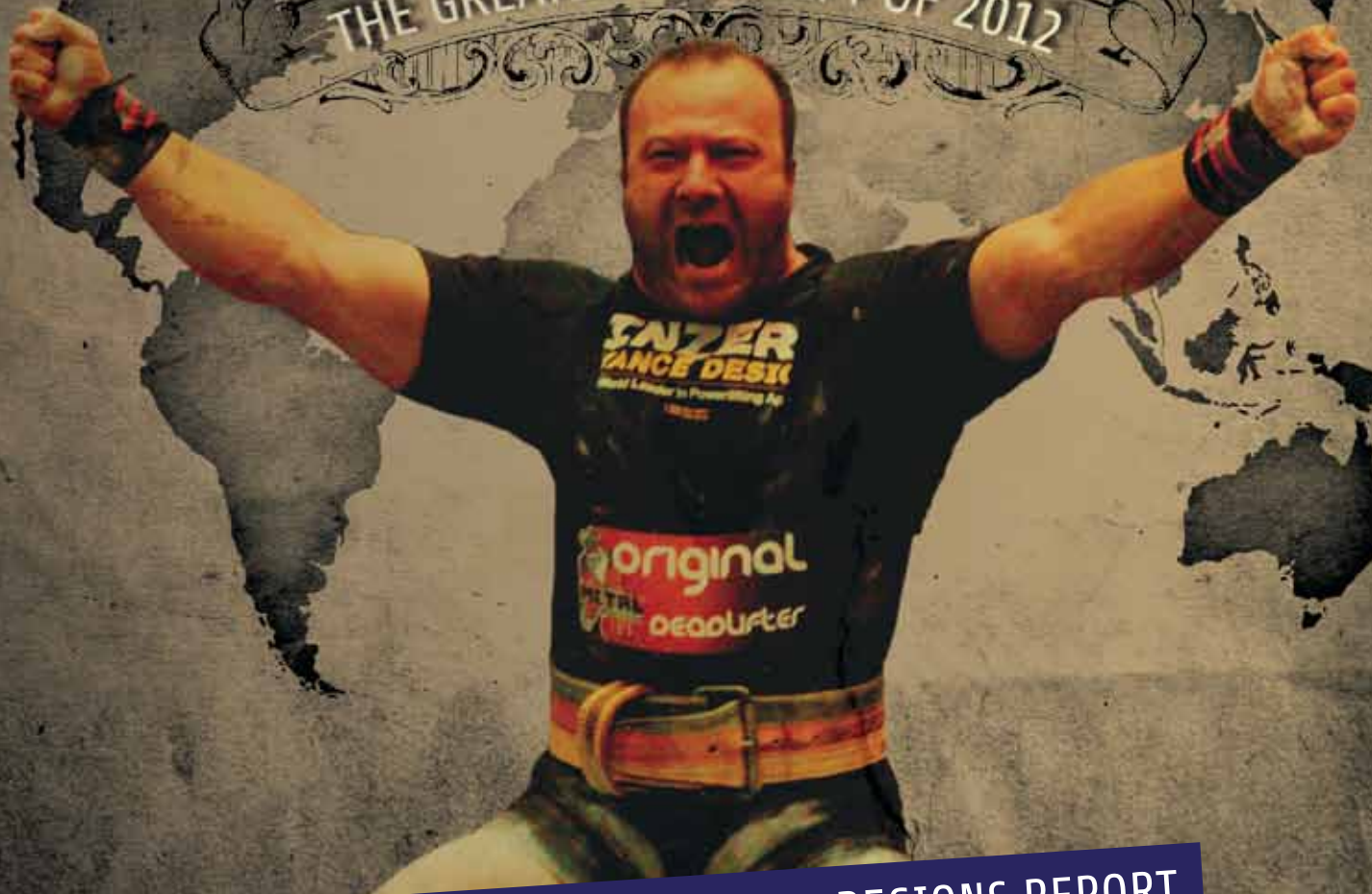




THE **IPF** MAGAZINE

THE GREATEST DEADLIFT OF 2012



ALL REGIONS REPORT

NEW IPF PRESIDENT GASTON PARAGE

2012 WORLD'S OPEN &

SPECIAL OLYMPICS POWERLIFTING

WORLD GAMES NOMINEES

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REGIONAL REPORT: ASIA



The First Asian Classic Powerlifting Championships

By Hisako Yoshida (Assistant Secretary of APF)



We in the Asian Powerlifting Federation decided at the Asian Congress in May 2012, to promote powerlifting in the Asian region, by holding a Powerlifting Championship, a Bench press Championship and also one Classic Championship in a year. We have been doing both men's and women's and all categories in all the competitions. In the Classic format, we hold powerlifting and bench press separately.

On the 10th - 14th December 2012, the first Asian Classic Powerlifting Championships was held in Coimbatore, India. There were total 126 participants. Just before this competition, the IPF distributed the world record standards for Junior and Sub junior Divisions. And at this competition, 4 junior world records and 7 Sub junior world records were set.

Over the course of these Asian Championships, there were OCT as well as ICT as part of our anti-doping quest. We are sorry to report that Iran was suspended by the IPF in 2012 and then India. Our

urgent and highest priority in the Asian region is to stop doping. So, it is good for us to do the OCT tests by the IPF, so that we can get on top of this.

The lifters in the Asian Classic Championship were a mixture of novice and veteran raw lifters. For example, Japan has held unequipped powerlifting competitions for some 17 years and unequipped bench press championships for 13 years. Because Japanese unequipped lifting is very competitive, only the top lifters from the Japanese Nationals could represent at the Asian Classic Championships. I imagine that Kazakhstan also has some history of unequipped competitions. Kazakhstan and Japanese lifters are very competitive and if they compete at the World Classic Championships they will get a good position. For me, it looks like some countries are just beginning with raw competitions. But once they start, they will continue to experience the benefits and soon all the lifters will show a high level of competition.

Best lifters in open men's class





KAZAKHSTAN

A NEW POWER NATION EMERGES

For sure the most known thing about Kazakhstan is **Baiqonyr (Baikonur) – the world’s largest space mission launch centre. The older generation might also know about Semipalatinsk, a testing ground for nuclear weapons from 1949 to 1989.**

But Kazakhstan has a much richer history and culture, since the times of the Mongolian tribes and Nomads set foot on this land.

In terms of surface area it is the 9th largest country (2,724.900 qkm) in the world and the largest landlocked country on the planet. Situated between the Caspian sea and Altai mountains in Central Asia, with neighbours such as Russia, China, Turkmenistan, Uzbekistan and the Kirgiz

Republic, Kazakhstan was first mentioned in written history in the 6th century. In 1936 Kazakhstan was integrated as Kazakstaniyan SSR in the Soviet Union and since 1991

has been an independent Republic. The old capital was Alma-Ata (Almaty), but since 1997 the city of Astana (Aqmola) serves as capital. Official languages are Kazakh and Russian. The currency is called Tenge. (1 EUR = 198 KZT).

16 million people live in more than 50 different ethnic groups peacefully together. Kazakhs with 64% of them are the biggest group. The prevailing religion is Islam with 70% of the population, most are sunni, followed by Christians with 26%, most notably Russian orthodox. A broad range of more than 40 denominations has a high tradition in Kazakhstan.

Kazakhstan with its 14 regions is one of the worlds most sparsely inhabited lands on Earth, due to the dominance of the desert- and steppe landscape. 75% is area under

cultivation. The country boasts a rich fauna and flora, and also ample mineral resources like oil, natural gas, coal, iron ore, manganese and gold.

The climate is continental, swinging in great extremes from temperatures of -40°C (-104 F) in winter to +40°C (+104 F) in summer.

Sports in general are held in great esteem. The most popular ones include soccer and ice hockey, boxing, Judo, cycling, rugby and weightlifting. Since becoming independent Kazakhstan achieved 74 olympic medals, 17 of them being gold.

Kazakh powerlifting has some great traditions. Kazakh lifters both in powerlifting and bench-press competitions have put up quite a performance and achieved several world titles.

KAZAKHSTANIAN POWERLIFTING CHAMPS:

- Powerlifting open: 10 wins (by Bukatko O., Turakhanov D., Sivokon A.)
- Benchpress open: 13 wins (by Yulchiyev R, Vaigant S.)
- Powerlifting SubJuniors: 6 wins (by Vedyushkina D., Kolesnikova O.)
- Benchpress SubJuniors: 5 wins (by Parshin Y., Gusseva A.)
- Powerlifting Juniors: 15 wins (by Yeshmakhanov E.)
- Benchpress Juniors: 4 wins (by Trifonov I.)

THE HISTORY OF THE KAZAKH POWERLIFTING FEDERATION

President:
Ipkayev Ravil
Secretary General:
Sergey Kim

Number of lifters in total: 987
of those 237 male and 115 female
Junior or Sub-juniors (regardless of
gender) number 635 per last census

Men's Best!

Establishment of
the powerlifting
federation was in 1987.
National support and
acknowledgment has been very
high ever since.

Annual national events include
Open Powerlifting Championships,
Open Bench-press, Junior and Sub-
Junior PL, J-SJ BP, Masters PL,
Masters BP, International Commercial
BP Tournament.

In September of 2012 a highlight
in the life of the Kazakh Powerlifting
Federation was the organization of
the Asian Benchpress championships.
At that event the host nation won 45
gold, 22 silver and 4 bronze medals in
total.

All in all, compared to the relatively
small number of inhabitants in the
country, powerlifting enjoys enormous
support and we can truly say that
Kazakhstan is definitely a force to be
reckoned with in the future of the IPF.

Kazakhstan served as host in the
following international events:

1996 Asian PL
2003 Asian PL
2012 Asian BP

Female Power from Kazakhstan!

THE BEST OF THE BEST ON

NORTH AMERICA / JULY 2012

W-47 kg	no entry	
W-52 kg	387.5 kg	Najera Juaniata (USA)
W-57 kg	355.0 kg	Deniger Lauren (USA)
W-63 kg	487.5 kg	Crocker Heather (USA)
W-72 kg	480.0 kg	Okoro Linda (USA)
W-84 kg	605. kg	Blyn Liane (USA)
W+84 kg	522.5 kg	Costas Giselle (PUR)
M-59 kg	577.5 kg	Cancel Ivan (PUR)
M-66 kg	525.0 kg	Mejia Oscar (MEX)
M-74 kg	532.5 kg	Laboy Isaac (PUR)
M-83 kg	777.5 kg	Conway Brook (USA)
M-93 kg	672.5 kg	Lora Claudio (DOM)
M-105 kg	867.5 kg	Vickery Chris (USA)
M-120 kg	1,015.0 kg	Weite Nick (USA)
M+120 kg	970.0 kg	William Shouten (ISV)

AFRICA / 2011

W-47 kg	no entry	
W-52 kg	no entry	
W-57 kg	no entry	
W-63 kg	no entry	
W-72 kg	no entry	
W-84 kg	no entry	
W+84 kg	no entry	
M-59 kg	no entry	
M-66 kg	325.0 kg	Bouthouant Zouhir (MOR)
M-74 kg	460.0 kg	Mangrumba Youness (MOR)
M-83 kg	480.0 kg	Lehmer Aziz (MOR)
M-93 kg	280.0 kg	Pannah Roger (GHA)
M-105 kg	no entry	
M-120 kg	no entry	
M+120 kg	no entry	

SOUTH AMERICA / AUGUST 2012

W-47 kg	330.0 kg	Belen Maria Bosque (EQU)
W-52 kg	475.0 kg	Vilma Ochoa (EQU)
W-57 kg	470.0 kg	Irani Barbosa (BRA)
W-63 kg	510.0 kg	Cicera Tavares (BRA)
W-72 kg	585.0 kg	Ana Castellain (BRA)
W-84 kg	502.5 kg	Judith Reitmann (URU)
W+84 kg	527.5 kg	Samanta Viteri (EQU)
M-59 kg	642.5 kg	Leon Franklin (ECU)
M-66 kg	705.0 kg	Villagra Sebastian (ARG)
M-74 kg	765.0 kg	Oishi Eric (BRA)
M-83 kg	865.0 kg	Castillo Jose (ECU)
M-93 kg	858.0 kg	Silva David (BRA)
M-105 kg	850.5 kg	Duarte Luciano (BRA)
M-120 kg	895.0 kg	Lucero Martin (ARG)
M+120 kg	855.0 kg	Souza Eumenes. jr (BRA)

PLANET POWERLIFTING

EUROPE / MAY 2012

W-47 kg	442.5 kg	Vermenjuk Valentina (RUS)
W-52 kg	452.5 kg	Komlaeva Anna (RUS)
W-57 kg	495.0 kg	Petrova Anastasia (RUS)
W-63 kg	542.5 kg	Dubenskaya Maria (RUS)
W-72 kg	570.0 kg	Knyazeva Antonina (UKR)
W-84 kg	642.5 kg	Strik Ielja (NED)
W+84 kg	732.5 kg	Gemaletdinova Olga (RUS)
M-59 kg	662.5 kg	Kolbin Alexander (RUS)
M-66 kg	795.0 kg	Danilov Konstantin (RUS)
M-74 kg	867.5 kg	Olech Jaroslaw (POL)
M-83 kg	840.0 kg	Palmer Robert (GBR)
M-93 kg	935.0 kg	Mashintsov Sergey (RUS)
M-105 kg	1,010.0 kg	Coimbra Anibal (LUX)
M-120 kg	1,042.5 kg	Rokochiy Olesiy (UKR)
M+120 kg	1,135.0 kg	Christensen Carl Yngvar (NOR)

ASIA / MAY 2012

W-47 kg	300.0 kg	Movlamova S. (TURK)
W-52 kg	440.0 kg	Chou Yi-Ju (TPE)
W-57 kg	427.5 kg	Khan Xeniya (KAZ)
W-63 kg	465.0 kg	Nazarenko S. (KAZ)
W-72 kg	535.0 kg	Kyrukova Y. (KAZ)
W-84 kg	538.5 kg	Shevchenko V. (KAZ)
W+84 kg	625.0 kg	Chang Ya-Wen (TPE)
M-59 kg	682.5 kg	Awang Latiful (INA)
M-66 kg	785.0 kg	Hsieh Tsung-Ting (TPE)
M-74 kg	787.5 kg	Huang Lung-Hsin (TPE)
M-83 kg	862.5 kg	Turakhanov D. (KAZ)
M-93 kg	921.0 kg	Kyvambayev Zalim
M-105 kg	946.0 kg	Yeshmakhanov N.
M-120 kg	962.5 kg	Golubev Vladimir (KAZ)
M+120 kg	887.5 kg	Chao Chen-Hsiung (TPE)

OCEANIA (RAW ONLY) / DECEMBER 2012

W-47 kg	no entry	
W-52 kg	305.0 kg	Gascoine Ali (NZL)
W-57 kg	327.5 kg	Higgs Jasmin (AUS)
W-63 kg	307.5 kg	Mawby Kathy (AUS)
W-72 kg	310.0 kg	Flett Melanie (AUS)
W-84 kg	377.5 kg	Greene Catherine (AUS)
W+84 kg	480.0 kg	Sitagata Matile (SAM)
M-59 kg	405.0 kg	Tauwea Johnson (NRU)
M-66 kg	553.5 kg	Luu Nghiep (AUS)
M-74 kg	623.0 kg	Afoa Vince (SAM)
M-83 kg	627.5 kg	Pritchard Hayden (NZL)
M-93 kg	717.5 kg	Ofsia Ofsia (SAM)
M-105 kg	617.5 kg	Thomas Vince (AUS)
M-120 kg	760.0 kg	Brechtfield Jim (NRU)
M+120 kg	872.5 kg	Kirisome Oliva (SAM)