in terms of equipment because if you would use the same cut for all sizes, problems would arise for some sub-populations (maybe this is one reason for unequal drop-out numbers in different weight classes).

Physics imposes restrictions on athletes

as well as rules. If, for instance, a heavyweight would try to take the same stance width in deadlift in terms of his – lets say – hip width as a smaller colleague, he would see that the barbell is just too short for this, not to mention the necessary differences in flexibility and body masses. Rules of course lead to different behaviour in different weight classes, too. If we assume that a wider grip favours bench press

results, we see that rules regarding maximum grip width do not allow a bigger-bodied lifter to use the biomechanical width most advantageous for them (maybe another reason for unequal drop out numbers). So one should expect differences between weight classes if we assume that every coach and every athlete is trying to optimise results.

I took the years 2001 and 2010. We are all aware of the changes which have been imposed especially on bench press, but I guess the most important factor is equipment (for if this were not true, nobody would use it anymore!) I see no need to assume there have been tremendous changes in training methods (as you might have to if you compared more distant years), but if one would want to check he just had to compare “raw” performances.

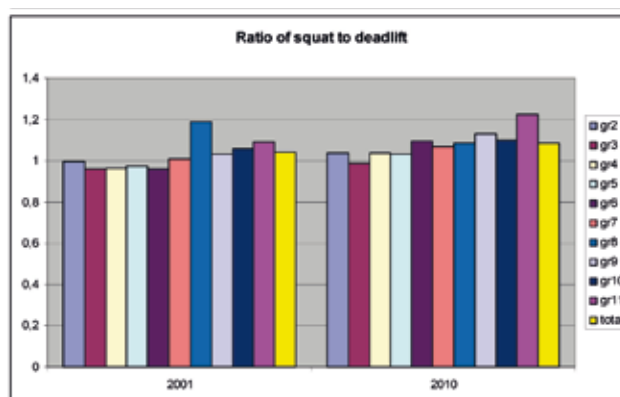
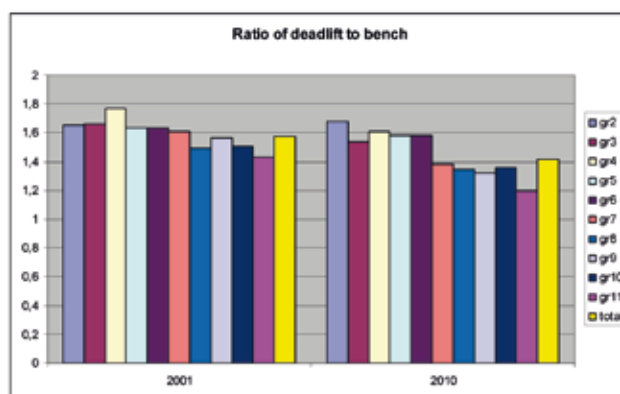
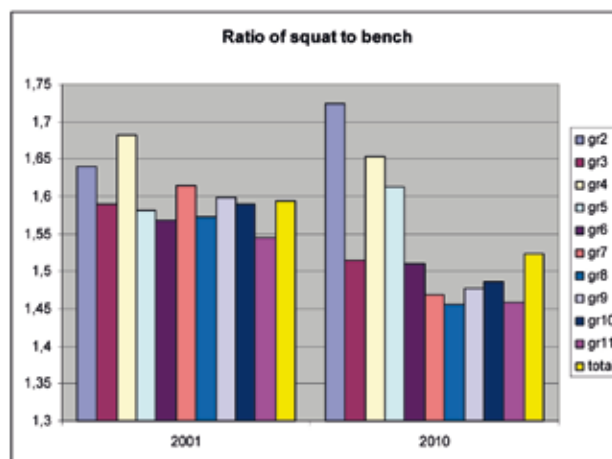
But does this development of equipment convert into a true increase in the weight we are lifting?

Then I decided to concentrate on senior men, for there are far more lifters which leads to less biased estimates and less influences like selection by wealth (some venues are more expensive which restricts some from participation, a fact which is reflected especially in participants numbers in juniors/subjuniors).

To find significant differences in results would not be too surprising since we expect our sports to develop over time; indeed we do find that squat and benchpress results in 2010 are better than 2001 (with ETA-squared* for benchpress being higher than for squat). Results in deadlift are not different – this is the exercise on which suits and wraps apparently show the least influence.

But what do we find if we take a closer look at relations between exercises? I calculated ratios of exercises results and compared weight classes and years.

When I say “different”, I mean “significantly different” in a statistical sense (with level of significance $p < 0.05$). All the calculations were done by SPSS 14.0** (German version). I used two-way analysis of variance to check for differences in averages (one factor being year, the second one being weight classes), Levene’s test for differences in variances and Tukey’s test for post hoc analysis***.



Pic. 1: Comparison of exercise ratio in different years. Colored bars represent the male weight classes. For figures, please see text.

RESULTS

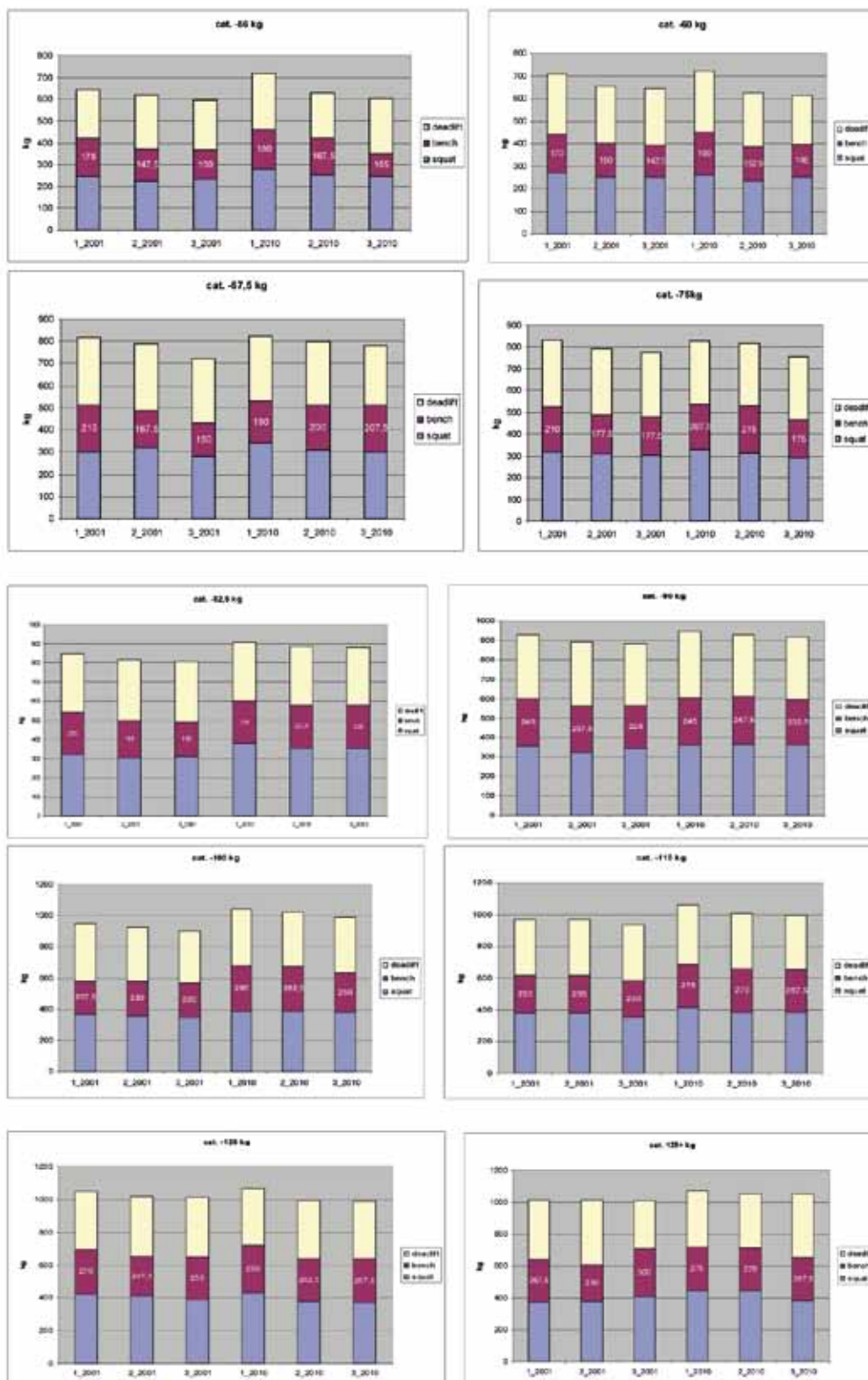
There have been significant differences between weight classes in 2001 as well as in 2010 between squat, bench, deadlift (quite clear), but also in deadlift/bench and total/bench, and there have been significant differences between years in squat, bench, squat/bench, deadlift/bench and total/bench. It is notable that there are no differences in deadlift and squat/deadlift.

VARIABLE	F	SIGNIFICANCE	MEANING
Squat	15.966	0.000	non-random improvements in squat from 2001 to 2010
Bench	27.926	0.000	non-random improvements in benchpress from 2001 to 2010
Deadlift	0.032	0.858	NO IMPROVEMENT in deadlift from 2001 to 2010
Squat/bench	4.743	0.030	Significant change in ratio of squat to bench from 2001 to 2010
Squat/deadlift	3.269	0.072	No change in ratio of squat to deadlift (although trend towards)
Deadlift/bench	18.731	0.000	Significant change in ratio of deadlift to bench from 2001 to 2010
Total/bench	12.936	0.000	Significant change in ratio of powerlifting total to bench

*ETA-squared: ETA stands for a letter “η” in the Greek Alphabet, and it refers to a measure of relationship in statistical analysis.

**SPSS 14.0: A computer program used in statistical analysis. SPSS stands for Statistical Package for the Social Sciences.

***post hoc analysis: in the context of analysis of experiments, refers to looking at the data - after the experiment has concluded - for patterns that were not specified by what had previously been known. Post hoc is Latin for “after this”.



Pic. 2: Medalists in totals for 2001 and 2010. Columns represent the total, made up of squat (blue), bench-press (purple) and deadlift (white)

DISCUSSION

Heavier weight classes display other ratios between exercises than lighter ones. This raises the question for the coach whether these differences are important enough to be incorporated in training plans or even training methods. Intuitively this has been done, of course, but I wonder if there is sense in doing some in-depth research into this matter. A possible result could be some insights into general rules or guidelines and a clearer distinction between methods for heavyweights and for lightweights, if this should prove necessary or useful.

As usual there are some spots I have to highlight, that is for example a limitation in the statistical procedures. I used a two-way analysis of variance design with independent samples (years by classes), but we should be aware that this is not exactly correct, since we have few but not no participants who show up in both years and should be treated as repeated measures. Since the number is small, I closed my eyes and treated the sample as independent (just to avoid complicating things further).

In conclusion then, I dare say much of the improvement in powerlifting totals can be ascribed to the influence of better equipment, since we do not see better results in the deadlift, which is hardly influenced by equipment.



Much ado about gear



Highlights from the

Men and Women Sub-Junior/Junior/ Open Bench-Press World Championships

Ötz, Austria, 25-30 May, 2011

by Miklos Fekete

Bench-press is arguably the single exercise that all fitness, bodybuilding, powerlifting or general weight training fans know and perform. The question “How much can you bench?” is probably the most frequently asked question among gym-goers. It’s not by accident that bench-press is one of the three official lifts of Powerlifting, and since the early nineties single-lift Bench-Press World Championships have been sanctioned and held by the IPF.

The unique feature of a properly organized and conducted Bench-Press Championships, is that exaggerated myths of huge benching born in a gym tend to melt away in the face of the hard realities off an official score sheet. One needs to show up, make weight AND perform in order to win any medal or placing. And to do that against the best lifters of the World is an honor by itself.

This year’s World Bench-Press Championships were held for men and women categories as well as three age categories (Sub-Junior, Junior and Open) in Ötz, Austria in May.

The venue was set in the picturesque High-Alps in an establishment known as AREA 47, a brand new sporting and recreational facility. We had a full adventure park, complete with bungee jumping, rock climbing, wildwater rafting and much more.

The organizing team, headed by Mr. Emanuel Scheiber, acting now in his organizer’s capacity, did an excellent job of setting up the venue and accommodations.

The depth of competition can be seen by the more than 100 female lifters and over 200 male competitors attending the event. This massive array of lifters came from 25 different nations from Kazakhstan to Canada, from South Africa to Estonia!

The magnitude of the event was perfectly matched by the jaw-dropping opening ceremony,

full of inspiring music, light effects and an unbelievable gymnastic performance by a team of surely three of the most flexible people on the Planet. And the huge hall filled up with spectators for this splendid ceremony.

Images of the Opening Ceremony



After that wonderful and elevating experience it was time to get back to our chalky, unyielding iron world of the actual competition. It’s impossible to write here all the fierce battles fought, all names and details. So Dear Reader, bear with us if you don’t see all lifters’ names listed here. We can but capture selected highlights, and that may be very subjective.

SUBJUNIOR WOMEN:

-42 kg		
1. Alikina Ekaterina	RUS	40.0 kg
-47 kg		
1. Tokmanaeva Karina	RUS	70.0 kg
-52 kg		
1. Filimonova Anna	RUS	105.0 kg
-57 kg		
1. Gonchar Ganna	UKR	107.5 kg
-63 kg		
1. Chukhonastova Lidiya	RUS	102.5 kg
-72 kg		
1. Ilutschenko Oxana	RUS	102.5 kg
-84 kg		
1. Imre Daniella	HUN	85.0 kg
+84 kg		
1. Kiss Lilla	HUN	90.0 kg

WOMEN - Sub-Juniors

The meet started with women Sub-Juniors and here we have to highlight two fantastic world records. One was done by Anna Filimonova of Russia by benching a huge 105 kgs in the 52 kg weight class. That's more than two times bodyweight by the 17 year old lady.

Another feature was Ganna Gonchar of the Ukraine, whose opener weight was already a weight record at 107.5 kgs in the women 57 kg class.

In the Women Sub-Junior nations competition Russia took first place, Hungary second, Ukraine third.

MEN - Sub-Juniors

The men sub-junior field had such excellent lifting such as Pavel Dolgov of Russia who fought a head-to-head battle with his Ukrainian rival, Vadym Soroka in the 66 kg category, Dolgov winning by a narrow 2.5 kgs by accomplishing 170 kgs in his last attempt.

But one lift stood out like a beacon in the storm, strong and clear. The name Norbert Mikula of Hungary will go down the history books of the IPF as the first sub-junior ever to accomplish a 300 kg bench-press in competition. The announcer, the fans cheering him, and the whole crowd went wild upon seeing the three white lights after this historic lift in the second round of the +120 kgs weight category. And Norbert went on to miss 305 kgs by a hair in his third. Norbert's performance would have given him the Junior World title or would have had him place 5th in the Open category. To top it, this gentle young giant remained extremely modest about his accomplishment when interviewed. The author of this article was fortunate enough to visit him in his native town in Hungary. It is hard to describe how under-developed the training facility is where he trains. It's merely a small auxiliary room they managed to set off in the dormitory building of the high-school he is still attending. He devotes about 90% of his waking time to training under the supervision of his excellent coach, Janos Ungai (who is also his teacher at school). They also spend considerable time to read up on articles and follow the latest developments of powerlifting to give them that all-important skills edge one needs to win. Yes, Champions are made by their dedication and humility towards the sport, not just training hardest. Oh, and we should mention the excellent cooking they do there.



In the end, Russia won the Sub-Junior Men competition amongst nations, closely followed by runner-up Hungary, and third place Ukraine.

As an aside note: I was always wondering how these young girls and boys are steeling their nerves to compete in such a high-pressure competition. They are doing a wonderful job of concentration when it counts. Then I witnessed something that would seem to explain it all. In the adventure park of AREA 47 I had the uncanny sight of a whole gang of sub-junior lifters hanging from about 50 meters high above us from the viaduct and noisily making their way from one end of the chasm to the other. Many of these youngsters hadn't had their competition yet! So instead of gnawing their fingernails, praying, fretting, pining away over bad luck in the meet or anything us adult lifters are supposed to do before or after competition, the sub-junior just went cliffhanging to distract their minds from the upcoming adrenaline rush of the meet. I say, we are a blessed sport to have these exuberant young guys among us. So sub-juniors, keep up your good mischievous ways and compete strong!

SUBJUNIOR MEN:

-53 kg	1. Hadas Pawel	POL	110.0 kg
-59 kg	1. Amirov Danis	KAZ	140.0 kg
-66 kg	1. Dolgov Pavel	RUS	170.0 kg
-74 kg	1. Amangulov Komaldin	RUS	182.5 kg
-83 kg	1. Makariev Maxim	RUS	172.5 kg
-93 kg	1. Semenov Alexey	RUS	187.5 kg
-105 kg	1. Kolompar Arpad	HUN	185.0 kg
-120 kg	1. Kennedy Cody	USA	220.0 kg
+120 kg	1. Mikula Norbert	HUN	300.0 kg

WOMEN - Juniors

Not surprisingly Russia went on to win the contest between nations in the Junior Women competition but it wasn't an easy victory this time. Out of the 7 weight categories Russia won only two, other nations snatching their share of gold medals too. The Russian win was ensured by such lifters as Maria Dubenskaya in the 57 kgs, who set a new junior world record of 130.5 kgs which stood head and shoulders above all other lifters in the Junior competition, and taking overall first place on Wilks points. Overall runner-up was Hungary's Agnes Szabo, winner of the +84 kg category with 162.5 kgs who lead the Hungarian Junior Women team to a very close second place. Germany placed third in this contest.

JUNIOR WOMEN:

-47 kg

1. Fadgyas Victoria HUN 90.0 kg

-52 kg

1. Eriksson Nina SWE 100.0 kg

-57 kg

1. Dubenskaya Maria RUS 130.5 kg

-63 kg

1. Rames Maj DEN 120.0 kg

-72 kg

1. Chistiakova Yulia RUS 135.0 kg

-84 kg

1. Zihms Sahra GER 130.0 kg

+84 kg

1. Szabo Agnes HUN 162.5 kg

It was definitely a breath of fresh air to see these young ladies compete. One could see the grit, the determination on their lovely faces, and that again demonstrated that powerlifting is not restricted to any gender, age or body type. Not many sport can boast that, can they?

MEN - Juniors

Juniors are our future open champions (or sometimes they already ARE open champions) and naturally this is one category where everyone is interested to see who will emerge the victor. Not less than 60 lifters partook in this competition distributed across 8 weight categories. So yes, it was a thick field, all nations throwing in the heavy artillery to win the prestigious medals.

Masato Takehana of Japan surprised his rivals by his 175 kgs lift in the 59 kg category. We must also mention the heated battle fought in the 66 kg class between Yan Urusov of Russia and Yuta Hoshino of Japan, both accomplishing 200 kgs. The Japanese athlete did it in his first attempt while the Russian got it after two successful attempts on 190 and 195 kgs. So employing the tactical weapon Yan took home the gold medal of the category by reason of a lighter bodyweight.

The next category of 74 kgs was also decided on bodyweight when Finland's Antti Ahonen went on to match Kazakhstan's Valeriy Kuzakhmetov's lift of 215 kgs and succeeding in the attempt!

The crowd was yet in for another shock when Andrey Zhuravlev of Russia successfully attempted 285 kgs in the 93 kg weightclass. To put this achievement in the proper perspective - this lift would have gotten Andrey a gold medal in ANY of the junior weight categories. Well this junior gentleman "only" earned himself the medal in the 93 kgs, a junior World Record and overall

JUNIOR MEN:

-53 kg

1. Smirnov Oleg RUS 150.0 kg

-59 kg

1. Takehana Masato JPN 175.0 kg

-66 kg

1. Urusov Yan RUS 200.0 kg

-74 kg

1. Ahonen Antti FIN 215.0 kg

-83 kg

1. Miller Daniel POL 230.0 kg

-93 kg

1. Zhuravlev Andrey RUS 285.0 kg

-105 kg

1. Tavakalov Levon RUS 280.0 kg

-120 kg

1. Kovacs Ferenc HUN 265.0 kg

+120 kg

1. Rast Siim EST 270.0 kg



Rames Maj, Winner of junior women 63 kgs

winner on Wilks formula of course. In light of what happened later on in the Open 93 kg category (the world record changing hands many times in the competition) one can see that there will be no shortage of new challengers to the reigning champions of the weightclass.



In the competitions between nations Russia took gold in the Junior men category, Poland came in second and the Ukraine third.

WOMEN Open

After the interesting prelude of sub-junior and junior categories fighting it out, we came to the Open category to decide who are the strongest female benchers on the Planet.

Kaori Nagaya-Shirakawa of Japan won an excellent battle in the 52 kg class over Krisztina Nagypal of Hungary by lifting 130 kgs. Krisztina had been leading all the time up to the last attempt which she narrowly missed, the Japanese lifter happily taking gold. The weights lifted by these two would have won one category up!

Jumping two weightclasses we find Natalia Samarina of Russia setting a world record of 170 kgs (72 kg category) on her second attempt. Karolina Arvidson of Sweden put up a very

OPEN WOMEN:

-47 kg			
1. Kozdryk Justyna	POL		127.5 kg
-52 kg			
1. Nagaya-Shirakawa Kaori	JPN		130.0 kg
-57 kg			
1. Petrova Anastasia	RUS		125.0 kg
-63 kg			
1. Nelyubova Valentina	RUS		142.5 kg
-72 kg			
1. Samarina Natalia	RUS		170.0 kg
-84 kg			
1. Dedyulya Svetlana	RUS		200.0 kg
+84 kg			
1. Lonn Sandra	SWE		190.0 kg



brave fight and tried to top the world record on her last attempt by asking 170.5 kgs, but finally missing it. But even Karolina couldn't lean back for a moment. She had 157.5 kgs on the board and breathing down her neck was Russia's Yulia Medvedeva, who getting herself on the board with an opener of 152.5 kgs, was continually threatening to take even the silver from the Swedish lady by her second and third attempts on 160 kgs, which she didn't manage in the end. As if that wasn't enough there was Anastassiya Guseva of Kazakhstan, still a junior but competing in the Open Class, making her presence known by a 150 kg lift and a 162.5 kg last attempt which would have given her silver, had she managed it. The final score had Natalia as winner, runner-up Karolina, third place Yulia and a close fourth Anastassiya.

In the 84 kgs category, the one lift that was to be the only 200 kg lift by a female in this competition shook the rafters. The "perpetrator" was Svetlana Dedyulya of Russia who won her competition by a 25 kg margin over runner up Tatyana Kudryavtseva of Kazakhstan who, in turn was given a hot chase by bronze medalist Devan Doan of the USA. It goes without saying that Svetlana also took best overall female lifter.

In the heaviest female class, Sweden went unchallenged when Sandra Lonn accomplished 190 kgs making three valid attempts besting Inna Orobets of the Ukraine whose 185 kg Master 1 world record earned her the silver this time. Interestingly Joanne Schaefer of the Netherlands also accomplished a Master 1 world record of 185 kgs and had to take bronze only because of a heavier bodyweight.

In the nations competition, Russia got gold, Sweden silver and France took bronze. Congratulations for all team members!

MEN Open

In the lightest weight category of 59 kgs it was about a gentleman from Japan against two from Poland. Nagoya Ikeda went on to win the competition with a lift of 177.5 kgs while Dariusz Wszola and Slawomir Sledz both did 175 kgs, the former taking the silver by reason of lighter bodyweight.

The men 66 kg category was marked by an intense struggle between Ivan Chuprinko and Hisayuki Nakayama. After the second round Ivan was leading by 2.5 kgs with a lift of 220 kgs when Nakayama, already having two successful attempts went for a Masters 1 world record of 220 kgs to match Chuprinko but edge him out by a lighter bodyweight. The Japanese lifter heroically did the lift, turning the tables. The pressure was now on Ivan when he was forced to ask for 222.5 kgs for his last attempt. It was not to be that day so Ivan had to content himself with the silver, Hisayuki taking first place.

No less vehement was the scramble in the 74 kgs category where Sergey Knyazev of Russia and Joseph Smith of the USA locked in battle for the gold medal. But our readers should not be misled into thinking that only these two athletes were in medal contention. Suffice it to say that the first 5 places were all within a ten kilograms

margin of lifted weight. Knyazev successfully opened up at 230 kgs while Smith missed 235 kgs on the first. For some reason (maybe time-out reasons) Knyazev's second attempt was set at only 232.5 kgs which he did, but Smith managed to get in 235 kgs on his second attempt so he was leading after the second round. Despite the administrative slip-up in the second attempt Knyazev remained unfazed and went on to successfully accomplish 240 kgs on his last attempt. Smith, having a higher lot number but a lighter bodyweight also asked for 240 kgs for his last, but finally missed it, which meant second place for the American and gold for the Russian.

The Men's 83 kg category on one hand serves as a warning sign for both lifters and officials of the IPF, one the other hand we should salute to the lifters who made it. Out of 12 only 6 lifters survived (stayed in competition), 6 bombing out. Some argue it's the bench shirts driving lifters to more and more desperate solutions of buying small size shirts and not being able to bench according to the rules, some bring up other reasons but one thing is for sure: we can't ignore the phenomenon. The competition had 6 lifters opening at or above 250 kgs, a massive lineup never seen before at any World Championships in the predecessor of this weight class. The whole crowd went dead silent when favorites as Adam Mamola from the USA, or Maxut Davletkaliyev of Kazakhstan attempted 260 kgs in the first round

**A hard won victory for the USA
in the 83 kg Open category**



(and both failed). Japan's Fukushima Yuki was just the icing on the cake with his unearthly opener of 275 kgs (which also failed on account of the "sternum rule"). It was the second round where it all started to turn to be like a thriller movie. It was Daniel Thurman of the USA, silver medalist of 2010 leading the competition with his good first attempt of 252.5 kgs after the first round, closely followed by Russia's Sergey Saranskiy with 250 kgs when five strong contenders (Finland's Vikla, Hungary's Kubatov, The USA's Mamola, Kazakhstan's Davletkaliyev and Japan's Fukushima again) missed their second attempts in a row, getting on the verge of bombing out. The Japanese effortlessly pressed 275 kgs even on his second, but was called again by the referees for belly-benching (which could have been due to his extreme arch). Thurman also missed his second while his runner-up Saranskiy missed his 260 kgs which would have given him the leading position. The third round gave us moments to remember forever. The full array of tactics and changing third attempts in the last minutes came into play. It was first Vikla of Finland going for the silver but he failed, and bombed. There came Kubatov of Hungary also going for the silver, failing and consequently bombing. The remaining strong lifters still having no valid attempts on the board were revving up emotionally and physically, it was a sight not to be missed. Mamola and the Kazakh psyched up both going for gold – but to no avail. Both bombed. Unnoticed, Perales of Spain, currently in bronze position tried to go for the gold, but couldn't do the 252.5 kgs. Serenskiy, being in silver medal position tried to snatch the gold by asking for 260 kgs but he, too, failed. It was lastly down to Fukushima and Thurman in a blood-chilling grand finale. The Japanese had no valid attempt yet, but was going for 275 kgs which would have given him the gold. Thurman,

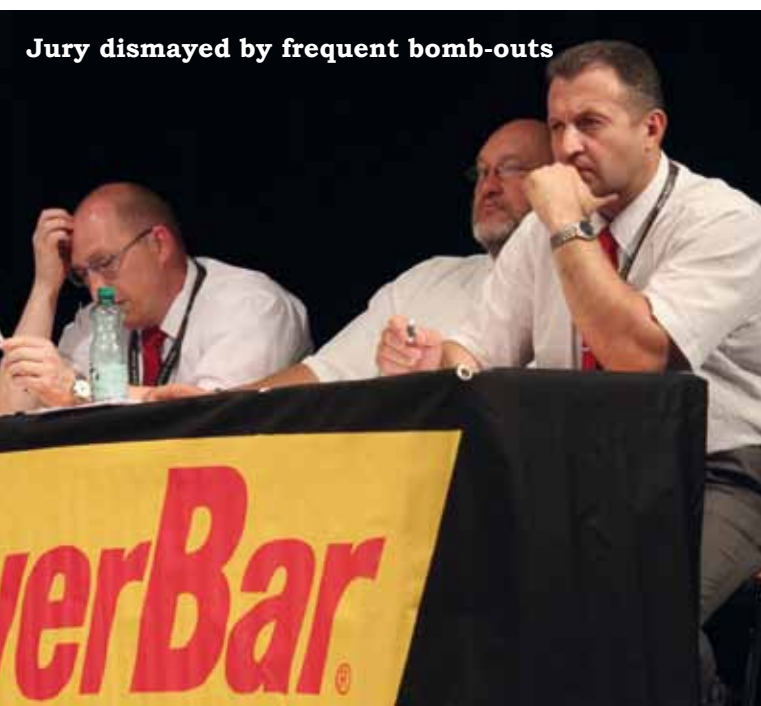
OPEN MEN:

-59 kg			
1. Ikeda Naoya	JPN	177.5 kg	
-66 kg			
1. Nakayama Hisayuki	JPN	220.0 kg	
-74 kg			
1. Knyazev Sergey	RUS	240.0 kg	
-83 kg			
1. Thurman Daniel	USA	252.5 kg	
-93 kg			
1. Krymov Andrii	UKR	300.0 kg	
-105 kg			
1. Nilsson Per	SWE	295.0 kg	
-120 kg			
1. Yulchiev Rustam	KAZ	320.0 kg	
+120 kg			
1. Sandvik Kenneth	FIN	337.5 kg	

having already minimum silver medal decided to wait with his last attempt to have the last word, which meant he would have to go higher than 275 kgs were the Japanese to succeed. But Fukushima couldn't make his last one either, dropping out, and Thurman, already a gold medalist missed his last world record attempt of a 278 kgs. Thus ended one of the most dramatic categories of the meet. Thurman earned gold, Serenskiy silver and Perales bronze.

The dramatic events of the category 83 kg were nothing short of excitement. But the one category higher up was Adrenaline Incarnate. For who would have thought that in the 93 kgs it will not be enough to set a world record in the second round even for a medal-earning position? This was the kind of competition where words just fail the reporter. The extreme depth of the field consisting of 16 world-class athletes from 15 different nations was one guarantee. Names like Wegeira, Cierri, Jader, Krymov were another clue that this will be a battle royal, not to be easily surpassed. And it was so. The world record breathtakingly changed hands about five times. It was first Wegeira of Poland setting it at 297.5 kgs in the second round. Jader of Sweden, not having a valid lift yet on the scoreboard, upped the bet and went to attempt 298 kgs, unsuccessfully. That left him with one more lift to go to earn ANY position in the competition or drop out. However, Andrii Krymov of the Ukraine went to up the world record in this very same second round and managed the 298 kgs, thus taking the record and jumping to first place at the end of the second round. While the other lifters contested for the placings the

Jury dismayed by frequent bomb-outs



The dramatic personae of the 93 kg Open category



leading quartet plus USA's Dennis Cierri were confronting each other in the most magnificent showdown seen in a long time. The Swede arose from the ashes of his two failed attempts and came back with a good attempt with a new world record of 298.5 kgs. Cierri risked everything by going up to 299 kgs for the gold but failed and dropped from the competition. Grishaev of Russia in bronze medal position currently came next, trying the same 299 kgs Cierri missed, and the Russian got it! New World record and a leading position with only two lifts to go. But the two people remaining are Jan Wegeira of Poland and Andrii Krymov of the Ukraine, both multiply world champions, seasoned veterans of the iron warfare. Wegeira asks for 300 kgs for his last attempt and DOES it, but controversially gets red-lighted on account of his backside lifted off the bench. It leaves Krymov to challenge the world record of 300 kgs and he does so with flying colors. To him goes the gold and the world record (and overall first place on Wilks points), Grishaev gets silver and Jader takes the bronze. The awe-inspiring fact is that the first four places are separated by only a 2.5 kg margin and ALL four of them set a world record in the bargain.

Going on to the Men's 105 kg category we find a carbon-copy of events of the 83 kg men competition before – out of 20 lifters 7 bombing out, and 5 of them were in gold medal contention. Pevnev of the Ukraine, Jamroz of Sweden, Ito of Japan are all among the unfortunate ones. But the density and quality of the field is such that it's still a top-notch event. It boils down to the fight between Master 2 lifter Mariusz Hadrysiak of Poland, Petri Kousoma of Finland, Aleksey Pavlovskiy of Russia, Denis Tangelmayer of Slovakia and Per Nilsson of Sweden. The Russian attempts 292.5 kgs in his final attempt to take the lead but fails. Same with the Finnish lifter while the Pole sets an unbelievable M2 world record of 282.5 kgs in

his third attempt earning him the bronze medal. Tangelmayer gets Slovakia their first medal in the men's competition by taking silver, and Per Nilsson upping the bar to 295 kgs having failed at 292.5 kgs might decide the fate of the competition (and be a gold medalist or 5th place if he fails). The Swede's hands stay strong and steady as he cranks out the last lift, walking home with the coveted gold medal.

The 120 kg category saw the emergence of a great lifter from Kazakhstan. The competition belonged to this young man, Rustam Yulchiev and his most worthy rival Marcus Hirvonen of Sweden. Marcus opened up high at 310 kgs but couldn't get it. On the other hand Rustam, displaying a formidable yet aesthetic physique (earlier the day wearing his trademark Popeye-like blue striped t-shirt) asked for 315 kgs and did it like a breeze. It was about this point where the crowd started to wake up to the fact that they were about to see some hard core benching. Marcus did 312.5 kgs on his second, putting down his name on the board and getting in silver position. Standing in third place at the time, Tonni Jensen of Denmark attempted 317.5 kgs on his second but missed. Ueda from Japan tried to do 310 kgs but failed also and was yet to get in a valid attempt. Rustam, however, easily did 320 kgs (at a bodyweight of under 111 kgs!) In the third round we saw Jensen's valiant attempt for the gold at 322.5 kgs, but it failed. Hirvonen asked for the same weight to take the top position but also failed. Japan's Ueda Sinji went for 325 kgs for the win (and the chance to stay in competition) but it was not to be this time. The final say was again Rustam Yulchiev's who, having already secured gold, attempted a world record of 326 kgs but narrowly missed it. The final score had Yulchiev as winner, Hirvonen runner-up and Jensen in bronze position.



Yulchiev Rustam victorious

The heaviest, over 120 kgs, men's category was the last of this marvelous series of competitions. As could be expected the hall was bursting with spectators, many laypersons from the nearby towns or tourists watching this spectacular event. After all, we are talking about the range of 300 kgs or thereabouts here, topped by excellent organization of a show by the Austrian organizing team. Based on openers, 5 men were in serious gold medal contention but only 2 managed to stay in the competition, three dropped out due to not making a valid lift. This was again a high rate of bomb-outs, but it has to be also mentioned that the bench shirts made it difficult to enforce the sternum rule, especially with these large lifters. While not the subject of this article, it may be fodder for further thought in future rule-making.

Last year's Champion Kenneth Sandvik of Finland and silver medalist Fredrik Svensson of Sweden faced off again, both being strong favorites for the gold. But here were Johnny Wahlqvist of Sweden or John Bogart of the USA, both extremely strong and panting to get a chance to grab the medals out of anyone else's reach. Austria's Ewald Enzinger, enjoying the back-up of a really enthusiastic and supportive local crowd, was, as always, a major factor to count with. With five of the big names (Sandvik, Daisuke, Bogart, Svensson and Wahlqvist) not making their opener it was Enzinger leading the group, followed by Alastair McColl of Norway at the end of round one. In the second round Sandvik smoked 325 kgs jumping to the lead while his great rivals, Bogart, Wahlqvist and Svensson, having failed their second attempts, were facing dropping out of the contest. Wahlqvist even went for a world record of 342.5 kgs in this second round and the other big names had all promising attempts, clearly

redlighted not because of strength issues but on some technicalities. Martin Ronning Borgland of Norway managed to put in 310 kgs and thus came up to second place. It was the third round that would decide everything. McColl of Norway successfully surpassed his compatriot's lift of the second round and came up to silver medal position. Borgland tried to take it back but failed on 317.5 kgs. USA's great, John Bogart attempted 335 kgs the second time but failed and unfortunately dropped out of competition. Sandvik went for 337.5 kgs to widen his leading gap and managed to do it! It was now only Svensson or Wahlqvist that could threaten his gold medal. Svensson, on the principle of double or nothing, went for a world record of 341 kgs but missed it, thus dropping out. Wahlqvist met the same fate while attempting yet a new world record of 342.5 kgs. The gold medal went to Sandvik of Finland, the silver and bronze were taken by Alastair McColl and Martin Ronning Borgland both from Norway.

In the men's open competition of the nations Russia walked home with the gold, Sweden with silver and Finland with bronze.

Thus concluded these great competitions in Austria. There was left only the usual banquet where all were in for a sumptuous treat from the organizers. And lots of laughter and making friends. We can safely say that this Men and Women Open/Sub-Junior/Junior Bench World Championships in Austria was a true festival for the powerlifting community. We hope you have also been part of it, or if you haven't you will be next time. Looking forward to meeting you there.



The Super Heavyweight Champion

POWERLEAKS

The IPF Newsflash:

MEETINGS WITH OFFICIALS OF THE INTERNATIONAL OLYMPIC COMMITTEE

IPF Vice-President, Mr. Johnny Graham had a meeting with various IOC and WADA officials in the past few months. He reports that the IOC is VERY PLEASED with our reduced number of weight classes. It was stated that this gives us more credibility, and complies with the other IOC sports, and not just a lot of medals being awarded.

The highest priority topic of the talks was the percentage of Drug Test failures. Upon being informed of IPF's new procedures of reducing In-Competition-Tests [ICT] and increasing the number of Out-Of-Competition-Tests (OCT's), the International Olympic Committee Officials were really pleased. They also stated they would want to see more Target Testing, not just random Testing.

World Anti-Doping Agency (WADA) officials also met with the IPF Vice-President. Their main concern was also with the Out-of-Competition-Tests. After informing them of our plans to reduce ICT's and increase OCT's, they were satisfied.

In general they were very impressed with the overall status of the IPF and with our effort to improve education on doping to member countries. They clearly articulated that the IPF was NOT one of the International Federations that they are worried about. They feel very confident in our procedures.

Cali/Colombia



POWERLIFTING FOR THE DISABLED

Alan Ferguson, IPF executive member recently attended the Special Olympic Games held in Athens. He reports that the magnitude of the event, the sheer size was on par with the World Games. Sponsors include Coca Cola, Walmart, Bank of America just to name a few.

Competing in the same facilities used by the Olympic Games in 2004 the powerlifting competition alone had 180 lifters with fully standardized IPF competition regulations.

The Special Olympic movement has over 40,000 registered powerlifters and negotiations have now commenced between them and the IPF for the mutual benefit of both organizations.

2013 WORLD GAMES QUALIFICATIONS



The qualification for competing in the 2013 World Games in Cali, Colombia have been set. The top three lifters in each weight category in the 2012 World Open Powerlifting Championships in Puerto Rico will automatically qualify.

Additional qualifications will be granted to each of the IPF Regions consisting of 1 male and 1 female lifter, while the host country can nominate two additional lifters.

Another 15 competitors will qualify to take part based on their achieved Wilks points in the 2012 Worlds Open. And lastly each Region will be given one wild card entry, but it must be a female 72 kg category lifter.

Women and men will compete in 4 weight categories each as usual at the World Games.

FIBO ATTENDANCE BY IPF



One of the biggest bodybuilding, strength sport and fitness shows in the World, this year's FIBO (Fitness and BODybuilding) was held in Essen, Germany. The IPF for the first time attended in cooperation with Eleiko. Over 2000

fliers were handed out to newcomers introducing them to our sport.

The "Try Yourself in Deadlift" campaign went down really well with the public, as it immediately gave a hands-on feeling to people.



Thanks to Andy Dörner (Germany) and his team of powerlifters, this was a great start to promoting powerlifting at this event and we look forward to attending again next year.

STREAMING CONTRACT BID OUT

Recognizing the immense demand from lifters and fans worldwide, the IPF has decided to broadcast on internet streaming the three biggest competitions it holds in a year.

These are: Powerlifting Open Worlds, Bench-press Open Worlds and Sub-Junior and Junior Powerlifting Worlds.

Other competitions may also be streamed but the above are considered the bare minimum to be broadcast in the future. Bids are still being collected.

GENERAL ASSEMBLY ELECTIONS IN THE EUROPEAN FEDERATION

At the EPF General Assembly in Plzen, Czech Republic in May, 2011, a new election of EPF officials took place. All present officers were re-elected with great majority. Here is the line-up of some of the newly elected officials:



- President:
Arnulf Wahlstrøm, Norway
- Vice President:
Ralph Farquharson, Great Britain
- Secr. General:
Dietmar Wolf, Norway
- Treasurer:
Alain Hammang, Luxembourg
- Techn. Com. Chairman:
Myriam Busselot, Belgium

The European Powerlifting Federation works closely with IPF with the common goal of Olympic Recognition for Powerlifting.

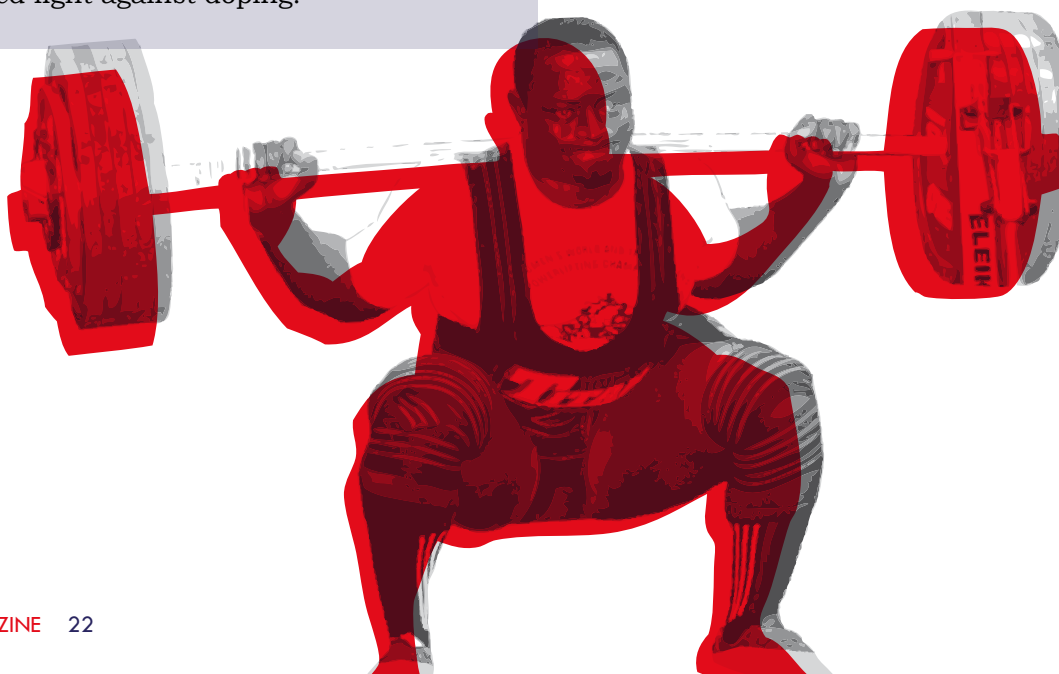
ANTI-DOPING LEAKS

As part of the increased efforts against doping the IPF is standardizing its Registered Testing Pool (RTP) to facilitate out-of-competition tests.

Out of Competition Tests are the best recognized and most effective way to ensure a fair and clean competition which the IPF stands for. To follow words with action the IPF has put separate personnel on to establish and administer the registered testing pool.

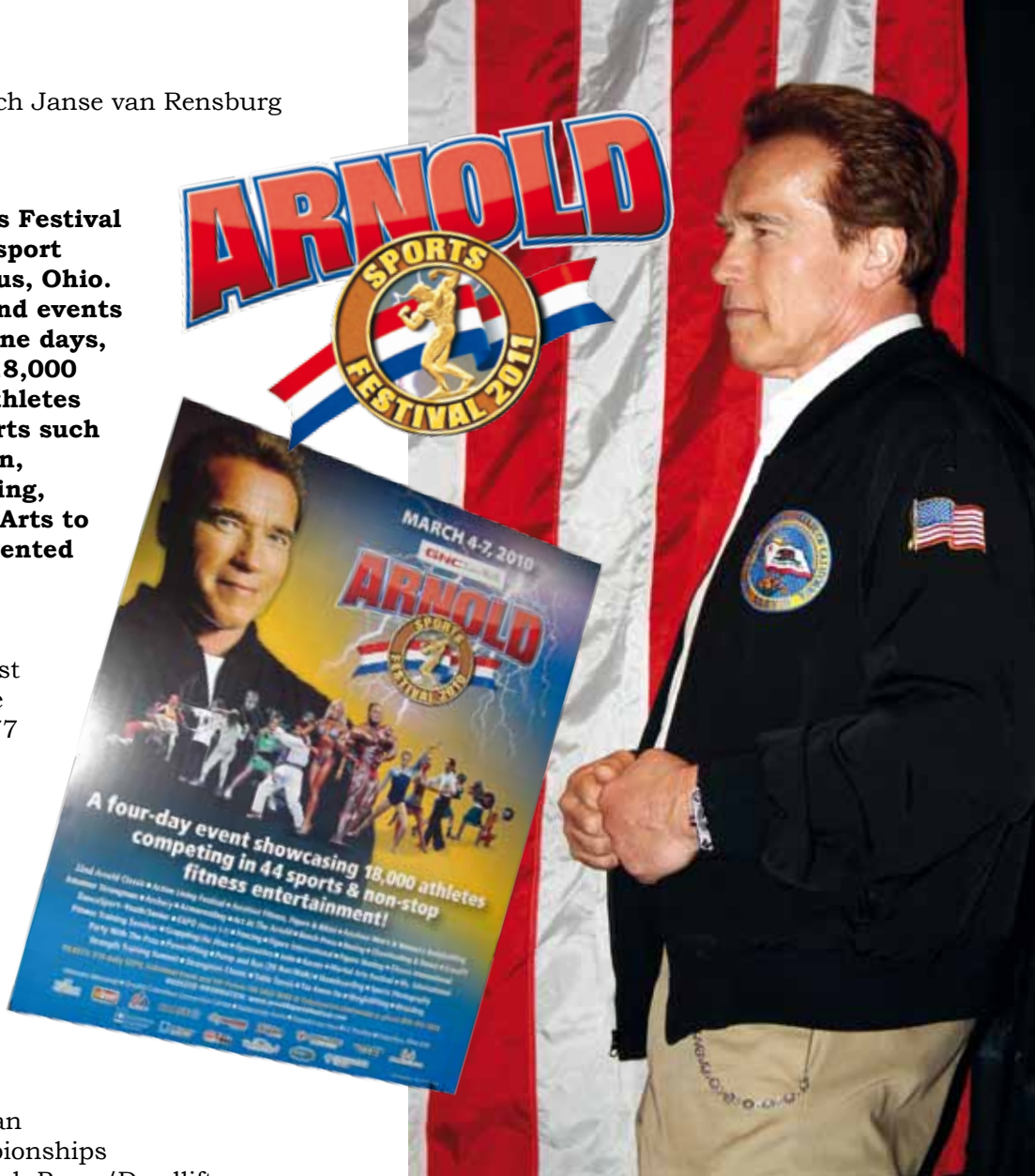


Another important stepping stone in our determined fight against doping.



The 2011 Arnold Sports Festival - a spectacular multi-sport event held in Columbus, Ohio. With more than 45 sports and events packed into three high-octane days, the festival attracted over 18,000 amateur and professional athletes from around the world. Sports such as Body Building, Strongman, Boxing, Archery, Armwrestling, Crossfit Games and Martial Arts to name just a few were represented and contested.

Powerlifting, one of the most popular strength sports of the festival, this year attracted 177 athletes from 12 countries, including for the first time, Russian athletes. The Arnold USA Powerlifting Championships consists of 5 events: The Raw Challenge Powerlifting Championships, The Brown's Gym American Invitational Powerlifting Championships, The GNC International Pro Deadlift Competition, The Titan Pro Bench Press Bash Championships and the Ohio Invitational Bench Press/Deadlift Championships.



THE RAW CHALLENGE - 83 Competitors

In the women's competition the overall best result was by Jennifer Thompson, with an amazing deadlift of 185.5 kg and a total of 448 kg with a bodyweight of a mere 59.7 kgs. Second place on Wilks points went to Sioux-z Hartwig-Gary with a total of 370 kg.

We got these words from Jennifer after the competition:

- *"After the competition I was feeling really great,*
- *I was really excited about the records I broke, I*
- *was a little disappointed in my bench, but I was*
- *really happy about my deadlift (185.5 kg) and I'm*
- *feeling very sore now! I like the raw format for a*
- *lot of reasons. It's not what you're wearing, how*
- *you're wearing it, or how tight you're wearing it,*
- *it's just whoever lifts the most wins. So I like that*
- *aspect of it.*

Powerlifting it's an everyday thing for me, I enjoy the training, and I enjoy the camaraderie among the athletes at the competitions. I enjoy a little bit of rivalry, enjoy the healthy lifestyle it brings and I love coming to all these great championships!

The Arnold Festival is awesome, it was so neat to be here and lift in front of all these people that were screaming and yelling and people that are not used to our sport that got exposed to our sport, to come and see it and come screaming for you and it's a huge audience and it gets you so pumped up and ready to go! It's such a pleasure to experience that at the Arnolds, and Arnold came, so that was pretty cool!

The Raw format requires completely different training. I do a lot more base work, I do a lot more reps. In the training it's a little bit longer and it's not as hard on your body as in the equipped gear. It's usually a 12 week cycle post to an 8 week cycle for me, it's working from high reps down to low reps and really working on form.

- *In future I think we are going to see great competitions. In Sweden next year there will be the first IPF Raw competition. I think it is a really good start for us. I think there is a place in this sport for both the equipped and the raw, I don't think one is better than the other, I think it's just different. I think the athletes think so and hopefully we will get recognized by the Olympics."*

Victory in the light men's category went to Russian athlete Aleksey Bakhirev. His total was 692.5 kg with a bodyweight of 77.9 kgs. The second place went to Jamie McDougal with result 677.5 kg.

Aleksey had this to say:

- *"This is not the first time I have taken part in a Raw Format competition, but usually for me the competition without equipment is not the main event. Last year, in Izhevsk in the Russian Cup in equipment, I took 2nd place in the weight category to 75 kg (270 +215 +285 = 767.5).*

- *For me, it still remains a big mystery as to how I got to this tournament, it was a surprise. I often participated in RAW tournaments in Finland, videos with my performances are laid out in YouTube. I am delighted by this grand exhibition at the Arnolds Festival. There is a friendly attitude on the part of officials from Powerlifting USA and all the athletes. It was a little hard to compete after a long flight however!*



- *I really wanted to become the best of the best champion, but I did not manage it this time. Comparing with other tournaments, I want to mention the great support of the spectators who were very active. If you're strong, you get support, regardless of nationality. The work of assistants was excellent, and the idea with two speakers in general was great, it's a good show.*

I find that training without equipment is fairly easy as you are not feeling any pain. But at the same time, there is strain in the joints and ligaments. Therefore, before the competition, I reduced the load to avoid injury. The main differences when training without equipment is it is going to be more muscular, high reps (8 times). I to want to continue my good performance in the RAW division, I get great enjoyment from it."

The men's heavy weight category winner was Letroy Higgins with a total 842.5 kg with a bodyweight of 122 kg, second place went to Michael Neal with a total of 855 kgs.

THE BROWN'S GYM INVITATIONAL - 50 Competitors

The overall best woman was Erica Bueno from Brazil. Her total was 520 kg with a bodyweight 63.7 kg. Second place went to Maria Luisa Vasquez with a total of 392.5 kgs with a bodyweight of just 46.8 kgs.

We got these words from Erica after the event:

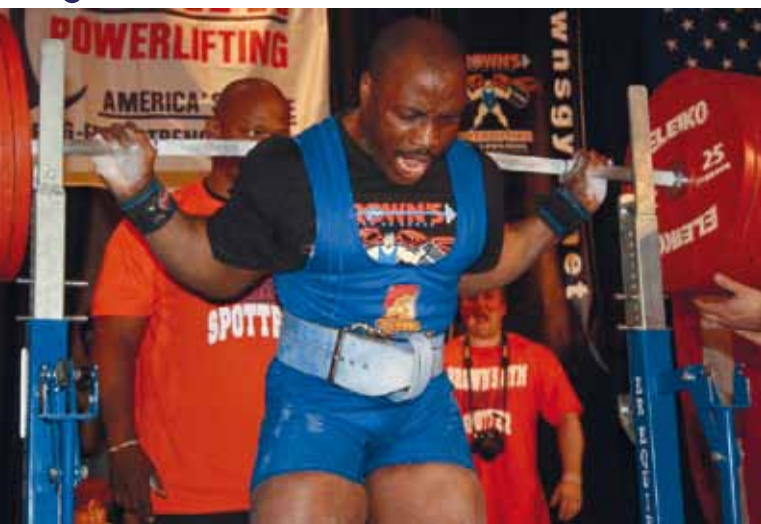
"It is always a great thrill and very exciting to participate in an event as famous as the Arnold Sports Festival. My preparation was over a period of two months, where I dedicated myself and tried my best to achieve my goals. I feel fortunate to have won this event for the second time. It is a wonderful event that brings together people from around the world to compete in the sport they love - the sport of POWERLIFTING - the most powerful on Earth!"



The best master lifter was Luis Tapia from Puerto Rico with a total of 807.5 kg in the 83 kg category. The best junior was Mike MacDonald from Canada with a total of 907.5 kg in the 105 kg category. Great results were shown by Dave Ricks in the 93 kg category, with a squat of 352.5 kg (World Master 1 record) and a total of 872.5 kg.

Dave stated:

"I arrived at the venue early that morning to watch the morning session lifters and to relax. My bodyweight was only 88 kilos that morning. I had invited my parents, my brother and my sister to watch. After weigh-ins I slowly started to warm-up. Throughout my 30 years of competing I always get nervous as the time approaches for the meet. I try to focus on the technical portions of my lifting to ensure I have a successful competition. I picked a conservative opener of 315 kilos just in case I was having an off day and it would be a weight I could successfully attempt no matter what. The opener went very well and I stayed with the plan with a 335 kg second attempt. The second attempt went Ok but I felt I came up a bit too slow. But I stuck with the plan for a 352.5 kg for a third attempt and knew I had to have more speed coming out of the bottom of the squat.



For the third attempt after the bar was loaded and I was focusing my mental intensity, the announcer was getting the crowd pumped up and then he mentioned to the audience that my Dad was there next to the scorer's table. I did not look over because I did not want to lose my focus but I made a mental note to push this attempt as hard as I can. As I set up with the weight it felt very solid and confident. The referee then gave me the start signal and the rest is history.

I stick to a basic workout regimen. I squat twice a week. I have a light day up to 50% of my 1 rep max with 8 reps per set. The other day is a heavy squat day and it is a simple periodization schedule with 8 reps per set early into the cycle and as the weights move heavier I go to 5 reps per set and then the final 3 weeks I work to 3 reps per set.

I am still amazed that I am able to be very competitive in the open level at my age. I would like to continue to compete in the open level until I cannot make any more gains and then strictly compete as a master. My next big effort is to write a book about my fitness journey. My wife has been pushing me to put all these great experiences into a book. I am very proud that I am a lifetime drug free athlete and I firmly believe that it has allowed me to compete at a high level for these many years."

THE GNC INTERNATIONAL PRO DEADLIFT COMPETITION - 18 Competitors

Alyssa Hitchcock had the biggest deadlift in the women's section with 217.5 kg. Here's what she had to say:

"I'm very excited about my victory, it's so much fun being here! This is my favorite lift too (deadlift), and it's really fun lifting in front of all those people, it's a good time to see a lot of good lifting!

It's interesting, it can be nerve wracking lifting in front of a ton of people, but it's fun. Sometimes I get kind of nervous but as a person I'm usually pretty good!



- *Before this competition, I had probably been*
- *lifting for about 7 weeks. I will have a meet in 11*
- *weeks, the women's nationals. So I will probably*
- *do another 7 week cycle. I'm going to be in 67.5 kg*
- *division.*
- *Powerlifting means everything to me, it's my*
- *life! I coach high school powerlifting also, its fun*
- *watching them to become better lifters and grow*
- *from it. If you want to be a winner you must have*
- *a lot of heart, a lot of effort, train really hard!"*



Ian Bell took the biggest men's deadlift with 357.5 kg and a bodyweight of 89.8 kgs:

- *"My greatest moment in the powerlifting is*
- *winning the Arnold. That will probably be my*
- *greatest moment for a long time. The night before I*
- *had a dream, that I had gotten 5th place and only*
- *deadlifted 660 lbs. (300 kg) at the competition.*
- *When I woke up from that dream I was a little*
- *bit nervous about the meet, but those nerves*
- *subsided to sheer excitement in a couple of*
- *minutes. To compete in this meet had been one*
- *of my dreams since I started to competing, so for*
- *this day to come was almost surreal. I was able to*
- *contain my excitement for most of the day right up*
- *until my first warm-up.*
- *As I approached the bar all the excitement*
- *rushed back into me. That is when I actually*
- *realized that what I was about to do, was real.*
- *All of my warm-ups were easy as usual, but the*
- *only one I pay attention to is my last. That one*
- *tells me how well I'm going to perform that day.*
- *The bar was loaded at about 300 kg. I reached*
- *down for the bar and picked it up like it was my*

first set, and at that moment I knew I was ready to do something big that day. I never get nervous before a meet, so right before my first attempt I felt nothing but excitement and joy.

My first attempt flew up, just like I had expected. The second one was even easier than the first. For the last one I didn't even know what was on the bar until the announcer bellowed it out to the crowd. I heard the crowd start to clap and I closed my eyes, prayed, and said to myself out loud, "This is what I've been waiting for". The weight felt like nothing as I pulled it up, and as soon I put it down a rush of emotion came over me and I looked for my dad so I could give him a hug.

My father is my inspiration for lifting. I wouldn't be the man or lifter I am today without him. I started lifting weights when I was 12 years old for football. I did my first meet after a couple of months of weight training. My dad, who is an 8-time world champion, asked me if I wanted to do it and I decided to give it a shot and it has worked out well so far.

As far as future plans I have the Collegiate Nationals in Scranton, Pennsylvania April 2nd, and I'm competing in the NAPF regional meet in Miami, Florida. Some short-range goals are to win Collegiate Nationals, and to improve my bench. Winning an IPF open title is my major long term goal. I definitely will continue competing for the next 4 years."

Legendary deadlifter, Brad Gillingham achieved 382.5 kg. His 402.5 kg attempt was unsuccessful, on this occasion.

THE TITAN PRO BENCH PRESS BASH CHAMPIONSHIPS - 26 Competitors

The overall women's winner was Justyna Kozdryk from Poland. Her result was 120 kg benchpress at a bodyweight of 43.4 kgs. She had this to say:

"The first time I took part in the Arnold Classic tournament in 2009, and won it with a result of 120 kg. Today I took part a second time and was again victorious. But today I showed not my best, just a good result (120 kg), the best was equal in 2010 at the World Championships in bench press.

For me, the Arnold Classic is a prestige competition. When I received an invitation to the tournament, I was delighted and moved. It's the first competition of the year at such a high level. It was a little difficult to prepare, but I'm glad all the



towards the 2012 Festival, Dr. Larry Maile, President of USA Powerlifting, said, "USA Powerlifting is thrilled to return to the Arnold Sports Festival for what will be our fifth year. Once again, we will showcase many of the world's elite lifters as they compete in the bench press, deadlift and squat. Watch as the best athletes go head-to-head and even attempt World Records."

We in the IPF community look forward to witnessing that also and we wish all our top athletes all the best in training and competition over the coming year.

- *same with my result. Special secrets in training I do not have, it all depends on attitude. I'm going to take part in the World Championships Bench Press this year in Austria, the main rival I think is Fukushima."*

In the light men's division, victory went to Markus Schick from Germany with a result of 277.5 kg at a bodyweight 82.9 kgs. The men's heavy weight division went to John Bogart from USA with a bench of 340.5 kg (World Open record) in the category 120+kgs.

And so concluded another wonderful demonstration of Powerlifting at the 2011 Arnolds Sports Festival. Looking forwards now



Medals



Deadlift competitors



TETYANA AKHMAMYETYEVA

supported by PowerBar

I had previously no opportunity to try PowerBar products, but when I did, the experience truly astonished me. The first product I tried was the liquid AMINOACIDS.

I used it when I was preparing to the European Open, and even after just one week of usage I felt increased muscle vigour and physical energy, and I felt less tired after hard exhausting trainings. That was very important for me as only two months before that I had lifted my maximum results at the National Championships and I had to recover to my full capacity for the Europeans.

The second product I used is my favourite now - it is RECOVERY. This protein and carbohydrate complex made me feel like "new" after training. Protein is a source of aminoacids for my muscles, carbohydrates of a different type restore my level of glycogen, vitamins and minerals keep me balanced. By the way, I love it's taste, it's delicious!

After the Europeans I had two weeks to rest and then it was time to lift again. This time it was at the World Benchpress Championships. It's a huge competitive load, isn't it? Three major competitions in three months. But thanks to PowerBar I did it. Using RECOVERY I gained 2 kgs in 2 weeks and restored my energy and power for the next competitions!

I also used the liquid MAGNESIUM. This product helps us to digest glucose. This is very important for muscle growth and strength. And I am very happy with the results. PowerBar is the company with a very famous name and it guarantees quality of its products. I trust PowerBar and it helps me be on top.

I started to lift in 2003
My achievements so far:

Multiple National Champion (Junior and Open Classes) Junior World Champion 2007, 2008 Junior European Champion 2008 Vice-Champion (Open Class) 2009, 2010 European Champion (Open Class) 2010, 2011 European Record Holder (Squat 220kg in b/w 63kg) Bronze Medalist of Bench Press Worlds 2011 (PowerBar and I won this medal together!)



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CURRENT STATUS OF THE IPF ANTI-DOPING DEVELOPMENT

by Detlev Albrings

The fight against doping is one of the main priorities of the IPF. This is a matter that is on the agenda - daily. And will remain a major focus of IPF activities, now more than ever.

WHERE WE ARE NOW?

First, I would like to take you back in time. The IPF has a long history in carrying out anti-doping controls. From 1999 when I was elected as Disciplinary Committee Chairman, the role of the Committee included the handling of all anti-doping violations and the pronouncements of the necessary judgments in relation to this. The IPF have lists of all suspended athletes since 1984 and I believe the IPF had begun this fight even earlier.

In 2003 the IPF undersigned and accepted the WADA Code and our organisation is the only WADA stakeholder for powerlifting.

On the basis of the WADA Code, we have built up our IPF Anti-Doping rules and every member federation must accept and apply these rules on the national level.

By far the hardest type of decision that the IPF Executive have had to make, was to suspend whole federations such as Russia and Ukraine. However history reveals that these countries have had multiple anti-doping violations, and thus the hard decisions had to be, and were made.

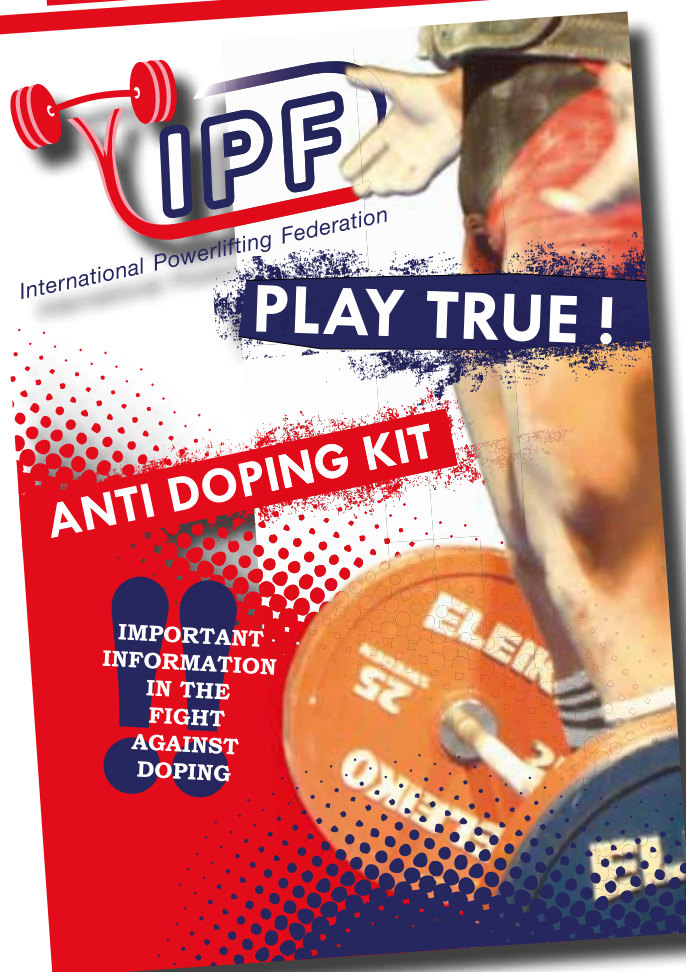
Consequently these countries were obliged to carry out anti-doping tests, provide lifter education and report monthly to the IPF about their efforts. In addition, the IPF has ordered ICT and OCT tests in these countries to support them in their anti-doping efforts.

Currently the IPF Executive Committee has other federations in their focus and we have requested them to strengthen their efforts in fight against doping.

Last year we decided to increase the amount of OCT (Out-of-Competition) tests, because these kinds of tests make more sense in the fight against doping and they are very effective.

All this work is very time consuming and costs a lot of money. However we firmly believe that it is very worthwhile us placing our main attention to this matter. The bottom line is: **doping is not fair, it is not sportsman like, it is cheating, and it is not healthy for the individual.**

So we intend to persist in our fight against doping. Make no mistake, we are determined to stamp-out doping cheats to ensure that all IPF competitions are clean and fair for all.



The new IPF Anti-Doping Kit to be released at the World Sub-Junior & Junior Championships in Moose Jaw/Canada.



IPF 11TH WORLD MASTERS BENCH PRESS CHAMPIONSHIPS WRAP UP

by Sabine Al-Zobaidi

The “grey panthers” assembled in April 2011 in Rödby, Denmark to contest the 11th World Masters Bench Press Championships. Two hundred and twenty-eight lifters from 24 countries demonstrated, that you are never to old to bench press.

The overall Wilks Champion female lifter was Deborah Ferrell of the USA in the M1 84+kg division with a bench press of 172.5 kg. The Wilks Champion male lifter was Kjell Furesund of Norway in the M1 120+kg division with a lift of 312.5 kg.

Perhaps most impressive of all was Svend Stensgaard from Denmark. Showing that he is still enjoying his bench pressing at the spritely age of 89 years, he participated in the 74 kg division, and pressed 65kgs! Well done Svend, what an inspiration to us all, and we sincerely hope to see you in 2012 as a 90 year old competitor!

For all the results from the 2011 World Masters Bench Press Championships, please visit the official IPF website:

<http://www.powerlifting-ipf.com/World-Masters-Bench-Press>



Dan Gaudreau (USA)



Franz Mracek (AUT)

New world records were also set at the meet:

Men

Bradley Klinger (USA)
M50 120kg division - 272.5kgs
Greg Chrun (USA)
M60 120kg division - 235kgs
Biarne Synstad (NOR)
M60 83kg division - 210kgs
William McFadyyn (GBR)
M70 83kg division - 150kgs
Claude Sitruk (FRA)
M60 66kg division - 170kgs
Manabu Ogata (JPN)
M70 74kg division - 145kgs

Women

Hana Takacova (CZE)
M50 83kg division - 140kgs
Manabu Ogata (JPN)
M70 74kg division - 145kgs



Finn Knudsen (DEN)



Nakata Kazuo (JPN)

AND THE WINNERS ARE

MASTERS 1 WOMEN:

-47 kg			
Friedrich Marion	GER	92.5 kg	
-52 kg			
Masuyama Akemi	JPN	105.0 kg	
-57 kg			
Sakamaki Tomoko	JPN	110.0 kg	
-63 kg			
Iliev Isabelle	FRA	115.0 kg	
-72 kg			
Pedersen Anette	DEN	127.5 kg	
-84 kg			
Gransard Nathalie	FRA	95.0 kg	
+84 kg			
Ferell Deborah	USA	172.5 kg	

MASTERS 2 WOMEN:

-47 kg			
Landon Brigitte	FRA	65.0 kg	
-52 kg			
Neslon Diann	USA	85.0 kg	
-57 kg			
Krin Pia	GER	85.0 kg	
-63 kg			
Maciejewski Patricia	FRA	105.0 kg	
-72 kg			
Hauser Ursula	GER	107.5 kg	
-84 kg			
Takacova Hana	CZE	140.0 kg	
+84 kg			
Speth Eva	GER	132.5 kg	

MASTERS 1 MEN:

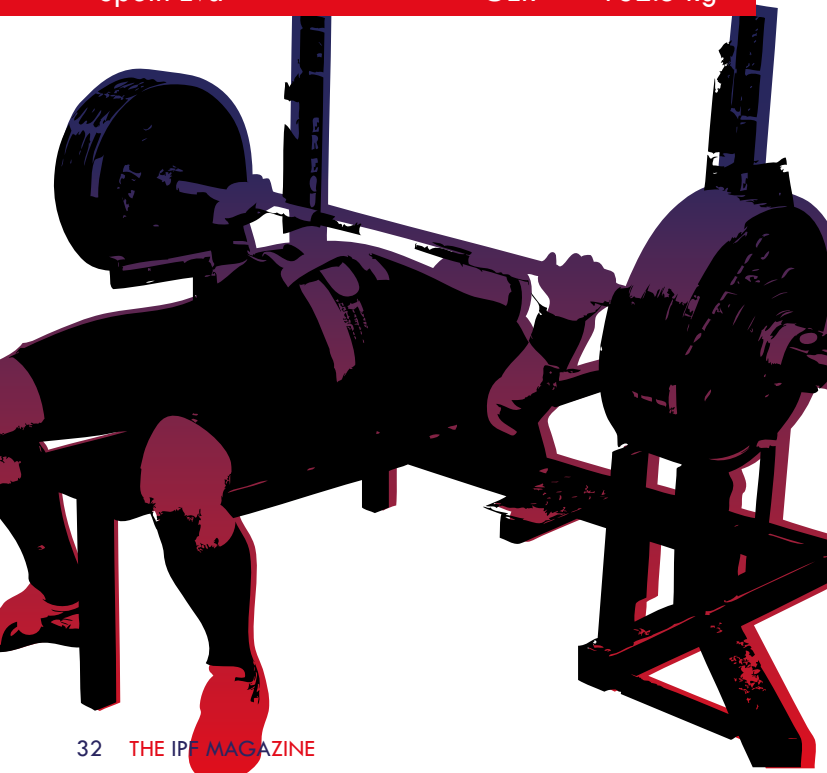
-59 kg			
Nakata Kazuo	JPN	182.5 kg	
-66 kg			
Saarima Marko	FIN	175.0 kg	
-74 kg			
Cuczella Alphonse	FRA	222.5 kg	
-83 kg			
DeMatteo Joe	USA	232.5 kg	
-93 kg			
Cieri Dennis	USA	277.5 kg	
-105 kg			
Mayer Kevin	USA	272.5 kg	
-120 kg			
Lahikainen Jukka	FIN	275.0 kg	
+120 kg			
Furesund Kjell	EST	312.5 kg	

MASTERS 2 MEN:

-59 kg			
Palonen Timo	FIN	125.0 kg	
-66 kg			
Sato Keiji	JPN	167.5 kg	
-74 kg			
Ide Mitsuhiro	JPN	190.0 kg	
-83 kg			
Valentinsen Sigve	NOR	212.5 kg	
-93 kg			
Kitagawa Takeshi	JPN	217.5 kg	
-105 kg			
Jahnke Fred	GER	245.0 kg	
-120 kg			
Klinger Bradley	USA	272.5 kg	
+120 kg			
Mackey Matthew	GBR	240.0 kg	

MASTERS 3 MEN:

-59 kg			
Laurent Guy	FRA	105.0 kg	
-66 kg			
Sitruk Claude	FRA	170.0 kg	
-74 kg			
Fuhr Friedhelm	GER	107.5 kg	
-83 kg			
Synstad Bjarne	NOR	210.0 kg	
-93 kg			
Thomas Rainer	GER	180.0 kg	
-105 kg			
Silvander Matti	FIN	202.5 kg	
-120 kg			
Chrun Greg	USA	235.0 kg	
+120 kg			
Macak Petr	CZE	232.5 kg	



INTERVIEW WITH POWERLIFTING LEGEND BILL KAZMAIER

Interview courtesy by Zhanna Ivanova



Height 6 ft 3 in (1.91 m)

Weight 320 lb (150 kg)

Bill Kazmaier (born December 30, 1953, in Burlington, Wisconsin) is a former powerlifter, strongman and professional wrestler from the United States. He is widely considered to be one of the all-time greatest competitors in strength competitions. During the 1970s and 80s, he set numerous powerlifting and strongman world records, and won two International Powerlifting Federation (IPF) world championships and three World's Strongest Man titles.

Kazmaier played American football at the University of Wisconsin–Madison from 1973–74, before leaving school to pursue powerlifting full-time.

POWERLIFTING & STRONG MEN CAREER

In 1978, Kazmaier won the IPF world powerlifting championship and the American powerlifting championship. He won the IPF world championship again in 1983. In 1981, Kazmaier became the first person to bench press 300 kg in competition. The 1981 event was the same competition in which he totaled 1100 kg (2425 lb). His best lifts were: 420 kg (925 lbs) squat (done without a suit), 300 kg (662 lbs) bench press, and 402.5 kg (887 lbs) deadlift.

Kazmaier won the World's Strongest Man (WSM) title three times in 1980, 1981, and 1982.

PROFESSIONAL WRESTLING CAREER

Kazmaier wrestled during the 1980's for promotions such as Stampede Wrestling and Continental Championship Wrestling.

His biggest national exposure came when he debuted for World Championship Wrestling in 1991 at Halloween Havoc. He received several shots at Lex Luger's WCW World Heavyweight Championship but failed to win the title. He also briefly teamed with Rick Steiner, only to lose to The Enforcers in a tournament final for the WCW World Tag Team Championship. While in WCW, Kazmaier also wrestled for New Japan Pro Wrestling.

LIFE AFTER COMPETITION

After Kazmaier retired from strongman competition and pro wrestling, he opened a fitness club, Kaz Fitness Center, in Auburn, Alabama. The gym closed in 2005. Kazmaier then opened, and continues to operate, S.W.A.T. gym in Opelika, Alabama.

Kazmaier currently appears on ESPN as a co-commentator for the American broadcast of the annual World's Strongest Man competition along with Todd Harris and 2006 World's Strongest Man winner Phil Pfister. He also does some additional co-commentating in the British broadcast.



“My stimulus and reason for living is really to help others.”

INTERVIEW

- Powerlifting was a big part of your life, what did powerlifting give you in your life?

My achievements within the sport gave me a platform to then go out into the community, to cities and schools, and share my experiences. I was able to encourage and motivate people and help them to become champions, winners. I encouraged people to overcome adversity, to strive through hard training and discipline and determination.

- Who told you about this sport?

Well, in the 5th grade I lifted my first weight, I took my bodyweight overhead at 10 years old with 110lb\50 kg, the man I did that in front of kicked me out from the gym and told me not come back. I had to find my own way and snuck into a YMCA and watch the guys do squat, deadlift and bench, and I learned very quickly and had great strength, so I really did not have any teachers. I trained and I followed the discipline of powerlifting, but I felt that there was something special going on and I feel this to this day. I have visited many schools in my time giving that message. That's my career in Powerlifting, my driving push all comes from the want, need and desire to help other people, because no one wanted to help me, but someone, the greatest power helped me, so now I want to help others so that history does not stay the same, that young people can go to a champion and learn. Yesterday standing right here were 20 young powerlifters and I gave them a seminar

for 30 minutes. I told them to go home tonight and think about what I said, talk to your coaches, talk among yourselves and use your computer to decide what you learn, what you know and what

also you want to know and come back tomorrow morning to ask questions and I will help you more.

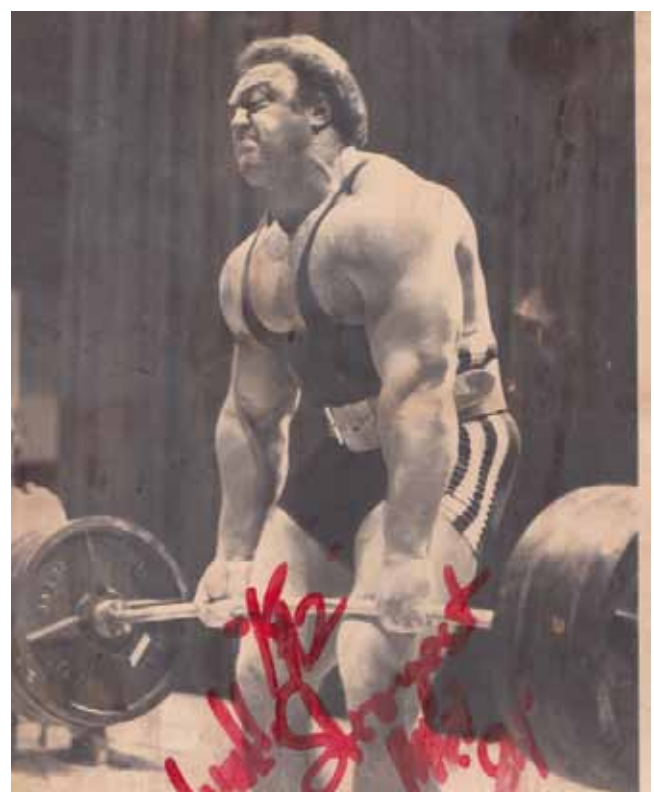
That's my greatest gift and that's my greatest reward, trophies, titles and world records means nothing to me. But to actually go into the eyes of a young person, down to the heart and put a thumb print on the soul and change their life for the better is like a million pound lift.

- What are your thoughts about fear, the sort of fear that you feel sometimes before a competition? Because fear stops some people, but fear can also be a stimulant for people.

A couple of times I have thought "fight or flight" as if one was a wounded animal in a corner being beaten, the animal comes out in a rage. But I found something much more pure than that, four letter word L-O-V-E. I would have love for my Lord, when I did again I got goose-bumps. I always said "I do this in celebration for my Lord" and I lifted very heavy weights, they were so easy, they were never hard, I never missed. I took weights that I knew I could make, even though they were world records.

- What's the most strongest element of your character?

Well, there's a balance of mind, body and spirit and those all works together. And I think I have those in a harmony and I was able to do that through my religion.



INTERVIEW WITH BILL KAZMAIER

- **Now, what is your stimulant to live? Do you want to teach young people, or something else maybe?**

My stimulus and reason for living is really to help others. Not only the worlds strongest men, but doing television with them is a lot of fun, being around Žydrūnas Savickas and being able to tell him he is the strongest strongman in the world, the greatest strong man ever. I was the greatest of my time, that's all I could be, that was 30 years ago, I would surely expect someone to be better now. Although yesterday when he lifted 1100lb he probably could have done it twice, 30 years ago I did 1055lb with 2 torn hamstrings, so I only used my back.

When I did the overhead press log world record my tricep had been ripped off and attached 4 months before. Eight weeks after the injury I was competing in a meet against everybody in a strongman competition in England, so I've got something special going on.

- **You took part in Highland Games, did you like it?**

I enjoyed the highland games and the bag pipes and the festive experience. My first time there I broke the world record in the 56 bar weight throw for height, again I had great pulling strength and the weight was easy to throw over the bar. So it was fun!

- **What is the secret of your training?**

That your perception of your reality is your

reality, if you think you are a champion and a winner - you are. When I walked onto the platform in a competition, that was my trophy, that was my title, that was my check and it was all mine. No one could touch me. Doing competitions with injuries, simply in my reality I was invincible, I couldn't be beaten. When others lifted weight that was so heavy for them I tossed the weight because to me it was empty, it was no weight, and I believed there was nothing. Heavy training is not hard, it just convinces you that you are stronger.



“There’s a balance of mind, body and spirit and those all work together.”

are, and they are happy and balanced in their life, healthy and live long and prosperous and that they constantly and positively affect their communities and other people where ever they go every day. That's my wish for them.

- **What do you think is the future for up and coming lifters, young lifters coming in?**

Well, the 20 young lifters that I'm going to talk to just now are not using suits or shirts or any of the heavy gear, that's the future of powerlifting.

- **Are you training now?**

Not so much, but I am playing a lot of golf!

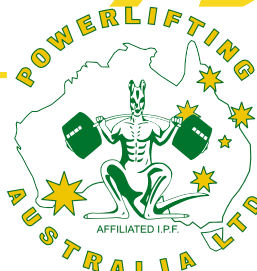
- **Last question, your wishes to all powerlifters?**

My wish is that they always set a PR and being satisfied within. And when they look into the mirror that they are satisfied with whom they

RECORDS TUMBLE - THE THUNDER DOWN UNDER!

2011 AUSTRALIAN CHAMPIONSHIPS AND PACIFIC INVITATIONAL

by Christina Chamley,
photos: Noah Hannibal



Once in a lifetime - maybe. An event takes place - a magical combination of the presence of certain lifters, an outstanding and classy venue, and a completely insane crowd screaming for victory. It seemed like the Iron Planets all aligned in a way that we could never have quite imagined, and that's when we all realised we were in the middle of something amazing, something alive, a "peak experience".

Now, as the coach of a super heavy weight lady [Australian Champion, Anita Millington], let me tell you the chances of me finding myself in a warm-up room with Brad Gillingham and Anthony Harris for starters, was previously NIL. But such is the luck that possible in an "Invitational" competition! But more of that later.

and Simon Weaver. But most significantly for us, the arrangement was for these invitational athletes to be matched up against Aussie Champions in a head to head fashion. Australian Champions, Anita Millington, Stephen Pritchard and Nathan Baxter would do battle in their weight divisions, against their Pacific rivals.

With Pacific competitors and the Aussie competitors pitched against each other, you can imagine the ferocious battles that ensued. Lifters gained leads then lost them, broke records, then broke them again. Pushing each other, attempt after attempt to new and incredible heights. It was a strange sort of thing really. You must understand that Australians and Americans and New Zealanders are friends and life-long allies. We enjoy a delightful camaraderie, we are nations that trust each other, support each other and genuinely like each other. BUT from time to time, on the sporting arenas of the world, we do



Ataoloma Ulia - Australian Champion



Anita Millington - Australian Champion

The Australian Open Nationals this year incorporated, through the visionary efforts of Powerlifting Australia's Rob Wilks, the Pacific Invitational. On the invitation list, 5 Times World Champion Brad Gillingham, USA National Champion Anthony Harris, and New Zealand Champions - Sonia Maneana, Steve Lousich,

battle - and we most certainly do love to compete against each other! Each of these nations is fiercely sporty and very much wish to outdo each other whenever the opportunity arises, but there is a palpable respect, bond and affection between us just the same.

WORLD RECORD RESULTS:

For example, picture this: enormous Brad Gillingham is sitting in his usual quiet, unassuming sort of way, next to Anita and myself in the marshalling area after 8 exhausting lifts. For some inexplicable reason I stood up (all 5'1" of me) and told him firmly, "Brad, you need to man-up dude!" Fortunately for me, my cheeky joke amused him and he threw his head back and laughed as he walked off to deadlift 395kgs.

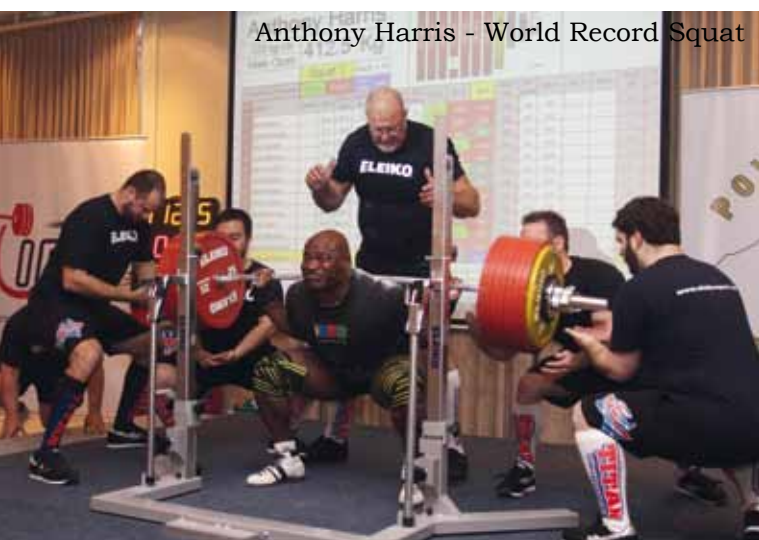
Now Melbourne is a city, world renowned as being decidedly sports-crazy. And, well, the sports-crazy Melbournians turned out in droves to our event! Packed to absolute capacity, the crowd filled the Ballroom of the Rendezvous Hotel for the final session of lifting. The noise and energy that the crowd created, seemingly lifted the roof off our 5 star venue. The lifters clearly fed off it, excelling, outdoing, dominating their chosen weights. Coaches scrambled to increase planned attempts for their athletes who were exceeding all expectations before their very eyes. It was great lifting energy, Lifters Paradise.

Well, New Zealand's super heavy weight Sonia Maneana went head to head with Aussie Champ Anita Millington and came away with an astonishing M2 World Record total of 625kgs. In the process she Squatted an M2 World Record of 225kgs, Benched an M2 World Record of 157.5kgs and Deadlifted an M2 and M1 World Record of 242.5kgs! Anita pushed Sonia all the way and in the end held her head up with a few Australian and Oceanic Records of her own [see tables below].

Aussie veteran lifter and recent Australian Hall of Fame inductee, Max Bristow Deadlifted a World Record 232.5kgs in his M3 66kg division.

USA's Anthony Harris cleared the floor with a total of 957.5kgs [bw 114.12kgs] and an eye-popping new M1 120kg division World Squat Record of 412.5kg!

Brad Gillingham went home with an World Record M1 total of 1035kgs and an Open and M1 World Record 395kg Deadlift, his match ups Aussie, Stephen Pritchard totalled 945 [making him best Aussie lifter of the comp] and Nathan Baxter on 890kgs with his new Australian, Oceania and Commonwealth Record Bench Press of 300kg.



OTHER RECORDS:

NEW OCEANIA RECORDS:

Name	Weight Class	Lift	Category Record	Record Lifted
Max Bristow	66 kg	DLift	MII & MIII	232.5 kg
Max Bristow	66 kg	Total	MIII	472.5 kg
Dave Jame	105 kg	Squat	Open	338 kg
Richard Hozjan	105 kg	BP	Open	240 kg
Richard Hozjan	105 kg	DLift	Open	315 kg
Richard Hozjan	105 kg	Total	Open	880 kg
Steve Lousich	120 kg	BP	MI	240 kg
Stephen Pritchard	120+	Squat	Open & MI	360 kg
Stephen Pritchard	120+	BP	MI	280 kg
Stephen Pritchard	120+	Total	MI	945 kg
Nathan Baxter	120+	BP	Open	300 kg
Sonia Maneana	84+	BP	O, MI & MII	157 kg
Sonia Maneana	84+	DLift	O, MI & MII	242.5 kg
Sonia Maneana	84+	Total	O, MI & MII	625 kg
Anita Millington	84+	Squat	Open	265 kg

NEW OCEANIA RECORDS:

Name	Weight Class	Lift	Category Record	Record Lifted
Anita Millington	84+	Squat	Open	265 kg
Sonia Maneana	84+	BP	O, Mi & MII	157.5 kg
Sonia Maneana	84+	Dlift	O, MI & MII	242.5 kg
Sonia Maneana	84+	Total	O, MI & MII	625 kg
Richard Hozjan	105 kg	BP	Open	240 kg
Stephen Pritchard	120+	BP	MI	280 kg
Stephen Pritchard	120+	Total	MI	945 kg
Max Bristow	66 kg	Dlift	MII & MIII	232.5 kg
Max Bristow	66 kg	Total	MIII	472.5 kg
Nathan Baxter	120+	BP only	Open	300 kg
Steven Lousich	120	BP	MI	24 kgs

At the presentation banquet at the conclusion of the Championships, Powerlifting Australia [PA] honoured some of its all-time greats, with Katrina Robertson, Max Bristow & Peter Kyriakos becoming the inaugural inductees into the PA Hall Of Fame. Katrina in particular was a first choice for this honour, as she holds the all-time World Deadlift Record in the Open 90kg+ division of 263.5kg, which she set in 1998. Katrina remains Australia's only World Champion in modern Powerlifting history.

All-up it was a terrific event. There was fierce lifting, there was excitement and there was recognition of great achievement, - just how you'd wish an international powerlifting competition to be. All I would say, is if you ever get the chance to come to Australia and be a part of an international event, take that opportunity in both hands and run [or should I say lift] with it! Experience the Thunder Down Under!



Jacinta Read - Australian Champion



Friendly rivalry between the big guys



SAMOAN RAW POWER!!

by Samoa Powerlifting Federation

The Samoa Powerlifting Federation is a small association with only about 20 male lifters and just one female lifter. Most of their lifters are new to the sport and have come from Olympic Weightlifting or Wrestling backgrounds. Despite this they still managed to win gold medals in the 100kg, 110kg, and 125+ classes at the 2010 Oceania Championships held in Apia, Samoa.



The small but vibrant Samoan Federation held their first ever National Championships on March 26th 2011. It was a raw competition conducted in accordance with the IPF Unequipped Rules, whereby no supportive suits were allowed except for lifting singlets, shoes and belts. The competition was further enhanced by the presence of Category One International referee Pam Cutjar from Powerlifting Australia. She arrived 10 days prior to the competition and was able to conduct various clinics for referees, lifters and spotters/loaders. Her training and mentoring was invaluable. As a result 13 referee candidates passed on the theoretical exam and subsequently three passed the practical portion during the competition itself. In due course they hope that these national level referees after 2-3 years local experience will be able to qualify to move on to the next level at the regional games such as the Pacific Games, Oceania and Commonwealth Championships and possibly even the World Championships. That was part of the rationale for bringing Ms Cutjar to Samoa, to

not only develop the lifters but also the referees as well. The federation conducted it's own fundraising amongst it's members in order to bring Ms Cutjar's over.

The Raw Nationals itself was a raging success. The best lifter trophy was contested between two of Samoa's best powerlifters in Tauiliili Ofisa and Oliva Kirisome both reigning Oceania champions in the 100kg and super heavy weight categories respectively. Tauiliili was just able to edge out his young team-mate by totalling 715kg in the 105kg class compared to 785kg by Oliva in the 120+kg class. Other notable lifters were juniors Vince Afoa (Oceania Junior silver medallist) with five Samoan Junior records in the 74kg class, and newcomer Niko Gafo who impressed with one record in his first competition.

Overall six junior (under 23 years of age) records were set, nine Open records and one M2 (50-59 years old) were set by the 12 lifters. The success of this competition will no doubt spur the Samoan powerlifters on to greater success in the future. In particular they hope to get a major sponsor or two to fund their next competition and of course the Pacific Games in September 2011.

Please visit the Samoan Powerlifting website on:

www.samoapowerlifting.ws or their Facebook page on www.facebook.com/samoapowerlifting



JAPAN RECOVERS

The world was shocked and worried as the first news filtered through that a Tsunami had swamped large areas of Japan's northern pacific coast following a powerful offshore quake in March 2011.

Naturally the close-knit global community of powerlifters, were eager for news of our Japanese lifting friends, and we were to learn that thankfully, no lifters were harmed. As we conveyed our best wishes to them and their countrymen for the clean-up and recovery after the devastation, we talked with Susumu Yoshida - President of Asian Powerlifting Federation. We asked how the Tsunami had affected the Japanese Powerlifting Association [JPA] and we took the opportunity to learn a little more about this highly respected powerlifting nation:

VITAL STATISTICS OF THE JAPANESE POWERLIFTING ASSOCIATION:

There are over 100 Powerlifting gyms all over Japan.

There is a total of 3000 registered JPA lifters.

At the last Japanese Nationals they had:

- 50 Sub Juniors
- 80 Juniors
- 100 Open Age
- 200 Masters

Can you give us a short history of the Japanese Powerlifting Association including notable people?

The Japanese Powerlifting Association started in 1972. At that time Mr. Seki was the president and he himself was a strong powerlifter.

The Japanese powerlifting legend Inaba, actually started his powerlifting career from Mr. Seki's gym. But after 1976, Mr. Inaba trained by himself with only his wife helping him occasionally. His gym went on to produce several National Champions including myself.

I started powerlifting in 1975 and participated in the Japanese Nationals of 1978. I started to work with the Japanese Powerlifting Association from 1979. In 1984, my wife Hisako and myself, started a small gym called Power House weight training club.

Hisako won a gold medal at the Women's World Championships in 1989.

Midote then won a gold medal at the Men's World Championships in 2001.

As you can see, many National champions have arisen from our club. From our Power House gym, many Junior and Masters class lifters enjoyed training and went on to participate in the Junior and Masters World Championships.



Part of the Japanese Team at the World Bench 2011

At that time, other names like Nakao and Maeda were seen at the World Championships. They trained with their own gyms.

In 2002 Midote started his own gym (the physical gym itself was our former Power House) now called No Limits. From Midote's gym many top lifters competed in the Japanese Nationals and the World Championships.

This October JPA will have its 40 year anniversary party in Tokyo.

How does the JPA select their lifters for the national team and how do they make sure the team stays together as a TEAM at international comps? Do they have one single head-coach or do they have several coaches for individual athletes?

Lifters for the national team are selected at the National Championships. Usually



they need to be champions of their category. Japanese people genuinely love friendship and cooperation. So we naturally can make a good national team and we work well together. We do not have one national coach but some of the coaches from each gym goes to the international championships to help their lifters and sometimes they also help other lifters from other gyms as required.

Who are the best lifters in the JPA history and what they are doing in Powerlifting today? Who are currently the best lifters?

Without a doubt the best lifter in our history is Hideaki Inaba - 15 times world champion.

Current best lifters include:

Hiro Isagawa (9 times world champion)

Daisuke Midote

Yukako Fukushima (women)

Mayumi Kitamura (women)

How did the Tsunami catastrophe effect Japanese Powerlifting?

One gym in the north was completely washed away but no powerlifters were killed. Several gyms were substantially damaged but no one was killed.

Is there anything Japanese Powerlifters have been able to do to help their country after such a tragedy?

The northern part of Japan sustained disastrous damage from the Tsunami. But the people there have restarted their new life some how. Many Japanese who live in areas that were unaffected are helping with whatever they can do.

Our National Championships were almost cancelled this year but other cities with no damage, stepped in and took over organizing the events. Our Juniors and Masters events were held in June in Kobe City. Our Open Men's Championships were held in July in Okazaki City and our Women's Championships will be held in August in Hamamatsu City. Understandably there have been fewer participants in the Nationals this year however they have still been successful. By us showing the public that we can still lift, it helps make the people stand strong also.

How are the preparations for the Asian Games in Kobe going? How will powerlifting be featured there?

The Asian Games were originally scheduled the end of April 2011. However, many foreign powerlifters showed concern about coming to Japan so soon after the earthquake. Thus, we decided to postpone the Asian Championships to December 2011. We have now restarted the preparations for the Asian Championships.

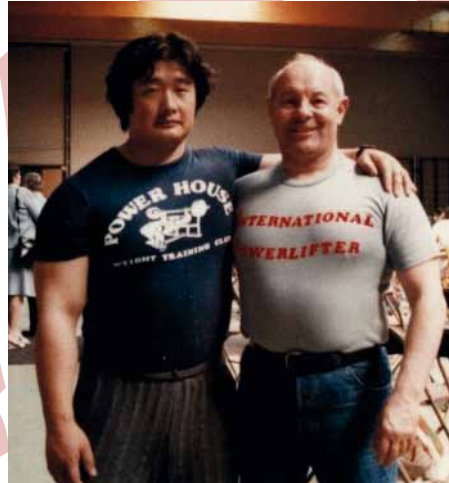
Kobe city is 1000 kilometers away from the stricken nuclear plant and is a safe city. I strongly hope many Asian powerlifters will come and participate in the Championships and enjoy a safe Japan.

What message would the JPA like to give to the world of powerlifting?

We would say this:
Even with a heavy load on our shoulders, we can stand up strongly. That is the world of the Powerlifter.
Send your love, we will feel it - and we can stand strong.

Is there anything else that the JPA would like to share with IPF magazine and readers?

The Japanese people have had many big challenges in our long history. Each time we have overcome the damage and the troubles. This time we may need some time, months or even years. But with your friendship, with your love, I believe we can stand strong again. Because we are Powerlifters!



Susumu Yoshida & Dennis Unit

Thank you from the bottom of our heart.

Thank you Susumu Yoshida - we all join in wishing you, the JPA and your country at large all the very best in your recovery from this national tragedy, and

we hope to see a strong team again on the IPF lifting circuit.



2011 Bench-press world champion, Hisayuki Nakayama





In memory of...

Craig Terry - USA

September 11, 1964 - June 11, 2011

**Immortalized for all time - frozen in the hallowed IPF Records Book:
Craig Terry: 343kg World Deadlift Record - 90kg Masters 1**

Yes, we have lost the man, but his World Record lives on forever!

The world of powerlifting lost a very talented lifter when Craig Terry passed away unexpectedly in June 2011. He was a man who was known for his extraordinary deadlift prowess, his infectious smile and sense of humor. Over the course of his powerlifting career which began in 1984 he held records at the State, National and World level. His World Record Deadlift of 343kgs in the M1 90kg class, that he set in 2009 in St. Louis has been frozen for all time in the IPF record books.

Craig worked as a school psychologist for the Detroit Public Schools in Detroit, Michigan. He was driven by his conviction that all children are capable of learning and worked tirelessly to nurture the development of the children with which he worked. Craig had many interests throughout his life. He took part in various sports, basketball, discus, shot and excelled in martial arts focusing on judo.

In March of 2010, not long after his appearance at the GNC Pro Deadlift meet at The Arnold in Columbus Ohio, Craig underwent what in his words amounted to an almost total reconstruction of his shoulder. Less than a year later he would return to the platform in his home state of Michigan winning the 82.5kg class and taking home a Katana sword for best lifter. He later, as he had promised, presented the award to his surgeon to thank him for his hard work. He went on to place in the 2011 GNC ProPerformance Pro Deadlift and in May of 2011 won the 90kg class at USA Powerlifting's Masters' Nationals qualifying him to once again represent the USA at Masters' Worlds to be held this year in St. Catharines, Canada.

He will be greatly missed by many and thought of often, even more so when there are thunderstorms, for each clap of thunder will be a reminder of the sound his HUGE deadlifts made when they hit the floor. The Arnold, Nationals, Worlds and indeed the world will not be the same without him. He was taken sooner than we would have had it.

Craig Terry, we salute you.

Fight or Flight ?

An Inside Look into the Mental Makeup of a Powerlifter

by Christina Chamley

A lot of people lift weights. In countless gyms around the globe, people of all ages who are interested in health, fitness and strength are pumping iron in pursuit of their personal goals. Lets face it, lifting weights feels good. Many people find it stimulating, fascinating and fun. It helps us to achieve other goals in our life such as: improvement in health and well-being, improvement in body shape and size, stress management, socialisation, improvement in other sports or physical skills and abilities. The benefits are many and varied across individuals, both as an end in itself or as an adjunct to our other goals, training with weights is a quite popular thing for humans to do.

However, while they enjoy the many positives of lifting weights, by far the great majority of these gym goers will never actually compete in the “strength sports”. Olympic Weightlifting, Strongperson Competitions, and Powerlifting to name the big ones, the numbers of people who compete in these strength sports is relatively quite low. Let’s look at competitive powerlifting: the athlete has to perform the lifts to demanding technical standards, in full view of the public up on a platform while being scrutinised by a panel of three referees. Straight away it is not that hard to understand that competitive powerlifting certainly isn’t going to appeal to everyone!

But I think there is even more to it than that. Competitive powerlifting at its heart is about trying to lift the heaviest possible weight that you can, in a controlled and technically correct way. This means, that the lifter is not only going to lift what they are comfortable and capable of lifting, but they will invariably try and lift weight that they are currently incapable of lifting. I believe that it is their fundamental relationship to the pursuit of heavy, very heavy weight, that sets competitive powerlifters aside from the average gym goer. Furthermore, the competitive powerlifter accepts the challenge to have their lifting assessed and judged externally, indeed some feel that they need this external validation to be truly confident that they did lift that weight in a measurable and acceptable fashion.

Powerlifters don’t just like pumping iron. They actively seek out very heavy weight, they engineer a heavy challenge - they actually pursue heavy and threatening weight - relentlessly. Training session after training session, the aim of the powerlifter is to find that fine line between what they can lift right now and what they can not yet, and then they propel themselves into the undoable zone.

Far from putting the lifter off, the undoable weight is sought out, challenged and attacked time after time. Furthermore, when a previously undoable weight becomes now doable, the lifter sets their sights immediately on the next

Deceptive rest... ...into an all-out effort



incremental weight that now evades them. It is an unsatisfiable pursuit, there is no weight that is finally “good enough”, there is no end point, no rest.

Let us be clear, the heaviness of weight that I am referring to here is, for want of a better word, frightening. It is a heaviness that has some real physical dangerousness to it and the lifter believe me, is acutely aware of this. In order to lift this weight [be it Squat, Bench Press or Deadlift] the lifter will need to maintain their composure, concentrate on good, safe mechanical form, and totally will themselves onwards all while they are being somewhat overwhelmed or distracted by how heavy the weight feels.

And the very real risk is, that they will not be able to complete this particular lift, that is, despite their best technique and their maximum physical and psychological exertion they may ‘fail’. Now depending on what position you are in relative to the bar when failure happens, this could be quite dangerous. Hence of course powerlifting is a sport that encourages safety nets such as, human “spotters” or gym apparatus that might “catch” the bar and avert serious injury to the lifter. Having said this, the unharmed lifter now has to contend with the psychological pain of having been beaten by

this weight. There is ego, there is their sense of self esteem and confidence that is always under threat by these treacherous weights.



Not to put too fine a point on it, lifting heavy weight and most certainly the pursuit of the 1 Rep Max [1RM] is potentially both a physical and psychological threat to the athlete. And yet, as we have discussed, far from retreat from that threat, the powerlifter actually pursues it.

To get a full appreciation of the significance of this statement, I need to bring into this discussion a psychological concept that many will be already familiar with: the fight or flight response, and the biology of threat.

The “fight or flight response” is our body’s primitive, automatic, inborn response that prepares the body to “fight” or “flee” from perceived attack, harm or threat to our wellbeing or survival. The important thing about this response for our discussion is the decision the individual makes to fight or flee in the context of the threat from heavy weight - how they naturally react or respond to such a threat.

Now it has been noted that certain types of external stressors or situations are more likely to result in a “fight” response than a “flight” response in a human. And it has also been noted that individuals themselves vary as to their personal propensity to generally fight or flee from a threat or stressor. Furthermore some research suggests gender differences such that on average males tend more towards “fight” response and females more often towards “flight”. Suffice it to say that the type of threat that heavy weight presents to a human body [and especially to a female body] is precisely the sort of threat that most individuals would fairly quickly decide to avoid.



This type of danger to life, limb and ego is the very thing many human beings would typically “flee” from, that is, they would withdraw, retreat, or otherwise excuse themselves from exposure to such threat! And yet here it is that certain individuals not only don't flee, but they actively engage it, they see it as an opportunity and they pursue it.

A full exploration of all of these fascinating issues is beyond the scope and intention of this article, however we can use some of this basic awareness to help us comprehend what on earth is going through the powerlifters mind when they repeatedly try and lift very heavy things!

What I am suggesting is, I think its more than just an interest in powerlifting or personal confidence that differentiates general gym goers from powerlifters. I think there is something very biological about who could or would choose to be a competitive powerlifter. It is something to do with individuals biological response to the particular type of physical threat that heavy weight poses. I think powerlifters are working

off their own internal make-up which when confronted with the iron threat basically says: “yes, this is very heavy, and yes it could hurt me physically when I try to lift it and it could hurt me mentally if I don't - but I am ready and willing to confront it, to attack it and I will do it now, and I will do it again.”

The psychological phenomena that helps differentiate the competitive powerlifter [and indeed the other competitive strength athletes] from the casual albeit dedicated gym goer, is embedded in their biological reaction and response to the physical and psychological threat that very heavy weight presents coupled with the acceptance of or even the desire to be assessed and validated by external parties.

Well that's my theory but I am willing to accept that they could just love getting white lights - who knows! It's worth a thought.



Elation of the good lift

Like what you see so far in the new-era, new-look IPF Magazine? Well, you can be a part of this exciting new Magazine Team! Yes, the IPF Magazine Team are looking for more volunteers who want to be part of the solution, part of the future direction - who want to have a go and work on something special in our great sport.

If you have any of the following we especially encourage you to contact us:

- experience in news or article writing
- high quality photography skills
- expertise in graphics, artwork, design or production
- ideas for articles, reports or interviews
- technical knowledge in our sport on method, rules or equipment
- professional knowledge in the areas of health, medicine, nutrition, biomechanics, physiotherapy, psychology or similar, and how these disciplines relate to powerlifting.
- knowledge to share about training, recovery, injury prevention or rehabilitation.

Or if you simply know of a great story in powerlifting, or an inspirational lifter, we want to hear from you! We are not just looking for experts and world-beaters we want “real” people with a genuine love of our sport with real experiences, to step forward and contribute something.

We are also looking for people from every nation to be our Events Correspondents - that is provide reports to us from national, regional and international IPF Championships that are happening in their area. If you think that you would be interested in doing this but you are concerned about your written English skills, we still encourage you to contact us, as we will provide full support with writing and editing.

The people we seek could be lifters, coaches, organisers, officials or supporters - but one thing for sure, they will be people who are in love

**THE
IPF
MAGAZINE
WANTS
YOU!**



with our great sport of powerlifting and have a desire to contribute in some way to our global communications.

To be a part of this dynamic team of volunteers, you would need internet access and be willing to keep in touch with the IPF Magazine Team by Skype and Email.

Drop us a line, introduce yourself to us - its YOU we are interested in!

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Be Strong - IPF Magazine Team



2011 CANADA HOSTS

**IPF Sub-Junior & Junior
World Championships -
Moose Jaw, Saskatchewan**

AND

**IPF Masters World Championships -
St. Catharines, Ontario**



O Canada!
Where the pines and maples grow,
Great prairies spread and lordly rivers flow
How dear to us thy broad domain,
From East to Western sea,
Thou land of hope for all who toil!
Thou True North, strong and free!

...Yes indeed it shall be - " a land of hope for all who toil" - especially for the toiling powerlifters of the world when they gather for the World Championships events in Moose Jaw and St. Catharines this year. Strength, hope, and pride - qualities the lifters will surely bring to a country bearing the very same characteristics.

perform at their best. Canadian athletes in particular will be keen to perform well in front of their home crowd. And this most spectacular event is set in the beautiful Canadian countryside, surely creating a unique and memorable experience for each and every visitor.

The Saskatchewan Powerlifting Association has had a long history of hosting successful powerlifting meets. Starting in 1998, Moose Jaw hosted the Canadian Nationals. Then in 2001 the city hosted the IPF World Masters Championships. In 2005 the IPF World Masters Championships were held in Regina, and then in 2009 Moose Jaw again hosted Canadian National Championships.

It is clear then that the Canadians have ample experience in creating a truly world class event while illuminating the strength and pride of the Canadian powerlifting community, against a stunning backdrop of their beautiful country.

If you have any questions, or would like to discuss the event further, you are invited to email the committee at:

ipfjuniorworlds2011@gmail.com

**IPF SUB-JUNIOR & JUNIOR
WORLD CHAMPIONSHIPS**

From August 30 - September 4, 2011, the Saskatchewan Powerlifting Association will host the 2011 IPF Sub-Junior & Junior Powerlifting World Championships: an international competition gathering over 400 athletes from all over the world. For an entire week, sub-junior and junior athletes will gather in Moose Jaw to test their strength against others in their weight class to see who is the best, to see who will walk out of Canada as World Champion!

The 2011 Championships will be a showcase for the sport of powerlifting. This high-profile event will draw strong spectator attendance and provide an atmosphere where athletes can



The IPF Sub-Junior and Junior World Championship History:

This competition is truly an international event, being hosted across four continents in the past few years. Now it is Canada's turn!

Year	Host City
2004	Pretoria, South Africa
2005	Fort Wayne, USA
2006	Sofia, Bulgaria
2007	La Garde, France
2008	Potchefstroom, South Africa
2009	Ribeiro Preto-SP, Brazil
2010	Pilsen, Czech Republic
2011	Moose Jaw, Canada

Young athletes in the spotlight for 2011:

WOMEN TO WATCH OUT FOR!



Liza Byruk – 63kg Junior

Born: 1988

Nationality: Ukraine

Best Known Results:

Squat: 240kg

Bench Press: 156kg (World Junior Record – broken 2 times that year)

Deadlift: 237.5kg

Total: 627.5kg (World Junior Record)

Career highlights:

2010

Open World Champion (75kg)

Junior World Champion (75kg) & Overall Junior lifter, Best European lifter

2009

World Open silver medallist

2007

World Open bronze medallist



Michelle van Dusen – 52kg Sub-Junior

Born: 1993

Nationality: United States of America

Best Known Results:

Squat: 177.5kg

Bench Press: 75kg

Deadlift: 175kg

Total: 427.5kg

Career highlights:

2011

Arnold GNC Pro Deadlift silver medallist (52kg)

2010

Sub-Junior World Champion (48kg) & Overall Sub-Junior lifter

2009

Sub-Junior World Champion (48kg) & Overall 3rd place Sub-Junior lifter

2008

Sub-Junior World bronze medallist (48kg)

LOCAL ATHLETE PROFILE

Rhaea Fowler



Rhaea Fowler began competing in powerlifting in 2003 after being inspired by her older brother, Ryan, and has

competed ever since. In 2006, Rhaea suffered a setback after breaking her femur and three ribs in a car accident. In just over a year, she was able to rehabilitate herself back to a calibre

above where she was before the car accident, and has since continued on to bigger things.

Rhaea holds numerous National Records, and has competed at Canadian Nationals every year since 2003. She was named Canadian Female Powerlifter of the Year in 2005, 2006, 2008, 2009, and 2010 and was named Canadian Female Bencher of the Year in 2008, 2009, and 2010. She has also been the best female lifter at the 2008, 2009, 2010, and 2011 Canadian National Championships.

This year marks the last Junior World Championship for Rhaea, as she is at the top end of the age category (23 years). This is the third Junior World Championship Rhaea has competed in, having placed 4th in 2007 (in La Garde, France), and 2nd in 2009 (in Pilsen, Czech Republic). This year is the final year for her to see if she can top those performances at home, as she competes in the 2011 Junior World Championships in Moose Jaw.

Listed below are some of Rhaea's greatest accomplishments:

Best Competition Lifts at 75kg weight class:
Squat: 232.5kg (Open Worlds, 2008)

Bench Press: 155.5kg
(WR Junior Bench Press Worlds 2010)

Deadlift: 205.5kg (CPU Nationals, 2010)

Total: 578kg (CPU Nationals, 2010)

Best Wilks: 552.17 (Open Worlds, 2008)

International Competitions:

- Junior Worlds 2010 - 2nd place, 75kg
- Junior Bench Press Worlds 2010 - 1st place, 75kg, Best Junior Bencher (set Junior Bench Press World Record with a bench of 155.5kg)
- World Games 2009 (one of two Canadians invited to attend) - 6th place, 67.5-75kg (broke Junior Bench Press World Record with a bench of 152.5kg)
- Arnold Classic Quest Invitational 2009 - 4th place Women's (broke Junior Bench Press World Record with a bench of 150.5kg)
- Open Worlds 2008 - 2nd place, 75kg
- Sub-Junior Worlds 2006 - 1st place, 75kg, Sub-Junior Champion of Champions
- Sub-Junior Worlds 2005 - 2nd place, 67.5kg

MEN TO WATCH OUT FOR!



Jesse Norris – 83kg Sub-Junior
Born: 1993
Nationality: United States of America

Best Known Results:

Squat: 330kg (World Sub-Junior Record)
Bench Press: 182.5kg
Deadlift: 310kg
Total: 820kg

Career highlights:

2011

Arnold Browns Gym Pro Junior silver medallist (83kg)

2010

Sub-Junior World Champion (82.5kg) & Overall 2nd place Sub-Junior lifter

2009

Sub-Junior World silver medallist (82.5kg)

Dmytro Semenenko –

105kg Junior
Born: 1988
Nationality: Ukraine

Best Known Results:

Squat: 400kg
Bench Press: 250kg
Deadlift: 340kg
Total: 980kg

Career highlights:

2011

Junior European Champion (105kg) & Overall 3rd place Junior lifter



2010

Junior World silver medallist (100kg)

2009

Junior World Champion (90kg)

2008

Junior World silver medallist (82.5kg)



Carl Christensen – 120+kg Junior

Born: 1990

Nationality: Norway

Best Known Results:

Squat: 422.5kg

Bench Press: 295kg

Deadlift: 362.5kg

Total: 1080kg

Career highlights:

2011

Junior European Champion (120+kg) & Overall Junior lifter

Competed at the Arnold Sport Festival in the GNC Pro Deadlift

2010

Junior World bronze medallist (125+kg)

With many wonderful local attractions and activities on offer, these championships promise a total experience for all visitors.

MEN TO WATCH OUT FOR!



Wade Hooper - 83kg Master 1

Born: 1971

Nationality: United States of America

Best Known Results:

Squat: 370kg

Bench Press: 255kg

Deadlift: 275kg

Total: 880kg

Career highlights:

2009

USA team member at the World Games

2008

Open World Silver medallist (82,5kg)

2007

Open World Silver medallist (75kg)

2006

Open World Champion (75kg)

2005

Open World Silver medallist (75kg)

2004

Open World Champion (75kg)

Wade also held the Open World Record in the squat 7 times and Bench Press 5 times. Recently Wade also became a father of a boy! Congratulations!

IPF MASTERS WORLD CHAMPIONSHIPS - ST. CATHARINES, ONTARIO

The Masters World Championships will take place from September 26th to October 1st, 2011, it will be held at the Holiday Inn and is organized locally by the Niagara Powerlifting Club.

The Niagara Powerlifting Club was formed in 1999 and is comprised of lifters ranging from the novice to the world champion level and will be fielding at least 6 of the members of the Canadian Masters Team. The Niagara Club hosted the 2008 Canadian Powerlifting Championships and is proud to now host world-class masters lifters at these championships.



Dan Gaudreau - 120+kg Master 2
Born: 1960
Nationality: United States of America

Best Known Results:

Squat: 372.5kg
Bench Press: 300kg
Deadlift: 305kg
Total: 960kg

Career highlights:

2006-2010

Master World Bench Press Champion(125+kg)

Dan has hold the Master 2 World squat Record, the Bench Press M 2 Record, 3 times in the single lift, and the Total M2 Record. Held the M 1 World Record in the Bench Press 4 times and once as single lift. That is 11 World Records all together.

Christer Gustafsson - 83kg Master 3
Born: 1949
Nationality: Finland

Best Known Results:

Squat: 230kg
Bench Press: 152.5kg
Deadlift: 217.5kg
Total: 600kg

Career highlights:

2010

Master Worlds Silver medallist (82.5kg)

WOMEN TO WATCH OUT FOR!

Tatiana Zubkova - 72kg Master 1
Born: 1967
Nationality: Russia

Best Known Results:

Squat: 175kg
Bench press: 82.5kg

Deadlift: 205kg
Total: 462.5kg

Career highlights:

2009

Master Worlds Silver medallist (67.5kg)

2008

Master World Champion (67.5kg)

Nina Kondrasheva - 63kg Master 2
Born: 1960
Nationality: Russia

Best Known Results:

Squat: 157.5kg
Bench Press: 90kg
Deadlift: 150kg
Total: 397.5kg

Career highlights:

2009

Master World Champion (56kg)

The powerlifting world eagerly anticipates these two wonderful competitions and we wish all the athletes, coaches, officials and spectators, a fabulous time! The full report of results with exclusive photo gallery will be featured in the next issue of the IPF Magazine - stay tuned!



Bench press:

A perspective on single lift and full meet formats

By Joel Di Battista and Stephen Pritchard



Bench press is probably the most popular and commonly practised powerlift. It is performed in full powerlifting competitions, but also in single lift competitions. In this article we outline some of our ideas about the differences between single lift and full meet benching, in terms of training, preparation and competition.

There are many different ways of training the bench. We are not going to suggest that there is some superior approach, as it's clear from the performances of top level athletes that there are many successful and proven training methodologies. However, most will acknowledge that training for a full meet will mean that your energy will be spread across a greater variety of lifts, which will limit the time and effort dedicated to benching and will impact on your recovery. Some have successfully competed in full meet and single-lift bench press, however most would admit that your bench will be bigger if you focus on benching. For example, from our own experience, we have found that heavy squatting can be hard on the shoulders and elbows and heavy squat and deadlift sessions will impact on your recovery from benching.

TRAINING

We have generally found that training for a full meet will place limitations on the volume and intensity of benching. Bench only training often includes squatting and deadlifting, but, for the most part, these additional lifts are performed with the view that they will offer something to the bench press. Typically bench only training can involve higher volume and intensity, since a lifter benching alone will recover more quickly and fully than a lifter who is also squatting and deadlifting heavy. More volume and more intensity can mean adding additional exercises that assist or compliment the bench movement. This can include partial range or lockout work, upper back or triceps exercises. It may also mean that a lifter can add an additional bench session into their training routine. We have also found that reducing the amount of squatting and deadlifting can help the technical aspects of the lift, as the lifter is less fatigued and maintains flexibility more easily. This can result in better technique.

EQUIPMENT

The type of equipment specific to the bench press is the same for both three lift and single lift competition; principally being the bench shirt and wrist wraps. Obviously, these items are limited to the approved list of equipment; however some differences can be made in terms of the tightness and setting of the bench shirt. In general, a lifter may choose to wear a looser fitting shirt in three lift competition not only to protect their squat and total, but also due to the fact that there may not be sufficient energy left after squatting to press the weight required to touch in a tighter shirt. For the same reasons, lifters may also choose to alter the collar or armpit positions of the shirt in order to increase the support of the garment and thereby make it more difficult to touch on the sternum.

COMPETING

In a three lift meet, in most cases, the total is the priority. Typically that means a more conservative approach to opening attempts. You often hear lifters talk about getting 'on the board'. 'Getting on the board' is about

posting a total and, with each attempt, building a bigger total. For this reason, we have found lifters tend to open a little lighter on bench in three lift meets. In a full meet, there are nine attempts. Performing under par on one lift does not necessarily mean you will not total well. Staying ahead of competitors does not normally come down to a single lift until you get to the final lifts of the day. The lifter also benches after squatting, which may mean they are not able to post the same bench result if they had benched 'fresh'.

In a single lift meet you only have 3 attempts. This means there are fewer opportunities to move ahead of competitors and, as a result, you often see competitors taking greater risks or opening heavy. In single lift competition the best bench is the total, so the emphasis for those aiming to win or place is often hitting a number higher than other competitors, rather than getting 'on the board'.

Obviously, many approach bench in a different way to us and may have different views. These insights have helped us progress in the bench press in both forms. We hope you find the information useful.



.... **Strongest athletes of the world - Women and Men Open World Powerlifting Championships report**

.... **Exclusive interview**

.... **Introducing Powerlifting Finland**

.... **Committee reports**

.... **And lots more**

2011 EVENTS

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

2013 EVENTS

09.-13.04.	World Masters Bench Press Championships IPF	Prague, Czech Republic
22.-26.05.	World Bench Press Championships Open, Sub-Junior & Junior IPF	Kaunas, Lithuania



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