

THE **IPF**

THE OFFICIAL PUBLICATION OF THE  
INTERNATIONAL POWERLIFTING FEDERATION



**SBD** APPAREL

**2018**  
BIG NAMES  
AND EVEN  
BIGGER  
ACTION

GRASS ROOTS  
POWERLIFTING

PRESSING PERFECTION:  
**DAIKI KODAMA**

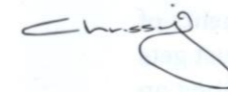


## FROM THE CHIEF EDITOR

**I**s it just me or did the first half of 2018 go by lightning fast? The IPF has seen a flurry of new projects, new member nations and big World Championships! Progress and growth seem to be the themes surrounding us, and I can't wait to see how things shape up in the months to come.

If you'd like to learn more about what's in the pipeline, I recommend you, **Meet the IPF's General Manger Emanuel Scheiber**, an article which gives a great insight into our new directions and how we stand in the bigger picture of World Sports. Also, directly **From the President** we read exciting news and information as he reflects on the rate of progress that the IPF is currently experiencing, and you might also be interested to get the low-down on what's been happening so far this year at the **IPF HQ**.

This edition, we feature the **Pressing Perfection of Daiki Kodama**, as well as the best moments from the classic and equipped **2018 World Bench Press Championships**. There is a fantastic report from the Tropical Paradise of Papua New Guinea which gives us a glimpse of real **Grassroots Powerlifting**. We highlight the **Big Names and Even Bigger Action** in Canada at Classic World Championships and much more! Well, there's no time like the present to enjoy this edition of the IPF Magazine, it seems in the blink of an eye it will be 2019!




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# FROM THE PRESIDENT

Dear lifters, officials and friends,

The IPF continues to advance and improve at an amazing rate this year.

At the World Classic Championships in Calgary, we signed APLYFT as a VIP Partner. The IPF now has three VIP Partners: Eleiko, SBD and APLYFT.

With the proceeds from our three VIP Partners, the IPF shall provide 15,000 Euros yearly to each Regional Federation, starting in 2019. The monies will be used to purchase equipment and to stream the Regional Championships. The aim is to raise the level of our Regional Championships to World Championship standard. We want to ensure the best conditions for, and presentation of, our athletes everywhere.

Be assured, all sponsorship goes directly into our sport. The majority of athletes, coaches, officials and referees see and understand this. However, there are some naysayers who are not aware of this fact. As should be the case with all sporting organisations, our members are encouraged to review the financial reports which are clearly located on our website. You'll find the IPF is an open and transparent organization.

The IPF website is full of important information, documents and reports. It is meticulously maintained to provide you with access to the latest news, updates, and streamed championships. To be a part of our IPF family, I encourage everyone to send us positive and interesting stories of our athletes. By doing so, you participate in bringing our sport forward in a positive way when we share your stories through our media outlets. I invite you to "like" our social media posts and become involved in competitions as an athlete, coach, referee, spectator or volunteer. Join us. You're welcome at our events!

It's amazing to think that there were 2.4 million views of the recent World Classic Championships on YouTube and Facebook! I am sure you will agree, the organisation and presentation of our sport gives justice to the hard work and outstanding achievements of our lifters and the online streaming just gets better and better. Well done to everyone on this fantastic result.

To a few business matters now: I want to clarify that athlete nominations for all World Championships are completed by National



Federations and not by the IPF. Nominations are completed through electronic and paper formats. The reason we require the paper document is in case the electronic format server crashes, which it has on several occasions. Furthermore, we do not accept athlete nominations from athletes themselves, only through their National Federation. National Federations are also the avenue for any internal grievances of any nature between individuals and their Federation. Any grievances or conflicts must be resolved internally through the National Federation's Disciplinary Committee, Appeal Committee, Mediation or through an Ombudsman. It is to be hoped that through communication and compromise, resolution can be achieved in these cases for the overall benefit of athletes and our sport.

I'd like to share some great news items which I'm sure will be well received: next year, we shall have a "Sports for All" Championship that will include Special Olympic Athletes, Blind Athletes, and hopefully Paralympic

Athletes in one unified powerlifting event! We will keep you posted as we progress with the organisation of this event which promises to be one you won't want to miss!

In more great news, the IPF plans to direct the International University Sports Federation (FISU) 2020 World University Powerlifting Championships in Pilsen, Czech Republic! Negotiations have commenced and we shall forward our bid to FISU. This will be monumental for our athletes, our organisation and sport at large. Such progressive direction counts towards our IOC application.

To close, I want to thank all of our officials and administrators in all areas of our organisation for their hard work in taking our sport forward and towards reaching our goal of IOC recognition. Only together, we shall reach our goals.

Respectfully,  
Gaston Parage  
IPF President



# PRESSING PERFECTION

## DAIKI KODAMA

Emanating the distinctive Osakan characteristics of hard-work and exuberance, IPF Hall of Famer Daiki Kodama has achieved outstanding success in his chosen craft of bench pressing, by relentlessly pursuing perfection with a smile.

/ By Christina Chamley  
& Heinrich Janse van  
Rensburg /

Photos:  
BODYMAKER JAPAN  
[www.bodymaker.jp](http://www.bodymaker.jp)

**What do you do for a living Daiki?**

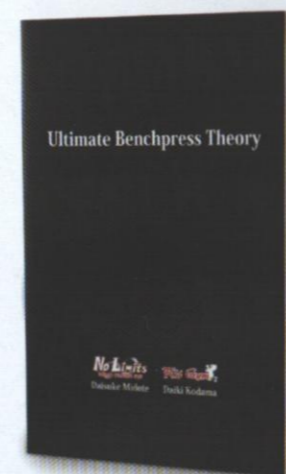
"I work and train at my own gym: K's GYM. I am also a model!"

**Being a bench-only specialist, I'm guessing high-frequency training is your thing?**

"Yes, I train in bench press 5-6 times a week, in the bench shirt twice per week. I ensure one day of rest per week. At high weights you must maintain excellent form or risk injury, therefore training a lot with moderate weight is essential."



[Family: Daiki has three daughters and a baby boy]



Check out "Ultimate Bench Press Theory" by Daiki Kodama and Daisuke Midote for theory and technique of Champion Japanese Bench Pressing.

**You hold the classic and equipped world records in bench press, you have won 16 World Championships, you are in the IPF Hall of Fame – what are your future goals?**

"Personally I am now targeting IPF world records of 320kg equipped bench press and 230kg raw. I also want to continue working with the 20 world champions who have risen up in my gyms."

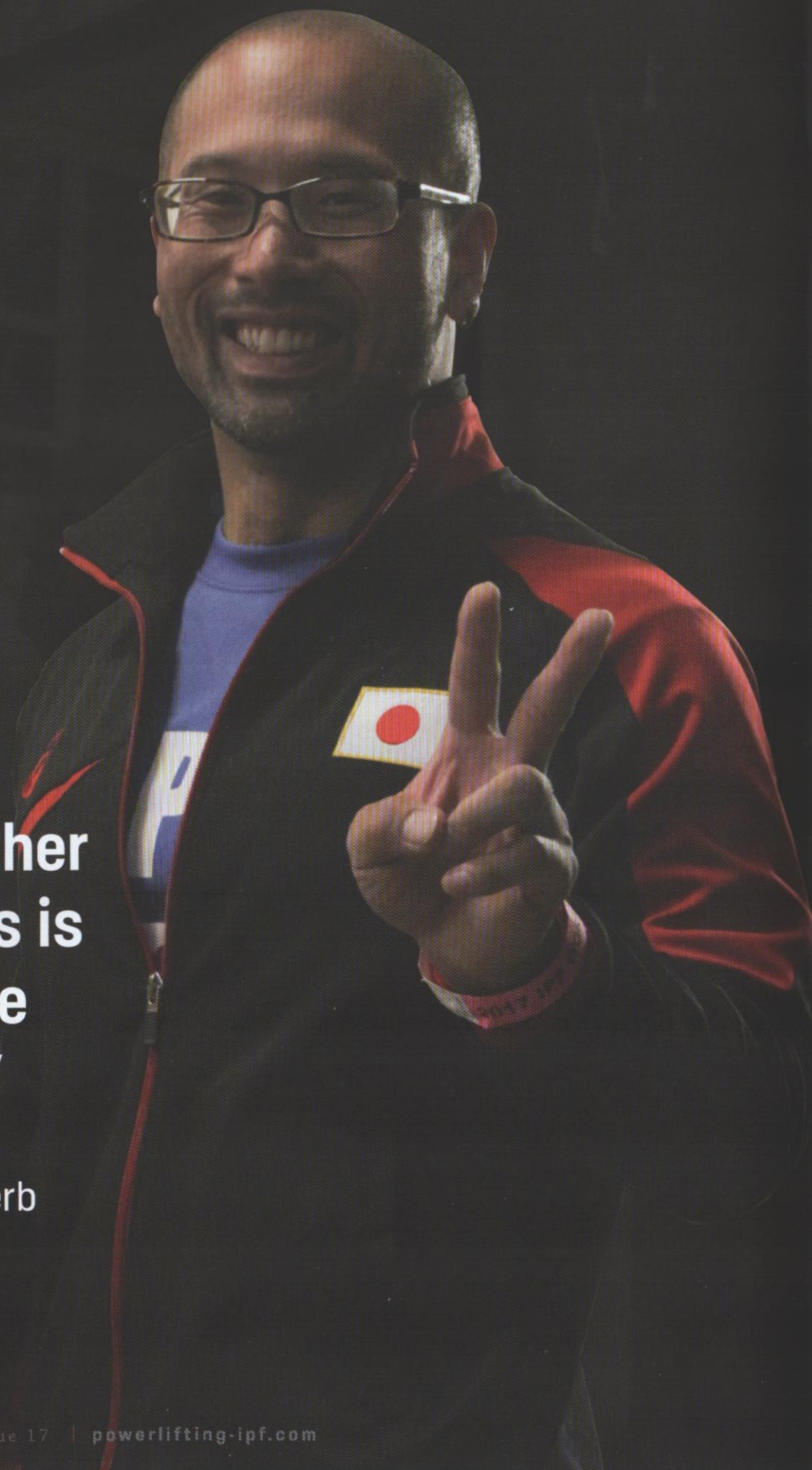
**You are arguably the best dual-format (equipped and classic) bench presser in the world. You get 70-90kgs out of a bench shirt, this is amazing, how do you do it?**

"I practice a lot in bench shirts! I have to work hard, not just quantity but mentally with the mindset. With a strong mindset, the form is better and training is more efficient. I believe training with strong people or communicating with them by messages helps you to believe that you can lift those sort of weights too in time. It helps with mental blockages towards heavy weights. You must be open to knowledge from better and stronger lifters than yourself."



**“One who smiles rather than rages is always the stronger.”**

Japanese proverb



**What do you do for down time?**

“I enjoy playing PUBG” (multi-player online game)

**What music do you listen to? How do you prepare mentally for big lifts?**

“I like to listen to Judy and Mary (Japanese Rock band). When lifting heavy, I maintain my usual mental state and “brighten” the brain.”

**You are a crowd favourite in the IPF, you are always smiling and gracious – what is your philosophy about lifting?**

“Your state of mind should be constant at all times. If you can achieve this, I think the result is you will always be smiling. I always advise that I am succeeding by being consistent. Whether training or competing, keep your spirit constant for each other.”

**One piece of advice for lifters?**

“We are always working on the same bench press technique from a 20kg warm-up to a 200kg classic lift or a 300kg equipped lift, we will do the same thing.”



# 500 PRESS HEAVY METAL IN FINLAND

RANK	ATHLETE	BODYWEIGHT	BENCH	BW FORMULA
1st	Eddie Berglund SWE	65.38kg	211kg	166.96
2nd	Vladimir Balynets RUS	53.47kg	175kg	166.85
3rd	Jennifer Thompson USA	62.65kg	144kg	155.30
4th	Thomas Davis USA	195.67kg	290kg	154.37
5th	Ove Lehto FIN	163.23kg	272.5kg	148.95
6th	Daiki Kodama JPN	73.05kg	202.5kg	147.02
7th	Yusuke Suzuki JPN	78.72kg	211.5kg	145.89
8th	Abdulkarim Karaman KAZ	58.71kg	167.5kg	145.76
9th	Sodnompiljee Enkhbayar MGL	104.2kg	242.5kg	145.31
10th	Sergii Parkhomenko UKR	102.15kg	238kg	143.66
11th	Yasushi Ogasawara JPN	56.89kg	160kg	143.44
12th	Amandas Paulauskas LTU	119.04kg	247.5kg	142.56
13th	Albert Khabibulin RUS	65.74kg	180kg	141.80
15th	Matti Christensen DEN	73.95kg	195.5kg	140.70
16th	Volodymyr Tsaturian UKR	73.68kg	195kg	140.69
17th	Dennis Cieri USA	91.82kg	222.5kg	140.64
18th	Michael Maddox USA	73.9kg	195kg	140.40
19th	Vyacheslav Tsoy KAZ	82.06kg	207.5kg	139.46
20th	Sergei Degtiarev RUS	103.96kg	232.5kg	139.43



Let's look behind those numbers and have a glimpse of the actual battles and drama in the competition through some highlights.

**Daiki Kodama**  
 Bench press legend of our time, Japanese lifter Daiki Kodama, once again showed us his technical mastery of the lift, and won the 74kg division. After opening with 195kg, Daiki hit a smooth 202.5kg on his second attempt with smiles walking on stage as usual. On his third, Daiki loaded up 212.5kg in an attempt to chip his current world record of 212kg which he hit back in December 2017. Though he got the lift up towards the top, he just couldn't manage to lock it out this time round. It's always a spectacle

to see Daiki lift however, and we can't wait to see him attempt to attempt to beat his world records in the future.

**Jennifer Thompson**  
 Arguably the best raw-only bencher of all time regardless of gender, USA's Jennifer Thompson once again had a staggering performance at the World Classic Bench Press. With a 125kg opener and 140kg second attempt as she typically does, Jennifer was in good stead to extend her bench press world record once again. Usually Jennifer attempts to chip her world record, but this time round, she went to extend it by 2kg – from 142kg up to 144kg. With a momentous effort, the weight moved up slowly but

smoothly. She ended up locking it out and receiving three white lights, celebrating in classic Jennifer Thompson style with a standing flex on the bench and high fives to all the spotters!

**Eddie Berglund**  
 Without a doubt the most mind-blowing bench of the entire competition came from Swedish junior lifter, Eddie Berglund. Coming into the event, Eddie himself held both the three-lift and single-lift open age category bench press world records, with the latter being a massive 189kg. At the 2018 World Classic Bench Press however, Eddie made those lifts look tiny. The Swede immediately opened up with a massive 200kg – a whole 11kg above his previous single-lift bench press world record. On his second attempt, he went for 207.5kg, but missed for unknown reasons but it seemed like it was a strength issue, making it especially surprising that he increased the weight for his third attempt to 211kg – only 1kg off of Daiki Kodama's 74kg single-lift bench press world record. Somehow, this weight flew up, and Eddie secured the world record with two white lights! This was made even more dramatic when he almost fainted walking off the platform, as the lift seemed to have taken everything out of him. What's so impressive, is that just three weeks later, Eddie won the Junior division of the three-lift Classic World's, putting together a massive 673kg total!

Meet the IPF's GENERAL MANAGER

# EMANUEL SCHEIBER

By Christina Chamley



### Our Partners

With three VIP Partners and other sponsors vying for association with the IPF, the management of these relationships and agreements is more important than ever. Sponsorship between brands and our sport and our athletes are partnerships where all benefit. It's a win-win scenario, provided it is ethically and professionally managed and upheld by all sides.

### World Championships

IPF World Championships are bigger and bolder than ever and are being viewed by millions of online spectators. Championships need to be organized and presented to the highest possible level. Working with the Championship Organizers through every detail, Emanuel will ensure a new standard of professional and successful events of which, we can all be proud. Watch for the first of these "new standard" World Championships: The Open World Championships in Halmstad, Sweden – which in partnership with Eleiko, will surely redefine the future of IPF Championships!

### IOC Recognition

The IPF has been working towards IOC recognition for nearly 10 years. The process is involved and demands constant development within the Federation. We have come a very long way as a sport and we are confident we will achieve this goal. Emanuel will continue to work intensively on this, lobbying and creating the necessary networks and connections to further our progress.

### Global Sporting Associations

In the world of sport, strong associations with the world sporting organizations are essential in order to progress professionally and continuously create opportunities for our athletes. Organizations such as the International World Games Association, Global Association

### Emanuel's Brief:

#### The World Games

Preparations for the World Games 2021 in Birmingham, USA are underway! The IPF is motivated to improve even the outstanding results from the Games of Wroclaw 2017. Emanuel is working intensively with the Games Organizers to bring a bigger, more spectacular IPF presence that no one is going to want to miss!

Sport is changing. Athletes are becoming more prominent in the greater human story. With each passing year the IPF feels the pace of change in the wider sporting world. The IPF as a premier world sporting organization, accepts the challenge to remain competitive and progressive, and as a result it adapts and evolves. The IPF's General Manager, Mr Emanuel Scheiber is a man on mission to take us forward.



**"Thank you for your ongoing trust, I am looking forward to a great future for the IPF and positive, cooperation with all of you!"**

**- Emanuel Scheiber, IPF General Manager**

of International Sports Federations, Commonwealth Games, International University Sports Federation, Regional Games and of course the SportAccord Convention, require much work to maintain and develop beneficial partnerships and associations. With the support of our Partners and Sponsors, Emanuel upholds these associations placing the IPF in the forefront of the world sporting arenas.







# NEW VIP PARTNER

*The International Powerlifting Federation is proud to announce a third official VIP Partner, Aplyft.*

Aplyft joins existing IPF VIP partners, Eleiko and SBD Apparel in cooperative partnership as the IPF advances forward as a responsible, high quality organization for athletes committed to drug-free, high-standard competition. With bases in Dubai, UAE and Washington, USA, Aplyft is a training app connecting athletes and certified A-list trainers worldwide for online training. Aplyft empowers trainers to reach out to dedicated athletes wherever they are, fully meeting their training requirements, ensuring a successful training experience. Mr Nassif George Chedrawi of Aplyft recognised the IPF as the premier worldwide powerlifting federation with more member federations and lifters than any other. Most importantly, the IPF is recognised by GAISF and has held WADA compliance since 2009, most recently

achieving Tier 1 WADA compliance. Aplyft is proud to be associated with the IPF as it works diligently and with transparency in the area of anti-doping.

IPF President, Mr Gaston Parage stated, "We warmly welcome the Aplyft Team to the IPF family and hope that the cooperation between us will be long and beneficial for both partners." The IPF is delighted to now have three VIP Partners and we look forward to a bright future for our beloved sport!



# Historic talks with sporting powerhouse - CHINA

February 2018 Beijing, CHINA - In the first official meeting between the IPF and the Chinese Government, IPF Officials and Chinese Weightlifting Association (CWA) Officials exchanged information and ideas in high-level talks in Beijing. President of CWA Mr Jinqiang Zhou, expressed the wish to de-

velop Powerlifting under the umbrella of the CWA envisaging that Weightlifting and Powerlifting would be the two pillars of the CWA in future strength sports development in China. IPF President, Mr Gaston Parage provided a full history of the IPF, its goals and all relevant information as well as explaining the



application procedures for IPF membership and discussed the anti-doping requirements in detail. The IPF and its Regional body, the Asian Powerlifting Federation offered to provide support to the Chinese especially in training of officials. The CWA advised that the procedure to register Powerlifting in China could be a long process stretching over two years until finalisation. The pre-requisites include gaining approval of International Weightlifting Federation and the Chinese National Olympic Committee. Mr Parage recommended that the CWA seek IPF provisional membership first, until the process is finalised. As the CWA is a Weightlifting Federation they will need to discuss this further with the President of the International Weightlifting Federation, Mr Tamas Ajan. Once China is approved as a provisional member of the IPF, it can commence participating in IPF championships and activities as well as organizing activities and championships within China.

### Delegates in top-level talks in Beijing:

- IPF:**  
Mr Gaston Parage  
President of IPF
- Mr Johan Smith,  
Technical Committee Chair  
of IPF
- Farshid Soltani  
Executive Committee (EC)  
member of IPF, President of  
Asian Powerlifting Federation  
(APF)
- CWA:**  
Mr Jinqiang Zhou  
President of CWA
- Mr Quanguan Qian  
Secretary General of CWA
- Mr Quanguan Qian  
Secretary General of CWA
- Ms Yan Wang  
Deputy Secretary General  
of CWA
- Moderator:**  
Ms Josephine Ip  
Chairlady of Hong Kong  
Powerlifting & Weightlifting  
Association, EC member of IPF

During the glorious Canadian summer, the beautiful city of Calgary played host to the largest IPF World Championship of the year. But there was nothing serene about the lifting, with struggles and battles in every session, it was a seriously edge-of-your-seat kind of event with...

# Big Names and **EVEN** **BIGGER** Action

by Christina Chamley & Gary Williams

Photos by Heinrich Janse van Rensburg



Joy Nnamani GBR  
Totalled 430.5kg @ 51.87kg bodyweight

# Top Open Lifters




Jennifer Thompson USA  
Totalled 492.5kg @ 61.98kg bodyweight

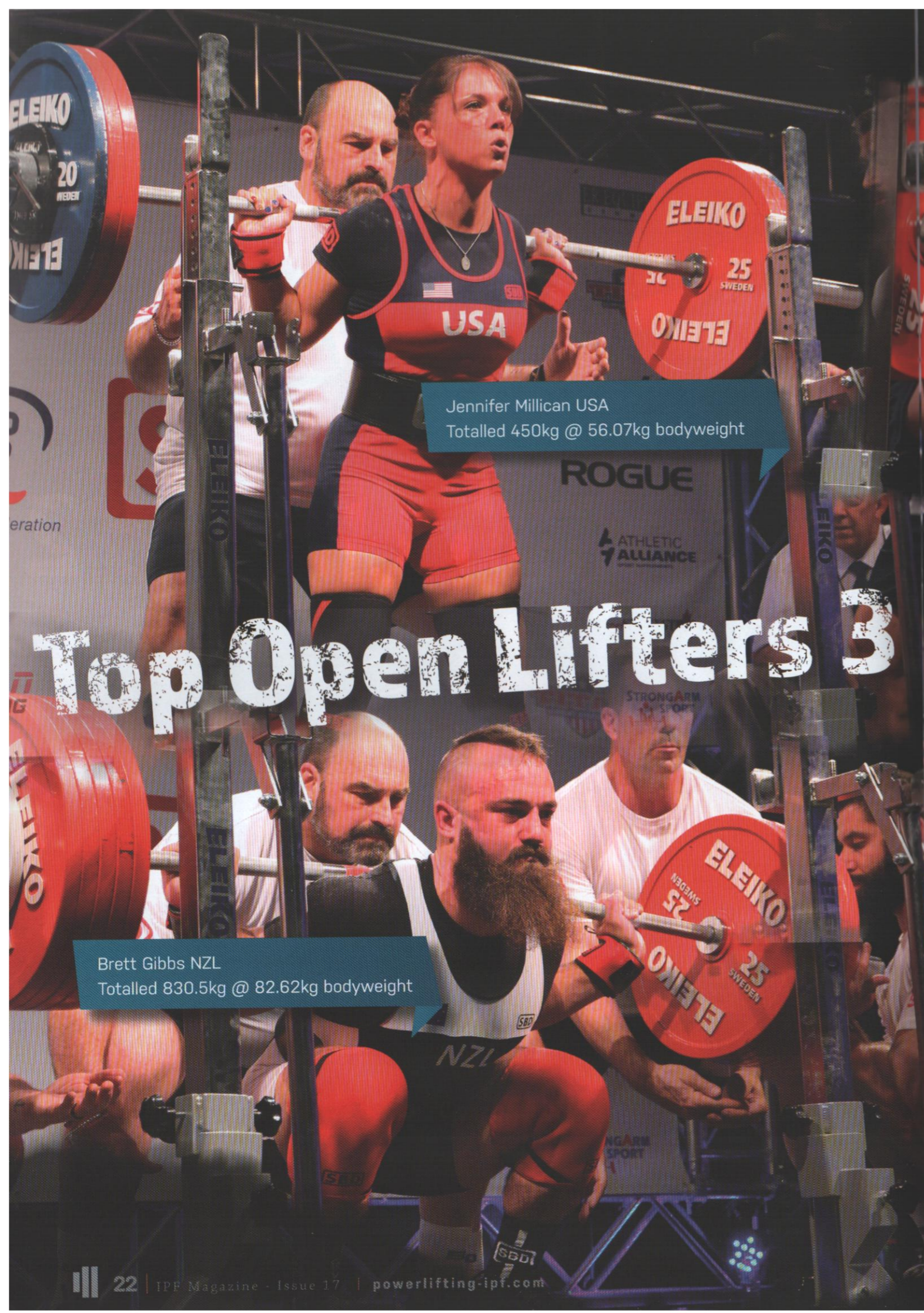
# Top Open Lifters 2



Ray Williams USA  
Totalled 1083.5kg @ 189.2kg bodyweight



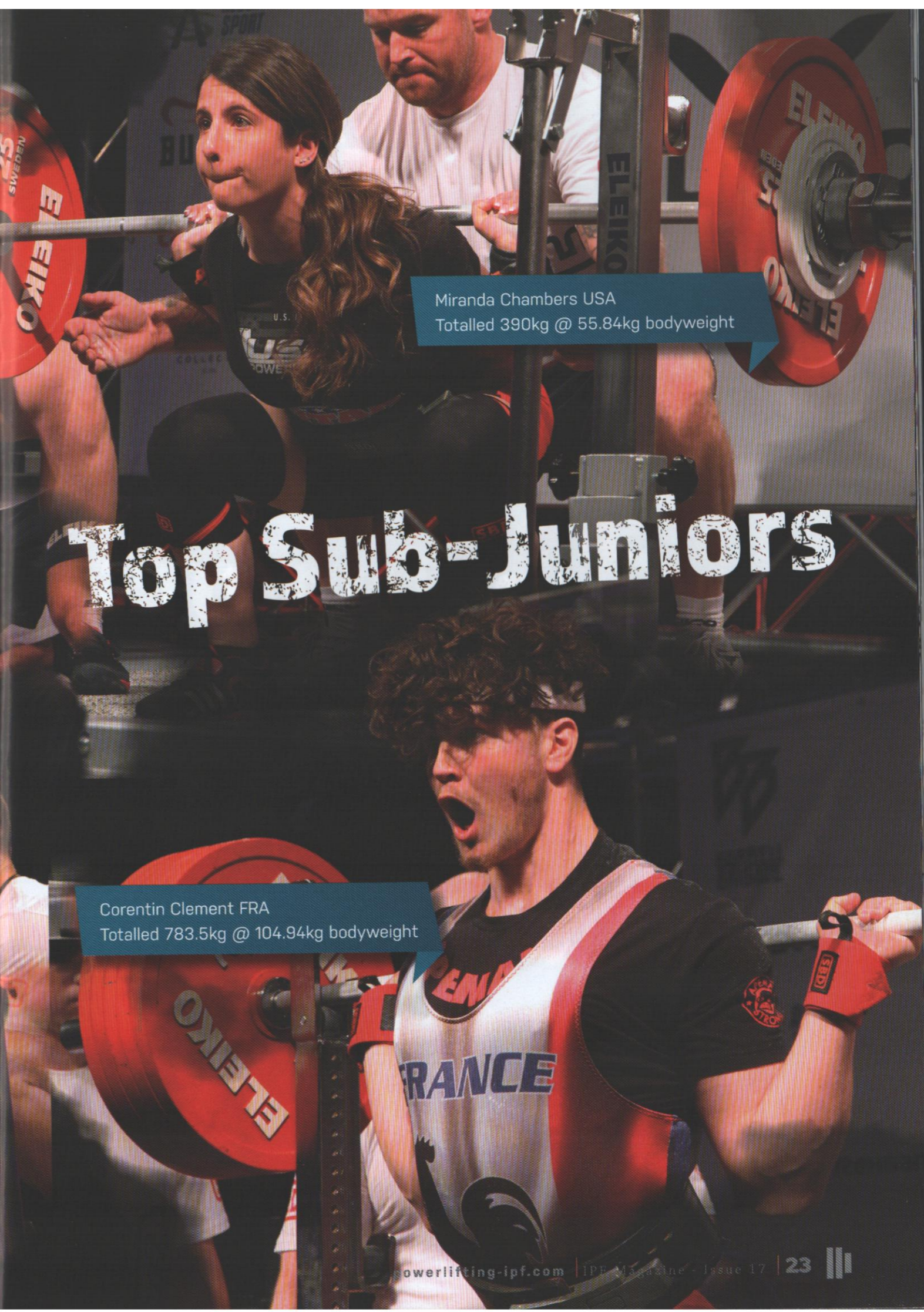
Sergey Fedosienko RUS  
Totalled 664kg @ 58.63kg bodyweight



Jennifer Millican USA  
Totalled 450kg @ 56.07kg bodyweight

# Top Open Lifters 3

Brett Gibbs NZL  
Totalled 830.5kg @ 82.62kg bodyweight



Miranda Chambers USA  
Totalled 390kg @ 55.84kg bodyweight

# Top Sub-Juniors

Corentin Clement FRA  
Totalled 783.5kg @ 104.94kg bodyweight



Fanny Lamminen FIN  
Totalled 377.5kg @ 55.94kg bodyweight



Mariella Fisher GBR  
Totalled 430kg @ 67.15kg bodyweight

# Top Sub-Juniors 2

# Top Sub-Juniors 3



Ewan Belgrove AUS  
Totalled 676kg @ 81.51kg bodyweight



Kassenov Timur KAZ  
Totalled 605kg @ 73.33kg bodyweight

Jessica Buettner CAN  
Totalled 504kg @ 71.68kg bodyweight

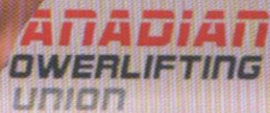
# Top Juniors

Evie Corrigan NZL  
Totalled 385.5kg @ 51.8kg bodyweight

# Top Juniors 2

Dalton LaCoe USA  
Totalled 559kg @ 52.92kg bodyweight

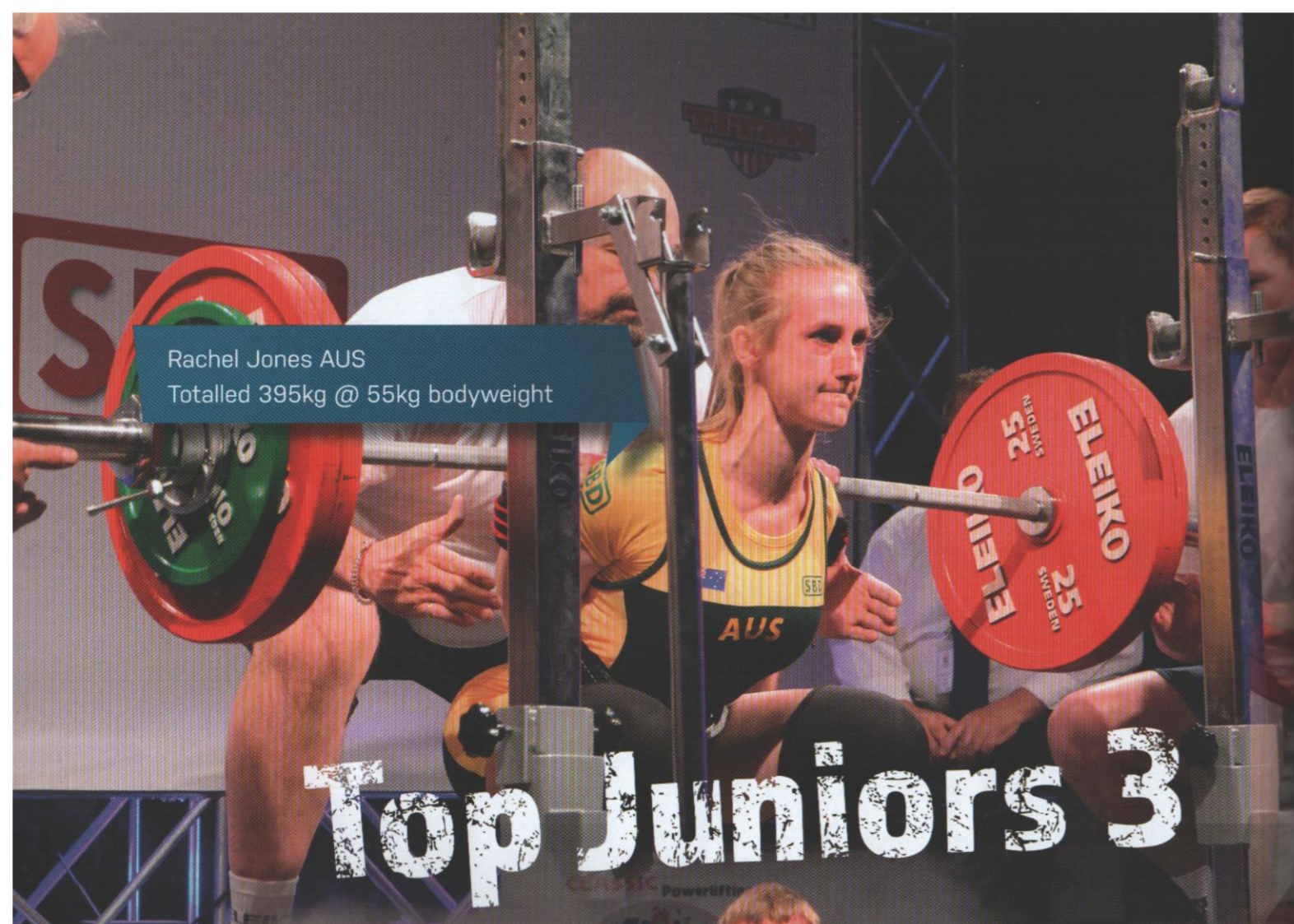
Luke Richardson GBR  
Totalled 960kg @ 139.52kg bodyweight



# ELEIKO IPF POWERLIFTING

The entire Eleiko Powerlifting assortment is certified by International Powerlifting Federation (IPF)



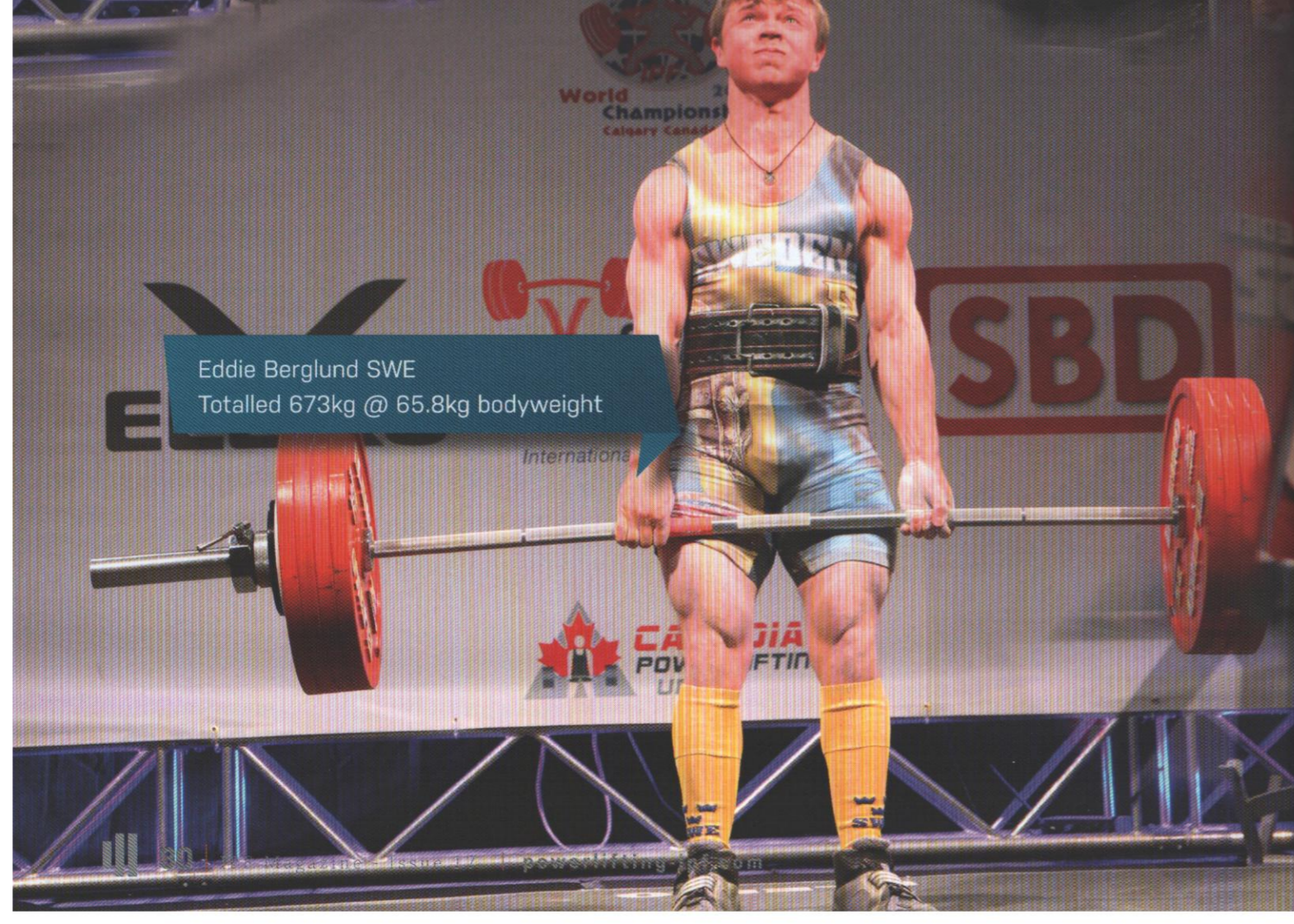


Rachel Jones AUS  
Totalled 395kg @ 55kg bodyweight

Alicia Webb USA  
Totalled 510kg @ 83.8kg bodyweight

# Top Juniors 3

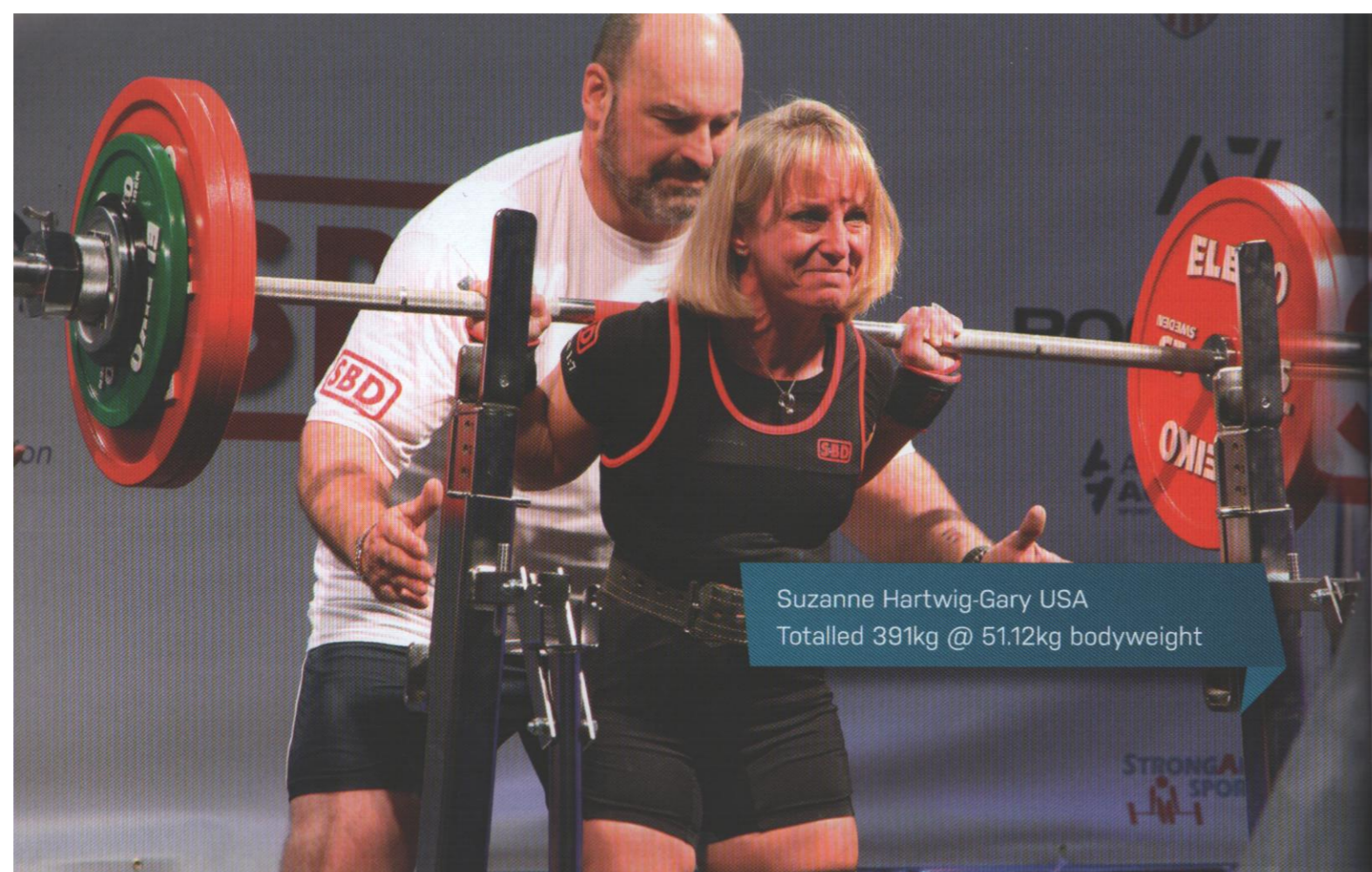
# Top Masters 1



Eddie Berglund SWE  
Totalled 673kg @ 65.8kg bodyweight

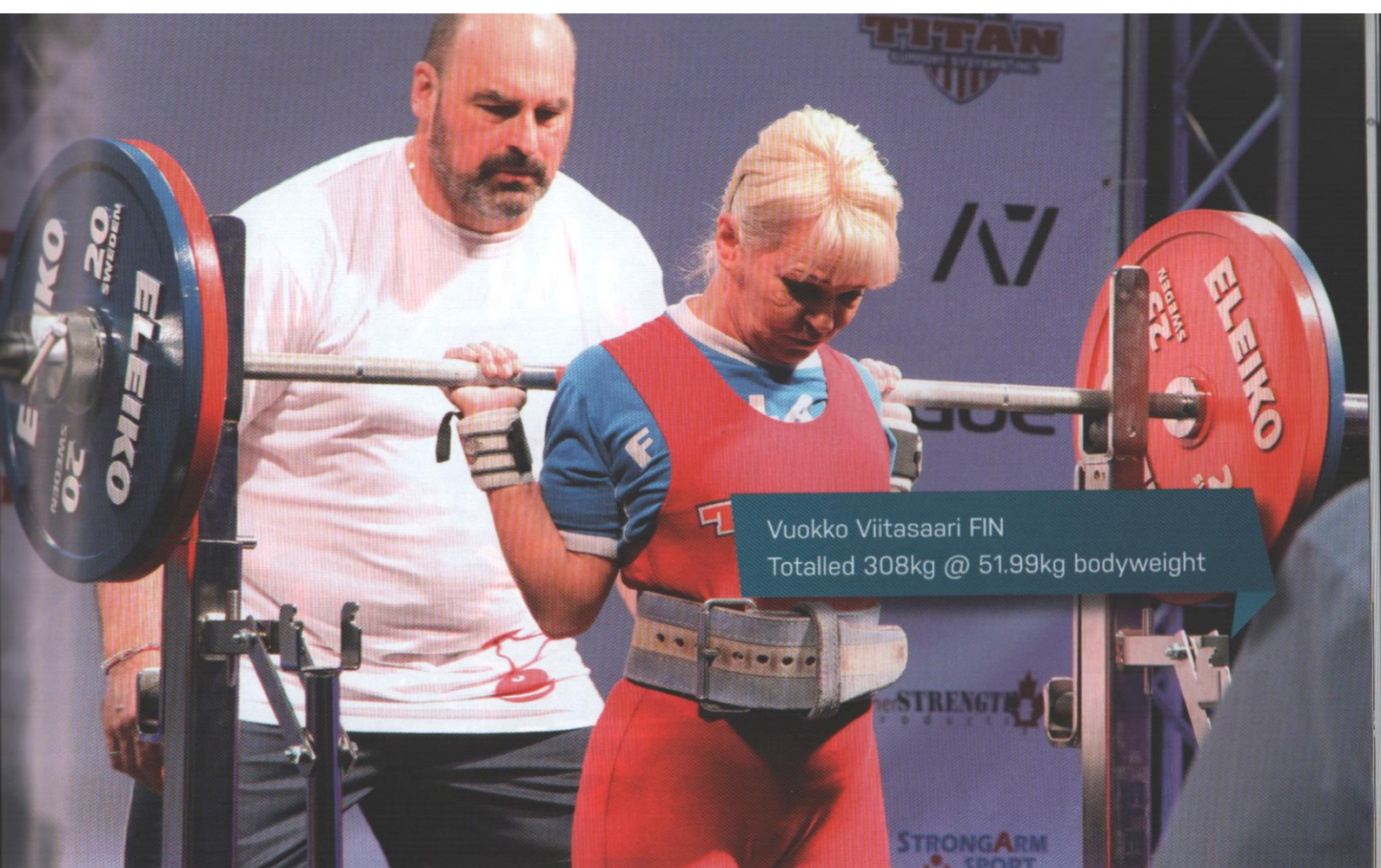
Jaisyn Mike USA  
Totalled 923.5kg @ 143.46kg bodyweight  
with an open bench press WR of 281 kgs in the process





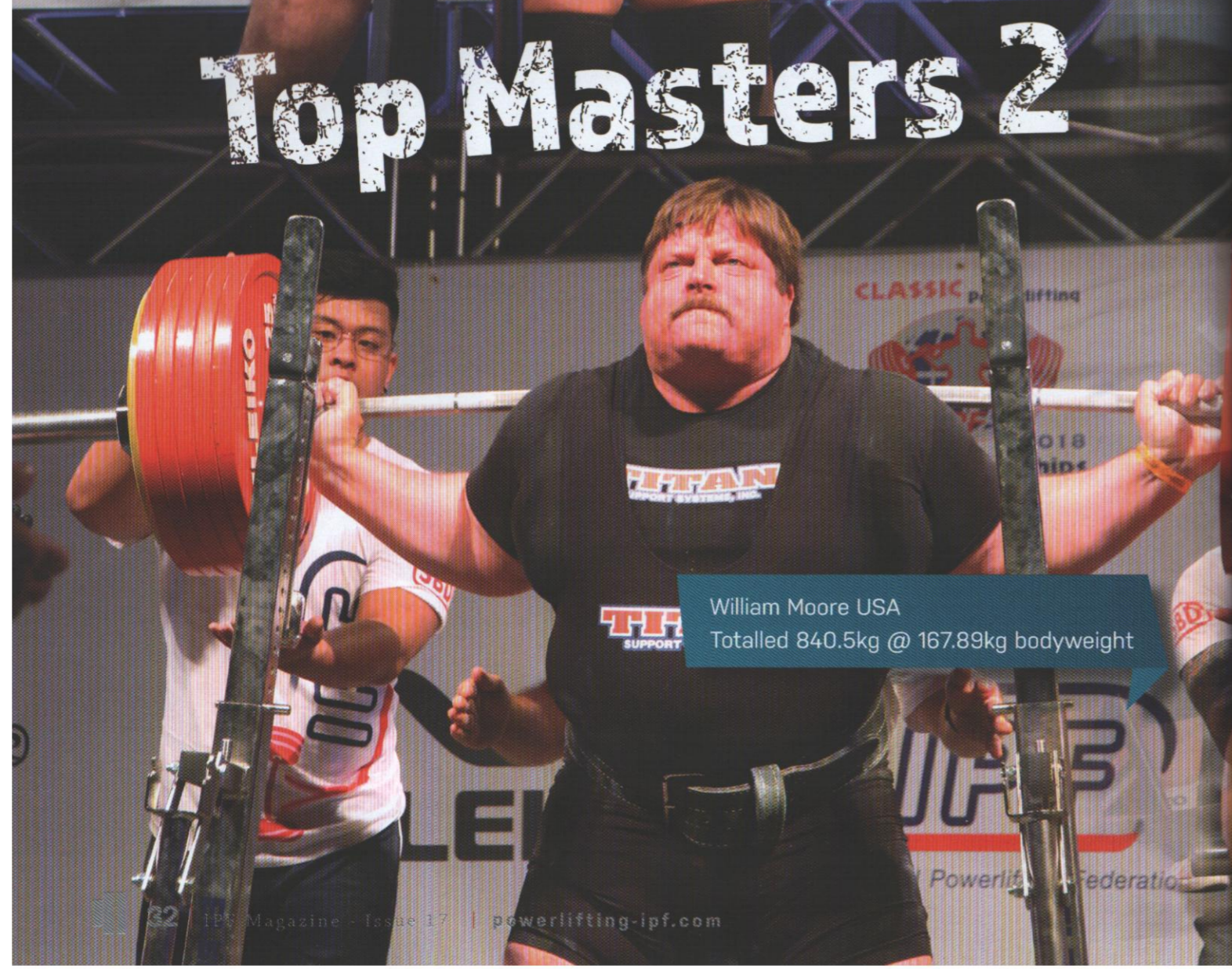
Suzanne Hartwig-Gary USA  
Totalled 391kg @ 51.12kg bodyweight

# Top Masters 2

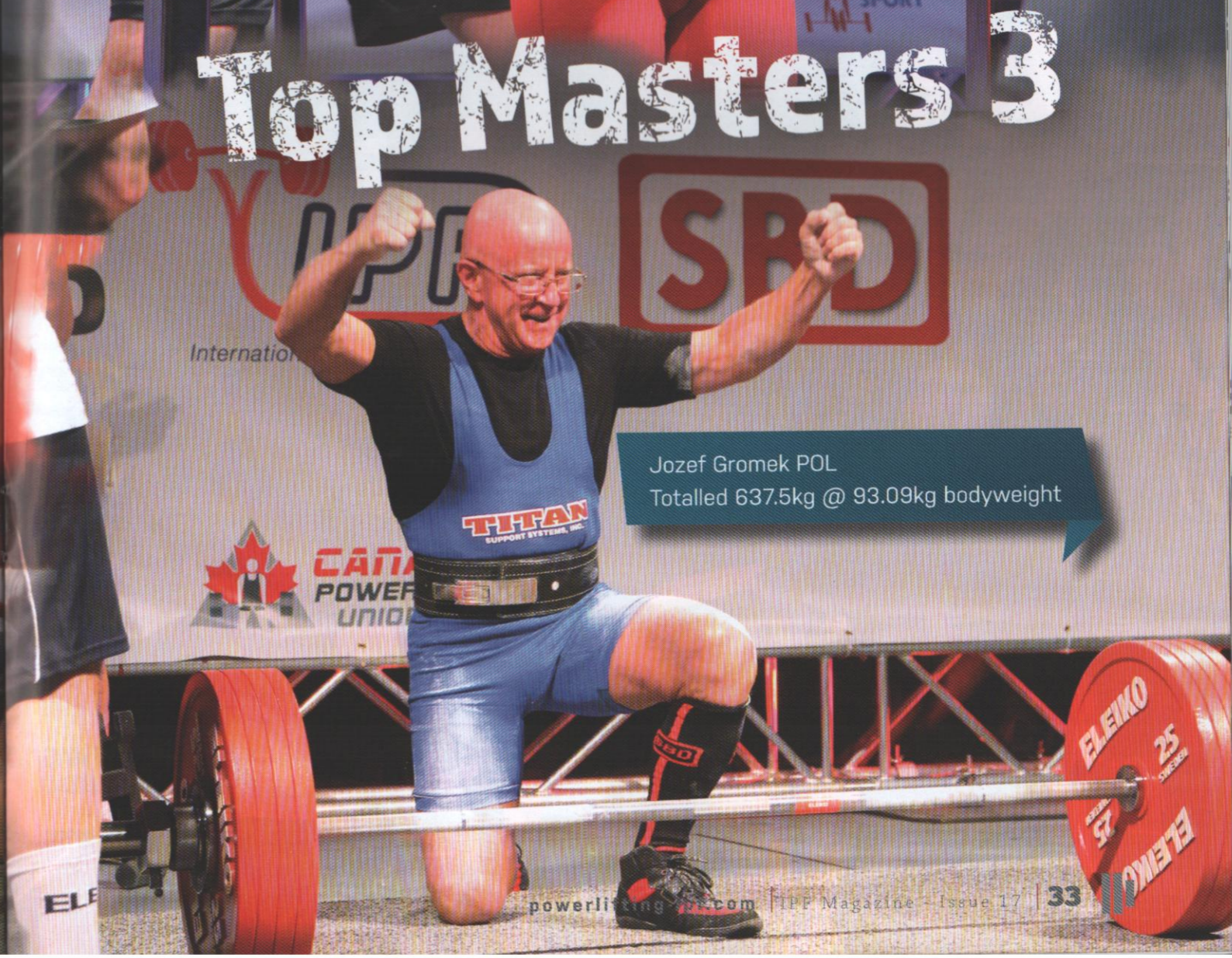


Vuokko Viitasaari FIN  
Totalled 308kg @ 51.99kg bodyweight

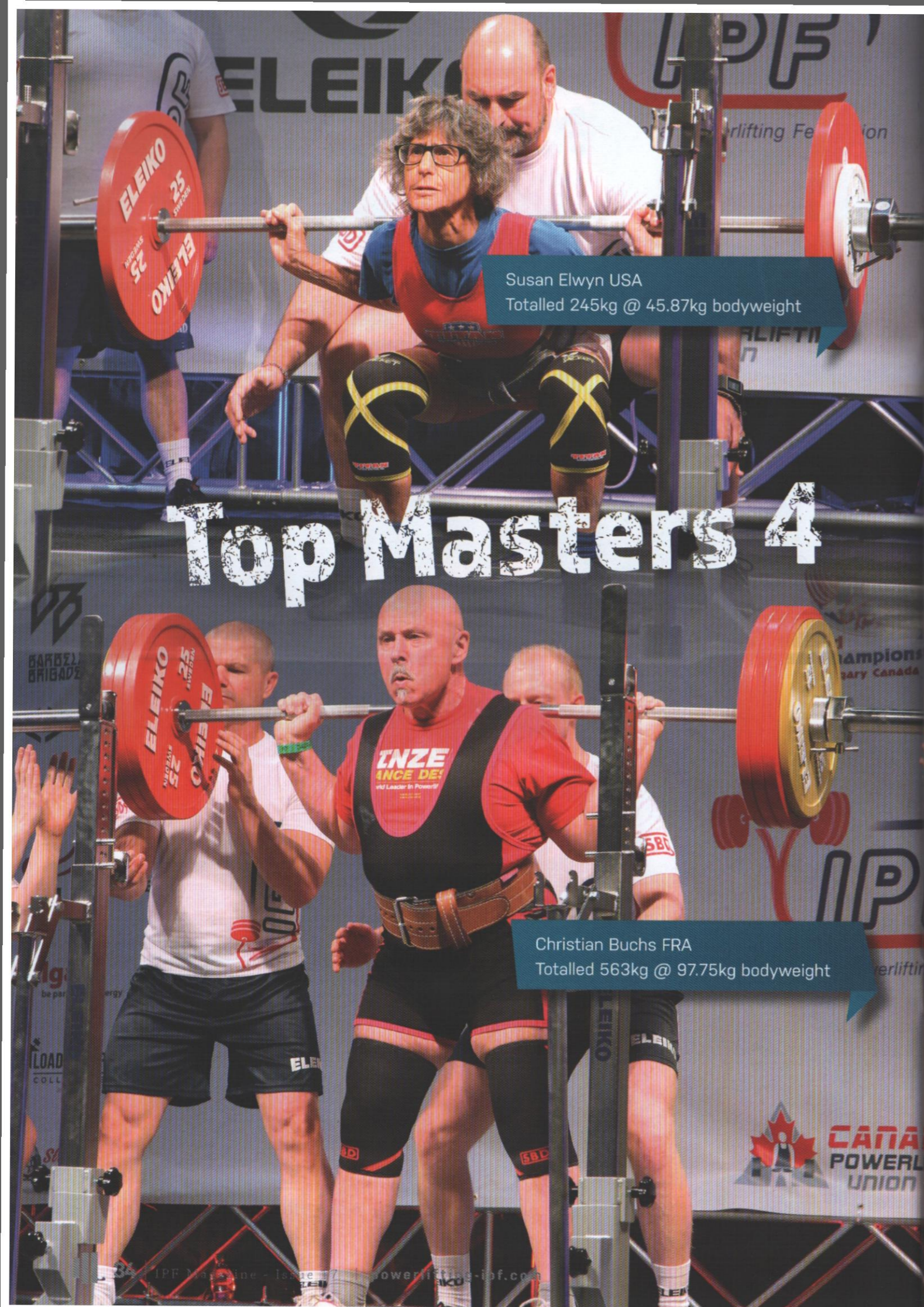
# Top Masters 3



William Moore USA  
Totalled 840.5kg @ 167.89kg bodyweight



Jozef Gromek POL  
Totalled 637.5kg @ 93.09kg bodyweight



Susan Elwyn USA  
Totalled 245kg @ 45.87kg bodyweight

# Top Masters 4

Christian Buchs FRA  
Totalled 563kg @ 97.75kg bodyweight

## Ramsay Kirkhy's Top 4 Moments of the 2018 IPF World Classic Championships



The IPF World Classic Championships is arguably the biggest Powerlifting event of the year, and 2018 was no exception. As our sport continues to grow, this year saw the standard of lifting rise to unforeseen levels once again, with some epic lifting going down.



### #4

#### #4 Ray Williams deadlifts an all-time world record of 398.5kg to win best lifter

Watching Ray Williams compete in the super-heavyweight division is always a spectacle, and this year was no exception. Squats were a little shaky for him. After missing 442.5kg on his opener for depth, he had to re-take the lift, but successfully made it on his second with similar speed. Though Ray squatted 485kg at the Arnold Classic SBD Pro American earlier this year, it was not an international competition, so his 477.5kg squat from the 2017 Arnold Grand Prix still stood as the world record. Therefore, he went to 478kg on his

third to extend it officially. With the crowd and Ray himself fired up, Ray sunk and stood back up with the squat, but it was unfortunately called on depth once again.

Ray then had a drama-free bench session, finishing with 242.5kg on his third. On the deadlifts though, Ray made history. After a 355kg opener and 377.5kg on his second attempt, Ray loaded up 398.5kg for his third. This was 6kg higher than his previous record of 392.5kg, and was the weight he needed to beat 59kg champion, Sergey Fedosienko on body weight formula in order to win best overall male lifter. With plenty of hype, the weight flew off the floor and he managed to lock it out! This gave him a huge 1083.5kg total – 21.5kg less than his world record, and an insane 578.81 wilks score to beat Sergey. We'll be keeping on our eye on Ray to see if he can edge closer to the elusive 500kg squat and 400kg deadlift milestones, or extend upon his total world record soon.



# #3

## #3. Bonica Brown sets all four world records to win the super-heavyweight division

The female super-heavyweight division was of course dominated by Bonica "Lough" Brown, who won her division for the fifth year in a row. Not only that, but she ended up with a flawless nine-for-nine performance, breaking all four 84kg+ world records! On her third squat, she chipped her previous world record, which has stood since March 2016, by lifting 273kg. Similarly, Bonica has held the bench world record with 151kg since May 2016, and finally managed to beat it with 151.5kg on her third attempt at this event.

Coming into this event, fellow USA lifter LeeAnn Hewitt held the open world record deadlift with 238kg from the 2016 World's. Out of seemingly nowhere, newcomer to the world stage New Zealander Theresa Simanu, pulled a huge 240kg comfortably on her second attempt to take the record for herself. In the third round, Bonica loaded up 247kg on the bar, and with immense

crowd support managed to lock it out smoothly, maintaining her world record! This wasn't before Theresa had a crack at a huge 250kg. The Kiwi lifter managed to lock it out, but was unfortunately given red lights for downward movement right at lockout. Bonica's lifting gave her an immense 671.5kg total – a whole 25.5kg more than her world record coming in to this competition. This really raises the bar as to what we thought was possible for a female lifter to total.



# #2

## #2. Joy Nnamani wins her first 52kg world championship title and becomes best female lifter

Last year, British lifter Joy Nnamani ended up placing third in the 52kg division, missing her second and third deadlift attempts of 191kg, which would have won her the weight class. This year, Joy was back and went head-to-head with reigning champion Marisa Inda of USA for the 2018 world title. Joy grinded through her second attempt squat of 150kg, but nodding in confidence towards lockout, the spotter mis-read this as a signal for help, so took the bar from her. This mistake meant that Joy didn't get the lift, but had to retake the lift four minutes later. Despite the difficulty of the second attempt, Joy maintained her cool and managed to grind out the weight once again, receiving two white lights! She then skipped her third attempt to conserve energy for her bench and deadlift. Fortunately, bench was drama free, where she hit 85kg on her third attempt, leaving her in good stead the deadlifts - her specialty.

Opening with 180kg, Joy maintained an overall 5kg lead ahead of Marisa, who opened with 170kg. Marisa then pulled 180kg on her second attempt, so Joy responded with a huge 192.5kg world

record second attempt, securing her gold medal. To finish off an awesome day of lifting, Joy went to extend her world record deadlift with a 195.5kg pull. Even more importantly, this lift would allow her to chip Marisa Inda's open world record total of 430kg from March 2017. With immense crowd support, Joy pulled the weight and managed to slowly lock it out, giving her the 430.5kg world record total! This also gave her a massive 537.69 Wilks body weight formula score, enough to beat the USA's Jennifer Thompson and Jennifer Millican for the best overall women's title!



# #1

## #1. Brett Gibbs becomes the heaviest man to total 10X bodyweight raw

Of all the epic performances at the Classic World's this year, none was more exciting than Brett Gibbs' flawless performance to win the 83kg division. After losing to Great Britain's John Haack in 2016, and to Kazakhstan's Ulan Anuar in 2017, this year Brett finally took back the title, and established himself as by far the best 83kg lifter in the world. On squats, American 83kg lifter Russel Orhii, competing in his first World Classic Championships, chipped John Haack's previous 83kg world record squat with 298.5kg on his third attempt. This only stood for a minute however, as then Brett Gibbs came out and chipped Russel's with 299kg, claiming back the record for the first time since his 285kg squat in 2015.

On the bench press, Brett had an epic world record battle with British lifter Owen Hubbard. Brett chipped his own world record on his second attempt with 209kg, before Owen hit 209.5kg. Then, Brett came out and comfortably smashed a 214kg bench

on his third, before Owen once again chipped it with 214.5kg. We're very much looking forward to seeing how these two will continue to throw the bench world record back and forth over the next few years. Brett finished off his flawless nine-for-nine day with three smooth deadlifts: 290kg, 305kg, and a big 317.5kg, overcoming his grip issues from last year which made him lose the title. Altogether, this gave Brett an insane 830.5kg world record total and 555.85 body weight points - just over 10X bodyweight!

# AFRICA LAUNCHES WEBSITE



At the 2017 African Powerlifting Federation General Assembly, IPF President Mr Gaston Parage pledged financial support via the IPF Development Funds for the creation of a new Regional website. The website is now up and running at

www.powerlifting-africa.com. With African regional competition results and records, regional news and much more, the 12 African member nations and their lifters can now access up to date and important information. Hard work across all areas of the sport

by the African Powerlifting Executives in recent years has yielded extraordinary growth in this huge region. The IPF congratulates their friends in Africa and celebrates their achievements in bringing powerlifting forward in their continent.



# GRASSROOTS POWERLIFTING

**P**apua New Guinea (PNG), a tropical South Pacific paradise situated just north of Australia has produced some incredibly strong and talented powerlifters over the years. Now, PNG is experiencing something of a renaissance, thanks to the new president of the PNG Powerlifting Federation (PNGPF), Michael Kingston who is putting a lot of his own time and resources into developing community-driven grassroots powerlifting.

One of PNGPF's goals is to attract new young lifters to the sport, and to develop that new talent by working with local village gyms, to provide equipment and coaching. In keeping with those goals, PNGPF decided to try something novel: bring the sport to the people by holding round two of the national series in a village setting.

The competition was held in a village on the outskirts of PNG capital, Port Moresby called Hanuabada, which is

well known for being home to many of the country's top athletes. It's set right on the water, with a lot of the houses on stilts in the water, connected by boardwalks. The event took place on a dirt floor, in an open area under a large tent. The pictures and videos speak volumes.

This was unadulterated powerlifting at its finest. No drama, no complaining, no politics. Every lifter was in it purely for the love of it, and their faces and actions told the story. There were three full flights – 45 lifters (and more wanting to compete but missed out on registration). Almost every lifter wore a belt – not surprising news ... until you hear that there were only four belts at the competition! Most lifters wore knee sleeves – and there were only a few sets of sleeves there. It was both captivating and inspirational to see the ease in sharing of equipment between lifters. In the warm-up room were two full Eleiko setups. One didn't get touched – the lifters preferred to take turns sharing one rack and bar. Classic PNG style and so cool!

- Thomas Lilley & Michael Kingston

**KINGSTON**  
**2ND POWERLIFTING COMPETITION**  
 HANUABADA VILLAGE, ELEVELA  
 Saturday 5th May

**SQUAT • BENCH • DEADLIFT**

8:00AM - 9:00AM REGISTRATION & WEIGH IN  
 10:00AM LIFTING STARTS

**K10 REGISTRATION FEE - FOR INTERESTED LIFTERS**

GET INVOLVED... JOIN THE ULTIMATE CHALLENGE TO BE A CHAMPION

Maximum of 100 Lifters Entry on the day  
 \* IPF Rules apply  
 \* Performance time by quality  
 \* National Team qualifications

FOR MORE INFORMATION TEL: 675 6082 OR EMAIL: powerlifting@pngpf.com.pg

TUFFA Gold N Sun BAZZL



Established lifters, like Linda Pulsan and Vagi Henry, decided not to compete this time to allow more people the opportunity and space to shine. Instead those two world class lifters rolled up their sleeves refereeing and organising to help keep the meet running smoothly. This was something of a novelty for everyone! Most of the lifters were novices in their late teens and early 20's, with the youngest only 14 years old. The competition ran without age groups though: everyone competed in the open class, regardless of age.

The set-up and pack-up was a breeze – with so many of the locals all jumping in to help move everything in and out of the venue. The crowd was huge and stayed huge for the whole day.

At the end of the meet, PNGPF announced that it was donating an Eleiko competition set to the local Gabi Powerlifting club. In the words of PNG best super heavy weight lifter, Vagi Henry:

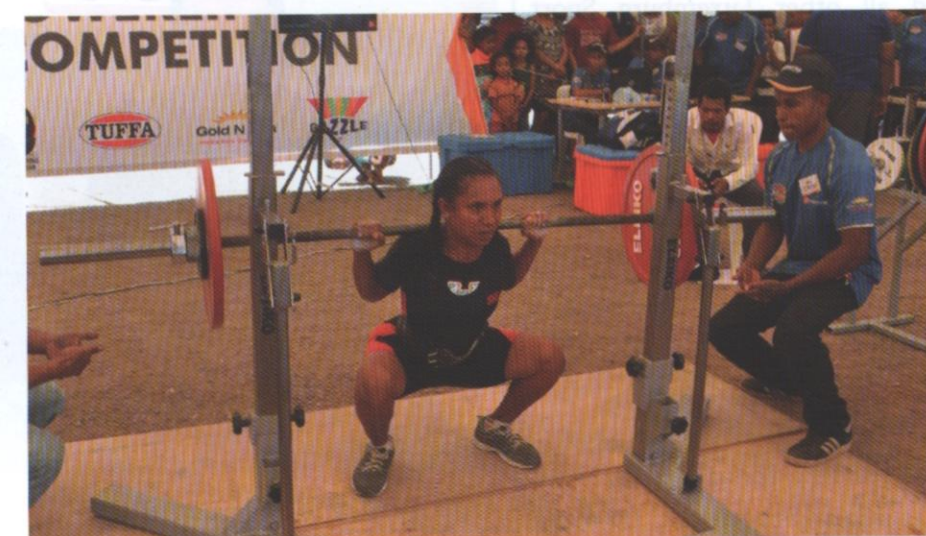
"Gabi Powerlifting Club opened in 1998 by owner Tom Nou when he was a powerlifter himself, after retiring due to injuries. Tom then went on to recruit young Kalau Andrew, Hitolo Kevau and Dobi Mea, who would later become champions in their respective weight classes, both nationally and internationally. I joined in 2015 just before the last South Pacific Games. Through this dusty, old, makeshift shelter gym, Tom coached these four

athletes who are current reigning champions in the Pacific Games and Oceania Championships 2017: Kalau Andrew is a three time defending Pacific Games Champion and Oceania Champion in 2017; Vagi Henry took silver at the Pacific Games in 2015 and silver at the 2017 Oceania Championships behind the great Jezza Uepa; Hitolo Kevau is a gold medallist from the 2015 South Pacific games and won silver at the 2017 Oceania Championships. This gym continues to produce champions even though the weights we use are old rusty York weights and bent barbells. This year marks the 20-year anniversary for this gym and this donation couldn't come at a better time. When we took the weights to the gym I could see the glow in the young powerlifters eyes. Tom was very emotional and said that this gym has never had any donations since it opened, and he thanked PNG Powerlifting Federation for their kind



donation and finally thanked God for this blessing. Tom also said "These weights are definitely going to up the lifters game, and with the inspiration provided by the recent competition, more young champions will be created here".

We think this is a very timely reminder of why we all got into this sport in the first place – because we really love lifting weights and we want to share that experience with others.



# IPF HEADQUARTERS



LUXEMBOURG - at the Maison des Sports (House of Sports) where the offices of the Luxembourg National Olympic Committee and all other Luxemburg Sport Federations are housed, you can find the International Powerlifting Federation's Headquarters. Staffed Monday to Friday, IPF HQ consists of an open-plan office where the IPF President, Mr Gaston Parage and the IPF Office Secretary Ms Greta Ndoj attend to the global business of managing the IPF. The busy working day doesn't end there with the President continuing to work on emails and phone calls for many



At the IPF Futures Summit 2018

hours into the evenings when he goes home. His travel schedule is relentless with Championships, World Sporting Conventions and high-level meetings to attend around the globe as he works tirelessly to bring our beloved sport forward.

## SNAPSHOT 2018 - Six months in the life of the IPF President.

### Austria - 20th - 23rd January

2018 began like every year with a trip to Sölden, Austria to meet with IPF partners, Eleiko and SBD. The IPF President was accompanied by Mr Emanuel Scheiber, Senior Consultant and Mr Eric Rupp, Online Media Manager to conduct the IPF "Futures Summit" with presentations showing the growth and change within the IPF. The meeting was a resounding success with both sponsors signing another partnership contract which included even more support for the IPF Regions.

### Tokyo-Mongolia-China - 25th - 28th January

Within days, the IPF President was in Asia with Mr Hannie Smith, Director of the Technical



IPF delegates in Mongolia

Committee and Mr Farshid Soltani, Board Member for Asia. The IPF delegates visited the venue of the 2019 World Bench Press Championships in Tokyo then took the opportunity to sit on the jury at the Japanese National Championships.

Next, it was onto Mongolia to visit the venue of the upcoming World Masters Championships as well as meetings with the Mongolian

Ministry of Sports and National Olympic Committee.

Rounding out the Asian tour was the much anticipated visit to Beijing, China to hold meetings with the National Weightlifting Federation with a view to creating an official Powerlifting Federation in China. The meetings were successful, watch this space for more news to come on China.



Serbia



Iran

**South Korea – 7th – 16th March**

The March saw the President and Mr Bernard Volker of the Ethics and Disciplinary Committee, attend the Paralympics Games with the opportunity to meet several of the International Paralympic Committee members regarding future collaboration.

**Serbia – 30th March – 1st April**

At the invitation of the Serbian Powerlifting Federation, the President attended their National Bench Press Championships and met with the Serbian Executive Committee Members to discuss future directions in the Balkan countries. As is often the case, the President took the opportunity to meet with the Serbian National Ministry of Sports and National Olympic Committee.

**Iran – 6th – 9th April**

Next it was an historic visit to Iran where

the President met members of the Iranian Powerlifting Union and Executive Committee members of the Asian Powerlifting Federation. On the agenda, expansion and strengthening of Asian Powerlifting, an important step forward for the IPF.

**Thailand – 14th – 20 April** The Sport Accord Convention is a premier event for the IPF so naturally the President attended with Mr Robert Keller, Secretary General. They attended the congress of AIMS, IWGA and GAIFS and manned



South Korea



Finland

the IPF booth at the Convention. The IPF delegates attended several meetings with the SOI, IOC, WADA, FISU, IFBB and IWGA. Importantly the President met the International Olympic Committee Member Mr Sergei Bubka.

**Czech Republic 5th – 10th May**

The following month, the President attended the European Regional Championships and Congress. The lively and busy event was very successful and the streaming quality was excellent.

**Finland 13th – 20th May**

It was then onto Vantaa in Finland, where

the President attended the World Classic Bench Press Championships. With some 570 lifters competing, the championship was very well organized and a huge success. As always, the President took time to talk with the lifters, coaches and officials who made the big trip to this wonderful event.

**Canada 5th – 18th June**

Soon after, the President left for Calgary, Canada to attend the World Classic Powerlifting Championships spanning two weeks. The President had a very busy schedule including meetings every day with National Federation delegates, Sponsors, Media as well as IPF Executive Committee meetings

and Championship Secretary work. In addition, the President signed a contract with new partners, APFLYT. The President and other IPF members met with board members of the new Australian IPF Affiliate Federation, the Australian Powerlifting Union regarding the next Asian Pacific Championships.

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# HOT OFF THE PRESS

## Equipped Bench Press World Championships Potchestroom, South Africa

By Christina Chamley

With only three lifts in hand to prove themselves, competitors threw it all on the line in a daring display of world bench pressing dominance.

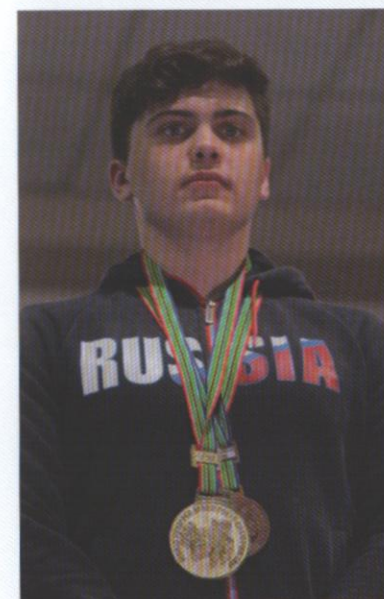
How the national teams stacked up:



Open Men's Division – Japan's team depth of lightweight men saw them finish above Kazakhstan, Ukraine and Russia on team points.



Russian women totally dominated the Open, Junior and Sub-Junior divisions winning 13 weight classes in these age groups.



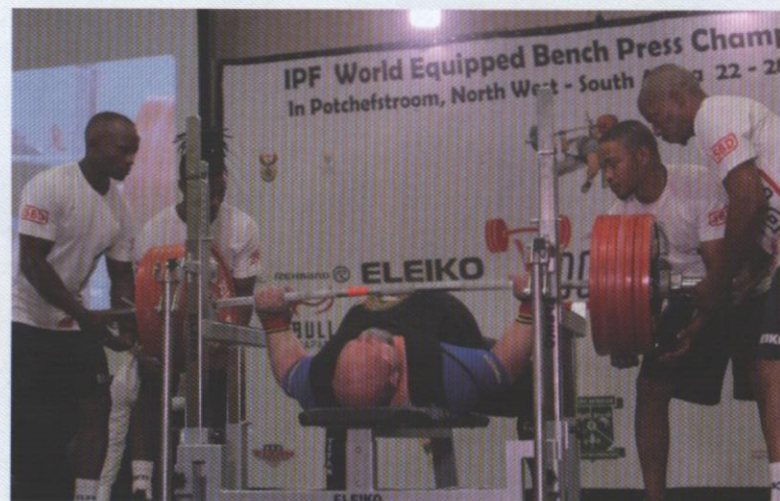
The Russian and Kazakhstani Junior and Sub-Junior men's divisions came prepared to do battle, with RUS just finishing above KAZ in the team points.

Japanese men and women give the world a "Master Class" on bench pressing.



### HOT LIFTING MOMENTS IN SOUTH AFRICA:

In an absolute nail-biter Jonathan Leo USA presses the biggest lift of the comp with 380kgs on his third attempt after failing the first two.



Jonathan Leo USA

Brenda Van der Meulen NED smashes her competition by pressing the heaviest bench of the women's comp of 205kgs.

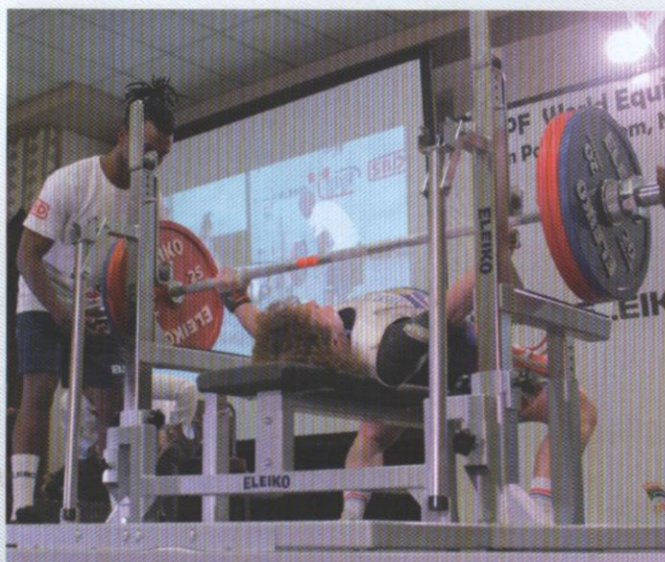


Brenda Van der Meulen NED

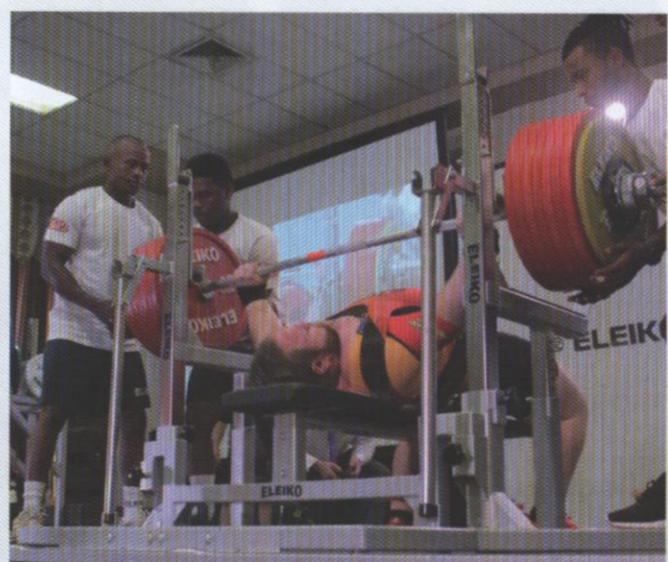
Kazakhstan lifter, Askar Shokhanov emerges with the biggest men's bench press of the championship on bodyweight formula with a world record 311kgs at 81.45kg bodyweight.

Larisa Kotkova RUS, strongest woman on bodyweight formula, with a world record 165.5kgs at only 56.4kg bodyweight!

Kevin Jaeger GER smashes the Junior men's division on his first lift but the Open world record is still out of reach!



Larisa Kotkova RUS



Kevin Jaeger GER

## Ramsay Kirkhy's Ones To Watch Anna Birzhevaia



Russian lifter Anna Birzhevaia owns the classic 57kg single-lift bench press world record with 115.5kg from the 2017 European Classic Bench Press Championships. Since then, Anna's been making the transition to the 63kg class, and has made some big strength gains. With her best 57kg equipped bench being 150kg, Anna made this look like a warm up in her new weight class with a 160kg opener, benching it comfortably with her hugely wide foot stance and grip placement. On the second lift, Anna benched 167.5kg with only a slight of a struggle at



lockout. With her first ever world bench press title secured on her second attempt, Anna went to 180kg on her third, only 4kg below the world record set in 2016. Despite

her best efforts, she couldn't manage to lock it out. Given that she's still early in her career as a 63kg lifter, Anna is definitely one to watch out for in the future.



# CALENDAR

Sept **02-08**  
World Sub-Junior & Junior Powerlifting Championships  
*Potchefstroom, South Africa*

**28-30**  
Arnold Sports Festival Europe  
*Barcelona, Spain*

October **01-06**  
World Masters Powerlifting Championships  
*Ulaanbaatar, Mongolia*

Nov **04-10**  
World Open Powerlifting Championships  
*Halmstad, Sweden*

**2019**

January **DATE TO BE SET**  
Reykjavik International Games  
*Reykjavik, Iceland*

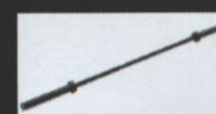
March **14-21**  
SOI World Summer Games  
*Abu Dhabi, UAE*

May **18-25**  
World Open, Sub Junior, Junior & Master Classic & Equipped Bench Press Championships  
*Tokyo, Japan*

June **03-15**  
World Classic Powerlifting Championships  
*Helsingborg, Sweden*

# BULL

<http://www.bull-samurai.com/en>



BULL Olympic bar



BULL Powerlifting Plate



BULL Olympic Chrome Collar



BULL bench rack

IPF approved bars, plates and collars, bench & squat racks.  
ZAIBA BULL is a JAPAN based company also manufacturing powerlifting equipment

# REHBAND



# IPF WORLD MAP

## IPF EXECUTIVE COMMITTEE

Officers of the Executive Committee are elected every four years at the electoral General Assembly. Contact details for the IPF EC can be found at: <http://www.powerliftingipf.com/federation/executive-committee.html>

**President:** Gaston Parage (Luxembourg)

**Vice President:** Sigurjon Petursson (Iceland)

**Secretary General:** Robert Keller (USA)

**Treasurer:** Dietmar Wolf (Norway)

**Technical Committee:** Hannie Smith (South Africa)

**Board Member for Europe:** Arnulf Wahlstrom (Norway)

**Board Member for Asia:** Farshid Soltani (Iran)

**Board Member for Africa:** Alan Ferguson (South Africa)

**Board Member for Oceania:** To be announced

**Board Member for South America:** Julio Conrado (Brazil)

**Board Member for North America:**

Dr Hugh Velaquez (Costa Rica)

**Women's Representative:** Eva Speth (Germany)

**Athlete's Representative:** Pjotr van den Hoek (Netherlands)

**Medical Representative:** Dr. Josephine Wing-Yuk Ip (Taiwan)

**Media Representative:** Christina Chamley (Australia)



## IPF COMMITTEES & COMMISSIONS

- Anti-Doping Commission
- Appeal Committee
- Athletes Commission
- Coach Commission
- Doping Hearing Panel
- Ethics & Disciplinary Committee
- Entourage Committee
- Law & Legislative Committee
- Media Team
- Medical Committee
- Non-Executive Officers
- Sports For All Commission
- Technical Committee
- Women's Committee
- Youth Committee

## COMMITTEE IN FOCUS ANTI-DOPING COMMISSION (ADC)

Chairperson: Detlev Albrings GER  
[detlev.albrings@powerlifting-ipf.com](mailto:detlev.albrings@powerlifting-ipf.com)

Committee Members: Sabine Zangerle AUT, Kalevi Sorsa FIN, Klaus Brostrom DEN, Sigurjon Petursson ISL, Alan Ferguson RSA, Laurence Maile USA, Steve Lousich NZL.

The ADC exists within the IPF to facilitate and manage fair, doping-free conditions for athletes. It is responsible for the IPF's WADA Code compliance process, which recently achieved Tier 1 status. Without WADA compliance, the IPF cannot achieve IOC recognition, making the work of the ADC highly significant in the IPF's progress towards this goal.

The ADC is responsible for the management of the IPF drug testing program at World and Regional levels, including "In-Competition-Tests" (ICT) and "Out-of-Competition Tests"

(OCT) and is constantly in contact with WADA, its laboratories and its national bodies worldwide. The ADC Secretary, Ms. Sabine Zangerle undertakes the enormous task of managing Anti-Doping Administration & Management System (ADAMS) and supporting athletes with the system as well as organising OCT.

Maintaining WADA compliance across a federation as large as the IPF is a fulltime and ongoing job requiring constant evaluation and improvements to the process for the continual benefit of our athletes.

Mr Detlev Albrings  
 Chair of the IPF Anti-Doping Commission