

THE IIPF MAGAZINE



ARNOLD SCHWARZENEGGER

I WAS A POWERLIFTER

1ST CLASSIC

WORLD CHAMPIONSHIPS

2013 WORLD GAMES

WRAP UP

EXCLUSIVE

INTERVIEWS WITH

RUSSIAN TOP-BRASS



SBD

THE REGIONS OF THE IPF



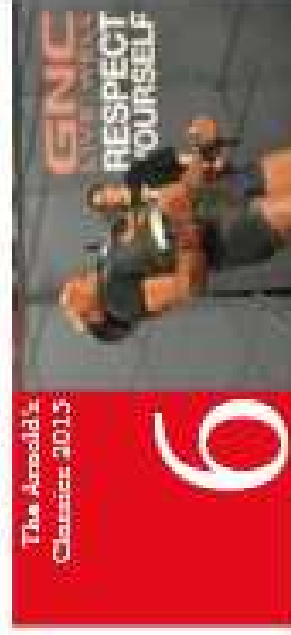
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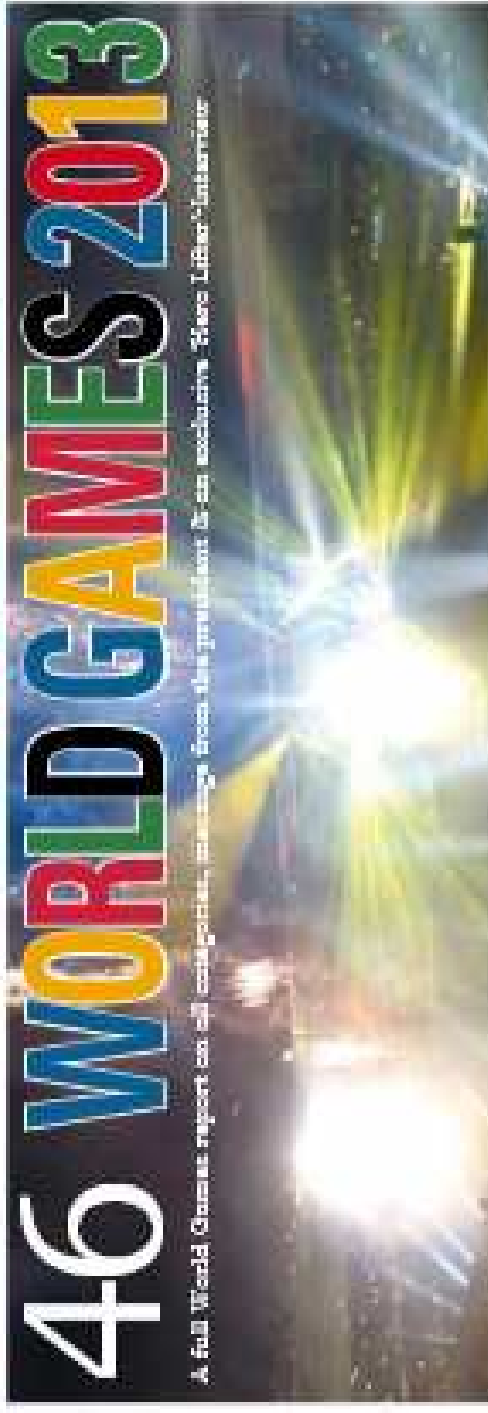
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Lifting Database

Is your national powerlifting federation in need of an online results and information database?

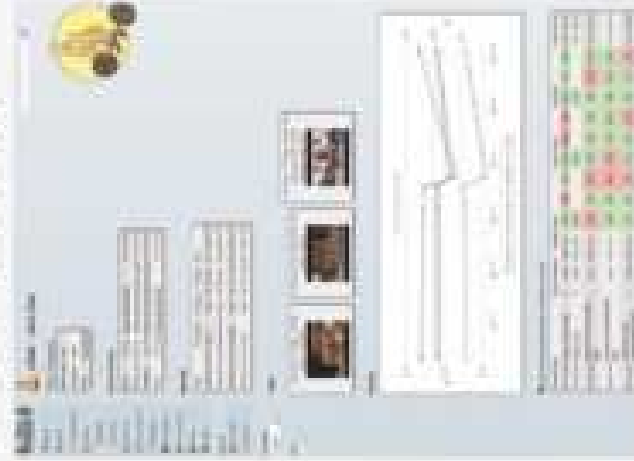
With Lifting Database you can manage your competition schedule, results, lifters, referees, records and videos in an easy to use online solution. You get rich lifter profiles with graphical statistics and advanced integrated YouTube video support.

The flexible user management module makes it possible to delegate the workload with records and results throughout the organization.

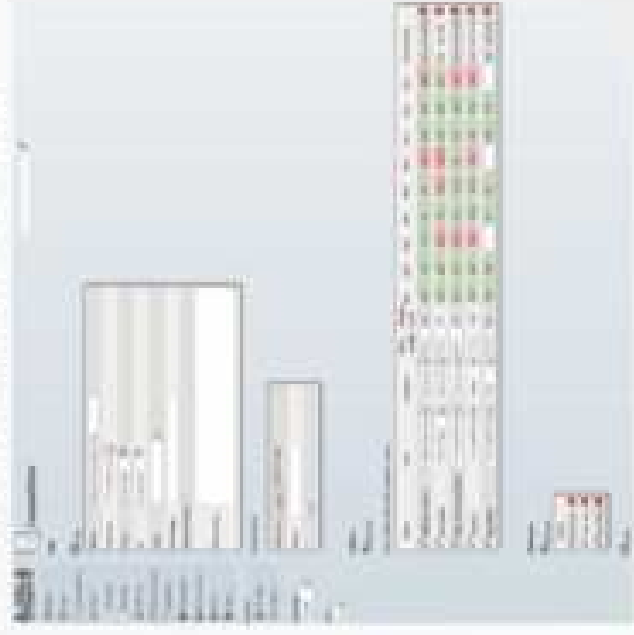
Feature highlights:

- Extensive lifter profiles with progress graphs, records, results, videos
- Automatic ranking lists
- Easy maintenance of records
- Club login for submitting results
- Advanced results search engine
- Easily link lifts directly to YouTube videos
- Can be translated to any language

Lifter profiles

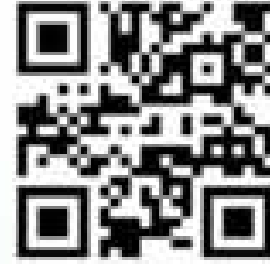


Results administration



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www.liftingdatabase.com



Dear members of the IPF.

It is again time for the edition of our next magazine. The last issue was very well done by our media group and I want to take this opportunity to say thank you to all those who worked so hard on our magazine.

On our web page we try to be as informative as we can about Powerlifting news. As the President I also try and provide a regular magazine, which hopefully is of interest to our readers. We will always strive to increase the volume and quality of our news.

Today I want to ask you all to become subscribers of our magazine and recognise the hard work put in by our media team - they are doing their best to make public the work of the IPF. It is also important that our media exposure helps with our ongoing work towards IOC recognition.

When the next magazine reaches you, the World Quater will be over. I want to take this opportunity to say this event is one of the highest levels within the IPF which lifters and officials can reach. I know they will be proud of their part in such a prestigious event.

The World Row championships was a big success - we saw many new lifters and it was pleasing to see the Australian's with a large team.

Having many subscribers would certainly honour the work of the media group and improve our IPF exposure to our world wide audience. I am hopeful each IPF member Federation will take this opportunity to increase the subscriptions to our IPF magazine.

We have also had many lifters in the subjunior, junior and open bench press world championships as well as on the masters.

Advertisement is a key issue for our magazine so please do your best and send emails to your members. Subins will be comfortable to send them information and one of our best issues by mail. It was very good to have news about all the region's and I hope that the region's will support us with information also in the future. So we can make our magazine attractive for all our lifter's throughout the world.

That demonstrates to me that the IPF is on the right path to have both equipped and row. This makes our Federation grow in number and makes our competitors much more inclusive to our members, which is exactly what we need. It is the IPF's intention to make sure we are the biggest and offer all types of Powerlifting to our member Federations and lifters.

As I mentioned at the congress it is important the IPF develop new ways and become more informative than we were in the past.

The coach commission has finished its work and will be presented at the congress in Stavanger and after that - at the beginning of next year - we hope to be able to introduce the first coaching license. More details will be published at the congress and afterwards on our web page and in our newsletter.

Today I can report back and say that we have installed the newsletter, we have an IPF APP for the Android system and for the iPhones.

I hope you all enjoy the magazine and furthermore, I know our member Federations will support and promote



“Today I want to ask you all to become subscribers of our magazine and recognise the hard work put in by our media team!”

our magazine. The more subscribers we have, the more we can get our message across with the latest news and topical events. Ultimately, it is our goal to have more issues at a lower price.

I would like to suggest that 25 € is not too high for such a good quality of a magazine.

Best regards
Gasdon Parage
IPF President

The Arnold's Classics AA 2013

A report by Sabina Al-Zubaidi

Not less than 5 championships were held in Columbus, Ohio in March 2013, during one of the biggest sporting events in the USA. The International Elite-Challenge, the IAAF Pro-Bench Squat Challenge, Titan Pro-Bench, the national Ohio Ironman and the headline event the IBC Pro-Deadlift challenge on the main stage in the big hall.



Deborah Furell on bench

Training with GNC
 sponsorship.
 Her coach is Mike Prosser
 and she calls this
 her best training
 experience.



Patrick McGettigan (USA)
 372.8kg at GNC
 deadlift competition.



The female winner on the main stage was cleverly Kimberly C Walford with a 235kg deadlift, followed by Alyssa Fitzmaurice and finally Adelman - a solid american triple. Ian Bell (USA) and Erik Guntrams (SWE) challenged each other again - we remember back to the Junior World Championships of 2012 in Poland - but this time Ian was the hero (lifter with 467.5 kg or 1039.9 lbs) Points followed by Erik with 362.5 kg or 799.0 lbs points. You can see these young men are still lifting strongly. In third place was Erik Mickson (USA) with 322.5 kg or 711.3 lbs points.

Winners at the INTERNATIONAL RAW-CHALLENGE

WOMEN: Jennifer Thompson, USA
 LIGHTWEIGHT MEN: Alex Terristaki, USA
 HEAVYWEIGHT MEN: Eli Bushes, USA

Winners at the TITAN PRO BENCH PRESS

WOMEN: Yulia Medvedeva, Russia
 LIGHTWEIGHT MEN: Adam Marmola, USA
 HEAVYWEIGHT MEN: Preston Turner, USA

Winners at the GNC PRO PERFORMANCE

WOMEN: Kimberly C Walford, USA
 MEN: Ian Bell, USA

Winners at the NATIONAL OHIO IRONMAN

WOMEN: Jerrmani Doll, USA
 MEN: Ralph Young, USA



Walfords - 235kg deadlift.



Arnold Schwarzenegger with IPF vice-president Johnny Graham watching the lifts

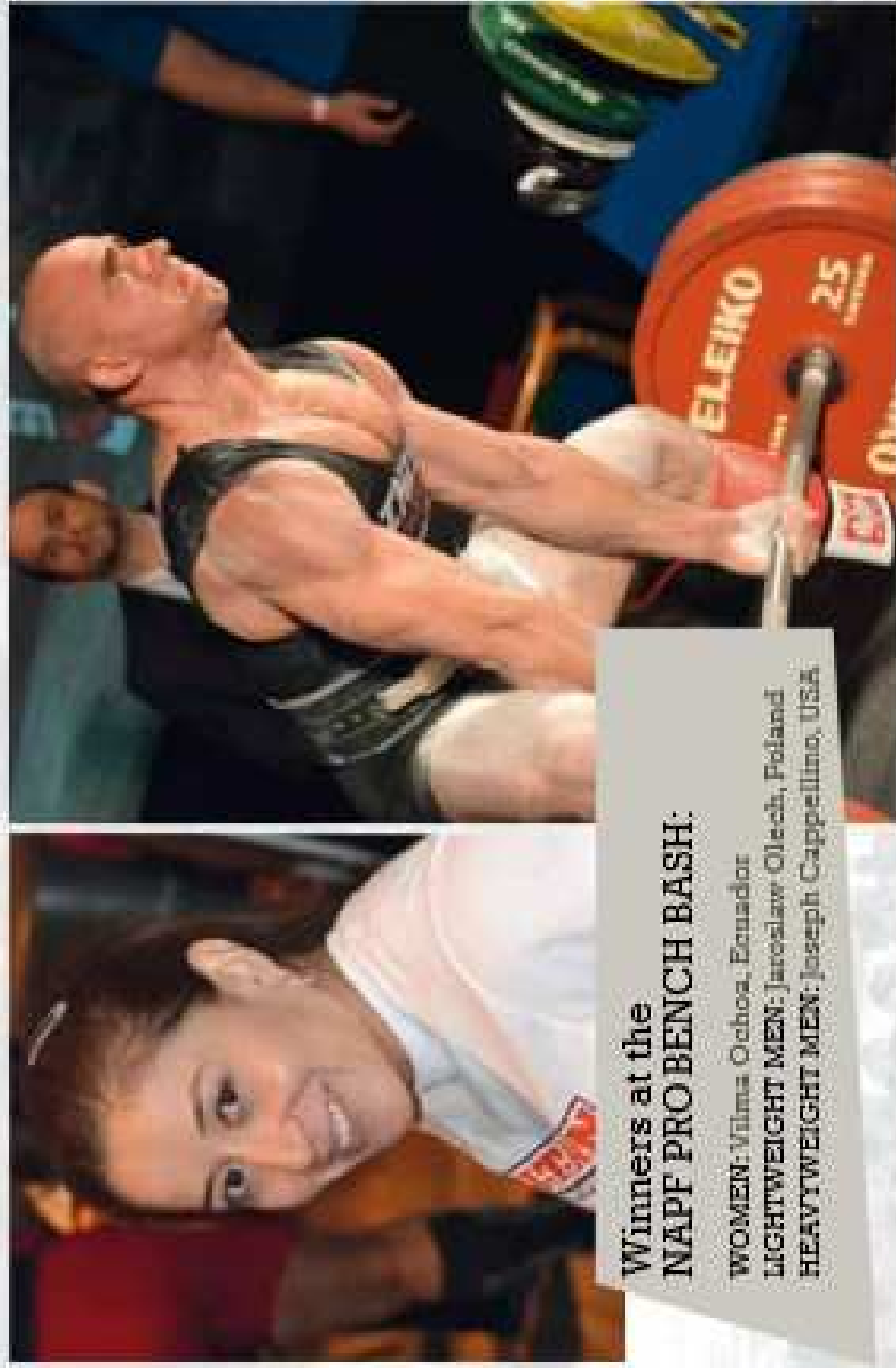
Each day of competition the many helping hands of the IAPF staff were there to proudly show the sport of powerlifting to an enthralled audience. But the absolute highlight of the event was the visit from Mr Arnold Schwarzenegger! He took a seat right in amongst the action and talked to the athletes competing in the 50kg challenge. He explained how he respects all the lifters and that he too was training in powerlifting in his hometown in Austria back when he was just a young guy. This is a man who went on to inspire a generation and surely beyond!



Happy about the prize money: Yulia Medvedeva from Russia



US' Preston Turner & Ian Bell



Winners at the NAPF PRO BENCH BASH:

WOMEN: Vilma Ochoa, Ecuador
LIGHTWEIGHT MEN: Jaroslaw Olech, Poland
HEAVYWEIGHT MEN: Joseph Cappellino, USA



HOW WEIGHTLIFTING AND POWERLIFTING WORK TOGETHER

I recently attended the French national Powerlifting & Weightlifting championships in Saint Médard en Jalles near Bordeaux.

It seemed an interesting experiment to combine the weightlifting and Powerlifting championships and many people were there to watch these competitions. There were two platforms being used - one for weightlifting and one for Powerlifting.

In January we had a meeting with the President of the I&F Dr Yamas Ajan and we told him that Powerlifting was not an enemy of Weightlifting but we are brother Federations. The French experiment demonstrated this philosophy in a practical way.

In my view, this competition was a success and demonstrated to both groups of spectators that we are in fact, brother Federations. I am not saying this format of lifting suits everybody but I will say that it was a very good spectator experience.

Gaston Parage, IPF President

DEDICATION TO OUR SPORT

Following the Open Classic Worlds in Russia, the IPF Magazine had the opportunity to ask some questions of two of Samoa's most outstanding athletes: Olive Kristume and Matile Siagata. Although their story is worth a full length article in itself the thing that really jolted us out of our contented attitude was when they told us this. They had to borrow money (approximately US \$ 15000 each) to be able to travel to the competition. Now, that's dedication. But when you add the fact that they are making less than 10% of that monthly in their homeland it really puts the degree of dedication in perspective! Yet these people accepted this burden in the most pleasant and cheerful manner anyone can imagine.



PowerLeaks THE IPF NEWSFLASH

What's being talked about in Powerlifting

UKRAINIAN NATIONALS

Gaston Parage visited the Ukrainian powerlifting nationals in February 2013. He was impressed by a seriously high standard of lifting.



COACH AND REFEREE CLINIC IN DUBAI, UNITED ARAB EMIRATES (UAE)

Ralph Forquarson visited the Emirates Bodybuilding & Powerlifting Federation for a referee and coaching clinic with an opportunity to also speak about the Anti-Doping work of IPF. More than 50 candidates attended this meeting from several nations. The UAE federation at present consists of mainly bodybuilders and weightlifters but they are also very keen to compete in powerlifting.

The UAE president Humaid Mohd Alansari is committed to fighting doping in sport and he found the 15 minutes video about the dangers of doping very informative. The course was recorded for clubs and universities, there was also a daily report with pictures in the newspapers and lots of positive feedback on their facebook page. Ralph received a lot of positive feedback from the candidates. The next workshop in Dubai is scheduled for 2014. It will be a coach's workshop including practical workshops, possibly at the time of the UAE nationals.

ASIAN POWERLIFTING CHAMPIONSHIPS

This year the Asian Federation decided to split the men's and women's powerlifting competitions. Abwaz in Iran hosted the men's open in June. The women's competition will have their championships in December in the Philippines.

A NEW MARKETING VOLUNTEER IN THE IPF

In the IPF we are constantly looking to improve our efforts within the different departments of the organization. Marketing our sport and federation is an important part of our future development. Therefore we are happy that Jacob Beermann from Denmark has joined the IPF Marketing team as a volunteer. Jacob has studied strategic communication, marketing and branding at Copenhagen Business School and works at an international advertising agency with main focus on leveraging companies' return on investment within digital marketing and social media. He is currently competing in the open -74kg category with his personal bests being squat 287.5 kg, bench press 165 kg and deadlift 292.5 kg. Welcome to the team Jacob!



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Exhibition stand for IPF 31st Women's & Men's Classics Powerlifting World Championships 2013

Exhibition stand for IPF 31st Women's & Men's Classics Powerlifting World Championships 2013

1st Classic World Championship

Open, Junior and Sub-junior



Report and Interview:
Christina Chomley

Following the outstanding success of the Classic Cup in Sweden one year ago, the Classic format of powerlifting was granted World Championship status for the first time in 2013 with the honour of hosting this prestigious event going to Russia. Open, Sub-junior and Junior Classics were invited to attend.

The charming historic town of Stalsdal was chosen as the location for this event which saw some 40 nations contact raw powerlifting in the highest, most thrilling level across 6 unrelenting days. Teams from exotic nations such as Russia, Kazan and UAE made a welcome appearance and notably Australia sent their largest team ever to a world championship with 25 athletes making the long trek half way around the globe to attend.

The IPF President Mr Ooster Forge, made special note of the diversity of nations and number of athletes in attendance, clearly moved by their commitment to participate in this IPF Championship, he warmly welcomed all teams on his behalf the official organizer and the President of the Russian Powerlifting Federation. From the opening ceremony of traditional Russian descent through to nightly entertainment at the venue, and finally the triumphant Russian banquet on the last night of the event, Russia offered us amazing insights into its culture through warm hospitality in the true spirit of friendship.



Paul Hines (GBR) - 61kg Juniors

Melissa Heinonen (FIN) - 63kg Subjuniors



Russia

was outstanding producing no less than 20 world champions from this event! Heritable achievements came from Cleonaia Ledeneva in the 52kg class as the best subjunior woman and Yuri Belkin in the 105kg class as the best junior male of the competition.

Sergei Blazhnik in the 68kg open class finished off a spirited push from the Ukrainian Burzhalin Chabotar with help from his dominating 172.5kg world record benchpresser, 83kg class sub-junior Ilya Benculian managed to finish with the world championship title in his division despite provoking "best-male" in the Finals Iffar Sami Lahnass who made a late challenge with a world record deadlift of 257.5kg.

Clayton appeared on by coming second last year the Russian Alexey Kuzmin in the 83kg open class, this year produced a 45kg increase in his total to finish with a world record deadlift of 312.5kg and a world record total of 760kg! Motivation, determination and hard work evidently producing results and the achievement of this man's goals. Well done Alexey.

Australian John Coucho in the 66kg junior class took it in the Russian Sergey Orshan with a massive gold medal deadlift of 200kg but the Russian had already built an unassailable lead with an outstanding benchpress of 150kg. Maximo benchpressing again played a part in Russian dominance as their 120kg Junior Eugeny Svyatoyev held off another Australian, Cameron McKenna. Cameron produced Australia's only world record at this event as his final deadlift with 347.5kg. Cameron's lift sent his country's total clear upward into a delirium of unbridled joy and prompted deafening giant Brad Gillingham to later remark that it was simply the best deadlift he had ever seen.

SUBJUNIORS WOMEN:

-43 kg	RUS	207.5 kg
Zhilcova Ekaterina		
-47 kg	RUS	232.5 kg
Burova Maria		
-52 kg	RUS	282.5 kg
Ledeneva Oksana		
-57 kg	FIN	290.5 kg
Maatta Krista		
-63 kg	FIN	297.5 kg
Heinonen Melissa		
-72 kg	RUS	340.0 kg
Davletshina Alina		
-86 kg	FIN	355.0 kg
Torronen Susanna		

Best nation: Russia
Best lifter: Ledeneva Oksana, RUS with 57 points
353.23 kg points

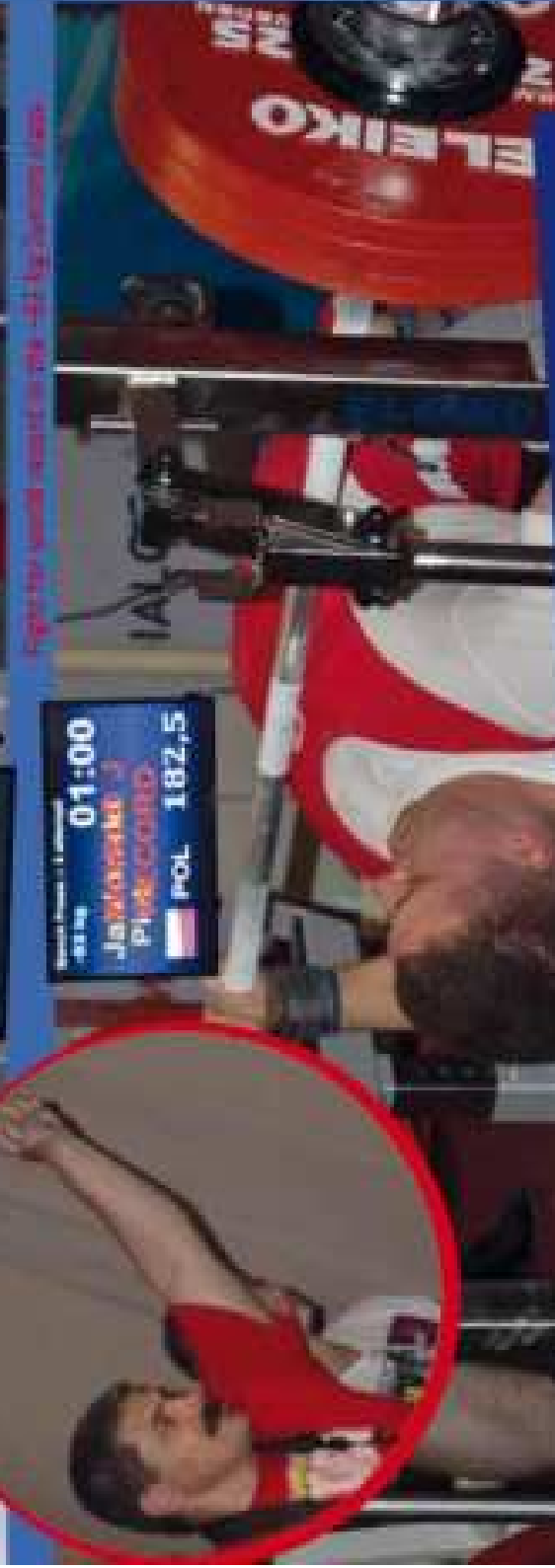
JUNIORS WOMEN:

-43 kg	RUS	242.5 kg
Alkina Ekaterina		
-47 kg	USA	285.0 kg
Zunker Molly		
-52 kg	RUS	370.0 kg
Filimonova Anna		
-57 kg	UZB	342.5 kg
Sirochetdinova Ramziya		
-63 kg	JPN	345.0 kg
Terahara Maruru		
-77 kg	KOR	440.5 kg
Everum Marie		
-86 kg	CAN	320.0 kg
Savate Dani		
+84 kg	SAM	455.0 kg
Satopota Marie		

Best nation: Russia
Best lifter: Filimonova Anna, RUS with 51 points
470.30 kg points



The best in their class:
Maruru Terahara (JPN) - 63 kg Juniors
Melissa Heinonen (FIN) - 63kg Subjuniors



Top left: www.ipf.org | Top right: www.ipf.org

SUBJUNIORS MEN:

-53 kg	UKR	340.0 kg	with 57 points
Gusek Vasyil			468.14 W-points
-59 kg	RUS	410.0 kg	
Bershin Vladislav			
-66 kg	SWE	585.0 kg	
Berglund Eddie			
-74 kg	RUS	527.5 kg	
Glangin Yury			
-83 kg	RUS	600.0 kg	
Barodkin Ilya			
-93 kg	RUS	610.0 kg	
Rytkov Denis			
-105 kg	FIN	657.5 kg	
Maroni Niko			
+120 kg	UKR	767.5 kg	
Fedorov Mykhailo			
Best nation: Russia			
Best lifter: Berglund Eddie, SWE			

JUNIORS MEN:

-53 kg	RUS	435.0 kg	with 60 points
Movrikov Sergey			506.11 W-points
-59 kg	UZB	457.5 kg	
Martsev Vyacheslav			
-66 kg	RUS	575.0 kg	
Urban Sergey			
-74 kg	RUS	655.0 kg	
Drel Ilya			
-83 kg	POL	665.0 kg	
Jablonski Piotr			
-93 kg	USA	735.5 kg	
Bell Ian			
-105 kg	RUS	817.5 kg	
Belkin Yury			
-120 kg	RUS	790.0 kg	
Bulcynarov Eugeny			
+120 kg	UKR	795.0 kg	
Podrez Ivan			
Best nation: Russia			
Best lifter: Belkin Yury, RUS			

Team

USA made their presence felt with Jon Ball having the fight of his life in the 93kg junior class. Trading by 50kgz after the benchpress, Jon went for broke in the deadlift pushed all the way by his countryman Garrett Bailey to finish with a world record deadlift of 315.5kgz and the world championship title.

There were more national events for Team USA as Molly Zunker (47kg junior) and Sabrina Dorn (72kg open) won their world championship titles while Kimberly Waldford (63kg open class) managed to become the overall best open class female lifter with her world championship total of 478kgz.

World Champion, Sami Mansson from New Zealand (84kg Open) pulled a superb world record 236kgz on her final deadlift to wild success from the crowd! Pushed all the way by USA's Molly O'Rourke, Sami proved her rightful position as 84kg Female World Champion as she led down at the Swedish World Cup a year ago. She got her glorious moment as the position at her national anthem 'Ode sköndst äro Zealand' was played in front of an emotional crowd.

There was one of those classic powerlifting battles in the 83kg junior men's class as Polish lifter Piotr Jablonski first set a world record bench of 180kgz with Croatian Croatian Lutz matching it moments later. Jablonski added it in the 3rd round to 182.5kgz only to have Lutz finally trump it with 183kgz! After a very tight deadlift contest, Jablonski finished with the world title, with Lutz taking silver just 2kgz behind.

From time to time in powerlifting we hear a story of parent and child competing at the same event. Here in Sweden a wonderful story of just such emerged. Sub-junior lifter in the 66kg class, Swedish Eddis Berglund lifted with maturity beyond his years equating a world record 207.5kgz, benching a world record 165kgz, deadlifting a world record 213.5kgz, totalling with a world record 586kgz. However Eddis's only goal to try to beat his father Per Berglund (74kg open class) also lifting at this event! How did he go? Check out our interview with Eddis and Per later in this report!



Top left: www.ipf.org | Top right: www.ipf.org



For more just some of the outstanding achievements, our battles and inspirational stories to charge over the course of this unique event, detailed news items can be found on the IPF website at <http://www.powerlifting-uk.com/2013/04/06/>



OPEN WOMEN:
 -47 kg
 Golubeva Olga
 -52 kg
 Komlarenva Anna
 -57 kg
 Ryzhikova Anna
 -63 kg
 Waldford Kimberly
 -72 kg
 Davis Sabina
 -84 kg
 Simk Teja
 +84 kg
 Maruena Sonia

Best nation: Russia
 Best lifter: Walford Kimberly, USA
 with 54 points
 515.86 W-points



10-14 CrossFit Community Girls Fitness (10)



10-14 CrossFit Community Girls Fitness (10)



10-14 CrossFit Community Girls Fitness (10)



Another outstanding challenge was
 announced in the 100kg open men's division
 with Bulgarian Ivaylo Hristov and USA's
 Michael Tuchscherer locked in a desperate
 duel for ultimate supremacy. With Michael
 in the lead after the squat, Ivaylo then took the lead
 during the benchpress. Michael surged back in front
 with a huge opening deadlift, but Ivaylo persistently
 chipped away through the deadlift session to claim the
 world championship title at the end. The battle was so
 fierce in the end it had punched both men to arrange at
 number 1 and number 2 on the overall list upon men's
 lifter board. Well done gentlemen and thank you for the
 thrilling competition.

Bronco Drazanovic in the 74kg junior class travelled
 some 20,000km from the tiny Pacific island nation of
 Niue to show the world some Islander power! He came
 face to face with Russian sensation Ilya Ilyin. Bronco
 claimed the world when he took an early lead squating
 a world record 247kg. Ilya regained the lead back in
 during the benchpress but Bronco still held it by the
 closest of margins. Ilya then charged through the
 deadlift setting then breaking his own world record
 despite Bronco throwing everything at the Russian, so
 fierce as the world champion! Well done to both men
 as they demonstrated the brilliance of performing
 - fierce competition propelling men to their greatest
 achievements!

10-14 CrossFit Community Girls Fitness (10)

10-14 CrossFit Community Girls Fitness (10)



10-14 CrossFit Community Girls Fitness (10)



The final session of the championship, the 120-kg class open men was always going to be the showstopper and the capacity crowd was treated with some of the most exciting and extraordinary lifting yet witnessed. Russia's Jevgeni Ugoz took the early lead with the biggest squat of the championships, 350kg! Jevgeni also produced the biggest benchpress with 232.5kg! USA's Brad Gillingham then stepped into the contest utterly dominating from his opening deadlift. A fierce contest then ensued with the capacity crowd barely going bankrupt as Brad pulled his final spectacular world record deadlift of 275kg to win overall gold!

OPEN MEN:			
-59 kg	POL	570.0 kg	
Mzola Darusz	RUS	632.5 kg	
-66 kg			
Skorobek Sergey	BLR	686.0 kg	
-74 kg			
Hryhorych Sudnik Alibekhan	RUS	760.0 kg	
-83 kg			
Muzmin Aluey			
-93 kg	POL	810.0 kg	
Wierzbicki Krzysztof			
-105 kg	EST	840.0 kg	
Raus Alex-Edward			
-120 kg	GBL	905.0 kg	
Hristov Iliyvo			
+120 kg	USA	920.0 kg	
Gillingham Brad			
Best nation: Russia			with 47 points
Best lifter: Hristov Iliyvo, BUL			521.50 M.points



Brad Gillingham, on top of the world

Best lifter in the Open classes: Iliyvo Hristov (BUL)



Interview with the Berglunds

Swedish Champions, 18-year old Eddie Berglund in the 56kg division and 15-year old father Per Berglund in the 74kg division came to Suzdal, Russia to compete together for the first time at a World Championships. For Eddie, this competition held a special hope.

Q I have never beaten my father before, it was always in my mind as my goal, I have tried but have never done it. So my goal was to beat him here. I benchmarked a world record, 165kgs on my 2nd attempt so on my third attempt, I took it to 173kgs to try to better my father's gold medal benchmark of 172.5kgs. Unfortunately I didn't get the lift but I did beat him on Week 4 on day 1 will beat him outright!

Q My son has been playing around with weights at the gym with me for a very long time. But one day, even when he was still young he approached me of his own freewill and said "I want to train in weightlifting and powerlifting, to compete". I myself, did my first world championships 23 years ago, so I have been lifting all of my children's lives. I used my experience and knowledge to then coach my son. When I started powerlifting I had no one to ask for information, but I asked a lot of questions of people and learnt through observing others. I passed on this knowledge to my son.

Q But when I was younger I would get angry with my father because he wouldn't take me to competitions and he wouldn't let me compete even though I was all the time asking him. If he did give me permission to go and then I did one thing wrong at home, he would not let me go!



Q I gave him no choices. If you do one thing wrong then you will not be allowed to compete. So don't misbehave!

Q I got to compete in my first competition when I was 12 but actually the rules state that you must be 14 so my results did not count. I broke the Swedish benchmark record just the same. My bodyweight was 47kgs and I set a new national record of 75.5kgs.

Q I was a total Junior world champion in 1990. And I have some national and world medals since then. But competing here like this with my son is a unique experience. I think it was awesome!

Q I loved it. We coached each other here because we know each other so well, we can get the best out of each other. It was really wonderful, we definitely want to do this again!

Q Now my daughter who is 16 is interested in powerlifting she rang me the other day and asked me to help her to do her 1RM in the squat. It makes me so proud of them that they want to do this sport of their own accord. It is so much healthier for our young people to be training in sports than doing other bad things.

Q I hope my sister does some competitions soon, I will look forward to going to some camps together.

Q Now when we go home from these championships we will get back into training and we will work towards our next big competitions.

And Eddie still has that goal of his to achieve! Good luck guys!

Interview with Sergey Kosarev

President, Russian Powerlifting Federation

It is with pleasure that we share this exclusive interview with newly elected president of the Russian Powerlifting Federation, Mr. Sergey Kosarev. Many thanks go to the translator David Basov and his brother Arisan for their tireless work translating during the championship and their particular assistance in the IFF magazine.

Q Mr Kosarev, can you tell us something about yourself and your background in powerlifting?

A I am from a famous weight lifting family, a weight lifting dynasty really in Russia. I have been coaching and instructing in powerlifting and physical training all of my life, having been the senior coach of the Moscow powerlifting club and chairman of the Russian Federation's disciplines committee. I was elected by majority vote as president in January this year due to my vision and ideas for improvement of the Russian Powerlifting Federation.

Q What are some of the changes that you want to implement in the IFF?

A I have new and different principles for the formation of the national team, I think the main principle must be in the best interests of the athletes, and to merit pride in them to compete for Russia in any of the events that they wish to compete eg Europeans, Worlds etc, with no restrictions on them. Secondly I want to secure financial support and sponsorship for the national team and the individual athletes in the federation.

Q You are hosting this first Classic World Championships, what is the significance of this to you?

A We are thankful to have the opportunity to host this prestigious event. Russian powerlifting is very strong on the world map that we must do our best with this event and make everything as perfect as we can. We hope that every athlete from the foreign countries will be happy and remember this event positively. We would like everyone to enjoy Suzdal and the surrounding areas and have the best impressions of this championship.

Q How is powerlifting regarded in Russia, how many lifters do you have in the IFF?

A Many people know and train in powerlifting in Russia. We have given a lot of attention to our junior and sub-junior competitions but we also wish to increase the opportunities for university students to compete across the country. We strongly encourage university students



to be involved in sport because it is so healthy and it is a much better thing that young people can do with their lives, rather than getting involved in unhealthy habits. That is one of our big goals - to increase the number of competition opportunities for university students in Russia. We would like to see regional and world championship competitions for university students as we know there are a lot of students who train in powerlifting the world over.

Q We have somewhere around 75 000 -100 000 registered powerlifters in the IFF and we are the only government accredited powerlifting federation in Russia. We must adhere to strict laws in the case of drugs, techniques and standards. We must comply to WADA which means drug testing only in the government accredited laboratories, but other federations don't do this as they don't have government status in the ministry of sport. We think athletes choose to be in our federation not only because of our drug testing policy but also for our strong rules, strong structure and they are interested in the type of events we run including these IFF championships.

Q What is your stance on drugs in sport?

A We are very committed to working with WADA. We have a very clear relationship with the Russian WADA organization. By our own will, we do a lot of testing in Russia with WADA to check the athletes. Together with WADA we have conferences and lectures to train athletes and coaches on the ways to stay within the legal structure and principles of WADA. If we get a positive



Interview with Denis Basov

Vice-President, Russian Powerlifting Federation

tect with an athlete we have very strong penalties for them and their coach to let them know that taking of drugs is not acceptable to IFF. We think that both the athletes and the coach are responsible but sometimes we think the coach is more responsible. I am very strict about this as freely it is all about the health of the athletes. I am serious about this not only as the president of the RFF, but also just as a human being - I do not want to see athletes diminish their health by taking performance enhancing drugs. You will live healthier and longer if you do not take drugs.

“ I do not want to see athletes diminish their health by taking performance enhancing drugs. You will live healthier and longer if you do not take drugs. ”

through the problems but at the same time we don't want to make people aggressive, we want them to fight against the bar only when the athlete competes. In general society the athletes must be friendly, open minded and share information and take pleasure in team work and athletes from other countries. We genuinely wish to have open, warm and friendly communication with all athletes from other countries. The world is angry enough to athletes and sports people should be more tolerant to athletes and sports people should be more tolerant and warm towards each other, like a family.

Is the RFF looking to host future IFF Championships?

We would very much like to but it depends on the IFF decision about this. I have an idea to make a dual competition for example between Russia and Australia or Russia and Germany, it will be more focused on training and competition processes where we have more time to have conversations and training and it will be more interesting in the cultural aspects because we will have time to show each other the sights of our country. Like the friendly competitions and training tours you see in football.

How does the raw format of powerlifting fit within the RFF? What is your opinion of the role of raw in powerlifting?

In my own opinion based on my work with young people, the cost of equipment is very high, and not everyone has enough money to do it, however the classic format allows them a way to compete. Classic is gaining popularity here in Russia now. In one city in Russia recently there was 500 athletes competing in a raw only competition.

In the raw competition there is clear, pure power so assistance from wraps or suits. When you start talking about equipment there can be a difference of 50-60kg, and where there is no equipment the challenge becomes more fair because everyone is equal. The challenge becomes a question of pure strength and technique.

Yes, Russia has always been very good at using equipment and achieved excellent results in equipped competitions but the case is that there are a lot of athletes who did not have a chance to be competitive or win in the equipped format, but now that we have raw comps they have the opportunity to compete, and they have a chance to win.

Most of the people in our equipped team are different to the people in our raw team. The athletes either prefer or are better at one or the other format. But at this moment equipped powerlifting is still more important and prestigious and has more lifters than the raw movement, simply because they lift bigger numbers, more weight and it's always impressive.

Russian powerlifters have always been incredibly successful in the world, what do you attribute this to?

Powerlifting is a young sport in Russia, we have had it for only 20 years. But the Soviet school of weight lifting was very strong before then and had very highly skilled coaches who came across to powerlifting, bringing great expertise in coaching to powerlifting. There is not much information about methods and techniques for powerlifting out in the world but we have a lot of expertise here in Russia. We want to encourage friendship and relationships with nations of the powerlifting global community to develop the sport all over the world. Maybe we should try to organize some lectures and seminars to share our knowledge and information at events such as this one, where the best of Russian coaches are present. We need active conversation between the coaches of different countries, we are thinking about doing this.

Also one of the goals of the coach here in Russia is to train the athletes on the psychology of being a winner. Sometimes you will hear the Russian coach yelling at the athletes this is because we believe that if you want to go for the challenge of lifting the weight, you must be prepared to fight for it till the end. That is a mentality that the coach develops in the lifter. First of all the athlete needs to think about himself as a fighter, we call it "Russian Character". He about taking pain, pushing

of education and were not themselves athletes, and yet they have a gift for training champions, and so they are also coaches in the RFF.

What are your greatest moments as a coach?

The most powerful moment is when a young athlete wins their first championship in Russia. Their eyes are full of happiness as they take the medal, it is so precious for them. The coach feels incredible joy for them as this is such a great achievement. Of course also when a young athlete takes part in their first world championship, this is a wonderful moment.

Equally the most terrible moment is when a young lifter makes some mistakes and bombs at a competition. Yes, this can happen to our athletes! It can happen even to an experienced, successful athlete, he can just have a bad day. The pain of the athlete becomes the coach's pain. The coach is not upset because the athlete did not achieve results, he is upset because the athlete is experiencing emotional pain. This is how close their relationship is, whether the athlete is joyous or in pain, the coach feels it also for him.

Before a competition, what mindset does the coach get into?

First of all the athlete and coach are focused on the plan that the coach has written for the athlete. This plan may have been written three months before the competition specifically as the final lead-up to the event. This helps the athlete to clearly see the goal that he wishes to achieve. The coach teaches the athlete that he must focus on achieving this result, not thinking about the competition and winning or losing, he must compete against himself.



Tell us about your coaching role.

I have coached junior and sub-junior ladies and men since 1996. I have coached more than 200 athletes in total in that time but at the moment I have about 18 that I am responsible for. I do this in Siberia in a local school gym which is free of charge, so anyone can train there. Through this work I can identify promising athletes and potential champions.

Some of the very successful athletes that I have trained have been: Amirun Basov and Alexander Koval both junior world champions in 2005. Also Alexander Malin who won the world championships in 2005 and 2010 and the Europe championship in 2013. There has also been athletes who won or took prizes at Russian national championships every year between 2004 and 2011.

How do you identify potential champions, what do you look for?

There is no exact way to identify promising athletes, even a big, strong looking athlete does not necessarily become a champion. There are a lot of cases where small lifters become stronger and better athletes than the big ones.

What I look for first of all is - does the athlete love powerlifting. It must truly excite them. That way they can go further and further and become a champion. It's all about passion and desire. If you are strong enough that is good but the desire and attitude is the important feature.

It is very important for there to be an understanding between athlete and coach, its more than just an understanding of the athlete's training or technical problems, its about understanding their thinking. The athlete and coach must become a strong team. The athlete by himself can not achieve the high level results without the coach to bring the best out of him.

What sort of qualifications does a Russian coach typically have?

The Russian coach usually has a university education in weightlifting or some other sporting profile and most of them were athletes themselves and they have a lot of experience themselves in weightlifting or powerlifting. But there are some coaches who don't have this level

2013 World Bench Press Championship

Sub-Juniors, Juniors and Open

Kaunas, Lithuania / 20-25th May

by Heinrich Janas van Rensburg

For the first time Lithuania hosted an international event – the IFF World Bench Press Championships. Sub-juniors, juniors and Open class lifters met in Kaunas, the host city of the Championships.

Kaunas is the second largest city in Lithuania and has historically been a leading centre of Lithuanian economic, academic, and cultural life. An old legend claims that Kaunas was established by the Roman Empire in ancient times, the Romans could not have foreseen the IFF taking over the city in 2011!

Meet Director Raimundas Lankauskas and his team, did themselves proud hosting their first international competition as all visitors were happy with the organisation and the hotels.

The first Ice Museum of Europe, opened in 1998, is located also in Kaunas. The first, Grand Hotel of Lithuania.

Kaunas is an official in the southern section of the city of Kaunas, beginning the left bank of the Nemunas River.



always thinking about the ways to improve your own athletes. This scientific knowledge is very important in the conversations with the athletes so that they understand and trust the reasons why they should try a certain thing or stop doing something else that the coach is suggesting. So when you are talking about balance in biomechanics or chemical reaction during some movements, the athletes accept the rationale behind your advice.

But at the same time, there are no plans or ideas that are universally true for everyone. You have to see the specifics of each person and sometimes it's better that the athletes use a "wrong" technique that would be a mistake for someone else because through that way he can lift more weight. We must accept that underneath it all the mind and body know what to do in order to perform a physical movement, it will always find the shortest way to perform the movement. The famous Bruce Lee understood this and demonstrated this time and again with other people. You can not instruct people through every single movement of an action, the mind and body must move as one in the way it knows how to do it. Of course some mistakes in technique need to be addressed but this is very individual and this is for the coach to see and advise.

Can you give us one hot coaching tip that would be applicable for most of us?

Over the years I have worked with over 200 athletes. I have written personal plans for each and every one of them, some was the same even the tactics were different between them. Of course there is the same structure for the plans but during training the coach finds things that can be fixed to improve power.

My one instruction is: TRAIN! And listen to your Coach. But I have advice for coaches, you can't get results for your athletes if you don't understand at least the basics in all areas of sciences involved in sport: namely medicine, biology, physics, psychology. Coaching is not simple, you need to study the science and continue to study it. It is not enough just to find a program such as Bieksko for example. That is work without a goal. The coach must have an eye on the whole picture and work with the athletes to understand them and make corrections to the individual. Training with just a program is better than nothing but this can not get the big results. The coach must understand the anatomy of the individual athletes and know how to train that athlete accordingly. One coach should have the overall information and have the role of being in charge of the athletes, not many coaches all contributing pieces of information. Coaching should be integrated and individualised.

Thank you Denis and David for your time!

If the athlete demonstrates perfect technique and it seems that he can lift much more, the coach uses this information to improve the athlete's psychological confidence but there is no need to think ahead about competition, just think about the current goals. I do quite a lot of psychological counselling of the athletes. In winning, I feel that 45% is physical strength and 55% is psychological. I am very interested in only two things: sports and psychology! The mind is so powerful. I have seen athletes that actually haven't got the ability to lift the weight that is planned, however their positive mindset is so powerful that they can lift anything!

This is one of the reasons why I love to work with the juniors and sub-juniors, you can really work with their minds. If you can unlock the psychological layer to their minds, you can use that to really progress them. Every athlete is different, for some it is enough to tell them 'you can do it' for some you must yell at them and fire them up. The challenge is to see what exactly the athlete needs.

“My one instruction is: TRAIN & listen to your Coach”

Do you find any difference between coaching males and females?

Actually there are a lot of differences between males and females. First of all the girls in the sub-junior and junior age are changing physiologically into women at this time. So this must be taken into consideration the effects this has on their training etc. Secondly, when the athletes need to lose some weight, with males we can do this quite easily, they just need to work harder and the weight comes off, but this is not necessarily the case for the females due to their physiology so we need to do this more carefully.

Other things we notice are that girls are more accurate and more disciplined than boys. If you instruct boys to do something, it seems that sometimes they don't hear you or don't apply what you've told them, even in competition. They do not always heed their coach. However the girls will listen to the coach and follow what the coach says more readily.

How do you keep improving your own coaching knowledge and skills over time?

First of all it is science, biomechanics, physiology, psychology, you have to keep reading a lot of books, absorbing all of this scientific information. You can

So many personal bests and closely fought world records were contested across all the lifting divisions. Once again the Russian women won all the team trophies, but it was Anastasiya Gerasimova from Kazakhstan who won the best Overall lifter with a 170kg bench press and 174.54 kilos. USA lifter Drew Bell (57kg) won the Sub-Juniors with 92.5kg and 108.99 WUs.

We present some of the highlights of this event:

WOMEN

SUB-JUNIOR

In the 72kg class, grabbing the Gold was Frida Leanderzon from Sweden. Frida reached 97.5kg on her 2nd attempt, just missing 102.5kg. The winner and World Champion in the 84kg class was once again from Russia, Maria Petrunina. Maria pressed 97.5kg for the win, missing 107.5kg on the last lift. The only Gold for Kazakhstan in the Sub-Juniors came from Zulfira Zholmurina in the 84+kg class. Zulfira got all her attempts and lifted 115kg for the win.

SUBJUNIORS WOMEN:

-43 kg	RUS	70.0 kg
Kolesnik Daniela		
-47 kg	UKR	71.5 kg
Illinska Mariya		
-52 kg	USA	80.0 kg
Link Kaitiah		
-57 kg	USA	92.5 kg
Bell Drew		
-63 kg	RUS	95.0 kg
Stepinina Ludmila		
-72 kg	SWE	97.5 kg
Leanderzon Frida		
-84 kg	RUS	97.5 kg
Petrunina Maria		
+84 kg	KAZ	115.0 kg
Zholmurina Zulfira		
Best nation: Russia with	54 points	
Best lifter: Bell Drew, USA	108.99 w.points	



Medal ceremony for the "84 kg Sub-Juniors" division with winner Zulfira Zholmurina from Kazakhstan.

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Tatiana Gabeldulina taking first place in the Junior -57 kg class with a 112.5 kg snatch total.

JUNIOR

One of the biggest surprises in the women's junior division was multi-time world champion and record holder Rustina, Anna Filimonova (52kg) bombing out of the competition as she could not get her weight of 105kg, leaving the door wide open for the other lifters. The one that took most advantage of this was Ruzhich after Audrey Mingot, Audrey pressed 97.5kg for the win. Ruzhich's Shirochastinova from Uzbekistan won silver with the same weight but at a heavier bodyweight.

The 57kg class also saw a battle between the top two lifters. Tatiana Gabeldulina from Russia missed her first 2 attempts at 112.5kg but luckily got it on her third attempt. Ertan Kovacs from Hungary got her opener of 112.5kg but missed 115kg for the next 2 attempts, thus letting Gabeldulina from Russia win the Gold. The 84+kg class was won by Hungarian lifter, Maria Kotales. Maria had the biggest bench of the junior women with a massive 165kg.

JUNIORS WOMEN			
-43 kg	GBR	82.5 kg	
Ainsworth Megan			
-47 kg	UKR	97.5 kg	
Ban Yelyaveta			
-52 kg	FRA	97.5 kg	
Mingot Audrey			
-57 kg	RUS	112.5 kg	
Gabeldulina Tatiana			
-63 kg	RUS	117.5 kg	
Filyar Ekaterina			
-72 kg	KAZ	125.0 kg	
Kabiyeva Zhadira			
-84 kg	KAZ	162.5 kg	
Kuzmina Natalya			
+84 kg	HUN	165.0 kg	
Kotales Maria			
Best nation: Russia with		51 points	
Best lifter: Kuzmina Natalya, KAZ		145.51 lift points	



Gold medal for Russia's Kuzmina Natalya winning the -84 kg junior class.

OPEN

The 52kg open class had excitement as Anna Lynga from Sweden broke the UKR on her second attempt with 130.5kg! Oksana Pechinkina from Russia then attempted 137.5kg but missed and Anna then pressed another World record of 158kg.

The 63kg saw Ukraine taking its first Gold in the Open class as Tetiana Akhramyetsyeva pressed 150kg for the win. The 74kg class had a big field of 11 lifters! Being mentored by the younger teams Anastasiya Guseva from Kazakhstan lead all the motivation to win the first Gold in the open class for her country with 170kg.

In the 84kg Iajja Stuk from The Netherlands pressed 175kg on her second attempt. Russian lifter Lyudmila Frochukha pressed then 177.5kg on her last attempt. The Russian hoping that would be enough to secure the gold, but Stuk went all out and to bench pressed a new World Master 1 record of 180kg! Iajja Stuk is now a 10 times World Bench Press Champion!

The only 200-kg bench from the women in these Championships came from the 84-kg World Champion, from Sweden, Sandra Lonn. Sandra pressed a wonderful 210kg for the win.

OPEN WOMEN	
-47 kg	
Strota Anastasiya	RUS 110.0 kg
-52 kg	
Lynga Anna	SWE 138.0 kg
-57 kg	
Kotikova Larisa	RUS 140.0 kg
-63 kg	
Akhramyetsyeva Tetiana	UKR 150.0 kg
-72 kg	
Guseva Anastasiya	KAZ 170.0 kg
-84 kg	
Stuk Iajja	NED 180.0 kg
+84 kg	
Lonn Sandra	SWE 210.0 kg
Best nation: Russia with 51 points	
Best lifter: Guseva Anastasiya, RUS 174.34 M. POINTS	

Dominating the 84 kg open class, Iajja Stuk from Iceland winning with a 180.0 kg bench press.



200.5 kg Bench Press World Record, Sandra Lonn from Sweden is the only 200 kg lifter in class.



MEN

500-300KG

Matti Christensen (DEN) won and broke the World Sub-Junior record in the 55kg class with a massive 172.5kg. With young and strong lifters like Matti one can only imagine what the future holds! Kauron saw their first hometown lifter win Gold as Klaudius Malareckis pressed 175kg. German lifter Kevin Jaeger (105kg) pressed 237.5kg on his second lift, and then jumped to 252.5kg for a world record attempt and nailed it!

JUNIOR

Multi-time World Champion Kiril Krut from Russia did it once again, winning another Gold medal on the big stage. He won the 55kg class with 150kg.

Another Russian taking Gold was Evgen Oboychuk with an easy press of 200kg, 25kg more than his next competitor. In the 100-kg class USA had a big win as the Super from Texas pressed 285kg for the Gold. This was Ryan Carrillo's first international appearance.

SUBJUNIORS, MEN	
-55 kg	
Semenov Nikolay	RUS 125.0 kg
-59 kg	
Christensen Matti	DEN 172.5 kg
-65 kg	
Vorotilin Valery	RUS 165.0 kg
-74 kg	
Malareckis Klaudius	LTU 175.0 kg
-83 kg	
Korolev Dmitriy	KAZ 200.0 kg
-93 kg	
Hunt Logan	USA 192.5 kg
-105 kg	
Jaeger Kevin	GER 252.5 kg
-120 kg	
Lemak Fedir	UKR 222.5 kg
+120 kg	
Kelly Samuel	USA 195.0 kg
Best nation: Russia with 51 points	
Best lifter: Jaeger Kevin, GER 252.5 kg	

JUNIORS MEN	
-53 kg	150.0 kg
Krut Kimi -56 kg	RUS
Smirnov Oleg -66 kg	RUS
Yermakhanov Velidos -74 kg	KAZ
Tienbayev Talgat -83 kg	KAZ
Martynenko Roman -93 kg	UKR
Grynevych Bogdan -105 kg	UKR
Savelyev Egor -120 kg	RUS
Goryachev Ivan +110 kg	RUS
Carrillo Ryan 285.0 kg	USA
Best nation: USA	with 57 points
Best lifter: Grynevych Bogdan, UKR	179.72 W.points

OPEN

The 53kg open men had incredible lifting, the top 2 places were decided on bodyweight! Japan's Yasufumi Kusunagi got all his lifts and ended on 197.5kg! Konstantin Pavlov from Russia also got all his lifts and ended up on 197.5kg. By a mere 100g of bodyweight, Kusunagi beat his Russian counterpart to win the Gold medal for Japan.

One of the best fights of the competition was in the 66kg class, as there were 6 World records attempts. First up was Hisayuki Nakayama from Japan who pressed a World Master 2 record of 222.5kg. Ivan Chervoplov from Ukraine went and broke the Open record with 228.5kg, only to be surpassed by Makoyama with 228kg. Adam Balawajdar from Poland attempted 229.5kg but missed it. Chervoplov came back with 232.5kg for his second WPR of the day, but once again only to be surpassed by Makoyama a minute later with 233kg. What an incredible a big fight feeling it was for the crowd and for the lifters themselves. And remember, Makoyama is a Master 2 lifter!

Daisuke Kodama (Japan, -83kg class) broke the world record on his second attempt with 265kg. He then went for 275kg and got it. The 83kg class also had a surprise as Russian lifter Sergey Kotov opened on a World record of 290kg! Sergey went for 295kg on his second attempt and also got that, 15kg ahead of his competitors.

There was a massive field of 20 lifters in the 120kg class. The real battle was between Sergey Salonen from



World Champion -110 kg open
Christopher Oberg from Sweden lifts
320 kg

World Master 2 -110 kg open and new
5th best world record
Jonathan Lee (USA)

Russia and Christopher Oberg from Sweden. Both opened on 307.5kg, both got white lights, both attempted 312.5kg and yet again both got it. Both the Russian and the Swede put their final attempts in at 320kg, with the Russian going first (according to lot numbers) he successfully pressed 320kg and took Gold...for the moment. The Swede was full of confidence walking up the platform as he also pressed 320kg for white lights and won on body weight.

IFF History was made in more ways than one when the Super heavy weights lifted. Japanese lifter Shinya Ueda opened on a World Master 1 record of 345kg, but was still second place after opening with Jonathan Lee from USA in first position with 347.5kg. Jonathan extended his lead on the second attempt with a massive 358.5kg for a new world open record! Ueda missed his second attempt of 350kg, but then attempted to break the World record that was just broken with an attempt at 355kg! With the crowd in shock with what they saw on the big screens in the venue, 360.5kg was loaded for the third attempt for the American lifter! With loud USA, USA, USA chants ringing through Lithuania, Jonathan Lee attempted the weight and pressed it up to make history with the biggest bench press in IFF history! Another record that was broken was the highest WPR ever in IFF history, Shinya Ueda (JAP) who lifted 359kg at a bodyweight of only 125.80kg finishing with an amazing WPR score of 204.37!

A big thank you goes out the President of the Lithuanian Weightlifting Federation Arminas Maskevicius who helped host a successful World Championships that was full of energy and excitement.

OPEN MEN	
-53 kg	197.5 kg
Kimura Yasufumi -56 kg	JPN
Nakayama Hisayuki -74 kg	JPN
Kodama Daisuke -83 kg	JPN
Kholzhev Sergey -93 kg	RUS
Kagiera Jan -105 kg	POL
Kireev Vitaliy -120 kg	RUS
Oberg Christopher +120 kg	SWE
Lee Jonathan	USA

Best nation: Japan
Best lifter: Ueda Shinya, JPN

with 53 points
204.37 W.points

THE DANGERS OF DOPING IN SPORT

A report by Christina Chamley

WHY THE IPF IS AT WAR AGAINST DRUGS

The IPF and its 93 nations are determined to eliminate doping in our sport, our unwavering commitment to the WADA principles serves as a powerful role-model to all sports and sports commissions nationally and internationally.

The IPF strives to provide a world-wide opportunity for clean, natural strength athletes to compete and demonstrates their natural strength, and this has meant that we have waged a substantial war against doping in our sport.

The IPF's experience with and opposition to the non-drug tested powerlifting federations of the world has helped us to identify the larger problem of doping in sport and its harmful effects not only on individuals but also on our societies. This realisation has strengthened our resolve and shown us the efforts we must go to, to stay on top in this battle.

The IPF and its member nations are determined to get the message out there: not only is doping in this sport not ok, but doping in sport in general is not ok.

Robert Wilks, Head of the IPF Anti-Doping Commission, Board Member for the Oceania Region and

CEO of Powerlifting Australia, is in the thick of the fight against drugs in our sport and is not afraid to speak out about the big issues.

Partial transcript of an interview with Robert Wilks on ABC TV's investigative journalism program "Four Corners", April 2011.

RW: The three lifts that powerlifting uses, the squat, benchpress and deadlift are the absolute benchmarks of strength. They are the core of the weight training program for a multitude of sports. The knowledge we [powerlifting] has, is invaluable to many of these sports and equally the message is enormous in the drug in sport area. Powerlifting is an influential tool, even more than our friends in the Sports Commissions realize.

Robert Wilks has been the face of Australia's drug tested powerlifting competition since as long as anyone can remember. The scoring system now used around the world is even named after him. He is a passionate opponent of performance enhancing drugs.

RW: Because sport is destroyed by drugs. Sport becomes artificial with drugs. It becomes a battle of the chemists - it is no longer a test of a

person's character. It is no longer a test of a person's dedication and intelligence and native ability. The social lessons we can learn from sport, the moral lessons we can learn are destroyed with the use of drugs. That positive influence in society is taken away if drugs in sport is allowed to fester.

The other face of Powerlifting worldwide is with those federations that are not drug tested and do not comply with WADA. These federations are not representative of our sport, they have chosen to take the path of not having drug testing which unfortunately now has gone further and is becoming associated with criminality and various criminal gangs and that is not a healthy path, morally or in terms of physical health. There is therefore no credibility to their claims of the world records set by them.

There is a bigger problem here, there is a public health problem and a criminality problem and it is growing and growing and the mechanism of ABADA doesn't address that issue at all.

Here's the thing: powerlifters train in gyms. Gyms are where the general public may also train, as well as athletes from different sports entirely. There is now a growing realisation that some non-drug tested powerlifting

organisations through some of their members within gyms, are supplying and distributing prohibited substances to others.

So contrary to what some powerlifters believe, it does matter if you are a member of an organisation which does not comply with WADA and is not strictly drug tested. Even being a non-drug taking member of such an organisation still helps provide the very platform for those who would engage in doping and its related activities. Their very membership helps support that federation's activities and helps allow those organisations to continue to bolster their numbers.

It is a fact that many of the activities associated with the supply and distribution of prohibited substances ultimately bring misery, anxiety, hardship and ruination to not only the substance taker but to innocent parties as well. This is the big problem that Robert Wilks alludes to: the taking of prohibited substances in sports creates larger problems than just for individuals, it becomes a public health problem, a societal problem.

We must remember that sport has always had a role in promoting health and wellbeing in society's members. Sport is about developing physical health and psychological growth and wellbeing in individuals. This in turn brings a multitude of positives to our families.



What is the big deal? Check out the personal opinions of experts at:

- IPF Powerlifting**
- Strength Research Australia: The New Research Shows and Why it's Not**
- What's New in the IPF Powerlifting**

Control Antidopaje Antidoping Control



"Drops"? Performance Enhancing Substances? Prohibited Substances?

When we say "Drops is sport" what does this mean?

Some people think that "Drops" are the issues (because illegal or illicit drugs) and if they don't take "Drops", they aren't doing anything wrong.

Remember not substance that is prohibited by WADA is what this clean anti-doping fight is about.

Check out the WADA 2013 List of Prohibited Substances and Methods: <http://www.wada-ama.org/en/prohibited-substances>

Prohibited Substances are "Drops to Sport". A substance is classified as prohibited for a reason!

communities and societies at large. Drugs and its associated commerce erodes and ultimately destroys this benefit.

Some still say, "let the drug-takers exist in their own drug-taking federations, as long as they do not come into our drug-tested federation they are not trying to cheat anyone as its ok."

But it is not ok. Federations that make possible and allow prohibited substance taking, dilute the fundamental benefits that sport brings to society and communities at large, and they remain a constant lure for the young and vulnerable. They are not benign, they are not harmless, they are not ok.

The message the IPF can contribute is this: if you want to be involved in the fight against doping in sport, be prepared not only for the challenges of the fight within your federation but also the challenges and pressures from outside of your federation or your sport entirely. Drugs and performance enhancing substances are not there and so is the message that this commerce carries. We all must understand why we are fighting this battle and what is at stake individually and for society as a whole. This is not an isolated battle, this is an overall task. Every decision you make about this, every conversation you have, every action you take, contributes to the outcome of this fight.

2013 BENCH PRESS WORLD

MASTERS CHAMPIONSHIPS

Prague, Czech Republic / 18-21 April 2013

by Heinrich Jassee van Renneburg

What would an IPF World Championship season be without going to the Czech Republic once a year? This time the capital city Prague hosted the 2013 World Master Bench Press. "Praha" is the capital and largest city of the Czech Republic. It is the fourteenth-largest city in the European Union and one of the most beautiful. The city is home to about 1.3 million people.

Ann Kristin Olsen was up next and also missed it but she finished on 97.5kg, winning the bronze medal. With the gold medal in the bag from her second lift of 110kg, Germany's Gaberella Harzer had nothing to lose by attempting the 112.5kg, she missed it and but will end up with the World Championship title!

Multi-time World Bench Press Champion Jelja Strik competed for the first time this year as a Master lifter and did not disappoint. She pressed a new World Master 1 record of 175kg in the 84kg class for the girl and Diversel Master 1 lifter. Her team-mate from the Netherlands Joanne Schaefer won the 84kg class with 175kg!

Master 1

There were 31 lifters competing over 7 weight classes, the lightest class (47kg) was won by Marion Friedrich from Germany with a massive lift of 92.5kg! With a bodyweight of 45.90kg that is more than double her bodyweight, demonstrating she is a real "Master" of lifting!

The 57kg class was a real nail-biter as the top-3 lifters attempted the same weight to go for the win! First up was Tomoko Sakaizumi from Japan, she missed the 112.5kg and stayed on 107.5kg for the competition. Norway's

Master 2

Japanese lifter Hiroko Arai betch pressed the Best World Record for Master 2 with 107.5kg. Arai that is in the 47kg class for a Master 2 lifter. Most men in your local gym might struggle with that weight! Hiroko also won the Best lifter award for Master 2!

In the 50kg class the crowd almost had a gasp with yet another Japanese lifter, Abumi Masuzawa bench pressing a World Master 2 record of 110.5kg. These light weight Japanese women are sure tough to beat!

WOMEN MASTER 1:		92.5 kg
-47 kg	GER	92.5 kg
Friedrich Marion	JPN	100.0 kg
-52 kg	GER	110.0 kg
Myamoto Tomoko	FRA	117.5 kg
-57 kg	AUT	140.0 kg
Honor Gabriella	NED	116.0 kg
-63 kg	NED	175.0 kg
Tiny Isabelle	NED	175.0 kg
-72 kg		
Macquinn Claudia		
-84 kg		
Strik Jelja		
-84 kg		
Schaefer Joanne		
Best nation: Germany		with 50 points
Best lifter: Strik Jelja, NED		151.18 M points



4 197 2020971 Japanese team



Japanese Record - Diversel Jelja Strik (FRA) 175 kg (-87 kg M2)



Women M2 -72 kg Award ceremony. 3rd place for Diversel Jelja Strik from Germany

WOMEN MASTER 2:		107.5 kg
-47 kg	JPN	107.5 kg
Arai Hiroko	JPN	110.3 kg
-52 kg	RUS	85.0 kg
Masuyama Mami	FRA	107.5 kg
-57 kg	GER	115.0 kg
Bakhtereva Irina	CZE	130.0 kg
-63 kg	CZE	135.0 kg
Maciejewski Patrycja		
-72 kg		
Hans Ingela		
-84 kg		
Takayama Haru		
-84 kg		
Myntanen Merja		
Best nation: Germany		with 46 points
Best lifter: Arai Hiroko, JPN		116.15 M points



Patricia Maciejewski from France won the 63kg class as she pressed 107.5kg for the win, she attempted 113.5kg for a World Record attempt but came up short.

Hana Takacova from the host country, Czech Republic won the 84kg class with her opener of 130kg. Merja Mynttinen from Finland won the only gold for Finland with a 133kg bench press to stand on top of the 84kg podium.

Master 3

Nakazawa from Japan won the 57kg class with an impressive 70kg! Chiyomi Soma, also from Japan won the 63kg class with a massive 97.5kg! She attempted 105kg on her 2nd and 3rd attempt but missed it. Now remember, these ladies are all over 60 years old, very impressive!! Chiyomi also won the Best lifter award for Master 3! Congratulations!

Master 4

The Master 4 lifters are over the age of 70, so to have high caliber lifters in this class is truly amazing! It just shows anyone at any age is welcome in the world of IPF!

Japan's Masako Okumura won gold with 42.5kg in the 47kg class, she is also the oldest women lifter at 83 years old, yes 83! Adina Hylava from the host country, Czech Republic not only won the gold medal but broke the Master 4 World Record with 77.5kg in the 63kg class and won the Best lifter award for Master 4!

Results like these show that the female master lifters are not to be sneezed around with, they sure can lift! There were 51 women lifting in total from 12 different nations, all hoping to return to the platform once again in 2014!

WOMEN MASTER 3			
-57 kg	USA	47.5 kg	
Elwyn Sosam			
-63 kg	JPN	70.0 kg	
Masako Okumura			
-72 kg	JPN	97.5 kg	
Sawa Chiyomi			
-84 kg	USA	80.0 kg	
Maura Gail			
-84 kg	FRA	82.5 kg	
Laurent Martine			
Best lifter: Sawa Chiyomi, JPN		105.31 M points	



from USA

WOMEN MASTER 4			
-47 kg	JPN	42.5 kg	
Okumura Masako			
-52 kg	FRA	55.0 kg	
Belique Françoise			
-63 kg	CZE	77.5 kg	
Hylava Adina			
-72 kg	USA	47.5 kg	
Herscheidt Sharon			
-84 kg	USA	82.5 kg	
Radwin-German Barbara			
Best lifter: Hylava Adina, CZE		91.55 M points	



-81 kg (1) this winner Gert Piquet from France

MEN MASTER 1			
-93 kg	JPN	175.0 kg	
Makata Kazuo			
-93 kg	JPN	220.0 kg	
Takahashi Keisuke			
-114 kg	FRA	230.5 kg	
Curnetella Alphonse			
-83 kg	FRA	240.0 kg	
Piquet Gert			
-93 kg	JPN	255.0 kg	
Kasai Masahiko			
-105 kg	USA	262.5 kg	
Ferrantelli Mike			
-120 kg	FIN	282.5 kg	
Mydret Jarmo			
+120 kg	AUT	315.0 kg	
Entinger Ewald			
Best nation: Japan		with 52 points	
Best lifter: Entinger Ewald, AUT		175.36 M points	



107 Mike Ferrantelli - 1st place in the -105 kg (1) category

Master 2

The field was open for anyone to stand on top of the podium in the Master 2 Class.

The 120kg class was a real fight for the win, Jens Christoff from Germany and Mikael Jaldstedt from Sweden both attempted 287.5kg on the last attempt but both failed. The winner at the end was the very consistent Jarmo Mydret from Finland with 280kg! Congratulations!

With the 120kg+ lifters taking to the platform one knew there would be huge lifts coming! Ewald Entinger from Austria did not disappoint as he opened on an easy 315kg! He attempted 350kg in his 2nd and 3rd attempts but missed it disappointingly. Still the 315kg was enough to secure him the award for Best Master 1 lifter of the Championship!

The 66kg division was won by Charles Smith from Netherlands with a press of 165kg. Erkki Rajala from Finland made headlines as his opener was already a Master 2 World record! He opened on 205kg, and on his 3rd attempt he achieved 210kg, congratulations! The 83kg class was won by Remy Kravdal in front of his home crowd, he pressed 205kg for the gold!

Pieter van den Putten won the 93kg class with 232.5kg which he got on his 2nd attempt, he missed a World record attempt of 236kg. The 105kg winner was clear from the start, Mariusz Hadrysiak from Poland opened on a massive 270kg. He pressed a huge 283kg on his 2nd attempt for a World master 2 record. Mariusz also secured the Best Master 2 lifter award!

Multi-time World Champion and record holder Dan Gaudreau bench pressed 295kg to secure the gold for USA in the 120kg. He also attempted a World record of 306.5kg but fell short.

MEN MASTER 2	
-59 kg	115.0 kg
Pavel Savvikh	
-66 kg	155.0 kg
Smith Charles	
-74 kg	210.0 kg
Rajala Erkki	
-83 kg	205.0 kg
Kravdal Remy	
-93 kg	232.5 kg
van den Putten Pieter	
-105 kg	263.0 kg
Hadrysiak Mariusz	
-120 kg	283.5 kg
Kato Motomasa	
+125 kg	295.0 kg
Gaudreau Daniel	
Best nation: Japan	with 46 points
Best lifter: Hadrysiak Mariusz, POL	159.14 M-points

Master 4

There were 23 lifters competing in the oldest class in the IFF. Ivan Zivich from USA won the 66kg class with a Master 4 World record of 112.5kg. The 83kg class was won by Daniel Reybrauck from Belgium. Daniel lifted a World Master 4 record with an amazing 153.5kg. Katsuyi Kuroba from Japan won the 93kg class with 162.5kg. In the Master classes no master what division you are bound to lift against a Japanese lifter at one point in your career!

Larry Negriff did the USA proud as he won the 105kg class with a World record Bench press of 192.5kg! He was awarded the Best Master 4 lifter award. In the 120kg class Valdis Aleksandris from Latvia won with the only 200kg bench press in the Master 4's. The oldest male lifter at the World Championships was William MacFadden from Great Britain who won bronze in the 83kg class with 130kg. William is 79 years old!

The 2014 World Master Bench Press is going to be in Nordumbria, Great Britain. Hope to see you all there!!!

MEN MASTER 3	
-66 kg	112.5 kg
Zivich Ivan	
-74 kg	142.5 kg
Kuzminis Anatolij	
-83 kg	153.5 kg
Reybrauck Daniel	
-93 kg	162.5 kg
Kawabe Katsuji	
-105 kg	192.5 kg
Negriff Larry	
-120 kg	197.5 kg
Sandelin Balmo	
+120 kg	135.0 kg
Aleksandris Valdis	
Best lifter: Negriff Larry, USA	216.23 M-points

Master 3

Jevgenijs Voronjovs from Latvia won the 66kg class with 112.5kg, he won on bodyweight against Japanese lifter, Tadashi Tsukuda. Keiji Sato from Japan won the 66kg class with 100kg. Yellow team mate Takeshi Morise won the 74kg class with 157.5kg class, he missed his first 2 attempts and barely got it on his 3rd!

Norway grabbed its first gold with Bruce Svendsen pressing 205kg for the win. Team mate Arne Høe Kjell broke the 93kg Master 2 World record on his opener with 202.5kg, he lifted 210kg on his 2nd attempt to bring the record even higher.

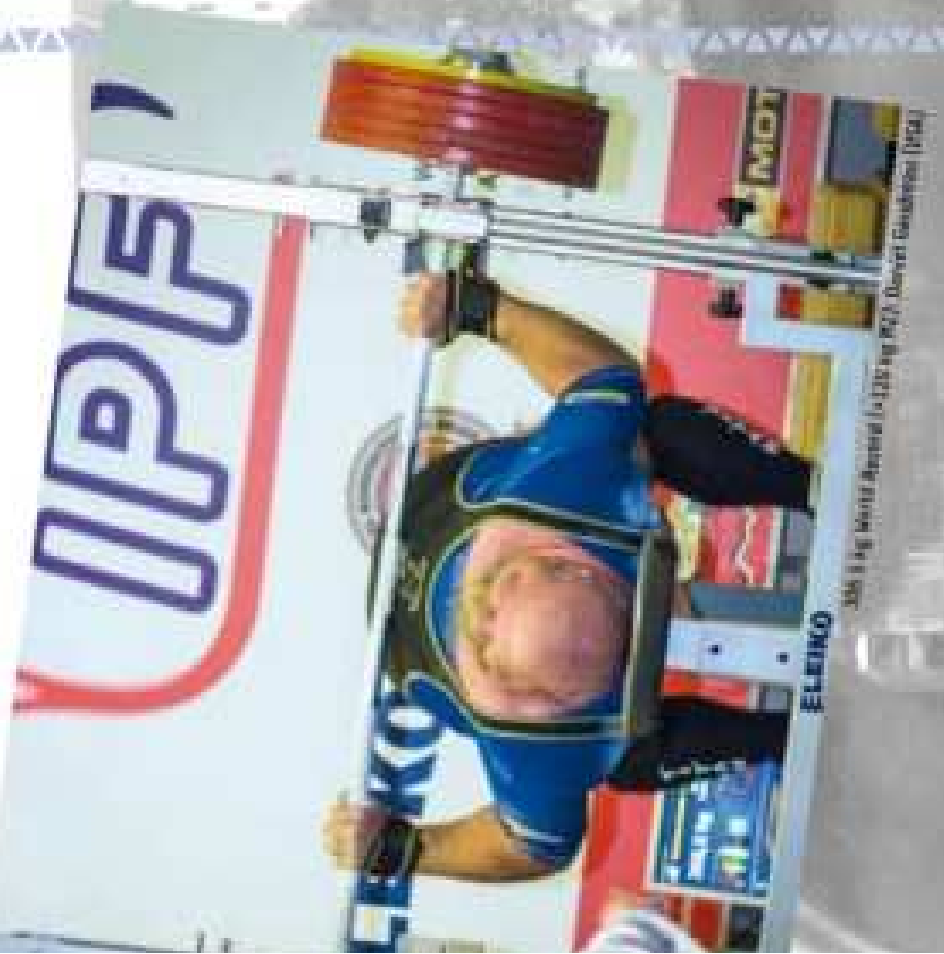
Wojciech Grabowski from Poland was the star of the Master 3's as he opened on a World record with 240kg in the 120kg class. He even went up to 260kg on his 2nd attempt. He also secured the Best Master 3 lifter award!

MEN MASTER 4	
-66 kg	112.5 kg
Zivich Ivan	
-74 kg	142.5 kg
Kuzminis Anatolij	
-83 kg	153.5 kg
Reybrauck Daniel	
-93 kg	162.5 kg
Kawabe Katsuji	
-105 kg	192.5 kg
Negriff Larry	
-120 kg	197.5 kg
Sandelin Balmo	
+120 kg	135.0 kg
Aleksandris Valdis	
Best lifter: Negriff Larry, USA	216.23 M-points

MEN MASTER 3	
-59 kg	112.5 kg
Voronjovs Jevgenijs	
-66 kg	160.0 kg
Sato Keiji	
-74 kg	157.5 kg
Morise Takeshi	
-83 kg	205.0 kg
Svendsen Bjarne	
-93 kg	210.0 kg
Hoe Kjell Arne	
-105 kg	205.0 kg
Dumarila Gerard	
-120 kg	265.0 kg
Grabowski Wojciech	
+120 kg	260.0 kg
Schwabe Eberhard	
Best nation: Japan	with 51 points
Best lifter: Grabowski Wojciech, POL	153.58 M-points



Dano Rostkowski (161kg) - 111kg M1



306 kg World Record (a 120kg M2) Daniel Gaudreau (124)

Fair Play to the Planet

Cal, Columbia / 25 Jul - 1 Aug

WORLD GAMES 2013



The first of many highlights in Cali was the opening ceremony of the World Games. The march-in of the nations with flag and several dance and acrobatic performances demonstrated that this vibrant city was here ready to celebrate all of the sports. Friendly greetings from the Colombian vice president, the Mayor of Santiago de Cali, officials of the IWGA and greetings from Jacques Rogge the IOC president were features of the opening ceremony.

The International Powerlifting Federation has been competing at the World Games since the first event back in 1981. Only the most elite IPF powerlifters are selected to compete against each other at the World Games, this being the absolute highest level of competition possible in our sport.

The World Games powerlifting competition is arranged into four weight categories for men and women: Lightweight, Middleweight, Heavyweight and Super Heavyweight and final results are determined by Wilks Score which determines the strongest lifter whose bodyweight is taken into account. Each category is limited to 10 lifters. Twenty-three nations sent their lifters to Cali and a lot of South American lifters attended putting in some big performances on the platform.

On the following pages we offer an overview of the competition by weight category.

Santiago de Cali, or simply Cali - the undisputed sports capital of Colombia proudly played host to the 9th World Games over 11 exciting days. Thirty-seven sports and some 4 000 athletes were involved in this sporting extravaganza, the pinnacle event in their sporting calendar.

Situated in a high-altitude valley in Colombia, Cali is surrounded by equatorial mountain ranges and the Cauca River. The city of nearly 2.5 million people has both the sporting experience and the infrastructure to more than adequately stage a World Games event, and the welcome was as warm as their delightful tropical climate.

And so it was that Cali hosted these Games with passion and enthusiasm, with their singing and Salsa dancing, this vibrant and friendly culture was incredibly welcoming and helpful to the athletes and visitors alike. The safety and security of visitors was made a high priority by organizers in this often crime-riddled place. Security was so well done, visitors were at all times safe and kindly treated.

Bronze: Yukiako Fukushima (JPN)



WOMEN'S LIGHTWEIGHT

(47kg - 52kg)

Starting with the lightest of all the lifts, the women's lightweight class showed that there was nothing lightweight about what they lift. Setting the tone for the rest of the competition, Vilma Chessa Vargas from Ecuador equaled an amazing 217.5kg for a world record in the 52kg class!

After the World Open Championships in November 2012 in Puerto Rico, the battle was definitely on between the top three women in the lightweight divisions: Wei-Ling Chen from Chinese Taipei, Yukiako Fukushima from Japan and Natalia Salnikova from Russia. Salnikova was the only lifter of these three that did not have any previous World Games experience so the results of this contest were far from certain. Salnikova had the second biggest squat with 205kg, but in the bench press Fukushima dominated these ones again with a world record press of 128kg! The Russian went for 127.5kg but right after the 'press' comment the bar fell from her grip and her chin - would she be able to keep her focus after the bench press?

Wei-Ling Chen deadlifted 185kg to total a world record in the 47kg's with 475kg. But would a snapper of 645.51 be enough for first place overall? As Salnikova took to the platform she deadlifted 150kg not just to total a world record of 662.85 points, but to achieve something the gold medalist had become the World Games Champion for the first time!

GOLD FUR

NATALIA SALNIKOVA (RUS) - 662.85 POINTS ON 520.0KG

Bronze: Tsung-Ting Hsieh (TPE)



MEN'S LIGHTWEIGHT

(59kg - 66kg)

Some of the strongest lifters pound for pound in the IFF are in the men's lightweight division, and one of the strongest of them all, Russia's Sergey Fedotkin! The top three lifters were all from Russia: Fedotkin equaled a world record with 295.5kg, Gladilich with an amazing 325.5kg world record and Donlevy with 315kg. But the competition was far from over as Tsung-Ting Hsieh from Chinese Taipei was just behind the Russian! Hsieh pressed the biggest bench of the class with 210kg, setting up an exciting performance for these 4 lifters in the deadlift!

Fedotkin deadlifted an easy 255kg to total a world record 743kg - more than 1.5 times his own bodyweight! His snapper of 666.91 gave him an 'easy' win, also taking the best overall after trophy hand! But the question remained would Russia take every place on the podium? Gladilich finished with a snapper of 635.37 to take the silver and also his first World Games medal. But the bronze medal came down to the very last deadlift of the competition. Hsieh took to the platform with 282.5kg on the bar and pulled with everything he had and with the support of the crowd pulled it through grabbing the bronze medal beating Donlevy by 0.08 miller points to finish with a snapper of 620.57!

GOLD FUR

SENGYU FEDOTKIN (RUS) - 666.91 POINTS ON 295.5KG

Silver: Sergey Gladilich (RUS)



WOMEN'S MIDDLEWEIGHT

(57kg - 63kg)

Probably the toughest class of all the women was the middleweight, as arguably the best lifter in the IFF, Larissa Beloieva, attempted to win her third World Games gold medal. The Ukrainian took the world record in squat away from her team mate Tetyana Akhomyshyeva with 235kg. Tetyana attempted to overtake it but could not reclaim her record. As a result of this Beloieva now possesses all the 63kg class world records, very impressive! After the bench press it was the two Ukrainians in the top two places and Russia's Irina Poletskaya sitting in third place. Beloieva having increased her own world record in the bench with 165kg on her second attempt.

With Beloieva's second deadlift of 235kg she broke the record with the lightest walk points in IFF history, topping her own previous record by 3 points to a massive 686.57 walk points! Will we see 700 soon? Akhomyshyeva finished with a comfortable second place, greatly improving on the fourth place she took at the World Games in 2009. But the battle was still on in the last deadlift for the bronze medal. Poletskaya deadlifted 187.5kg to end with 600.56 walk points but Chinese Taipei lifter Hai-Chuan Wu snuck up from behind with a 197.5kg deadlift to finish with just 2.11 more walk than the Russian, taking the bronze.



Larissa Silovanina (UKR)



Tetyana Akhomyshyeva (UKR)



Larissa Silovanina (UKR) 686.57 WALK POINTS OR 686.00KG

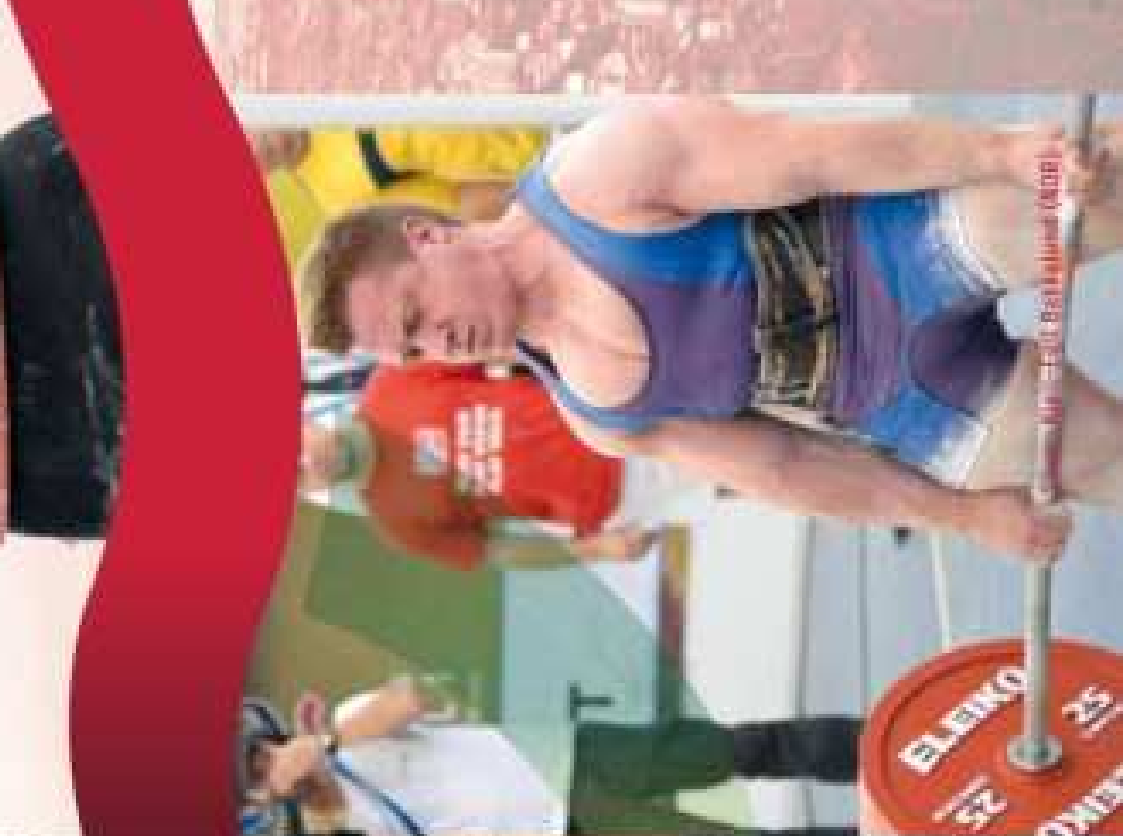


Jaroslav Ulech (POL) 641.00 WALK POINTS OR 640.00KG

MEN'S MIDDLEWEIGHT

(70kg - 83kg)

The great Jaroslav Ulech, the lightest lifter in this class was in the spotlight with a reputation for being one of the best Middleweight lifters in the world. The 31-year old World Champion and World Games winner of 2009, dominated the class on bodyweight finishing with 644.02 walk points to take his second World Games title. Norwegian lifter Kjell Eigt Bakkelund had the biggest bench press and deadlift but finished with the silver medal and 633.57 walk points. The real excitement was for the bronze medal winner the crowd favorite, Jose Castillo from Ecuador. Every time Jose came the platform the crowd went into a frenzy, giving Jose all the energy he needed until his very last lift. This is what the World Games is about!



Jose Castillo (ECU)

THE PRESIDENT'S REPORT

DEAR LIFTERS AND OFFICIALS,

First of all, let me thank all those who participated in the World Games in Cali.

It was a great competition and a successful event.

The rivalry in each of the classes was very exciting and the lifters showed us once again how dynamic our sport can be.

Many World records were established and the lifter's competed for each of the places in their categories.

The speakers were excellent and the public support for the lifter was very gratifying to us.

It was a good experience for all those who participated and I must congratulate all the volunteers, who were very friendly and helpful to us all.

The public was very supportive and friendly, as were the Police who were always present to guarantee our security.

The organizers did their best to make sure that we were satisfied with the event, however not everything was 100 % perfect but we can say that it was a big success.

I also want give a special mention and thanks to Emanuel Schaeber who was responsible for the liaison work between the IFF and the organizing committee. He has worked very hard and achieved a great deal on behalf of the IFF.

The World Games is the highest level we can aspire to at the moment. It has given our lifters and officials an opportunity to be part of one of the biggest competitive events so far. I am sure all those who participated in these World Games enjoyed the experience and felt privileged to be part of this special event.

I want to congratulate all lifter's for the excellent results and especially those who won medals.

I am pleased to say many drug test's were carried out at the Games. Let us hope that we can say on receiving the results all was good. I think everyone will appreciate the importance of our drug testing regime and commitment. It is an important step for us in our application for IOC recognition to have no positive tests. However, I have to remind everyone-The IFF is committed in making sure our sport is drug free at all times.

Best regards
 Orestis Fergis
 IFF President

TAK MERCI
 KIITOS
 Ευχαριστιες

GRACIES
 감사
 谢谢



INTERVIEW WITH HERO LIFTER RAUJA JURKKO (FIN) VETAN OF 6 WORLD GAMES!



Rauja Jurkko held a total of 56 Open class world records!

Where were you born and where did you grow up most of your life?

I was born and grew up in a little town, Loggensaari in western Finland.

Do you have a history of sport in your family?

My brother trains in cycling, but otherwise no.

Was powerlifting your only sport?

When I was young I did running, skiing, basketball and little bit later Finnish football. I have also a bit of history in Karate and have been riding horses for several years and nowadays I have also have my own horse.

When did you start powerlifting?

I have been training with weights already during school times and quite a lot when I was training Karate in the early 1980's, but powerlifting actually started in the late 1980's.

Do you have a coach or do you train yourself?

At the beginning I had a coach, but from 1991 I have been doing my training programs by myself.

You have been to 6 World Games, a record that stands in itself! What was for you, the best World Games?

In 2001 in Japan I won the light weight class and I have won two silver medals from previous World Games!

What was a highlight for you of all the 6 World Games you have competed at?

The best was the 2001 when I won. That was very tough competition and I also got all my lifts.

Tell us about your training techniques, also how you approach each competition.

I have always trained quite often; a minimum 4 times a week and a maximum 6 times a week, but sometimes are mostly short from 1 1/4 hours to 2 hours. My warm up is very quick (perhaps too quick), I lift mostly the main lifts, squat 2 to 4 times a week, bench 3 times a week and deadlift 1 times a week- with different combinations and one to two heavy trainings/week in each. I do quite lot training now without equipment, maybe perhaps too much. The weights and length of rest varies.

periodically and I have done quite lot also in that different training sessions within the week can be done in one day and more in another day. Before competition the light training comes even lighter and heavy training go up. The maximum weights I take about 4 weeks before competition and the maximum is something like 2 weeks before with the weight I plan to start my bodyweight during training is the same or even less than in competition. I have never lifted more in training than in competition: my all time best in competition are squat 182.5 kg, bench 100 kg and deadlift 170 kg and my all-time best in training are 175 kg, 95 kg and 162.5 kg correspondingly.

During all these years while I have been training, I have also been studying and working (at a medical doctor, specialist in inner medicine and cardiology and emergency medicine, and I have done also my thesis) and more or less other sports.

Anything else you would like to mention?

Powerlifting is the world's cleanest maximum power sport. In that kind of power one can reach a personal maximum at a relatively less age - over 40's and even over 50's. We have no hurry in training, which supports it being a clean sport with long career. Lifting is a lifestyle, but it is not the whole life - at least if you want a long career you have to also do other things, work and also other sports.

WOMEN'S HEAVYWEIGHT

(72kg)

The heavyweight class for women consisted of the 72kg lifters. Over the past 2-3 years there's particular lifters have jangled for the gold medal position, so this time in Cali it was most important: who would come out on top - Fricilla Ribic from USA, Yulia Medvedeva from Russia or Ana Rosa Carralhon from Brazil?

The Brazilian, after losing Sige in bodyweight for this event, made her mark with a 248.5kg world record squat, with energy to spare. Then the world record holder in bench press, Yulia Medvedeva benchied 165kg, but Carralhon was just behind her with 162.5kg. IFP Hall of Famer Fricilla Ribic was still in the mix and showed the world that it all can come down to the deadlift. Although missing an attempt at a new world record, Ribic ended with the biggest deadlift in their class, 225kg but had to settle with bronze overall. Medvedeva tried on her last deadlift to pass Carralhon but finished on overall second place with 618.61 total points at her first World Games. The Brazilian won the gold medal giving Brazil their first big international win, and you can't get bigger than a World Games win!



GOLD FOR

ANA ROSA CARRALHON (BRA) 637.50 W POINTS OR 611.0KG



BRONZE: KAZEMIR LABEDKO (RUS)

GOLD FOR

VADYAN DERGOMYAK (UKR) 616.72 W POINTS OR 1000KG



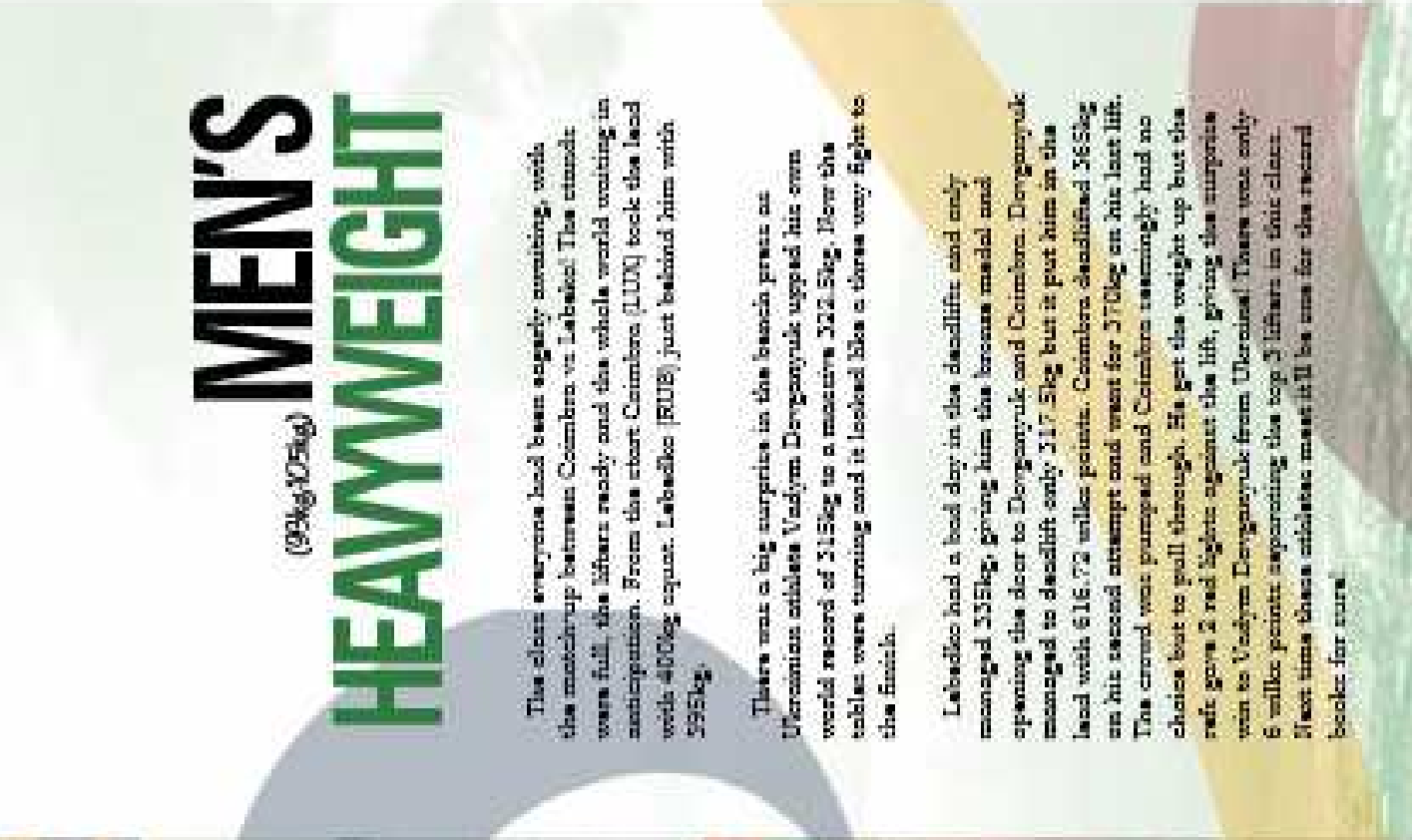
MEN'S HEAVYWEIGHT

(99kg-105kg)

The class everyone had been eagerly awaiting, with the matchup between Comber vs Labedko! The stands were full, the lifters ready and the whole world waiting in anticipation. From the start Comber (USA) took the lead with 400kg squat. Labedko (RUS) just behind him with 395kg.

There was a big surprise in the bench press as Ukrainian athlete Vadyan Dergomyak topped his own world record of 315kg to a massive 322.5kg. Now the tables were turning and it looked like a three way fight to the finish.

Labedko had a bad day in the deadlift and only managed 335kg, giving him the bronze medal and opening the door to Dergomyak and Comber. Dergomyak managed to deadlift only 317.5kg but it put him in the lead with 616.72 total points. Comber deadlifted 365kg on his second attempt and went for 370kg on his last lift. The crowd was pumped and Comber seemingly had no choice but to pull through. He got the weight up but the ref gave 2 red lights against the lift, giving the surprise win to Vadyan Dergomyak from Ukraine! There was only 6 total points separating the top 3 lifters in this class. Next time these athletes meet it'll be one for the record books for sure!



SILVER: JONAS COMBER (USA)

WOMEN'S SUPER HEAVYWEIGHT

(234kg - 514kg)

On the third and final day of powerlifting at the World Cup, there were only 2 classes left to go and all were in attendance to see what would go down! Cobi had been very good to the lifters and officials and all involved had worked very hard to make this the best competition for the lifters and our live streaming fans!

The Super heavyweight women had the biggest lift of the competition. The biggest squat was from Iajis Berk from Netherlands with 262.5kg! Ye-Wen Cheng had the same squat but was nearly 4kg heavier than Berk! The heat was on, literally in the bench press as it was hot inside the venue, but that did not bother the lifters as they were well prepared for anything. After Berk pressed 175kg she was still in the lead with Olena Kostelna from Ukraine just behind her, but we all knew she has a very big deadlift to come. After Kostelna's second deadlift of 240kg she shot up to the lead with 601.21 total points, way past Berk and the other lifters. Kostelna took the gold and became World Queen Champion! Berk won the silver and was really happy with her performance and took her medal with a smile.

GOLD

OLENA KOSTELNA (UKR) 601.21 POINTS (245kg)



Silver: Iajis Berk (NED)



Winner: Olena Kostelna (UKR)



GOLD

ANSGAR CHRISTENSEN (NOR) 645.24 POINTS (509 - 1177.5kg)



Silver: Viktor Tector (UKR)

MEN'S SUPER HEAVYWEIGHT

(220kg - 500kg)

Everybody knew that what was to happen next would probably go down in the history books, and they were right! The man's Super was one of the only 2 classes that did not have any bomb runs. Kornevlev, Christensen and Tector each had something to prove and they produced amazing results and each went home with a world record! After a nervous opener of 450kg Kornevlev (RUS) shocked the audience as he took his second attempt on 465kg and equated it with ease - officially the biggest squat in IPF history! But then Christensen from Norway also asked for 465kg on his last attempt, this now for a world Junior record, was simply unprecedented. Christensen took the 465kg on his back like it was nothing and equated it with ease with energy still left in the tank!

Tector of course broke his own world record in the bench with 360kg, missing 365kg on his last lift. But it was still neck and neck between these three giants. The big Russian Kornevlev made history once again on his second and third deadlifts as he pulled 357.5kg to total a world record of 1177.5kg! That was just 5kg behind the biggest total in IPF history! Tose gave him the win and we also awarded the World Queen, "Achilles of the day award" - the first time the IPF was bestowed this honor! Later, Kornevlev remarked that this was his biggest success and that he had worked many years for this goal.

Christensen could not deadlift his last attempt and had to settle for overall bronze and Tector with the silver.



Bronze: Carl Yongvar Christensen (NOR)

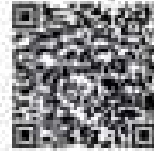
SAY NO TO DOPING

WADA LATIN AMERICA



Interview by Eduardo Rodríguez Estayres - IFF Magazine South American correspondent

Each day of the Games the organizers of the International World Games Association (IWGA) select a single athlete from all those who competed that day from all the sports, to be declared "the best of the best" and awarded, "Athlete of the Day". On the 1st of August the IWGA honored the IFF's Andy Kemerling (USA) the super heavy weight winner with a total of 1,177.5 kg. Andy was the "man of the moment" with an international press conference the next morning and a lot of interviews with local TV and radio stations. At one point, Andy was afraid he might miss his flight with all the media attention, but he made it to the airport just in time! Check out Andy's World Games wrap-up: <http://worldgames2013.com/en/news/press/items/1250-berryweight-clear-setting-world-records.html>



Priorities at the World Games closed with an impressive conquest organized by IFF Secretary General Emanuel Schaeber on top of the Torre de Colli hotel -41 stories high! Athletes, officials, member nations, IWGA, IOC and even other sports were invited to the banquet. Many lifters and officials commented that this competition was surely the best competition organized by the IFF and especially praised Emanuel Schaeber who worked tirelessly well before the Games started to assure its success.

After the honors were awarded to the best overall athlete the IFF handed over a special gift to the local venue manager Elys Acosta Tabares for him and all of his team, for making this event possible and being a big success for our powerlifters. IFF then invited all members and friends out for a Colombian night with Salsa music and local meals.

The closing ceremony of the Games itself was a Salsa party with Colombian dancers, archery and bands. It seemed like all of Col was in the stadium and surroundings celebrating sports and friendships!

The next World Games was awarded to Poland in 2017. We are looking forward to that event as we said goodbye sunny Colombia!

Arkadiusz Jankiel, Jaroslav Olach, Gaston Paredes, Dariusz Magala, Andrew Krasnicki, Pawel Filimon

The regional office of WADA for the Caribbean and Latin America is located in Montevideo, Uruguay. It is headed by Regional Director Ms Maria Jose Pesce who is responsible for the anti-doping programs and creating strategies for control, prevention and education in the world of sports. On a sunny morning in Montevideo, the IFF Magazine had the opportunity to talk with the Regional Director who kindly granted us this interview.

Since when have you been working in WADA, and how far does their jurisdiction extend?

I joined WADA on March 22, 2010 right here in Montevideo, Uruguay. The Regional Office of the World Anti-Doping Agency for Latin America has jurisdiction in 41 countries in Latin America and the Caribbean, including Mexico, Central America, 20 Caribbean Islands and all South American countries.

As you can see our work is very intense, very varied and above all a challenge. Our goal is to collaborate and cooperate with the fight against doping in Latin America.

Why is the WADA's regional headquarters located in Uruguay?

WADA has a head central office based in Montreal since 1999, this being the second host city, because the first was in Switzerland. In addition to that WADA has 4 regional offices, one for each continent. These regional offices are in Switzerland for Europe and International Federations, in Tokyo for Asia and Oceania, in Cape Town, South Africa for the African Continent, and Uruguay for Latin America and the Caribbean.

What is the role of the WADA office in Uruguay?

It has the same functions as the World Headquarters. We basically promote, coordinate and monitor the fight against doping in all its forms and we do that through the implementation of the World Anti-Doping Code (WADC), and enforcing international standards. Our task is to assist

all countries in this region, through their national anti-doping organizations, to coordinate their work and keep it in line with the WADC and international standards.

It is a great challenge because the reality in each country is very different, sometimes the opposite ends of the spectrum right across the region with different cultural issues etc., but I can say that the achievements



Ms. Maria Jose Pesce

“The priority message is the concept of fair play, which ultimately translates to not cheating. It is essential to develop values and its transmission to the development of life skills in general, not just in the sport. We are promoting a lifestyle and trying to convey values in general.”

EUROPEAN OPEN POWERLIFTING CHAMPIONSHIPS AND GENERAL ASSEMBLY 2013

The European Region had to elect a new Secretary General, unless the previous incumbent, Mr. Dariusz Wolf (POL) took up a position as EPP Treasurer. The General Assembly held in Plasa (CZE) on 6th May 2013 voted Mr. Ralph Farquharson (GBR) the new EPP Secretary General.

Ralph had previously been the Treasurer and the Secretary General of EPP years ago and as such, knows the federation very well. Here we offer a brief profile on Mr Ralph Farquharson:

Born in 1964 in Great Britain Ralph's first sporting love was cricket. It wasn't until around 1971 that Ralph came into the world of powerlifting. Ralph is married with 4 children and 14 grandchildren. He was an engineer and the owner of a gym, training in powerlifting all through the years.

We asked Ralph for 3 goals that he has for the EPP:

- Bring more women in sport and official positions.
- Media work to make the sport more attractive including internet live streaming, etc.
- MC recognition and one extra.
- Ensure our sport is clean - continue the vigorous fight against doping.

This Lehighs Club in Spain is one step towards making powerlifting more public. Here lifters can have holidays and continue high quality training. The Club is also good for training camps for groups of athletes. More information can be obtained from Ralph Farquharson.



Annastya Struza at the European Open Powerlifting Championships 2013

The European Championships 2013 was the regional championship with the highest score and the biggest number of member federations, totalling 38. Always a challenge are the small classes for the women. The 3 best female athletes were under 57 kg: Anna Ryshkova with 614.50, Anastasiya Struza with 603.57 and last but not least Anna Kambalova with 596.01. Winner Points - all athletes are from Russia.

But of course the men were also strong.....

It was pleasing to note that all 19 Doping Tests from this event returned a negative result. This is clearly due to the ongoing work of the member nations and continuous education by WADA, IFF and EPP.

performance athletes, recreational sports for children and young people. The priority message is the concept of fair play which ultimately translates to not cheating. It is essential to develop values and to transmission to the development of life skills in general, not just in the sport. We are promoting a lifestyle and trying to convey values in general.

We also have material specifically for coaches, doctors, technicians and physiotherapists support, etc.

How is the list of banned substances updated annually?

A certain WADA Committee meets three times a year, to analyse the trends, benchmarks and indicators such as statistics etc, which are the substances that meet the following three requirements: 1. positively alter athletic performance, 2. are harmful to health, and 3. violate the Olympic spirit of fair play and sports.

From there comes the list of substances of various types and may prohibit its use in competition, out of competition and others that are monitored (those that are not banned but its use is studied to see if they will be on the list in the future) or perhaps get off it, as it happened with caffeine.

And what happens with the so-called doping of the future?

In June this year China hosted a World Congress on genetic doping which demonstrated new ways of detection and control by experts, but we are still far from being able to control it as it is extremely difficult and requires superior technology which is still developing.

WADA has cooperation agreements with the scientific community, the major pharmaceutical organizations and strong legal cooperation, e.g. World Customs Organization, where revenue and trafficking of prohibited substances falling under WADC art.3.10 are detected.

What are your expectations of the World Games 2013 in Cali, Colombia?

WADA will be represented by our president Mr John Falvey and myself on behalf of Latin America. A number of world sports authorities will be here. We hope to have an event demonstrating an example of fair play for the younger generation because the best athletes will meet here in each discipline. They are the highlights, the greatest exponents of world sports. I expect the World Games to be a sports festival, filled with the joy of life, values of solidarity and anything that promotes sports in the framework of these concepts.

Thank you for your time and we wish you great success during your tenure here in Latin America.

In recent years have been very significant and the final goal and ideal is that each country has a comprehensive anti-doping program developed and functioning in accordance with the Code.

And the mainstay in this goal is education?

Exactly! A comprehensive anti-doping program means that each country has a preventive program working and ongoing basic education, as well as drug testing programs (to be conducted in and out of competition). They need to have a well formed and functioning committee set up to educate each, oversee the therapeutic use exemptions, and have a Performance Management Committee, (consisting of a Disciplinary Committee and Appeal Committee), according to the statement by the WADC and international standards. This would be an example of a complete anti-doping program for each country.

How do you physically execute the controls?

Occasionally WADA may perform controls, but that is not our function. Controls should be conducted by doping agencies in each country, and they decide how many controls to do, in what sports, in which disciplines, in or out competition, to which laboratory to send the samples for analysis. These decisions are made by each country on their own. WADA merely monitors if there is an annual plan, and if they are really doing it as well as the education-preventive plan.

What can you say about the laboratories where the analyses get done?

Article 6.1 of WADC states that samples should be analysed only in WADA-accredited laboratories. Such laboratories are located in Bogotá, Colombia, Rio de Janeiro, Brazil, and Havana, Cuba for the Caribbean and Mexico which has just recently been established.

Is it very expensive to conduct doping controls?

It depends on each country. Although WADA does not handle this information we are aware that depending on the agreement you may have with the specific lab each analysis can cost between US\$300 and 400 per athlete. There are variances between countries because government subsidize some for tests and it also depends on the number of samples tested etc.

How do you plan your educational work?

WADA has a number of different materials each targeting their respective audience such as high



New elected EPP Secretary General Ralph Farquharson from Spain



IPF WORKING WITH CAMEROON POWERLIFTING.



IPF President Mr. Gustavo Parga has conducted a series of talks with the President of the Cameroonian Powerlifting Federation, Mr. Yohu to facilitate their nations' re-inclusion into the IPF.

Mr. Parga then met the General Secretary of the African Powerlifting Federation (APF), Mr. Mohammed Douala in the capital of Cameroon, Douala to conduct further discussions with key personnel and athletes to resolve the issues.

SUMMARY OF MR MOHAMED'S REPORT:

I met the President and Vice President of the Cameroonian Powerlifting Federation and had detailed discussions with them regarding their re-inclusion into the IPF.

The next day I attended the Cameroonian national powerlifting championships.

I witnessed a good level of powerlifting there such as a 533.5kg raw squat by Mr Wilfred Kabengele in +53kg class and a 250kg squat by junior Mr Ndombou Isaac in the +75kg class.

After the closing ceremony I had discussions with all the lifters about the IPF and its standard of competition. I explained the objectives of my visit was to resolve all matters and give Cameroon lifters an opportunity to take part to all IPF and APF events.

While in Douala I was able to visit various powerlifting clubs and have important discussions with some coaches. I also met with the Director of the Cameroonian Ministry of Sport and I asked him to give assistance to this young sporting organization and help promote powerlifting throughout the country.

I also had the opportunity to meet with other relevant organizations regarding the possible inclusion of other

Central African nations such as Togo and Gabon into the APF and IPF.

Finally we had an excellent meeting with the Cameroonian Olympic Committee in which we informed them of the hard work the IPF is doing to get powerlifting recognized as an Olympic sport and we discussed how the Cameroonian Powerlifting Federation can once again be a member nation of the IPF.

I believe the signs look promising that Cameroon can address the necessary issues for their inclusion in the IPF and I would like to see them and other Central African nations do so.



2013 EVENTS

23-30 Sept	World Masters	Orlando, USA
05-10 Nov	Men's and Women's World Championships IPF	Stavanger, Norway

2014 EVENTS

28 Feb - 02 Mar	Arnold Sports Festival	Columbus, USA
17-20 April	World Masters Bench Press Championships	Northumbria, UK
21-25 May	World Open, Junior and Sub-Junior Bench Press Championships	Rodby, Denmark

COMING IN OUR NEXT ISSUE...

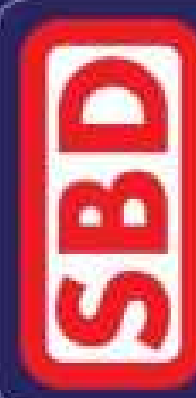
CHAMPIONSHIPS REPORTS

EXCLUSIVE LIFTER INTERVIEWS

& much more!

NEWS FROM AROUND THE IPF WORLD

RUSSIAN COACHING CLINIC



COMPANY DETAILS

NAME:
SBD Apparel Limited

EMAIL CONTACT:
sales@sbdapparel.com

WEBSITE:
www.sbdapparel.com

LOCATION:
London, United Kingdom

FOUNDING OF THE COMPANY:

Although product design began in 2012, SBD Apparel was founded in early 2015, with the product range, including the company's flagship product, the IPF-Approved Knee

Sleeve, being launched on general sale in early June, to coincide with the IPF Classic World Championships in Suzdal, Russia.

COMPANY PHILOSOPHY:

SBD Apparel was founded to design and produce premium supports, clothing and accessories for Powerlifting, and strength training, whilst striving to provide a fast and reliable service to both athletes and distributors globally. In this spirit, SBD Knee Sleeves are manufactured exclusively in the UK, on a continuous basis, to ensure consistent high quality, full control over the design, and regular supply.

SBD KNEE SLEEVES:

The SBD Knee Sleeve was designed specifically for Powerlifting, to provide compression around the knee, with the durability to withstand the stress of deep knee flexion. The product was designed in conjunction with elite athletes, coaches and health

professionals, in order to provide maximum support during the lift, while reducing the risk of injury.

IPF CLASSICS 2013:

After the products were trialled by the Great Britain and Russian national coaches, SBD was pleased to be the Official Partner of both the Great Britain and Russian Powerlifting teams for the IPF World Classic Powerlifting Championships.

WHERE TO BUY:

SBD products are now available on general sale through their website, shipping worldwide, or through local distributors, which are currently being finalised in each country.

NEW PRODUCTS:

SBD Apparel has a number of new products in various development stages, initially with a focus on the unequipped athletes, which will be released over the coming year.

NEW IPF-PARTNER