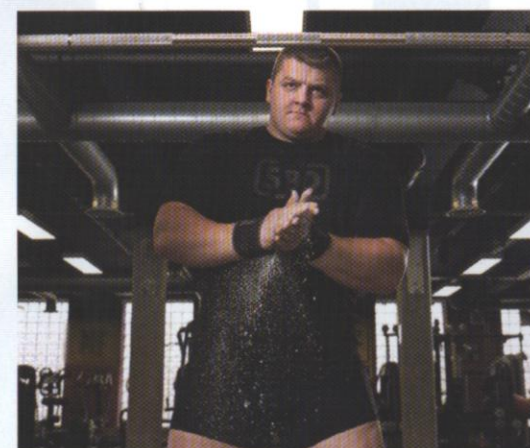


MADE IN BRITAIN



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FROM THE CHIEF EDITOR

Welcome to this edition of your IPF Magazine in which we wrap up a fantastic year of powerlifting and hint at just some of what is instore for 2109. Pausing to reflect on the year just past, it seems the IPF world was super busy competing, innovating and growing.

The IPF Member Affiliates across the world now number 114 nations. At this time, we all warmly welcome to the global IPF family our newest regional body, the Oceania Regional Powerlifting Federation who bring an **Ocean of Smiles** with its 11 strong Member Nations.

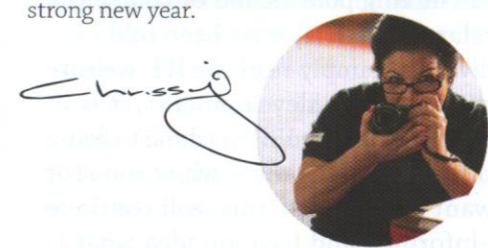
Our UK Correspondent, Marc Giles turned in such a good piece about Luke Richardson we decided to put the story on the cover. Read how this **Young Briton is set to take on the World's Best Super Heavy Weights**.

From the President we get an outline of

some of the challenges and the directions for the IPF in 2019. You can also read the first in our series of updates as we journey towards the **WG2021 World Games**, and we pay tribute to one of the great stalwarts of the IPF, **John Stephenson**.

We compiled some amazing photos from Sweden, Mongolia, Czech Republic and South Africa during four of the **IPF 2018 World Championships**. We also get some insight into what it takes to make the **IPF Hall of Fame** as we profile the 2018 winners.

Now, 2019 is upon us and it's time to gear up for a big year of powerlifting. Enjoy this edition with my best wishes for a happy and strong new year.



FROM THE PRESIDENT

Dear Ladies and Gentlemen,

On behalf of the IPF Executive Committee, I would like to wish you all a Happy New Year.

One more year has passed, and we have made great progress in our lovely sport again, despite some people trying to put stones in our way just for their own ego.

From myself as President, and the whole Executive Committee, our priorities have always been and will always be, to serve our lifters and our sport.

Unfortunately, this is not always the case for some other individuals in our member federations who only consider their own interests and their goals to disrupt, destabilise and even destroy IPF.

Sadly, the lifters from within those federations have been misinformed and misused by those individuals to give traction to the self-serving politics and of course the lifters, believe what they have been told.

If individuals simply read the IPF website and observe the true developments, it is in fact easy to see what the IPF has done to bring the sport forward. Only those who cannot or do not want to recognize this, will continue to be ill-informed and have no idea what is really going on.

One thing is for sure, the IPF will continue its good work that has been done so far to make the IPF an IOC recognized federation.

This means that all our member associations must follow the IOC principles and the WADA code. Whether it suits individuals or not, it has to be complied with.

We hear that the national member federations want the IPF to do everything possible to achieve IOC recognition and WADA compliance, but this means that everyone has to contribute.

No person and no national federation is forced to be an IPF member. Individuals who just want to make a business opportunity for themselves out of our sport and not accept the WADA code, IOC principles or IPF compliance can leave at any time.

We have a mandate to all our national affiliate federations to continue the good work we have started and we are going to. Therefore, we do not want or cannot accept that some individuals or affiliates try to prevent us from doing what is expected of us by our members.

It is well known that the road to recognition by the IOC is not an easy one and especially not for those sporting federations who are not structured as expected with sound governance and global standards of conformance. This is not new, and everyone must apply effort for the whole IPF to move in the desired direction. This means, not only the Executive Committee and the other IPF Committees, but also the Regional organisations and of course our national member affiliates.

Who is the IPF? It's all of you as the members of the IPF - you are the IPF. It is not an individual person; it is not a private company which belongs to one person who cannot be voted out. It is a very well-organized sporting federation with a board of 14 Executive Committee members who get democratically elected every 4 years. Our national member affiliates have the choice to elect members of the EC or not, as each of nation has one vote and one voice.

At the 2018 Annual Congress of Nations, we invited delegates from the Oceanian member nations to attend, observe and participate in our highest level of meetings and voting. They saw with their own eyes the



genuine respect that the IPF has for them. This gave them the opportunity to form their own opinion of the IPF and how it operates, first hand. Therefore, without exception they decided to stay with the IPF. Of this, we are very proud. It was a good decision for their lifters and will give them the opportunity to be members in a very well structured democratically run international federation - the IPF.

The IPF has become more and more popular around the world through our huge effort to showcase our lifters so well via online streaming, social media and by improving the organisation of World Championships.

Together with our VIP partners Eleiko, SBD and Aplyft, we continue to do everything in our power to innovate and advance our sport. I would like to take this opportunity to express my appreciation to our sponsors, the manufacturers, for their great support.

I also want to thank all the countless volunteers who work tirelessly for our lifters and athletes every day, as well as all the members of the IPF commissions and committees, our regional federations and

our Executive Committee members who work tirelessly as a team and as friends. Also, I extend a great thanks to all our lifters for their passion and dedication and for their part in making our sport great.

Thanks also to the Media Team and all our employees, to all the referees, and the results manager Sacha and Boris.

With all this said the IPF Executive Committee wish you all the best for 2019, good health, and friendship. May all our lifters reach their goals.

On behalf of the IPF Executive Committee
Gaston Parage - IPF President

Respectfully,
Gaston Parage
IPF President



YOUNG BRITON

set to take on the
World's Best Super Heavy Weights

/ By Marc Giles

Edited Chrissy Chamley /

Photos:
SBD Apparel: Sam Todd

Luke Richardson, the first Briton to total 1,000 kilos in Classic Powerlifting, squatting 400kg and all still while a junior. He is the IPF Junior World Champion and double European Champion, a lad who competed in his first British Championships in 2016.

Luke is from Harrogate, in the Northern English county of Yorkshire. He works at the local baths as a Powerlifting coach, lifeguard and swim teacher to local kids. He's a big affable lad, with a deep Yorkshire accent, a huge smile and engaging personality.

A week after totalling a 1,000kgs for the first time, he travelled across the Irish sea to help his club mates and friends at the British Classic Masters in Belfast. Despite having just started his own preparation for the European Classic Championships, Luke was there coaching, chatting to everyone, giving out prizes, needless to say the Masters lifters were all quite taken with this young man.

A month later at the European Classic Junior Championships, he took on the only person who had ever beaten him when they had met in Minsk at Worlds in 2017, the Ukrainian giant, Pavlo Nakonechnyy. The European Championship was akin to a modern-day classic, both young men giving there all during the contest every kilo critical to the end result. In the end, both men totalled 1,010.5 kilos, Pavlo missing a world record deadlift attempt of 386kg to try to secure the win by just 1kg. With the totals tied, Luke won the European Title on bodyweight from his opponent, some 27kgs heavier.



...now he wants the Open Title and to beat in his own words, "the greatest powerlifter of all time", Ray Williams.

It was phenomenal lifting for both young men, and the first to console Pavlo was of course, Luke.

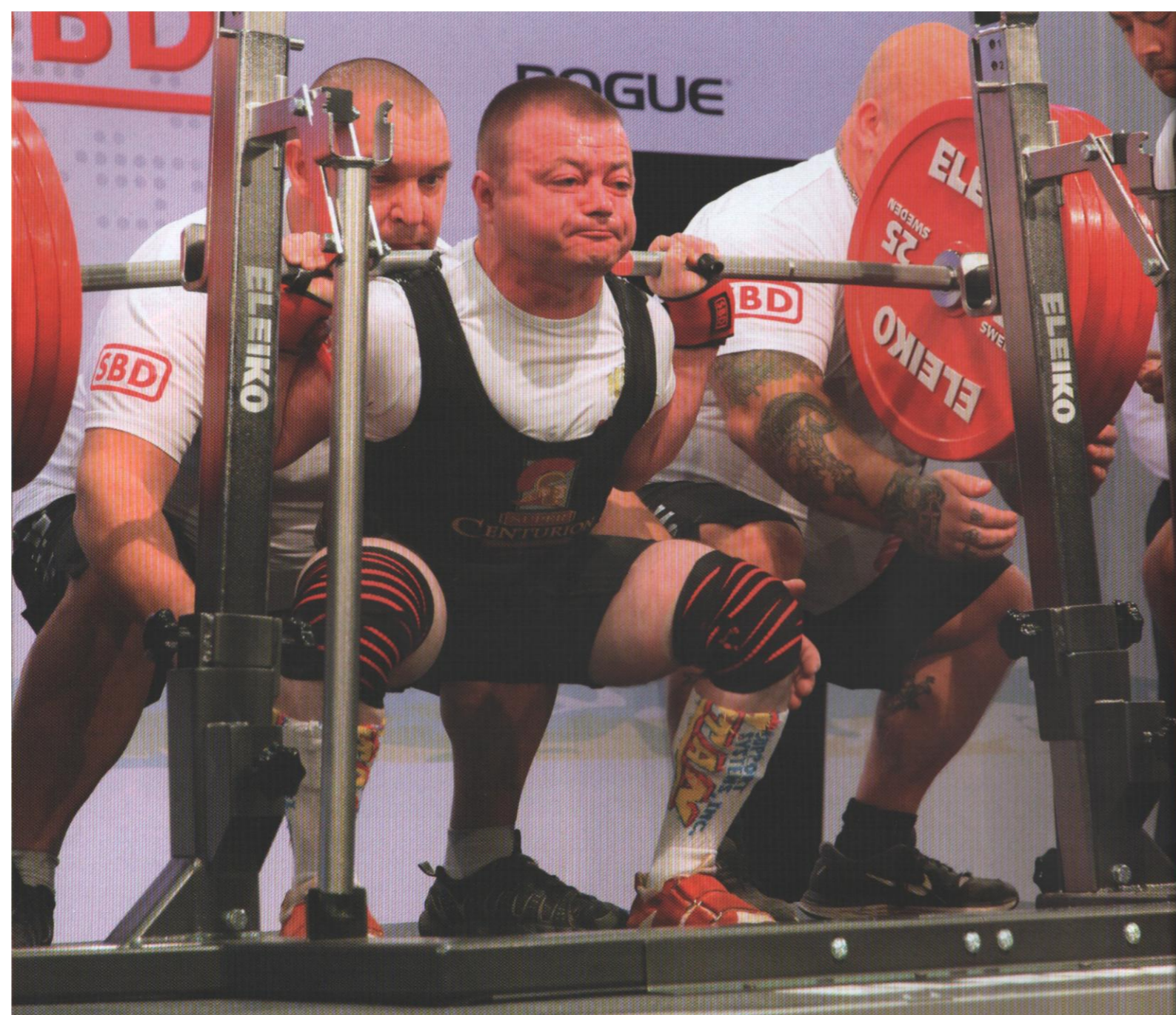
So what does the future hold for Luke? I visited him recently and we chatted. His coach Jimmy Elli of Reactive Training Systems, had him doing a washout week, in preparation for his hypertrophy block, all ahead of his training for the 2019 World Classic Championships in Helsingborg, Sweden. He has started his preparation early for what Luke calls, "the most important training cycle of his powerlifting career to date". Luke is looking to move up out of the Junior age group and into to Open to take on legendary Super Heavy Weight, Ray Williams of USA.

Luke has achieved all his goals up to now: IPF Junior World Champion and 1,000kg total, now he wants the Open Title and to beat in his own words, "the greatest powerlifter of all time" - Ray Williams.

Commitment to training for Luke means never going off the programme that Jimmy sets. Nutrition is vitally important especially for the hypertrophy phase and his goal to be the IPF Open Super Heavy Weight Champion. His focus on his goal is exceptional.

In the 2019 Open Classic World Championships, Luke will not only come up against Ray Williams but also the best Open SHW lifters in the world right now. Behemoths such as the Oceania sensation Jezza Uepa, Canada's great-white-north-juggernaut Kelly Branton and Luke's "old" rival Pavlo. What a battle this will be, possibly the greatest the IPF has ever seen in recent times! One thing is for sure, nothing is getting in the way of Luke Richardson, not even the greatest lifters on the planet.

EXCITING BATTLES IN SWEDEN AT THE 2018 OPEN WORLD CHAMPIONSHIPS



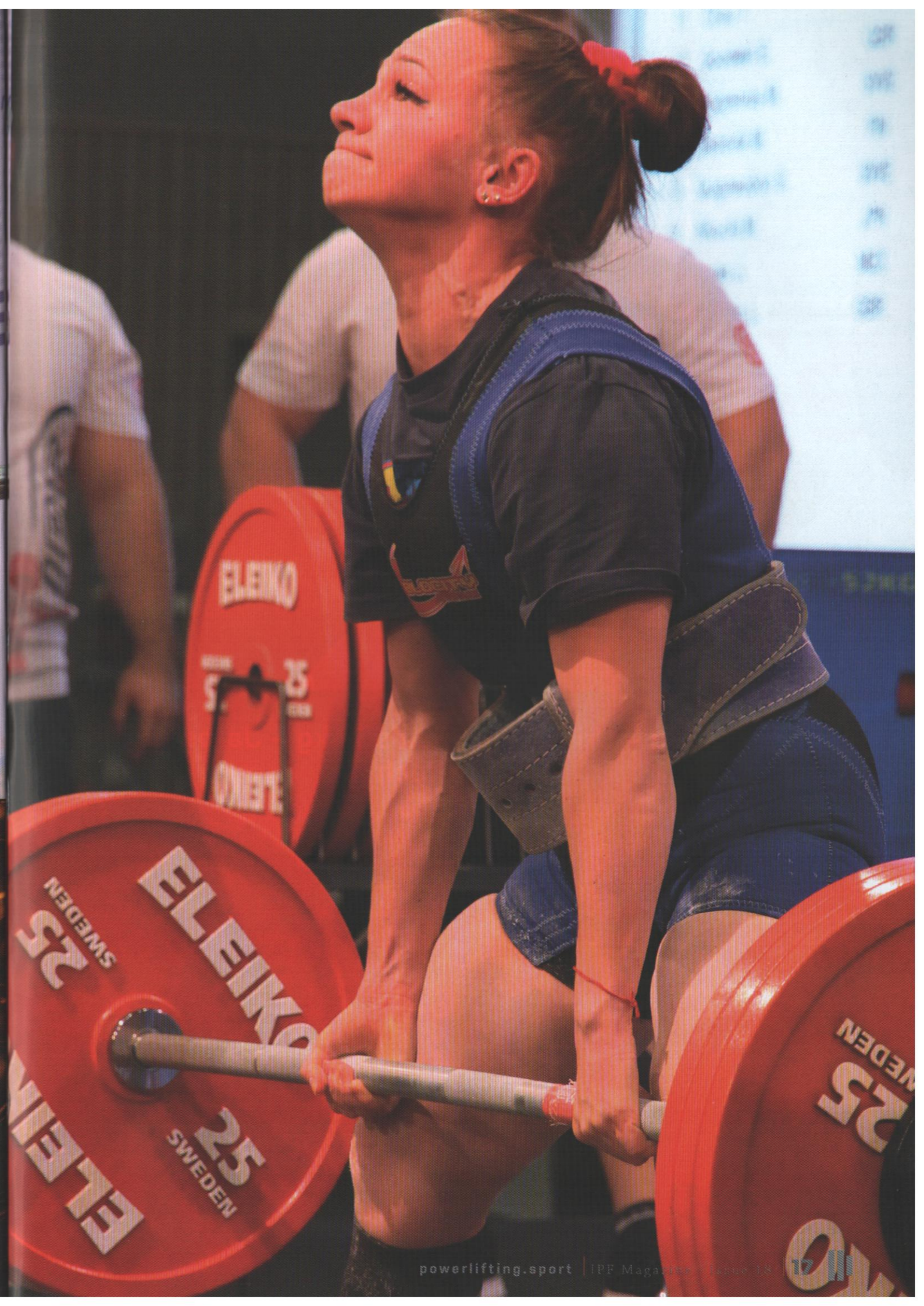
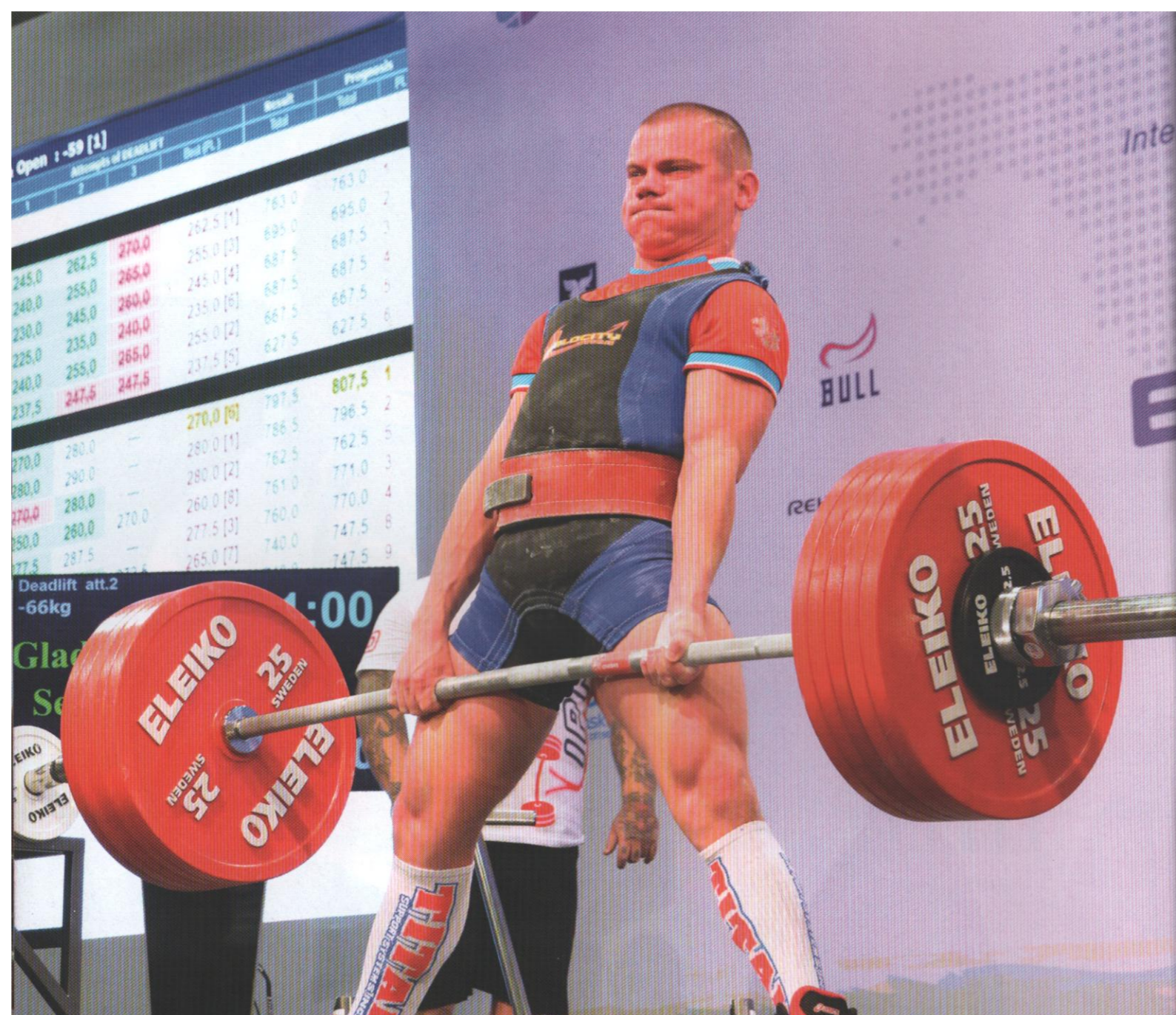
Men's 59kg – Sergey Fedosienko

The lightest male category was of course dominated by none other than reigning champion Sergey Fedosienko (RUS), who has countless equipped and classic World titles to his name. On the squat, Sergey went 3 for 3, ending with 295kg. On the bench, Sergey did what he does best, and chipped his own record with a 205.5kg press. Finally, on the deadlifts, he pulled 262.5kg on his second attempt, exactly what he needed to chip his previous world record total of 782.5kg up to 783kg, tapping the bar in typical Sergey fashion afterwards.

Women's 47kg – Yukako Fukushima

Last year, Widari Widari (INA) and Yukako Fukushima (JAP) had an intense battle for gold in the 47kg women's. This year, the battle was on again. As the stronger squatter, Yukako took the early lead by squatting a Masters 1 world record of 190kg on her third attempt. Both lifters are incredible bench-pressers. Yukako, pressed a massive 135kg on her third attempt, while Widari extended her current world record up to 141kg. Finally, on the deadlifts, Yukako deadlifted 170kg to total a huge 495kg for the win. Widari had a crack at a 197.5kg pull to move into first, but the strength wasn't there, leaving Yukako in tears of joy.



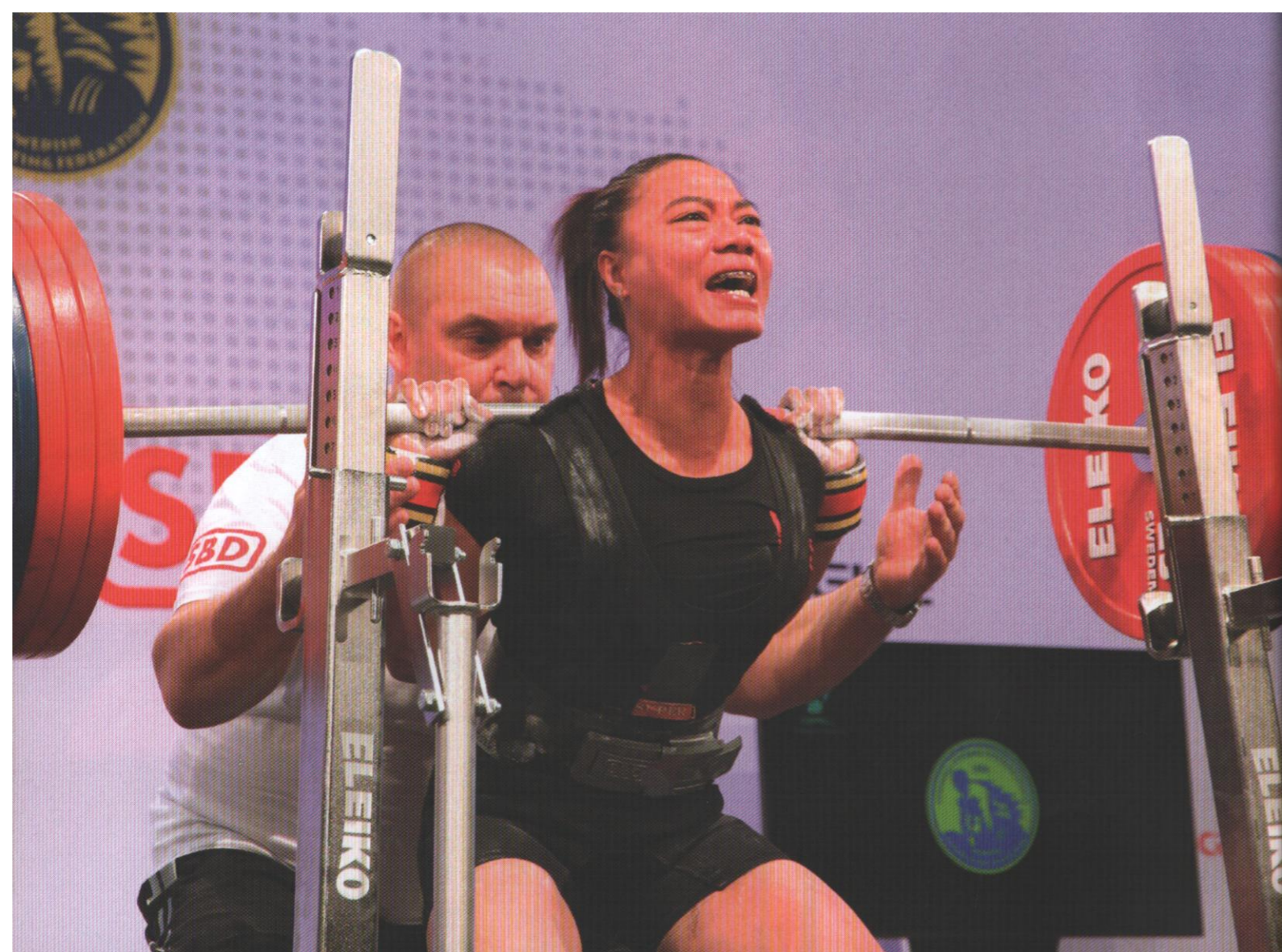


Men's 66kg – Sergey Gladkikh

After being dethroned of his classic World Champion title by Charles Okpoko (USA) earlier in the year, Sergey Gladkikh (RUS) had redemption at the World Open Championships. Tsung-Ting Hsieh (TPE), who was recently added to the IPF Hall of Fame, notably benched a world record of 221.5kg, but it was Sergey's day for the World title. With a massive 315kg squat, 212.5kg bench press, and 285kg deadlift, Sergey went 9 for 9 and put together a huge 812.5kg total.

Women's 52kg – Natalia Salnikova

Unsurprisingly, Natalia Salnikova (RUS) dominated the 52kg women's division. Going 9 for 9, Natalia squatted 205kg, benched 140kg and deadlifted 180kg to total 525kg. We're looking forward to seeing how Natalia continues to progress at her next international competition.



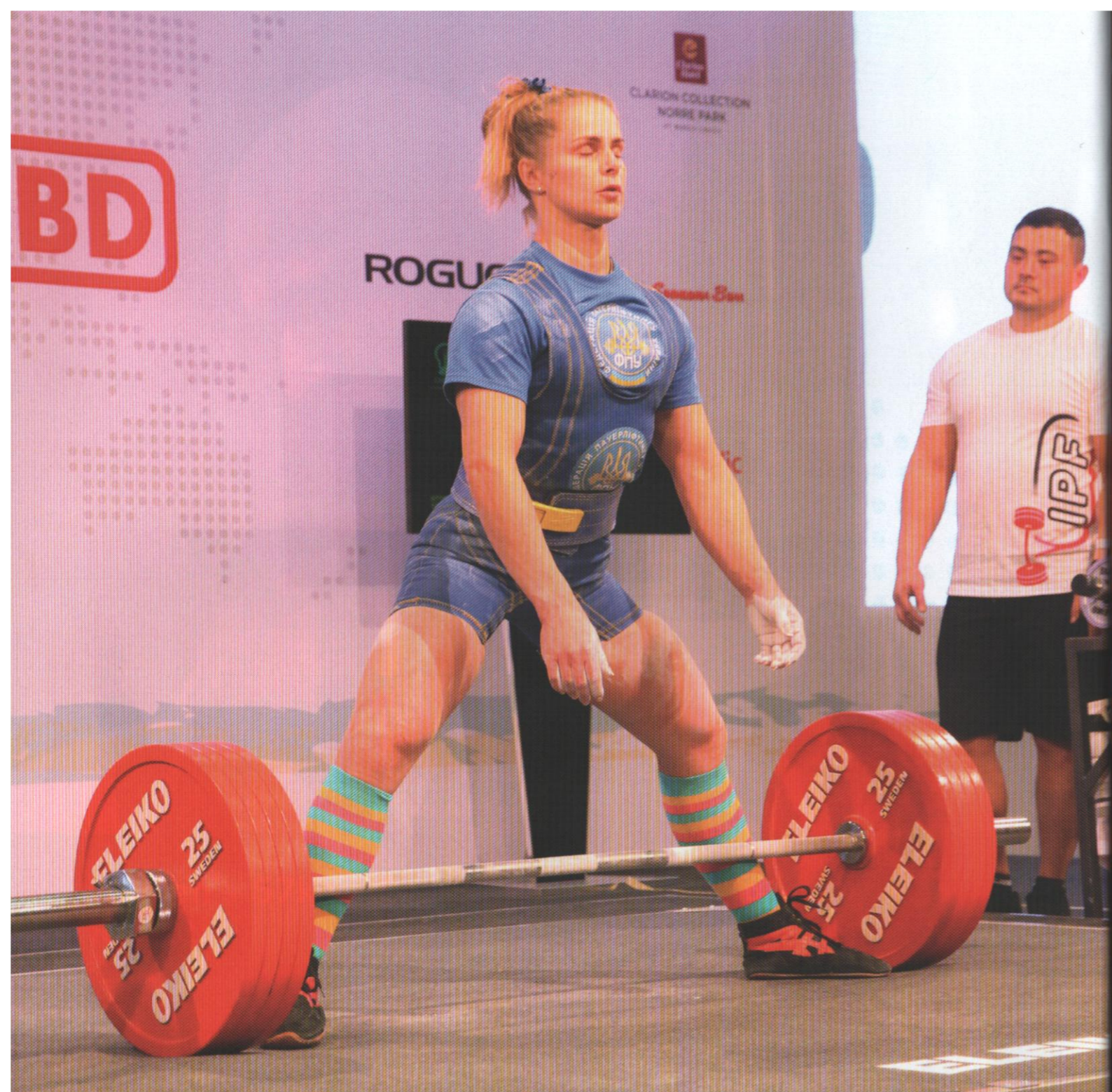
Women's 57kg – Sri Hartati

As the World's dominant force in the 57's, Sri Hartati (INA) not only won her weight class, but extended her world record total. With a 225kg world record squat, she became the first 57kg lifter to squat four red plates a side, and took back the squat record for the first time since 2013. She then benched 150kg and deadlifted 190kg on her third attempt, setting a new world record of 565kg. Extending the world record by 12.5kg is outstanding for any weight class, let alone the women's 57kg. Sri truly is an astonishing lifter.

Men's 74kg – Jaroslaw Olech

Powerlifting legend Jaroslaw Olech (POL) put on an exquisite performance at the World's, executing one of the most impressive lifts of the whole competition. Coming into the competition, Jaroslaw held the Open 74kg world record squat since 2013 with an absurd 367.5kg, only 7.5kg below the 83kg world record. This year, he loaded up 370kg on his third. With immense crowd support, Jaroslaw made the lift, although he got two red lights for depth. After a re-assessment from the jury, the decision was overturned meaning Jaroslaw extended his world record an incredible 5 years after last setting it. He didn't have the best of days on the bench and deadlift, managing only 210kg on the bench and 310kg on the deadlift. However, this gave him a huge 890kg total, enough for him to win his 16th Open World Championship title.



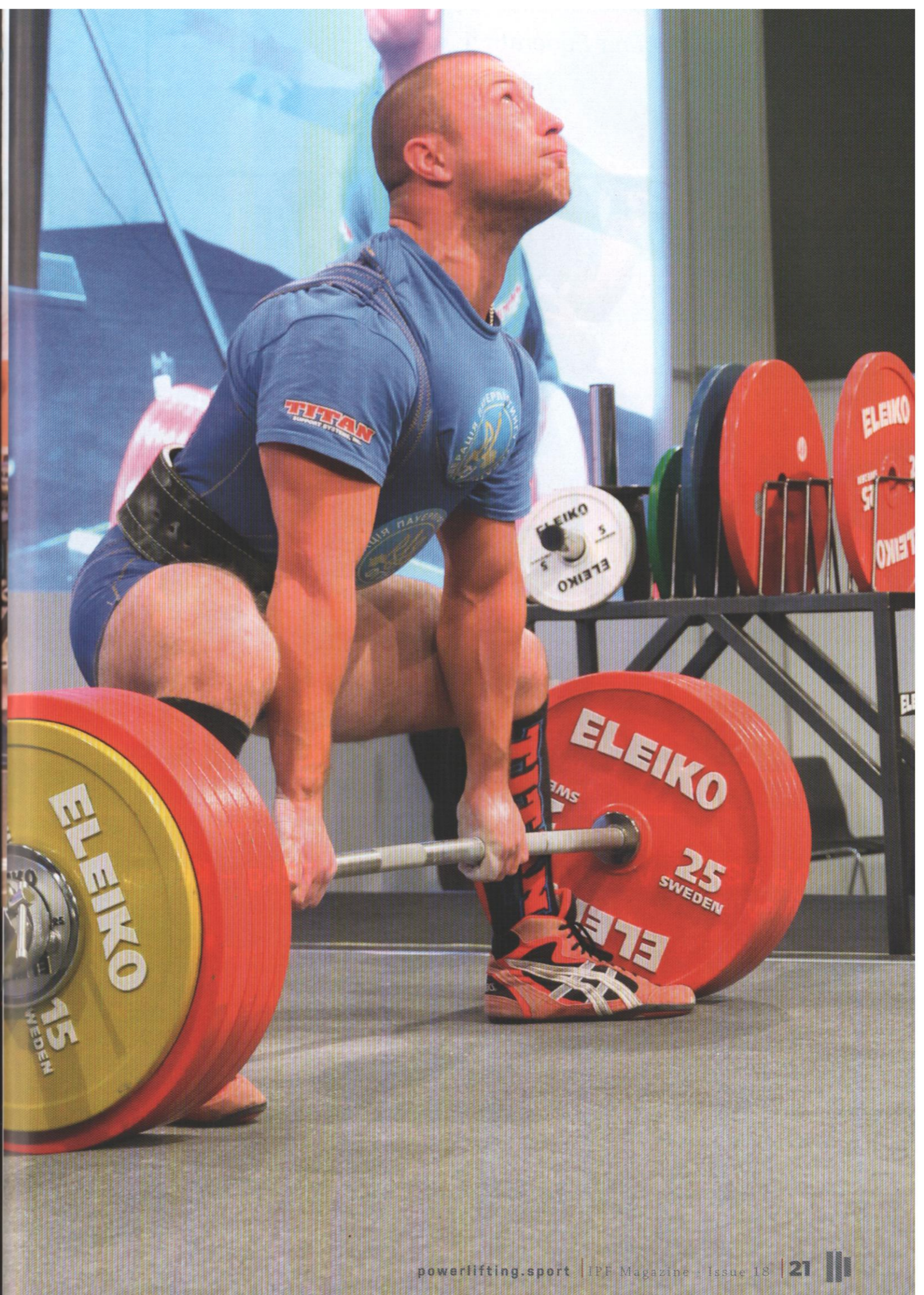


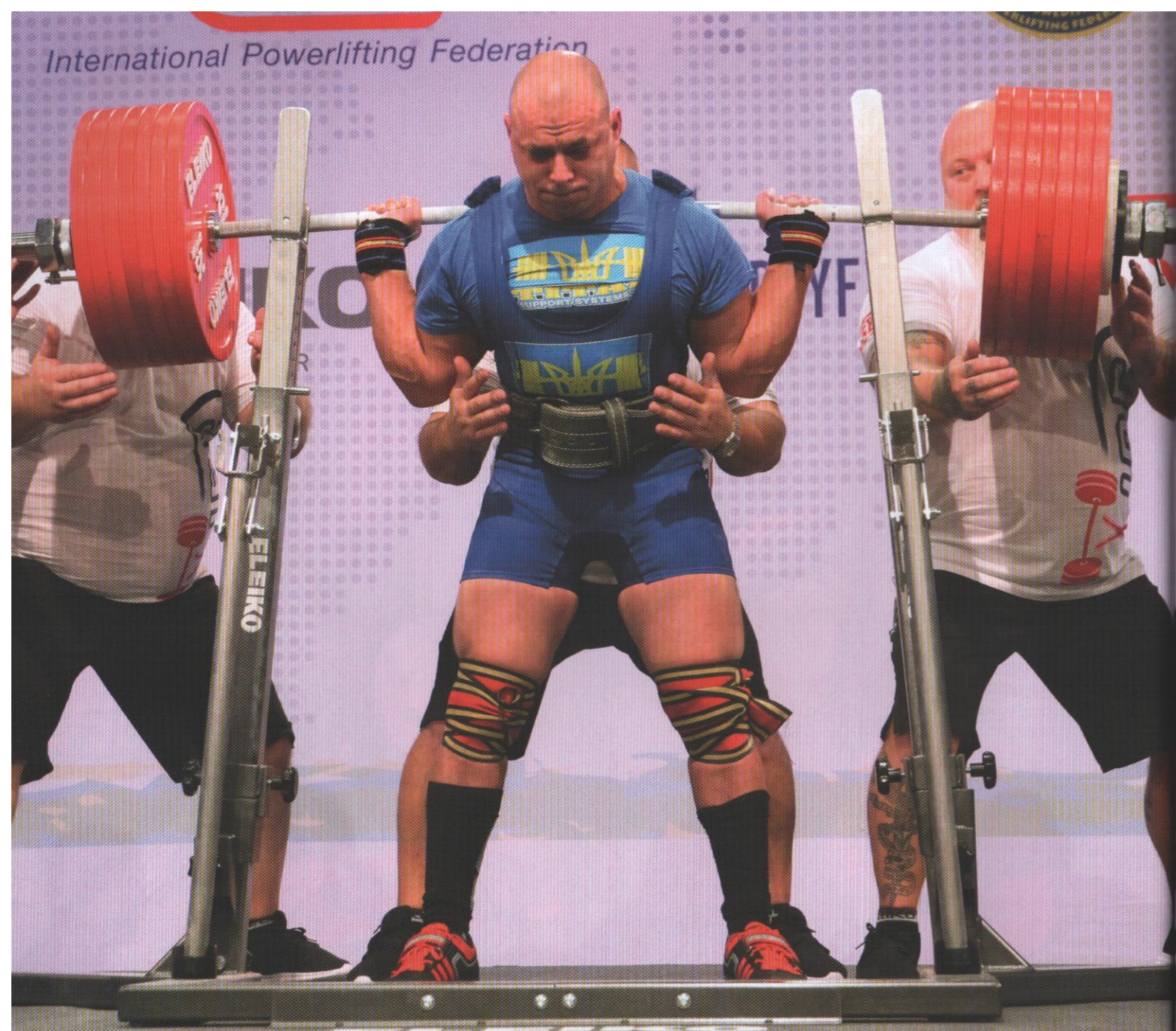
Women's 63kg – Larysa Soloviova

With a 237.5kg squat, 180.5kg world record bench press, and 225kg deadlift, Larysa extended her world record total up to 643kg. This performance won her best female lifter.

Men's 83kg – Andriy Naniev

Reigning champion Andriy Naniev (UKR) won the 83kg division despite not having the best day. He squatted 340kg, benched 272.5kg and deadlifted 307.5kg for a 920kg total and the win, beating fellow Ukrainian lifter Mykola Barannik by 10kg.



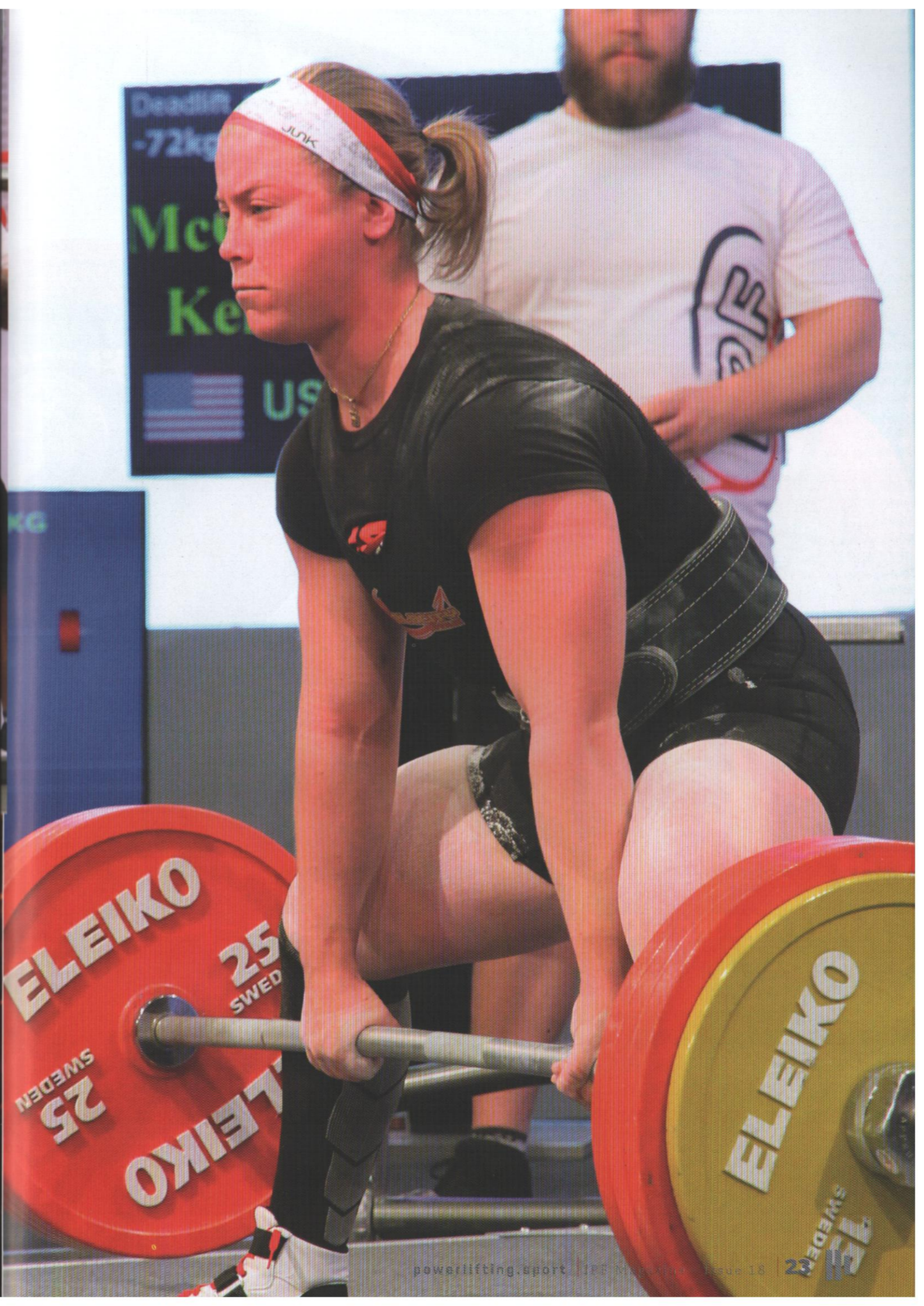


Men's 93kg – Volodymyr Rysiyeu

Volodymyr Rysiyeu (UKR) has established himself as one of the best equipped lifters in the IPF, and he's barely getting started. Now in the 93's up from the 83kg class, Volodymyr showed us why he decided to move up. With a 390kg squat, 285kg bench press, and 350kg deadlift, the Ukrainian totalled 1,025kg to beat Sergii Bilyi's record by 2.5kg, (Sergii ended up placing second in this competition). This world record total meant that Volodymyr is the only lifter in the IPF to currently hold two total world records across different weight classes – a very special accomplishment to have.

Women's 72kg – Kelsey McCarthy

The women's 72kg had probably the closest battle of the competition, between Kelsey McCarthy (USA) and Rhaea Stinn (CAN). Kelsey took the early lead, hitting a world record squat of 265.5kg. Rhaea is the stronger bench presser however, and managed to take back the lead after pressing a world record 186kg. Finally, on the deadlifts, Rhaea ended her day with a perfect 215kg pull to solidify a 658.5kg world record total and the gold medal position. However, Kelsey then loaded up 225kg: the number she needed to beat Rhaea's total. With momentous effort, she made the pull to take gold in the 72's with a new world record total of 660.5kg!





Men's 105kg – Oleksandr Rubets

Junior lifter Oleksandr Rubets (UKR) took another gold for team Ukraine in the 105kg division. With a 415kg squat, 302.5kg world Junior record bench press, and 370kg deadlift, Oleksandr showed he's going to be the domineering force in the 105's for years to come. This gave him a 1,080kg world Junior record total. Meanwhile, established 93kg lifter Sergii Bilyi, who has only recently moved up to the 105's, ended up in second with a 1,062.5kg total.

Women's 84kg – Natalie Hanson

Reigning World Champion in the 84's, Natalie Hanson (USA) was back to retain her World Championship title. With a 267.5kg squat, a 187.5kg bench press, and a 197.5kg deadlift, Natalie comfortably won her weight class with a big 652.5kg total.



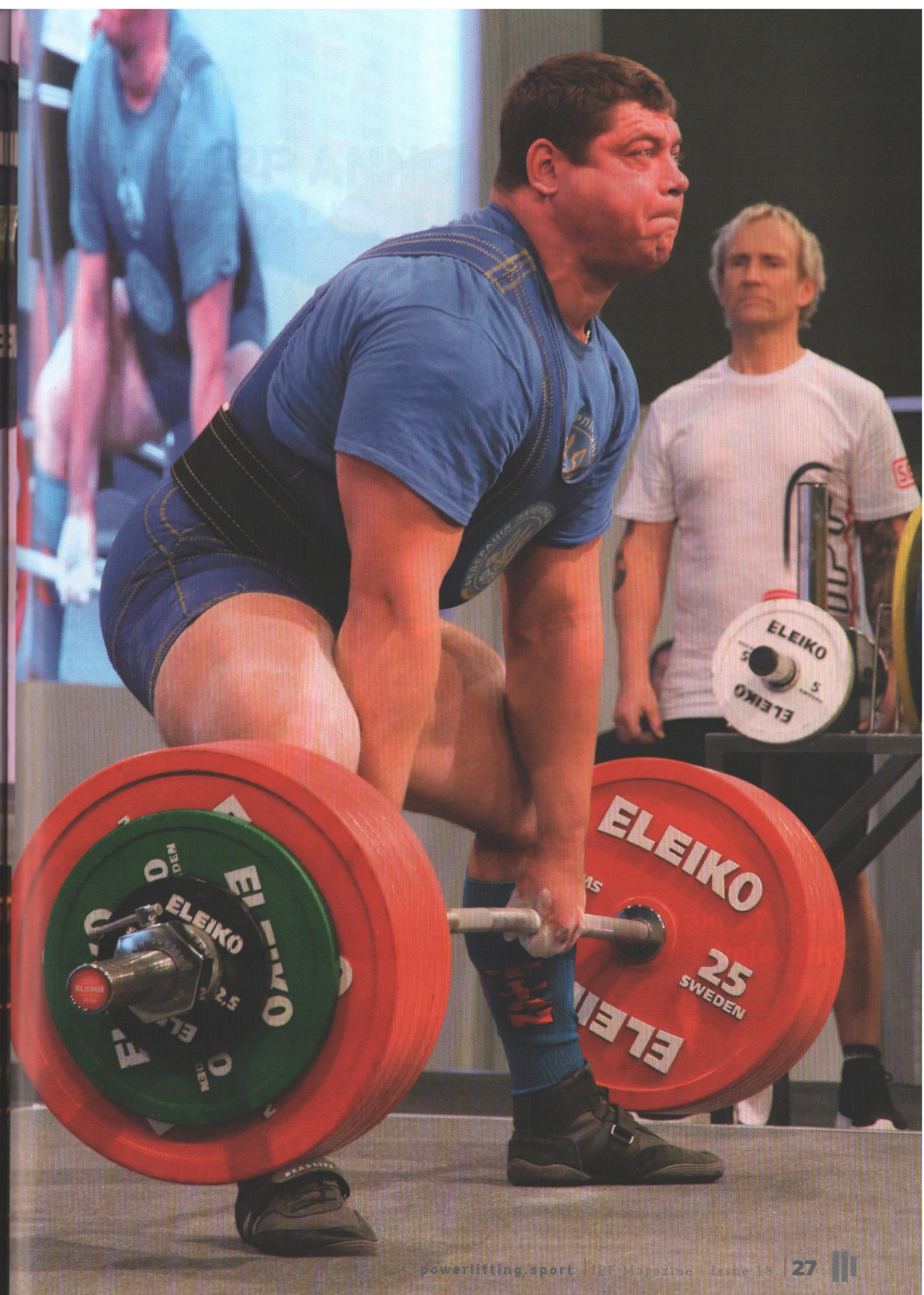


Women's 84kg+ – Bonica Brown

'The Bubbly Powerlifter' Bonica Brown continues to dominate both the classic and equipped categories, making her one of the strongest woman in the IPF. Bonica smashed 318kg on her third squat attempt for a new world record. After a 215kg bench press, Bonica extended her world record total on her opening deadlift of 250kg, bringing it up to a massive 783kg. It won't be long until Bonica will break the elusive 800kg barrier.

Men's 120kg – Oleksiy Bychkov

Oleksiy Bychkov (UKR) won the 120kg division with ease, totalling 1,115kg. With a 415kg squat, 330kg bench press, and 370kg deadlift, This was Oleksiy's fourth year in a row winning the 120kg class, and we have no doubt he'll be back next year to take his fifth.



THE IPF ANNOUNCES SWITCH TO TOP-LEVEL DOMAIN: *powerlifting.sport*

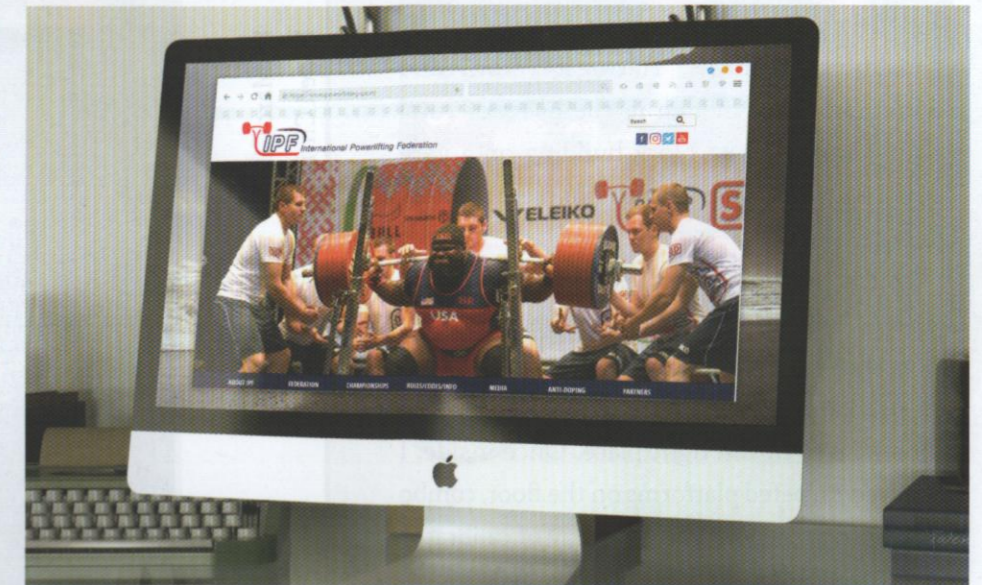
Halmstad, Sweden 4th November — At the 2018 Open World Powerlifting Championship, the IPF announced it has been successful in attaining the powerlifting.sport internet extension, through the .sport project operated and overseen by the Global Association of International Sports Federations (GAISF).

As a prestigious membership endorsement by GAISF, the .sport domain serves as a credential of the IPF's role in the International Sporting Community as well as enhancing searchability involving sport keywords. The .sport domain is also a dynamic and meaningful context which enhances memorability and visibility.

"We are pleased to be one of the pioneering sports federations on board with the GAISF's .sport initiative. As of today, our website and email addresses will use the exclusive extension: powerlifting.sport," - Gaston Parage, President of the IPF.

.sport – a positive impact on International Sport

The .sport extension operated by GAISF is actively supported



by various International Sporting Federations and key global sports bodies, including the IOC (International Olympic Committee) and WADA (World Anti-Doping Association).

"The IPF appreciates the time and effort the GAISF has taken in creating the .sport internet domain for the benefit of the International Sporting Community and we are delighted to demonstrate that we are truly committed to moving forward with GAISF with this initiative." - Eric Rupp, IPF Online Media Manager

Formed in 1972, the IPF is the worldwide leader in the sport of powerlifting with 114

The .sport domain confers approval of, and commitment to, the International Sporting Community.

member nations and an unparalleled internet and social media following. The IPF was a founding member of The World Games Association and is a member of GAISF, FISU and has achieved Tier 1 WADA compliance.

For more information on the .SPORT Initiative visit: <https://gaisf.sport/sport-initiative/>



Men's 120kg+ – Andrey Konovalov

The 120kg+ division was a battle between Andrey Konovalov (RUS) and total world record holder Blaine Sumner (USA). Blaine only managed his opening squat of 465kg, missing 475kg twice on depth. Meanwhile, Konovalov took the lead with 475kg. Blaine, a monstrous bench presser, benched 425kg on his third attempt. That is eight red plates per side – yes, eight! However, the lift was overturned by the jury due to head lift, so he ended

with a best bench of 415kg. Andrey pulled an immense 375kg deadlift to move into the lead taking the World Championship title once again. The show didn't end there. Júlían Jóhannsson (ISL), who ended up placing third overall, made the final deadlift of the competition with an insane 405kg world record deadlift.

Andrey also won overall best male lifter with this performance, ahead of Sergey Fedosienko in second. It'll be interesting to see how the best lifter rankings change in following years with the new IPF Formula in effect now.

In Yorkshire, familiarity breeds... STRENGTH

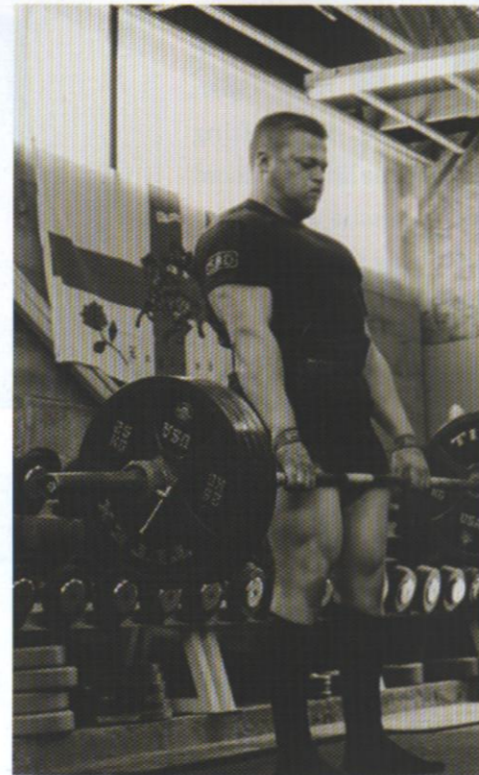
In Yorkshire, close to some of England's most magnificent towns: Harrogate, York and Wetherby, but hidden in the heart of rural beauty, is a concrete block building on a very small industrial park. It is the home of the LR Strength Shed.

I pulled up outside in the dark, unsure if this was it. I could see light seeping from under the doors then I heard the rap music blaring and the unmistakable sound of metal plates clanking, I knew I was in the right place. Once inside, I observed carpeted platforms on the floor, combo racks lining the perimeter, an array of calibrated plates, an assortment of bars and barbells ...I was in powerlifting heaven.

I was greeted straight away by Open squat world record holder Josh Greenfield, and Kieran Gray, European Junior medallist in the -120kg class, both lifters pausing their squat sets to welcome me. Close by was British Junior deadlift record holder Rosie Howard, working hard on paused deadlifts and safety bar squats. As I looked around the room I saw there were many strong lifters going through their routines.

At the far end I saw Masters 2 English Champion in the 93kg class, Richard Parrish perusing the room like a godfather figure. I was to learn that it was Richard in partnership with Luke Richardson, who came up with the idea for The Strength Shed. Having moved from place to place for some time, the band of nomadic powerlifters set up this place as a base 12 months ago. Since then it has simply grown, pardon the pun, from strength to strength.

By Marc Giles
Edited Chrissy Chamley



Then the ever-smiling giant, Luke Richardson himself turned up for his workout. Luke is the current 120kg+ Junior World Champion and Junior deadlift and total world record holder. He got going straight away, warming up, then some snatch grip deadlifts. There was "Big Joe" putting on the tunes, Josh being the clown prince, and some weightlifters going about their training. The place was buzzing, positive and intense – a great training environment.

Richard and Luke have let the club grow organically. There are lifters following their online programmes, lifters coached by Luke or Josh, and others completely doing their own thing but all



of them share one aim: to get stronger for that next competition. They have done a fantastic job to give these lifters a perfect training home.

The Strength Shed is home to many great lifters, including British Classic bench press coach and former bench press World Champion, Sheridan Wray and 2017 Junior -120kg World Champion, Mark Macqueen.

As I leave, I know that powerlifting is on the up here. With brilliant facilities like this to train in, full of first-class lifters training together, the familiarity just breeds strength. Great work to all and all the best to the lads and lasses from Yorkshire.

In Memory of John Stephenson



John and Shirley Stephenson

On October 12, 2018 a dear friend and former IPF colleague, John Stephenson from Great Britain passed away on the island of Jersey aged 82.

Highly respected and well-regarded, John Stephenson served as the Technical Chairman for the International Powerlifting Federation for well over 20+ years. He was involved with not only powerlifting, but also bodybuilding and weightlifting for 65+ years. He was instrumental in preparing and fine-tuning the modern day rules of powerlifting. Without question, he served our sport with both honour and distinction and was inducted into the IPF Hall of Fame in 2001.

Until his retirement from the IPF, John was very proud of the fact that he had attended every IPF Open World Powerlifting Championship. Mr Gaston Parage, the President of the IPF, and the Executive Committee members, as well as the entire world-wide powerlifting community, send sincere condolences to John's wife Shirley and his family and many friends.

John will be remembered in both our thoughts and our hearts. May he rest in peace.



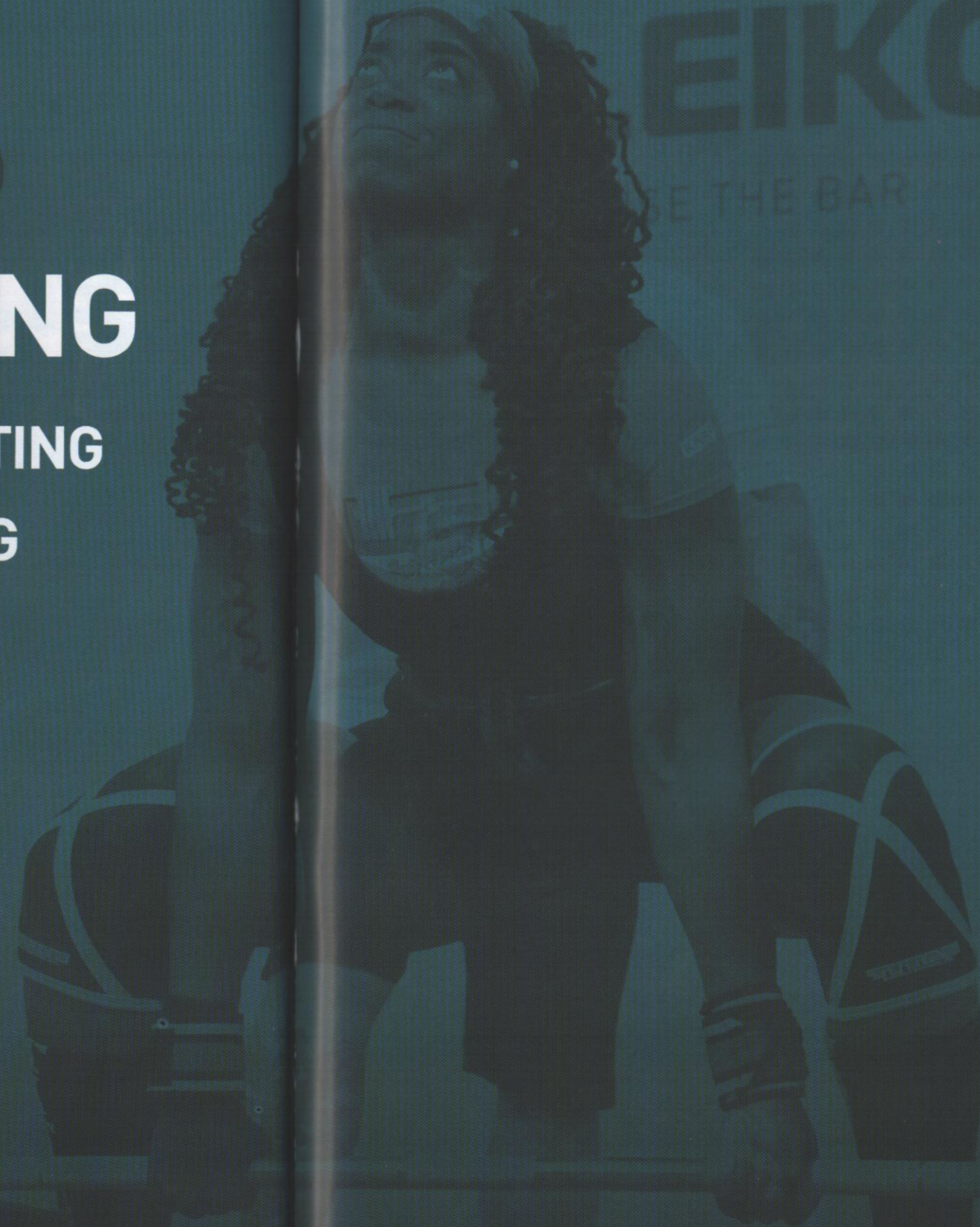
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WG21 BIRMINGHAM USA WORLD GAMES 2021 UPDATE

Competition Days:

Friday 16th- Sunday 18th July 2021

Schedule:

Jetlag day: Tuesday 13th (all participants out of North America)

Arrival day: Wednesday 14th

Training day: Thursday 15th, also WG Opening Ceremony

Competition days: 16th -18th

Departure day: 19th

Venue:

BJCC Concert Hall, Downtown
Capacity up to 3,500 spectators

Venue Features:

In the city centre

Next to the official hotel (Sheraton)

The main Media Centre is in same building

Big Plaza in front of the Venue

Next to the venue are several restaurants and bars

The venue is in one of the main streets associated with the Games

Accommodation:

All lifters and officials will stay at the University Campus of the University of Alabama (UAB)

Link UAB: <https://uab.edu/home/>

10 minutes shuttle service to the Venue

Big Cantina for breakfast, lunch, dinner

Rooms: double rooms with 2 big beds connected via a door with another double room; both rooms will share a big living room.

Airport:

The local airport is the Birmingham Airport BMH. This airport can be reached via Chicago,

Atlanta, Denver, Huston, Miami. Locals recommend to come in via Huston or Miami.

The airport is a very user friendly and is only about 15 minutes' drive to downtown (venue).

Venue Manager:

Ms Christine Myers will be the Powerlifting Venue Manager. She is from Birmingham and also very active in USAPL/State Alabama. She is a national referee as well as an organizer of several state championships. Christine will be supported by Billy Keel, who was the state chair for about 15 years and who is an IPF Cat II referee. Now he is mainly working with SOI in USA.

Spotter and Loaders:

We will have the Spotter and Loader team from Florida who are very experienced and professional and they were the team at the WG13 in Cali.

Equipment:

We will have ELEIKO equipment and have event-specific special branding of the equipment as in Poland 2017.

Additional Information:

96 lifters will compete at the World Games (48 males, 48 females)

Test Event:

Date: 31st August -5th September 2020

Venue: Same as for the World Games

Hotel: Sheraton Hotel (connected with the venue via Sky Walk - 3 minutes)

Transport Airport - Hotel: free

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Out of Africa

World Juniors & Sub-Juniors
Championships
Potchefstroom (South Africa)

It may have been cold in Potchefstroom, South Africa in August but clearly no one informed the athletes who made it clear right from the start that this was going to be one hot competition. There is no doubt that 2018 was a warning call to all the Open aged lifters as the Sub-Junior and Junior athletes etched ever closer to demolishing Open world records.

It didn't take long to see that the Russian team had come to South Africa with a mission, with their eyes set on taking home medals and the team championship trophy, they were sticking to a very solid and very smart game plan. The Russian team is definitely beginning their plan for the future of powerlifting taking out the Sub-Junior men and women team championships with 57pts and 54pts

respectively, however not far behind them in both men and women was USA with 50pts and 48pts respectively while Japan with 39pts took 3rd place in the men's Sub-Junior and Ukraine with 32pts secured 3rd in the women's.

Not to be out done, Ukraine responded in the Juniors taking the men's team overall title with 57pts followed closely behind by Japan (45pts) and Russia (43pts). While

in the Junior women's, the Russian team wasn't quite done yet taking the overall women's team title with 54pts while U.S.A secured 2nd on 45pts and Norway secured 3rd on 35pts.

Each year the Sub-Juniors seem to get stronger and stronger and 2018 was no exception, with most weight classes only being separated by the occasional Eleiko plate.

Sub-Junior Men

Ilya Marichev (RUS) (*left*) sets a new world Sub-Junior total record to take the gold medal in the 53kg class.

Oscar Martel (USA) sets the bar high with a massive 210kg squat in the 53kg class.

Ilya Marichev (RUS) lets everyone know he means business with a world Sub-Junior record deadlift of 218kg.

Dimitri Lagutin (RUS) (*below*) secures the gold medal with a 202.5kg deadlift in the 59kg class giving him a 530kg total.

Mizuki Hamasuna (JPN) throws himself into the silver medal with a monster 142.5kg bench press in the 59kg class.

Logan Pennington (USA) stayed close to the lead early on opening with 180kg squat in the 59kg class. His 497.5kg total was enough to secure bronze.



Dimitri Zaitsev (RUS) (*above*) stamped his dominance in all three lifts to take the gold in the 66kg class with a total of 652.5kg.

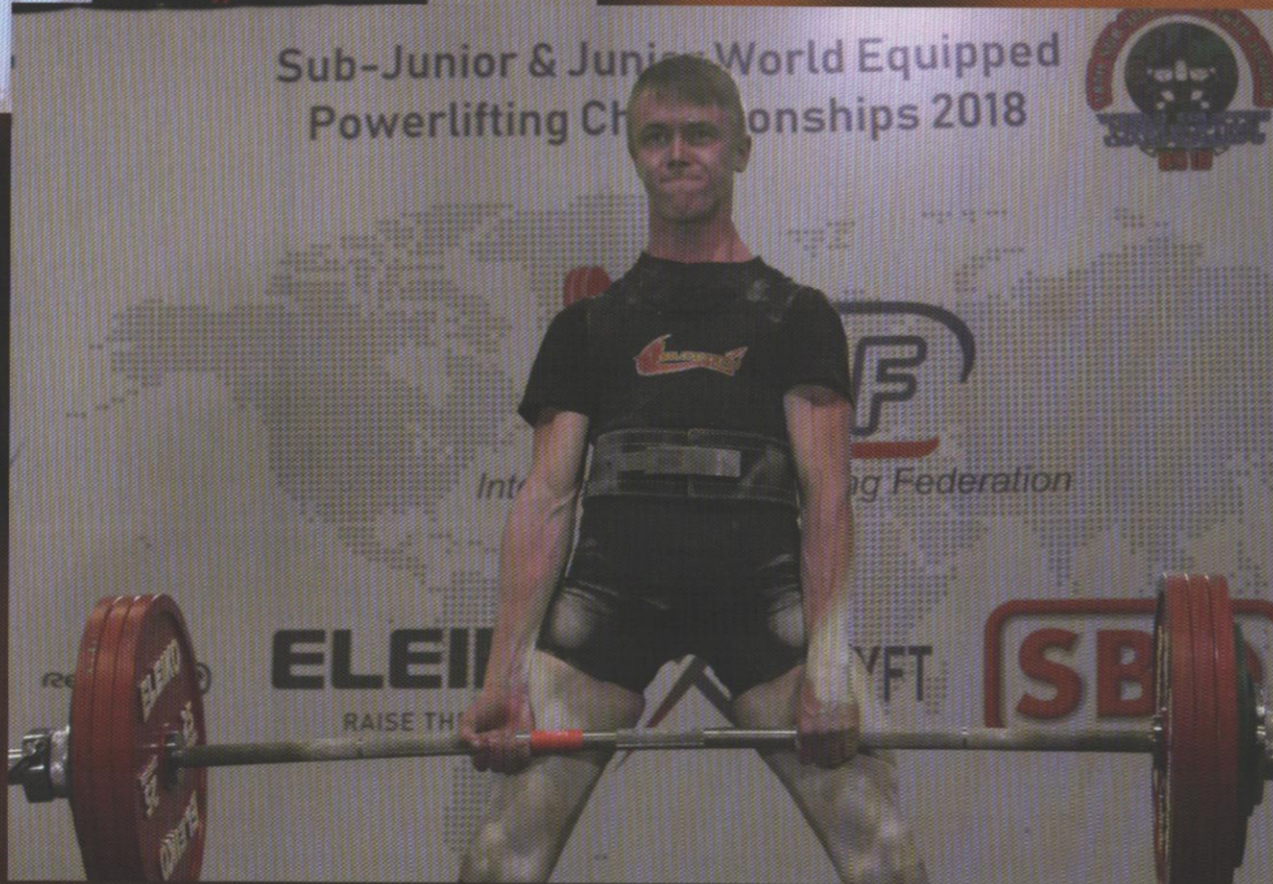
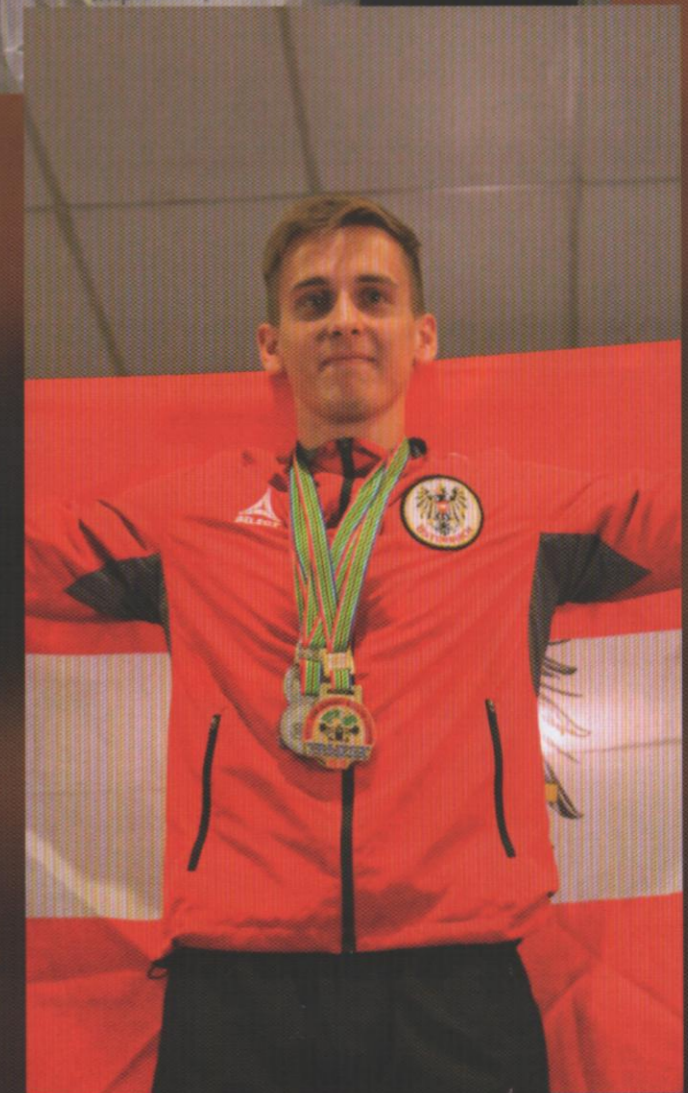
Yen-Lin Chen (TPE) tried to pull back some ground with a 220kg deadlift, not enough to close the gap on Dimitri but enough to give him the silver medal in the 66kg class.

Sena Mochizuki (JPN) held on to the bronze medal in the 66kg class with a 3 from 3 performance in the deadlift, finishing with a 520kg total.

Kevin Schmid (AUT) (*right*) stunned everyone with a 170kg bench press in the 74kg class putting him in a solid position to take the gold medal overall.

Dawson Stroik (USA) opened the 74kg class with a massive 235kg squat giving him an early lead but would have to settle for the bronze medal overall.

Nojus Cypas (LTU) handled an enormous 260kg deadlift to try and close the gap on Kevin Schmid in the 74kg class but having missed his second and third lift it just wasn't enough; however his 625kg total was enough to give him the silver medal.





Noah Johnson (USA) (*left*) was the man to beat taking the gold in all three lifts and the overall 83kg class total. His 287.5kg squat set the bench mark for the rest of the session.

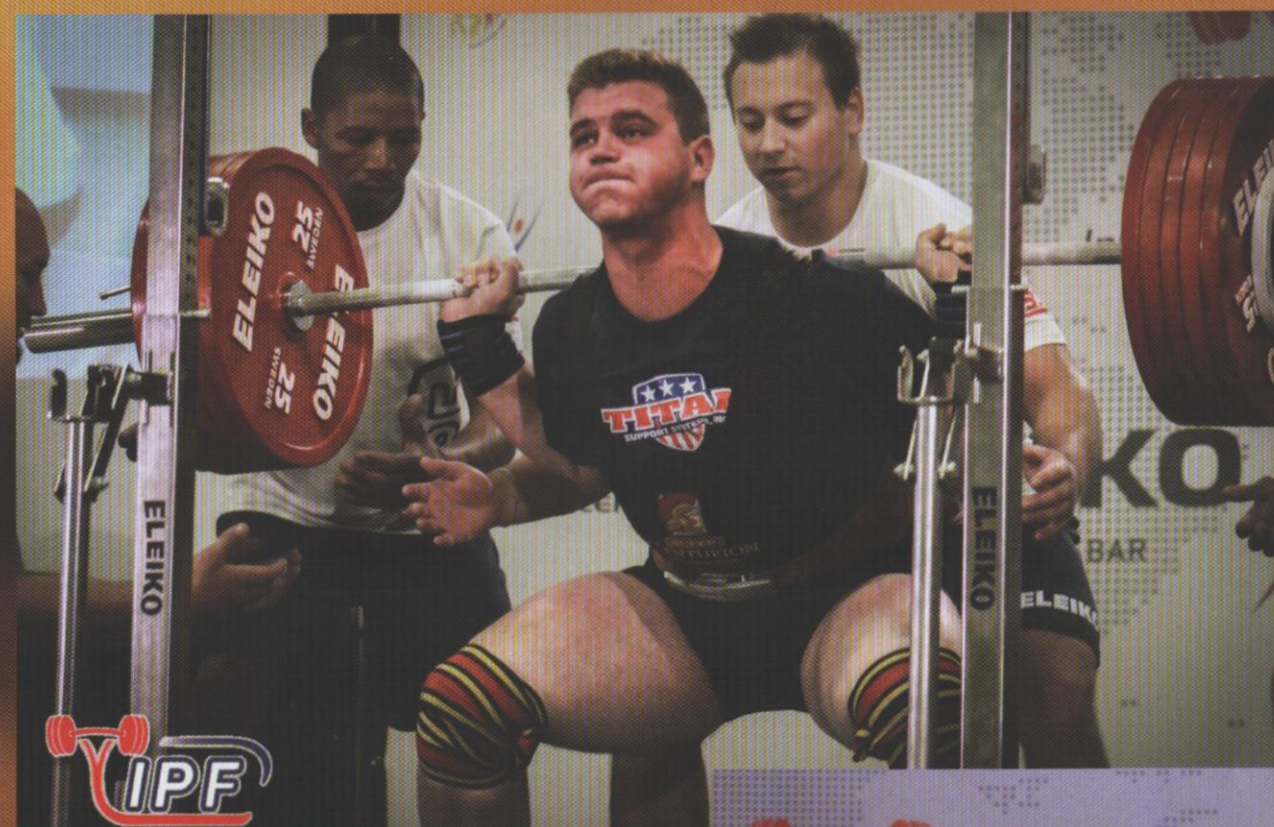
Andrii Hnatiuk (UKR) put up a 260kg deadlift and grabbed the silver medal overall in the 83kg class.

Itsuki Serikawa (JPN) did everything he could going 9 from 9 but it wasn't enough to move out of the bronze in the 83kg class. However, his 225kg squat and 9 from 9 performance was truly spectacular.

Losel Patrick (GER) (*below*) demonstrated the importance of doing your job, his 185kg bench press and 270kg deadlift might not have been the biggest in the 93kg class but it was enough to give him the gold medal total of 742.5kg.

Sam Bassin (USA) got the job done to secure the silver opening with a 270kg squat in the 93kg class.

Mark Dyachenko opened up an early lead in the 93kg class with a massive 300kg squat only to be beaten on body weight. His 720kg total equalled that of the silver medal total, but Dyachenko had to settle for bronze due to his heavier body weight.



Jaroslav Halac (*right*) came on a mission in the 105kg class and left having completed his mission. Dominating the 105kg class in all 3 lifts finishing on a gold medal 785kg total and a spectacular 290kg deadlift.

Vladimir Bazuev (RUS) was only 2.5kg behind in the 105kg class after squatting 292.5kg, but he would have to settle for the silver medal overall.

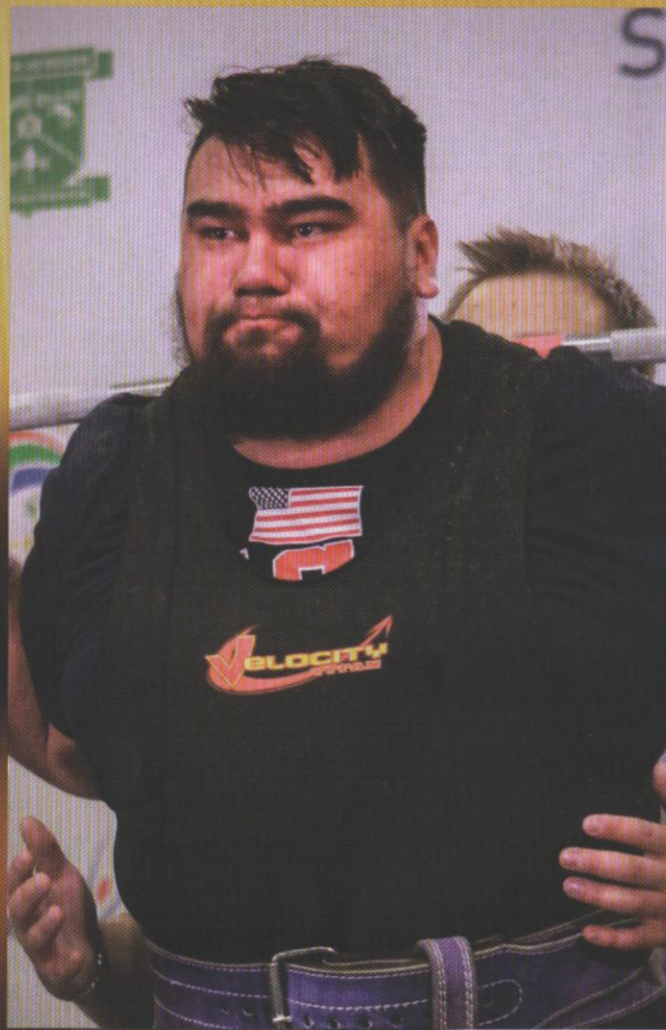
Allen Pennington (USA) gave it everything he had to challenge the front runners in the 105kg class taking 3rd in all 3 lifts and giving him a bronze medal total of 677.5kg.

Semen Dukshinin (RUS) (*above*) opened up a solid lead in the 120kg class with a 310kg squat and would prove just too hard to beat taking the overall gold medal.

Filip Portes (CZE) gave it everything he had with a 285kg deadlift but would have to settle for the silver medal in 120kg class.

Dominik Plaskonis (SVK) stayed within reach early on with 260kg squat in the 105kg class and managed to secure the bronze medal overall.





Nika Iglesias (USA) (*left*) had it all his own way dominating all 3 lifts and totalling 770kg for the gold medal in the 120+kg class.

Egor Tkachuk (RUS) kept pace early with a 275kg squat but it wasn't enough in the 120+kg class and he would have to settle for silver.

Sandeep Singh (IND) put in a solid effort to secure the bronze in the 120kg class going 8 from 9 lifts and finishing on a very clean 200kg deadlift.

Junior Men

Yusuke Satake (JPN) (*below*) sets the bench mark early with a 252.5kg squat and secures the overall gold medal in the 59kg class.

Yo Tamura (JPN) puts up a world Junior record bench press of 190.5kg to give him the silver medal overall in the 59kg class.

Davion Aldridge (USA) lifts a monster 240kg deadlift to secure the bronze overall in the 59kg class.



Yosuke Kiuchi (JPN) (*right*) breaks the world Junior deadlift record with 290.5kg to take the gold medal overall in the 66kg class.

After squatting 287.5kg Renzo Santelices (ECU) looked like the man to beat in the 66kg class but his 720kg total wasn't quite enough for the gold and he would have to settle for silver.

Dmitrii Chubarov (RUS) showed consistency throughout giving him the bronze overall and finishing on a 242.5kg deadlift in the 66kg class.

Vladislav Chorny (UKR) (*above*) clearly wanted the gold medal opening with two world Junior record squats of 333kg followed by 343kg to take the gold overall in the 74kg class.

Konstantin Dunin (RUS) was determined not to let Vladislav have it all his own way pulling a massive 305kg deadlift to secure the silver overall in the 74kg class.

Ilya Mishin (RUS) did everything he could to keep pace and held on to the bronze medal in the 74kg class finishing with a solid 295kg deadlift.





Kostiantyn Musiienko (UKR) (*left*) got everyone's attention with 2 world Open record bench presses 280kg and 292.5kg and a world Junior record total of 895kg for the gold medal in the 83kg class.

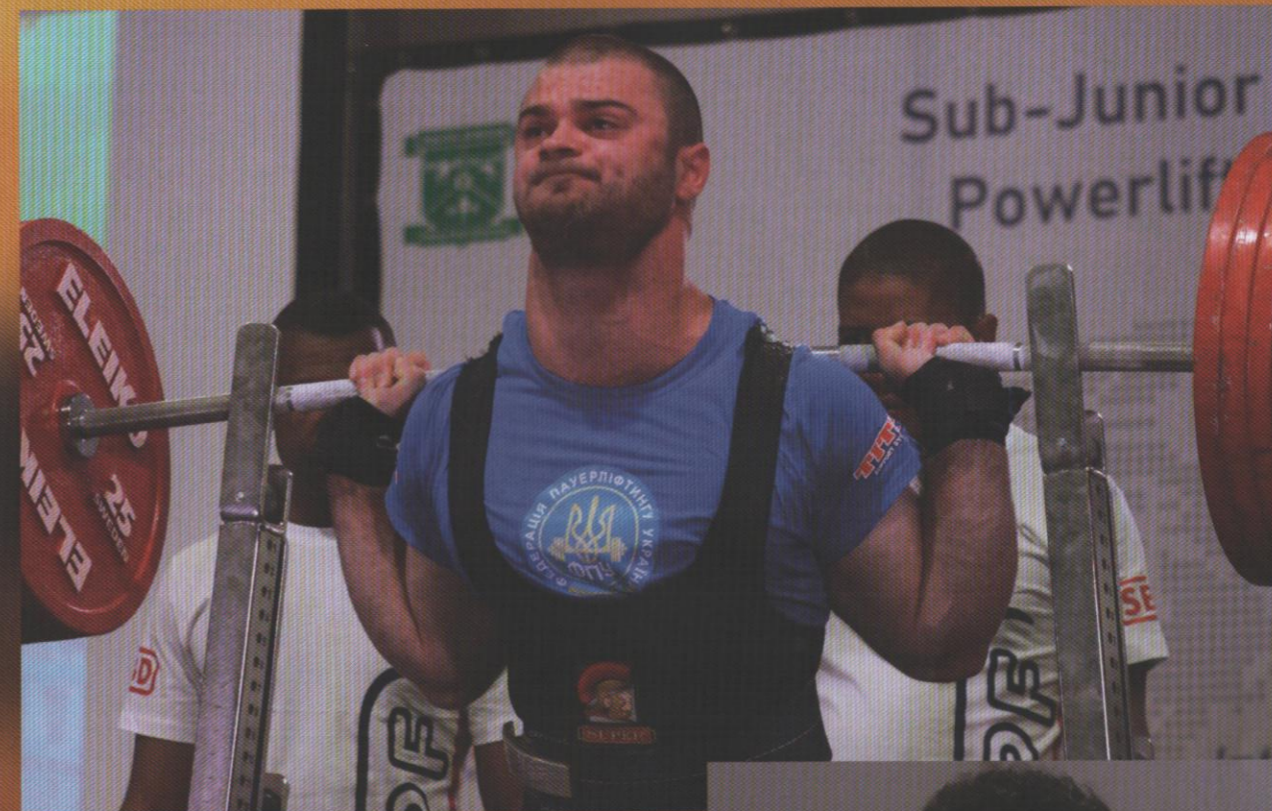
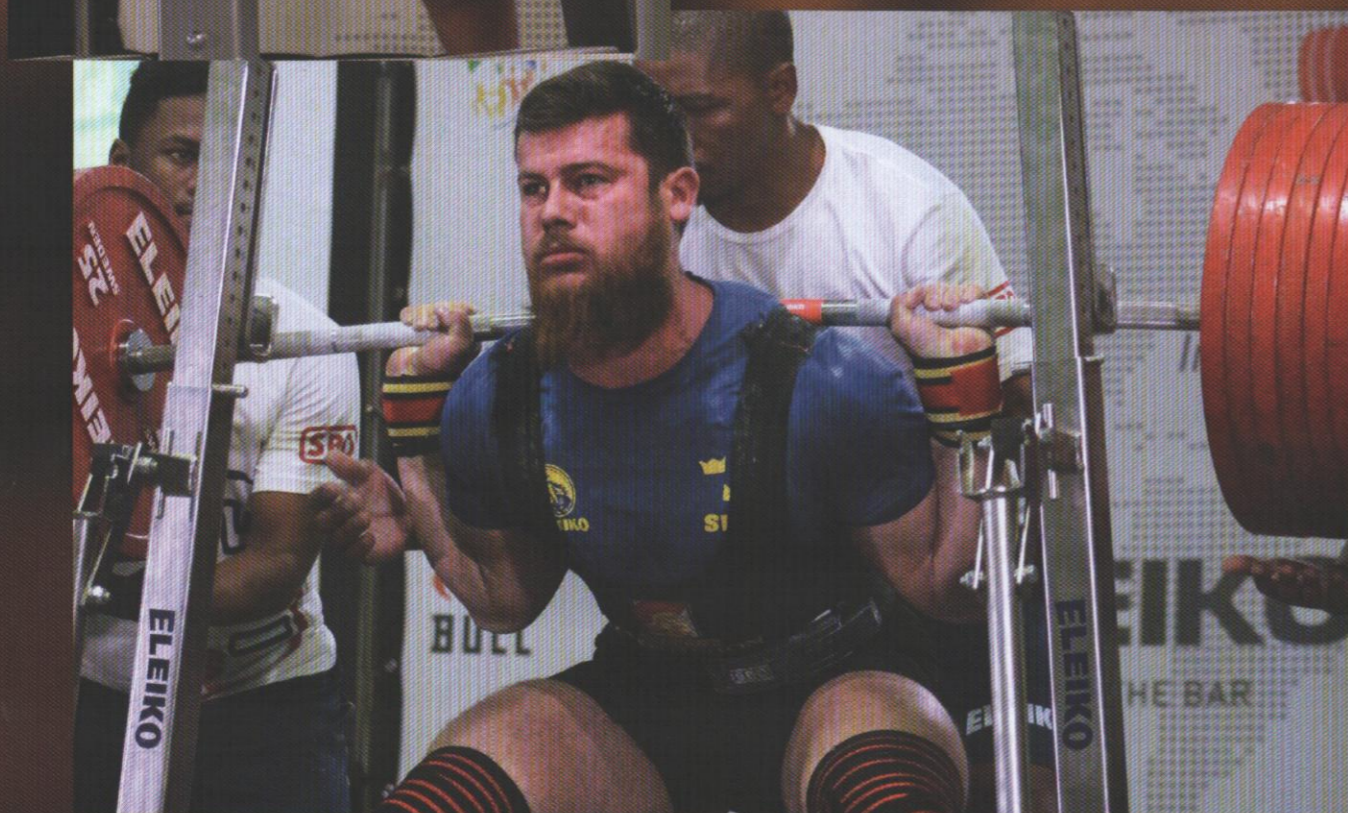
Vladislav Shaibekov (RUS) set the scene with a 332.5kg squat but it is hard to beat multiple world records and he would take home the silver medal in the 83kg class.

Coy Jordan (USA) held his ground with a 320kg squat and took home the bronze medal overall in the 83kg class.

Oliver Dahlvist (SWE) (*below*) dominated early with 342.5kg squat and 260kg bench press and did enough in the deadlift to hold onto the gold medal in the 93kg class.

Marat Aminov (RUS) did everything he could to close the gap with a 305kg deadlift and enough to secure the silver medal in the 93kg class.

Moises Villon (ECU) stayed in touch with 320kg squat and took home the bronze medal overall in the 93kg class.



Oleksandr Rubets (UKR) dominated the 105kg class with world junior record total of 1071kg, a world Junior record bench press of 301kg and the gold medal overall.

Not to be outdone Danylo Kovalov (UKR) hit back at his team mate taking the bench press world Junior record out from under him with 301.5kg and silver overall in the 105kg class.

Yaroslav Dikun (RUS) gave it everything he had and held on to the bronze medal overall with an 860kg total in the 105kg class.

Dylon Cook (USA) AKA Mr Consistency went 9 from 9 to get the job done with a 925kg total for the gold medal in the 120kg class.

Julian Sagoy (NOR) pulled a massive 342.5kg deadlift to secure the silver medal in the 120kg class.

Mikhail Masov (RUS) put up a bench press to impress at 240kg to take out the bronze medal overall in the 120kg class.





Andrii Shevchenko (UKR) (*left*) had it all his own way with a massive 402.5kg squat and a 1,025kg total for the gold medal in the 120+kg class.

Akos Labat (SVK) tried to hold pace with 390kg squat taking the silver medal overall in the 120+kg class.

Gudfinnur Magnusson (ISL) gave it everthing he had with a 275kg bench press taking home the bronze medal overall in the 120+kg class.

Sub-Junior Women

Ashiga Arumugam (IND) (*below*) made her first appearance at the World Championships and walked away with the gold medal and a 210kg total in the 43kg class.

Veronika Chashcukhina (RUS) got of to a solid lead with a 160kg squat and took away the gold medal in the 52kg class.

Quamecca Stafford (USA) pulled up a 145kg deadlift to secure the silver in the 52kg class.

Angelina Battige (USA) took home the bronze medal in the 52kg class with only 10kg separating second, third and fourth.



Anastasiia Antoniuk (UKR) (*above*) got off to a solid lead with a 170kg squat to take the gold medal overall in the 57kg class.

Alina Domashina (RUS) secured the silver with a 152.5kg deadlift in the 57kg class.

Anastasia Ivacheva (RUS) took the bronze overall with a 145kg deadlift and was only 5kg behind the silver medal total in the 57kg class.

Daria Lomatskaia (RUS) (*right*) puts up a 133kg world sub junior bench press record and 513kg world Sub-Junior total record to take the gold medal in the 63kg class.

Machaela Exnor (USA) totals a solid 427.5kg for the silver medal in the 63kg class.

Anhelina Kyiakh (UKR) put up a solid 150kg squat to take the bronze overall in the 63kg class.





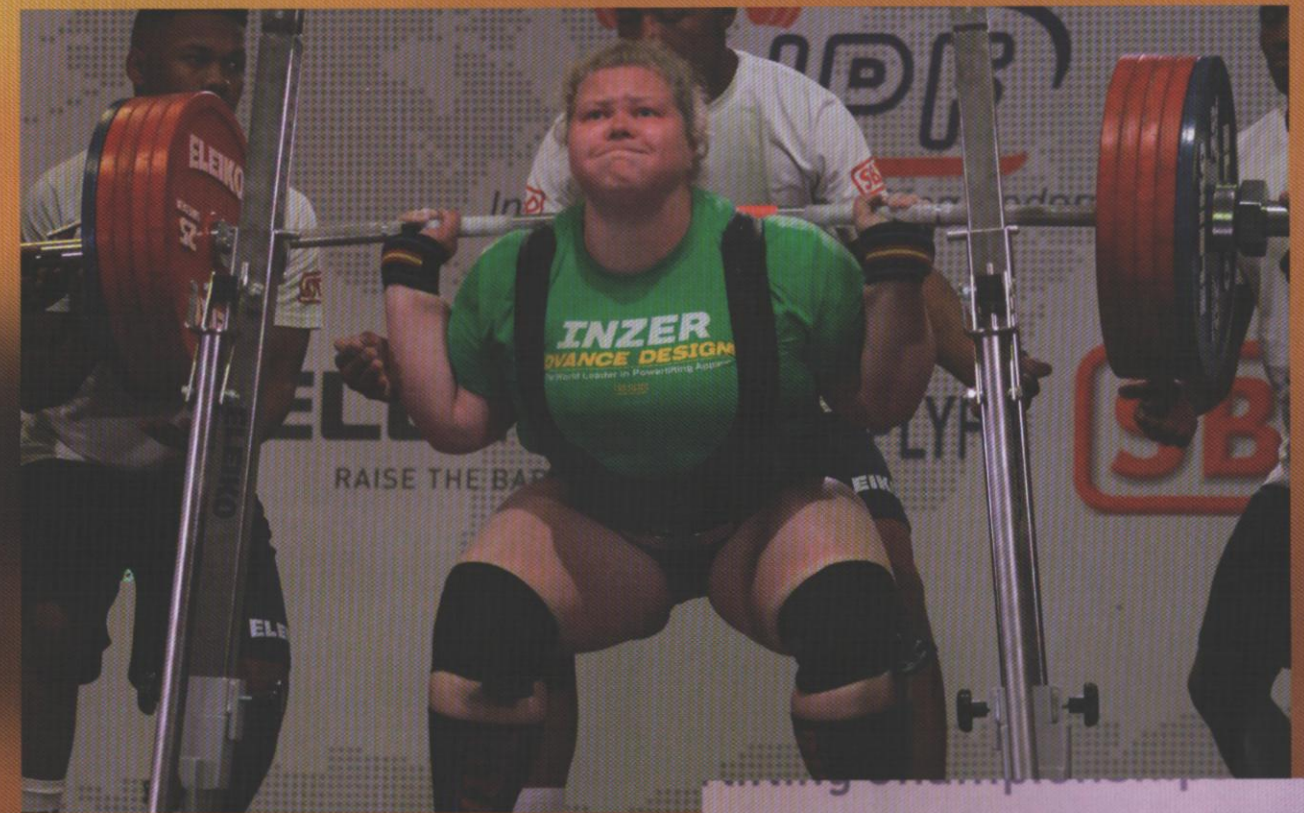
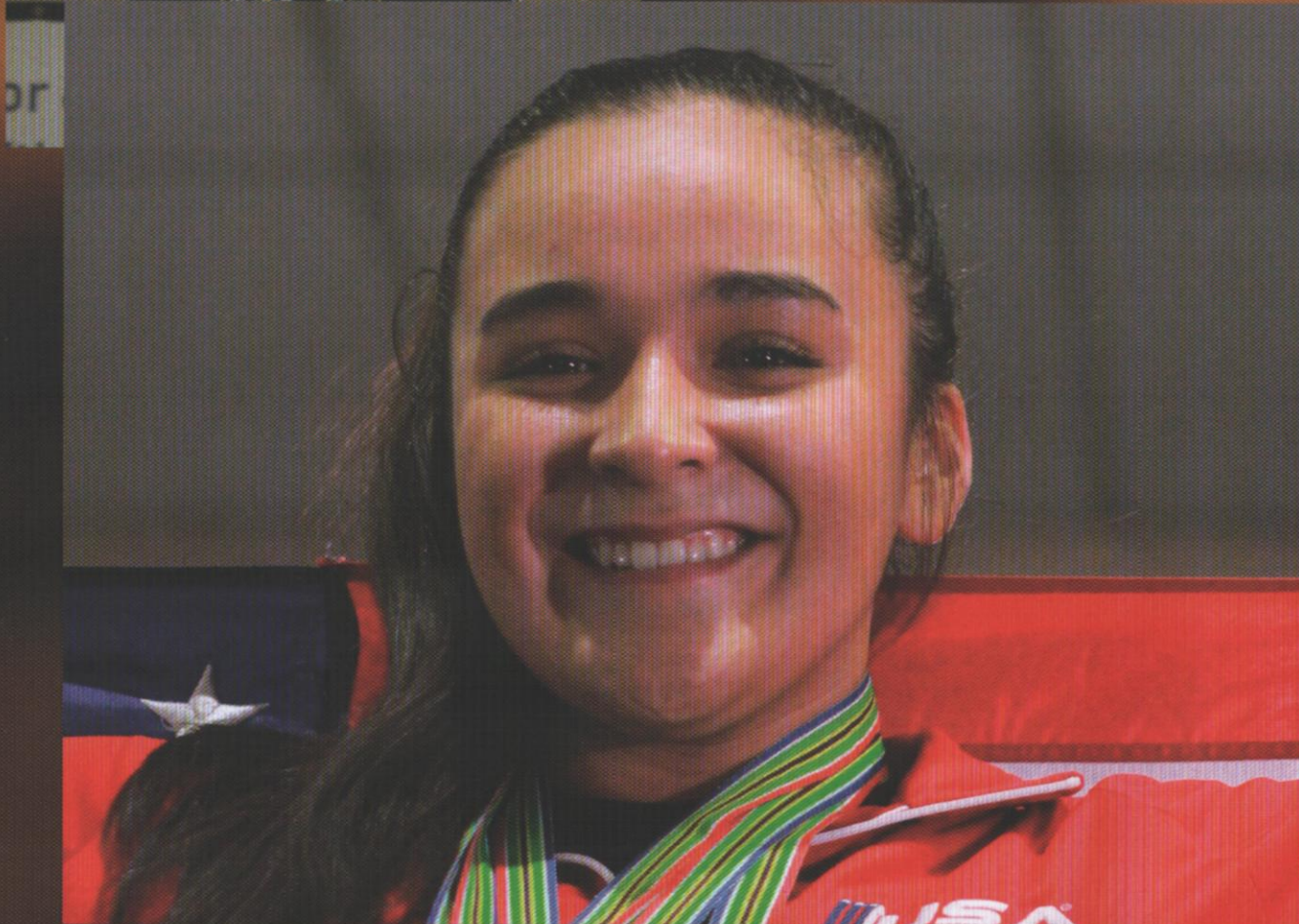
Ruslana Krasnova (UKR) (*left*) dominated all 3 lifts starting with a 200kg squat to take the gold medal overall in the 72kg class.

Shay Naquin (USA) put the pressure on in every lift finishing with a 172.5kg deadlift and the silver medal overall in the 72kg class.

Shyanne Naquin (USA) was only 2.5kg behind the silver medal to take the bronze with a total of 445kg in the 72kg class.

Leann Ramirez (USA) (*below*) got off to a rocky start but a 180kg deadlift to finish locked in the gold medal in 84kg class.

Anna Vozmilova (RUS) got off to an early lead with a 200kg squat but Leann proved too strong leaving Anna with the silver medal in the 84kg class.



Daria Efimtseva (RUS) (*above*) came to Africa on a mission and secured the gold with a 635kg world Sub-Junior record total and a world Sub-Junior record squat of 265kg in the 84+kg class.

Danielle Eaglin (USA) gave it everything she had and locked in the silver medal with a 462.5kg total in the 84+kg class.

Harmini Brown (USA) pushed herself to the limits with a 427.5kg total for the bronze medal in the 84+kg class.

Junior Women

Polina Kirillova (RUS) (*right*) put up a 127.5kg deadlift to take gold in the 43kg class.

Dariia Brazhnyk (UKR) got out in front on body weight with a 127.5kg squat and took home the silver medal in the 43kg class.

Ya-syuan Jheng (TPE) stayed in the game with a 122.5kg deadlift and the bronze medal in the 43kg class.





Aoi Sawayama (JPN) (*below*) hit the lead early with 152.5kg squat and held the lead to take the gold medal in the 47kg class.

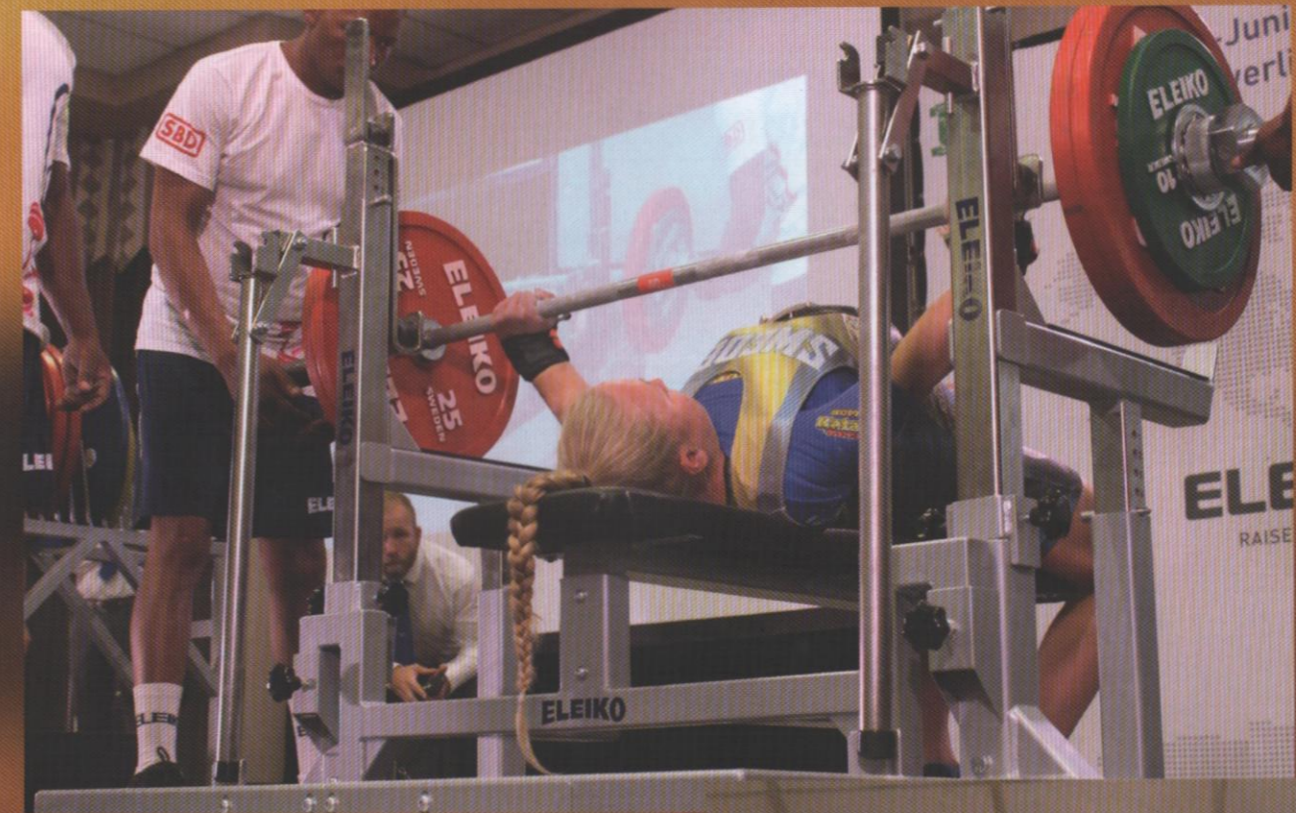
Miyabi Kikuchi (JPN) put up a 97.5kg bench press to try and gain some ground and went home with the silver medal in the 47kg class.

Kyra Rodriguez (USA) pulled a massive 157.5kg deadlift for a 360kg total just missing out on the silver medal on body weight in the 47kg class.

Tetyana Shlopko (UKR) (*left*) was dominating in the squat with a continental Junior record of 192.5kg and the gold medal in the 52kg class.

Margarita Vasileva (RUS) put in the hard work totalling 437.5kg for the silver medal in the 52kg class.

Tatiana Smolekho (RUS) stayed close with a 435kg total and the bronze medal in the 52kg class.



Daniela Kolesnik (RUS) (*right*) got off to a rocky start but a 180kg deadlift was enough to get the gold in the 57kg class.

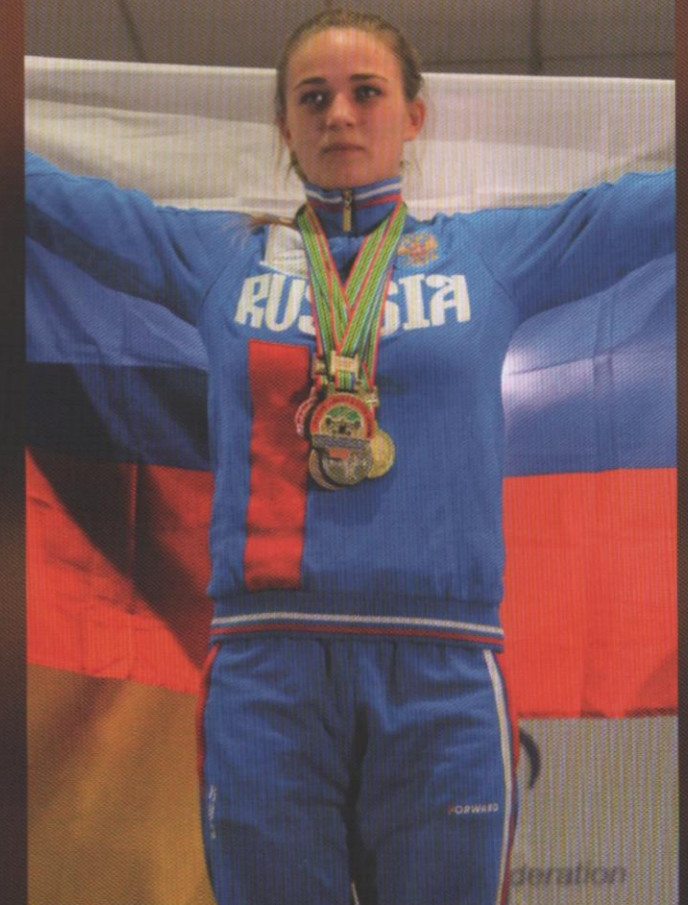
Nataliia Harhunovska (UKR) took to the front early with a dominating 200kg squat and took the silver medal overall in the 57kg class.

Lauren Lent (USA) put in a monster 182.5kg deadlift to pull back some ground and secure the bronze medal in the 57kg class.

Matilda Vilmar (SWE) (*above*) set the scene with a world junior record bench press of 146kg and the overall gold medal in 63kg class.

Jordanne Panton (USA) pulls a huge 215kg deadlift to secure the silver medal in the 63kg class.

Lena Sjoel (NOR) totalled 512.5 kg for the bronze just missing the silver by 2.5kg in the 63kg class.





Jessika Lowe (SWE) (left) had rocky start but held on with a 547.5kg total to take the gold medal in the 72kg class.

Mariia Erokhina (RUS) gave it everything she had with a 195kg deadlift to finish just 2.5kg behind for the silver medal in the 72kg class.

Cassandra Carlton (USA) got out to an early lead with a 230kg squat and took the bronze medal in the 72kg class.

Sarah Davis (USA) (below) had a nervous start but a 220kg deadlift gave her the gold overall in the 84kg class.

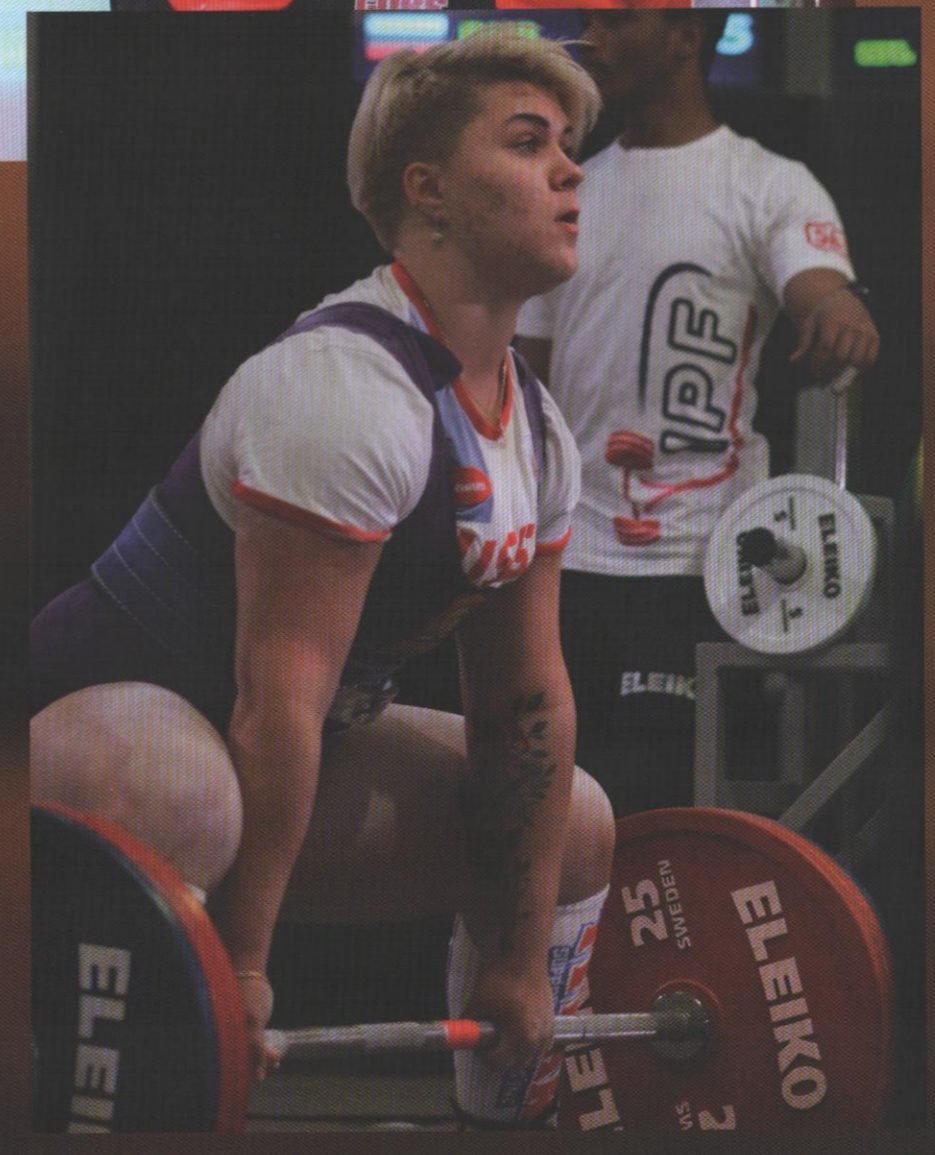
Stine Hamre (NOR) dominated in the squats with a 227.5kg squat and secured the silver medal overall in the 84kg class.

Johanna Huebenthal (GER) held on with a 210kg deadlift for the overall bronze medal in the 84kg class.



Anastasiia Minaeva (RUS) (right) dominated the 84+kg class in all 3 lifts totalling 537.5kg for the gold medal.





Anusha Donkena (IND) (above) had a nervous start missing her first 2 squats but managed to get 177.5kg on the board and the silver medal in the 84+kg class.



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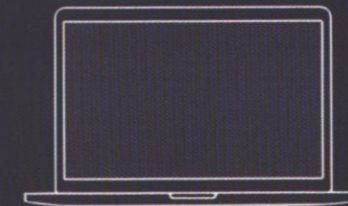
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2018 IPF HALL OF FAME RECIPIENTS

Female Athlete - Ana Rosa Castellain

- 2x World Games winner 2013 and 2017
- 2x Equipped World Champion 2013 and 2016 2x Classic World Champion 2016 and 2018
- 3x Equipped Runner-up World Champion 2012 / 2014 / 2015 2x Classic Runner-up World Champion 2014 / 2017
- Bronze Medallist Equipped Worlds 2011
- 3x Pan American Equipped Champion 2007 / 2009 / 2015
- 3x South American Champion 2011 / 2013 / 2015
- 4x Brazilian Classic Champion
- 7x Brazilian Equipped Champion

Male Athlete - Tsung-Ting Hsieh – Chinese Taipei

Tsung-Ting, born in 1982, first found his love for sport in junior high school. He joined the school track and field team and specialized in 400m and 800m. It was not long before a PE teacher who was promoting cross training with powerlifting to his



track and field team spotted Tsung-Ting's potential in the sport. With this teacher's encouragement, Tsung-Ting's interest in powerlifting grew and he finally made the switch to focus on powerlifting when he was 15 years old.

Just a year later, in 1998, Tsung-Ting was selected to represent Chinese Taipei in his first international meet at the Asian Powerlifting Championship where he placed third in the Open 52kg weight class. Six months later, he won his first IPF Championship title at the age of 16 in the 52kg weight class at the 1998 Junior World Powerlifting Championship.

While an impressive early start to one's career can sometimes be a hindrance to a young athlete's future development, it is now evident that this was not to be the case for Tsung-Ting. Under the strict tutelage of his coach Ms CHAO Chen-Yeh (herself a multi-time IPF Champion, Hall of Famer, and current Chinese Taipei General Secretary and Asian Powerlifting Federation Technical Chairperson) and teachings from many other former coaches and athletes of the previous Chinese Taipei Teams, Tsung-Ting went on to win:

- 4x IPF Junior titles (1 of which as best overall lifter, 2 as runner-up)



- 11x Asian Powerlifting Federation (APF) Open titles (9 of which as best overall lifter)
- 3x APF Bench Press titles
- 6x IPF Open titles (3 as runner-up overall best lifter)
- 1x IPF Classic Open title (in the first IPF World Classic Powerlifting Championship)
- Gold in the 2009 World Games

After an impressive 20-year international career, now at age 36, Tsung-Ting has no intention of stopping. He is now a IPF category 1 referee, coach and current board member of the Chinese Taipei Powerlifting Federation and the most senior member of the current Chinese Taipei's Open Category Team.

Tsung-Ting's contribution to the Taiwanese Powerlifting Community has proven to be substantial. His vast influences on younger lifters

and laymen enthusiasts alike resulted not only from his method of coaching and lifting technique, but also from his integrity, honesty, humility and sense of humour. One only has to visit a National Powerlifting meet in Taiwan to see the number of young lifters imitating Tsung-Ting's signature gestures, a shout and punch to his chest with his right fist before attempting a lift; and a swift flick of his belt buckle to loosen his belt after an attempt.

Lee Shui-Chuan, President of the Chinese Taipei Powerlifting Association was asked to name one thing for Tsung-Ting to improve upon in his Powerlifting career. "It has to be his appalling grasp of the English language! Indeed, his purple Cat 1 referee badge has been a constant topic of inside jokes amongst his friends within the Taiwanese Powerlifting Community!" However, Shui-Chuan continues, "I have many times heard Tsung-Ting say to younger lifters:

The IPF is a big family, my family, young and old, I know everybody so well that I can understand what someone is saying in another language most of the time by observing their body language alone. This surely demonstrates that Tsung-Ting is someone who has built a career with the IPF and its ideals of promoting communication, understanding and friendship with enthusiasts and professionals all over the world through the love and dedication to the art of powerlifting."

The IPF agree. Tsung-Ting was unanimously elected to be inducted to be the 2019 IPF Male Hall of Fame recipient. Congratulations!

Female Official – Dr. Josephine Ip – Hong Kong

Dr Josephine Ip is an orthopaedic hand surgeon in advanced clinical practice for almost 30 years. She first engaged in powerlifting in 2001. Since 2002 she has also been a Certified Strengthening & Conditioning specialist. In the past 18 years, she has contributed significantly to the Hong Kong Powerlifting Association, the Asian Powerlifting Federation and the International Powerlifting Federation.

Although Josephine started powerlifting at as a Masters lifter, she was the best female lifter in all of the Hong Kong Powerlifting and Bench Press Championships from 2002 to 2016.

In 2004, Josephine was elected to be the Chairlady of the Hong Kong

Powerlifting Federation and she has given much time and effort to the development of powerlifting in Hong Kong since then. She has been central in raising the profile of powerlifting in general and has been coaching athletes with a special interest in women, in Hong Kong since 2004. Josephine organizes structured coach courses as well as Referee courses in Hong Kong.

She was awarded the Best Coach Award from the Hong Kong Sports Institute in 2016-2018 to commend her achievement in coaching. Josephine continues to work vigorously against doping having introduced anti-doping testing in powerlifting championships even before the formation of Hong Kong Anti-Doping Committee.

Contribution to Asian Powerlifting Federation (APF)

Josephine was elected as APF Executive Committee member and Medical Committee Chair in 2015. She has arranged anti-doping seminars in the Asian Championships and assisted in anti-doping tests.

From 2018, Josephine has been supervising the APF magazine. Josephine contributes the anti-doping column in every issue and the information is translated to Persian, Russian and Japanese to ensure anti-doping knowledge is better spread to lifters and coaches throughout the region.



Contribution to International Powerlifting Federation

Having the appropriate experience and expertise, Josephine was elected to both the IPF Medical and the Coaching Committees since their formation. She is currently still heavily involved in TUE approval process and other duties in the Medical Committee. Josephine was elected to IPF Executive Committee as Medical Committee representative since 2016. As such she is now heavily engaged in general IPF business. She arranged the first face-to-face meeting between the Chinese Sports Ministers and IPF President and his team in Beijing in early 2018, with China now on the way to becoming an IPF member. Josephine intends to keep up her current efforts to help powerlifting move forward.

Hong Kong Powerlifting

- Best lifter in Hong Kong Powerlifting and Bench Press

Championships in 2002-2016

- Faculty of Powerlifting Coach course 2001, local coach in powerlifting since 2001
- Chairlady since 2004
- Best Coach Award 2016-2018
- Hong Kong Anti-Doping Committee medical representative since 2008

Asian Powerlifting

- APF lifter since 2002
- Asian Masters record holder
- Meet director of APF Championship in 2008, 2015, 2019
- APF Technical Committee Chair 2014
- APF Executive Committee since 2015
- Anti-doping seminars
- Supervisor of APF magazines



International Powerlifting

- IPF lifter since 2006
- Cat 2 referee 2004
- Cat 1 referee 2008
- Member of Coaching Committee since 2006
- Member of Medical Committee since 2006
- IPF Executive Committee member since 2017
- Facilitating China to enter IPF

Male Official – Johnny Wiklund – Sweden

Johnny has been one of the most important individuals regarding the evolvement of Swedish powerlifting. He has been involved in the federation since the early seventies as a lifter, referee, member of several boards, chairman of the Swedish Executive Referee Committee and as President of the Swedish Federation.

Johnny started his career as a referee in 1982 and became an international Cat 2 referee in 1990. As chairman of the Swedish Executive Referee Committee he has always strived for developing well-educated and competent Swedish referees all the way from the beginning and up to the 15 international referees Sweden has today. He is both a leader, a role model and a mentor.

Some of Johnny's national and international achievements during his time in powerlifting:

National:

- Became a referee in 1982
- Chairman of the Swedish Powerlifting and Weightlifting Federation Referee Committee 1983-1994
- Member of the Swedish Powerlifting and Weightlifting Federation board 1983-1988
- Chairman of the Swedish Powerlifting Federation Executive Referee committee 1996 – current.

- Member of the Swedish Powerlifting Federation board since 2009
- Vice President of the Swedish Powerlifting Federation 2011
- President of the Swedish Powerlifting Federation since 2012 – current.

International:

- International Cat 2 referee since 1990
- International Cat 1 referee since 1993
- Member of the International Powerlifting Federation Technical Committee 2003 – current
- Member of the European Powerlifting Federation Technical Committee 2015 – current
- Member of the Nordic Powerlifting Federation board since 2012 – current
- Organizer of the first Classic World Cup in Stockholm and the European Masters Classic Powerlifting Championship in Helsingborg
- Organizer of the 2018 Open World Powerlifting Championship in Halmstad and the 2019 World Classic Powerlifting Championship in Helsingborg
- Speaker at several international championships, including World Games



Above: ORPF DELEGATES attend IPF General Assembly
 Right: Oceania Nations at Regional Championships

Oceania Regional Powerlifting Federation – A New Federation with... **OCEANS OF SMILES**

Following the formation of the Oceania Regional Powerlifting Federation (ORPF) early in 2018, delegates from 11 Oceania nations travelled to Sweden to attend the 2018 IPF General Assembly to see and hear for themselves from the IPF Executives and the gathered member nations from around the world, about the IPF and the directions going forward.

High level meetings with the delegates allowed for detailed discussions with full transparency so that all question were

By Christina Chamley

ORPF Member Nations:

- Australia
- Fiji
- French Polynesia
- Kiribati
- New Caledonian
- New Zealand
- Papua New Guinea
- Republic of Nauru
- Samoa
- Solomon Islands
- Tuvalu

Meet the ORPF Interim Executive Officers

- President: Michael Kingston PNG
- Vice President: Dominico Vaotoa NCL
- Secretary General: Eric Jioje FIJI
- Treasurer: Gordon Thorogood AUS
- Technical Committee: Joel Ridings AUS

answered. Subsequently, delegates voted unanimously to affiliate each of their nations to the IPF.

Once home in the Oceania Region, they wasted no time in getting up and running with their first Regional Championship held just one month later on the Gold Coast hosted by the Australian Powerlifting Union. This first ORPF was a triumph with over 80 competitors from across the Oceania Region competing in both the Classic and Equipped formats and six referees from four Oceania nations passing their International Cat 2 Referee exam.

With a new website and Facebook page, the ORPF are sending the message out across the Oceans that this region is strong and moving forward in a progressive, representative and democratic way.



NEWS FLASH!

Pacific Games Council confirms its continued association with the IPF and invites the ORPF to be the technical delegate for the powerlifting event at the Games in July 2019 in Samoa!

L'AVENIR – THE FUTURE – EL FUTURO

Far, far away, in a small country in the south eastern region of South America, that is populated by Spanish immigrants, Italians and a prominent French group, is L'avenir, what could be the oldest gymnasium of weights, gymnastics and wrestling in the world!

Opened on April 3, 1892, as a Society of Gymnastics, Wrestling and Weightlifting, L'avenir was the first sports institution in Uruguay designed for continuity over time, sports development, national and international participation in tournaments, amateur sport and strict adherence to international sports standards. Since then, L'avenir has positioned itself as the oldest Sports Weightlifting Club in the world, which has made it worthy of worldwide distinction and recognition by different sports federations and the International Olympic Committee.

Originally founded by French people, they offered their facilities to the general public. Nevertheless, they maintained their French customs and language, with their Books of Acts written in French. From this institution emerged the first Physical Education teacher from Uruguay, named Paul Lebet, who graduated in Switzerland in 1884, where he stood out as a great gymnast and later as the first teacher of physical education in the country. Undoubtedly, he was ahead of his time, by proclaiming the benefits of physical education for women as early as 1914 championing gender equality, a cause still pursued to this day.

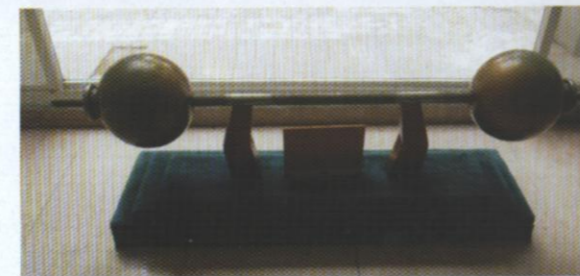
The development of powerlifting at this facility is a story of its own, but suffice to say that from within its walls it has produced a large number of national

By Eduardo Rodriguez Briatures - South American correspondent.



and international champions, being the first institution to promote and practice powerlifting.

Today L'avenir, with its fully renovated equipment, proudly exposes the original halters from the 1890's at its entrance, inviting the visitor to enter an institution that resembles a time tunnel. All Uruguayans who have participated vividly in the world of powerlifting, have emerged from its insides. The vast majority of Uruguayan athletes and leaders, who train there have learnt and embodied the fundamental principles of respect for the sports rival, fair play and sports solidarity, which, like this institution, will remain forever.



UNIVERSITY STUDENTS TEST THEMSELVES

Students from 50 Universities from around the world took on the hardest test of all at the University World Cup in Pilsen, Czech Republic

-47kg Women

- 1st Tetiana Shchavinska KHSU
- 2nd Paulina Szymanel GUT
- 3rd Sara Hegedis KIFST

-59kg Men

- 1st Julius Lim UQ
- 2nd Mitch Weiner NRIA
- 3rd Robin Bermudez NOTTS

-52kg Women

- 1. Katja Babic UNI-LJ
- 2. Julia Dru STP-C
- 3. Maris Vasenius ABDN

-66kg Men

- 1st Dawid Natorski WUT
- 2nd Sergei Chizhikov OMSU
- 3rd Adam Veres DE

-57kg Women (top)

- 1st Alena Zubova SFU
- 2nd Hanna Seppa UH
- 3rd Marika Zandecka AMU

-74kg Men

- 1st Alexander Kapturov RSPE
- 2nd Hugo Beaumont EXE
- 3rd Vadym Yarzhemskiy KHSU

-63kg Women

- 1st Stepanka Zidova CRLSU
- 2nd Hazzard Christiane OSU
- 3rd Romana Tea Kirinic ZGRU



-83kg Men

- 1st Mohammad Reiesi PNU
- 2nd Joey Ma TDEL
- 3rd Pavel Agarkov SWSU

-72kg Women

- 1st Alice Francis-Freeman GLSU
- 2nd Klara Zmeskalova TBU
- 3rd Suzanne Goulder CAM

-93kg Men (bottom left)

- 1st Aleksandr Usynin LETI
- 2nd Vid Leskovar SCP
- 3rd Kazakos Consta Sulopulos UPC

-84kg Women

- 1st Tatiana Didenko SSPE
- 2nd Innes Allouache USM
- 3rd Bronwen Adlington GLSU

-105kg Men

- 1st Corentin Clement FMUL
- 2nd David Kulcsar DE
- 3rd Kamil Filipiak AMU

84+kg Women

- 1. Heidi Lewis OSU
- 2. Oxana Semenukha SSUST

-120kg Men (bottom right)

- 1st Dawid Zaniewski WUT
- 2nd Jack Dunkley NOTTS
- 3rd Mark Faulkner NRIA

120+kg Men

- 1st Zoltan Seres DE
- 2nd Daniel Ordean LBUS

MONGOLIA HOSTS MASTERS WORLD CHAMPIONSHIP



Best Masters 1 Women on Bodyweight Formula

1st	Jodi Funk	USA
2nd	Maria Gudsteinsdottir	ISL
3rd	Annelie Izindre	SWE

Best Masters 1 Men on Bodyweight Formula

1st	Nobuyuki Hamada	JPN
2nd	Dale McLaren	USA
3rd	Steven Davenport	USA

Best Masters 2 Women on Bodyweight Formula

1st	Lara Sturm	USA (top)
2nd	Valentina Nelyubova	RUS (middle)
3rd	Mika Teramura	JPN (bottom)

Best Masters 2 Men on Bodyweight Formula

1st	McGurk Bernard	GBR
2nd	Garofalo Ronald	USA
3rd	Rakhimov Alimbek	KGZ

Best Masters 3 Women on Bodyweight Formula

1st	Hana Takacova	CZE
2nd	Jennifer Hunter	GBR
3rd	Vuokko Viitasaari	FIN

Best Masters 3 Men on Bodyweight Formula

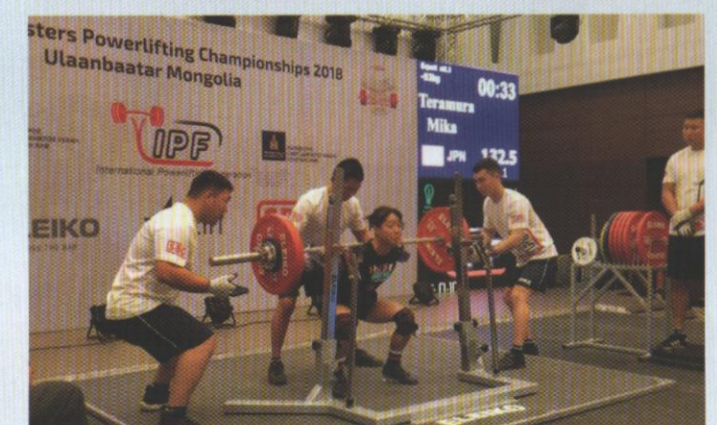
1st	Ray Vonna Baxter	USA
2nd	Gary Pamplin	USA
3rd	Aleksander Deltsov	RUS

Best Masters 4 Women on Bodyweight Formula

1st	Susa Elwyn	USA
2nd	Gail Moore	USA
3rd	Tatyana Fomina	RUS

Best Masters 4 Men on Bodyweight Formula

1st	Maamchuluun Tseveendorj	MGL
2nd	Guenter Luedecke	GER
3rd	Kazimierz Forys	GER





CALENDAR

For full calendar including Regional and Commonwealth Championships, Pacific Games, Arnold's events and IPF Coaching Courses please check the IPF website: www.powerlifting.sport

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

May **5-10**
SportAccord Conference
Gold Coast, Australia

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

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

July **21-27**
World University Powerlifting Cup
Tartu, Estonia

August **26-31**
World Sub-Junior & Junior Powerlifting Championships
Regina, Canada

October **07-12**
World Masters Powerlifting Championships
Potchefstroom, South Africa

November **17-23**
World Open Powerlifting Championships
Dubai UAE

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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
- Athlete's 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

