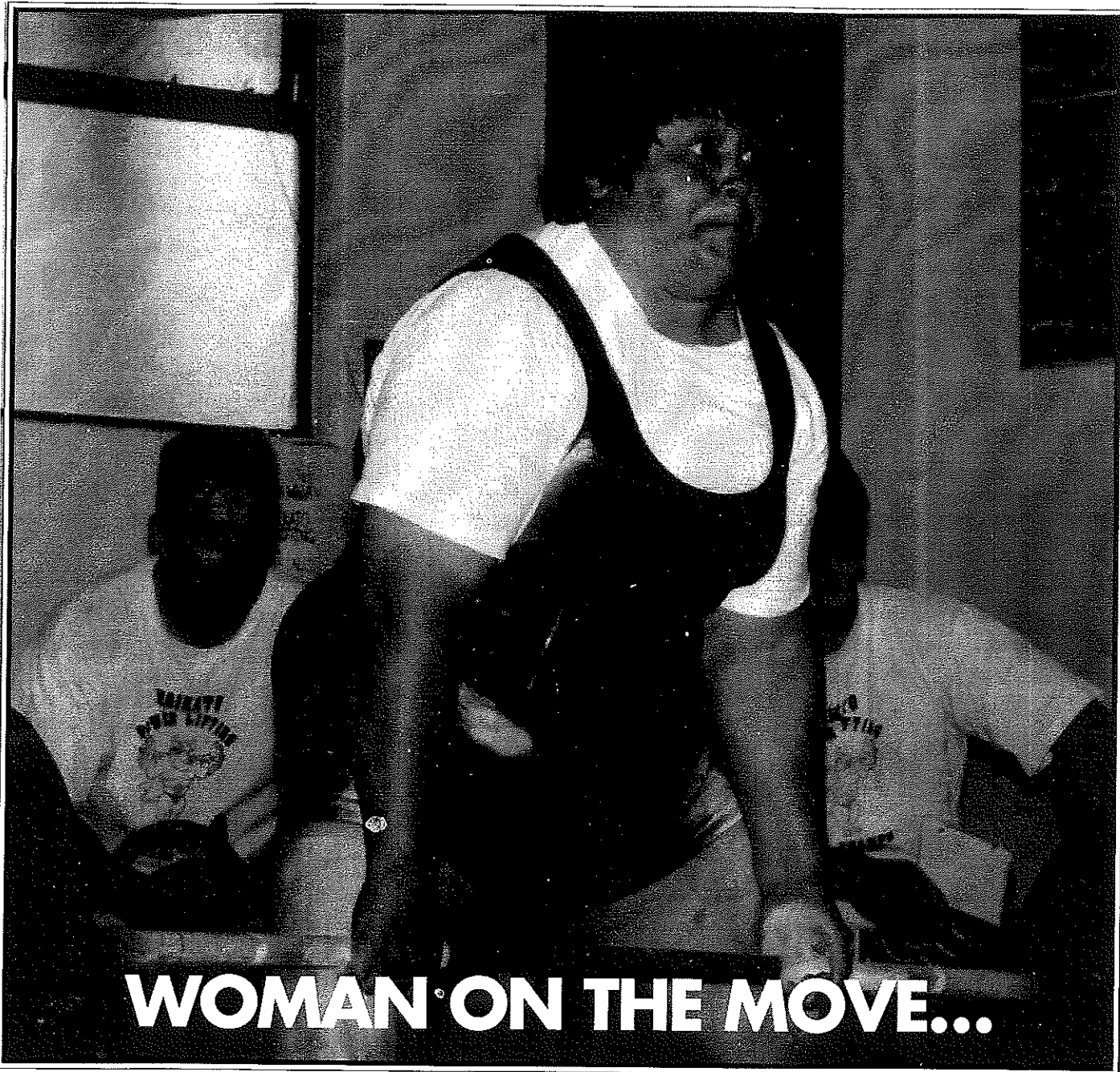




NEW ZEALAND POWERLIFTER

OFFICIAL MAGAZINE OF THE NEW ZEALAND POWERLIFTING FEDERATION



WOMAN ON THE MOVE...

June Johnson (Waikato) found 1992 to be a Powerlifting year she won't forget in a hurry. Oceania Open and Masters Champion, North Island Champion and Waikato Champion. She also won a bronze medal at the World Masters Championships. Add in lots of New Zealand Masters records and things are looking good. The photo shows June deadlifting a New Zealand Masters record 192.5 kg in the 90+ kg class at the Waikato Champs. June improved her Total by 50 kg during 1992. Top effort.

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NEW ZEALAND

ISSUE TEN
MARCH 1993

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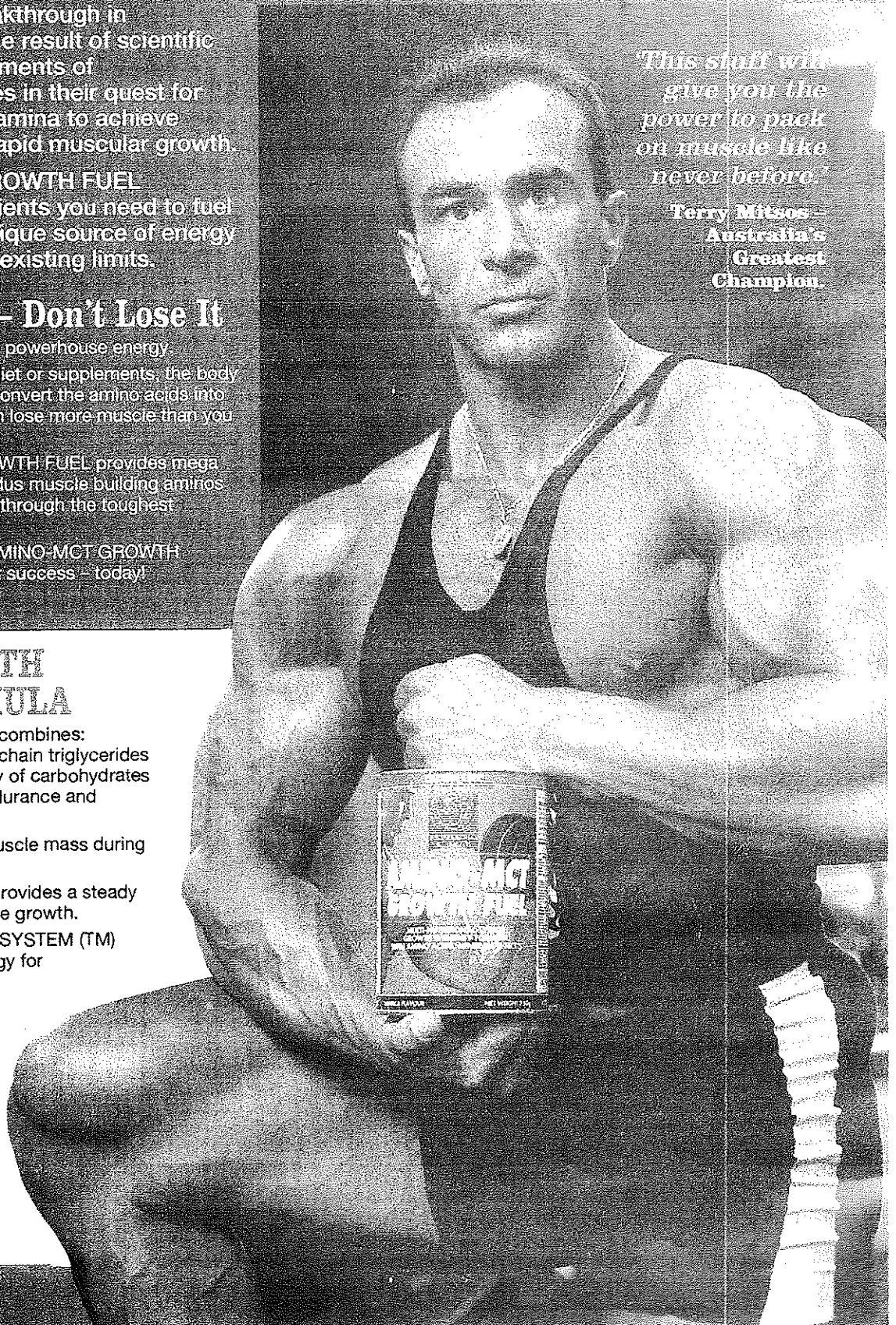
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NEW ZEALAND POWERLIFTER

POWERLIFTING IN NEW ZEALAND

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Contributors who wish their articles returned should include a stamped, self addressed envelope.

Although opinions expressed by contributors may differ from New Zealand Powerlifter editorial policy we are happy to provide a forum for dialogue and improvement of the sport.

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- South Island Championships
- Canterbury, Central Districts Championships
- 1994 Womens World Championships Countdown
- Lifter Profiles
- Powerlifting Nutrition

EDITORIAL

The 1993 Powerlifting year is now well under way with most local associations having had at least one contest to blow away the cobwebs. The early meets are an excellent opportunity for the newcomers to the sport to gain some lifting experience, so they can be ready for the bigger meets later in the year.

Most associations are now planning more contests over the calendar year to try and encourage more participation and it's up to all the current NZPF members to play our part and promote the benefits of Powerlifting.

This issue covers the 1992 Mens World Champs where Derek Pomana showed the other countries that he's going to be a real force in the next few years. Congratulations to the management and team on their strong efforts at the Worlds.

We also continue our countdown to the 1994 Womens World Championships in New Zealand next May. We have two more lifter profiles and Cathy Millen reports on the New Zealand Womens lifting scene.

Derek Pomana and Cathy Millen have been nominated for the Oceania/Asia team

to compete at the World Games in the Netherlands on July 23-24. Both lifters would be very worthy representatives.

This years New Zealand's Strongest Man contest, featuring many top powerlifters was a cracker. New Zealand Powerlifter covered the whole event as it came down to the last event to decide the winner. Congratulations to Colin Cox - winning for the 2nd year in a row. A great display of strength and power by all competitors.



With the advent of the Bench Press Shirts onto the World Lifting scene, look out for lots of records to be broken this year. The biggest Bench Press poundage in New Zealand history will probably be broken, and it will be interesting to see how much everybody will improve their poundages compared to their past performances.

Good luck to all competitors in the upcoming provincial contest and the South/North Island Championships. Personal Best lifts are the name of the game.

STEPHEN KING
EDITOR

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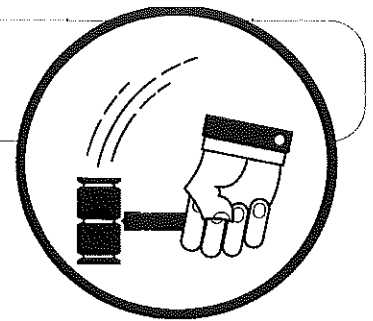
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THE PRESIDENT'S PATCH



With 1992 having passed, we have another lifting year to look forward to. The many successes of 1992, by so many lifters, have had a positive effect on the profile of Powerlifting as a result of the good publicity received. However, life goes on and all that was achieved is soon forgotten by the New Zealand public as other events and sports catch their attention. All too often, various sports codes have had good years in terms of results and publicity, only to lose the momentum gained by not maintaining the effort; or by not striving, not only hold the previous level achieved, but raising it another notch or three. As all top sportspeople know, you are only as good as your last result.

Obviously, one of New Zealand's Powerlifters biggest goals is the 1994 Women's World Champs which are not much more than a year away. However, there is a lot of work to be done, not only for that contest, but for the many other events around the country. One way is to link events and results to an upcoming event i.e. the 1994 Women's Worlds or some other prestigious event. That way publicity is maintained for both current and future events.

The publicity achieved from results and marketing future events, has various likely spinoffs including:

- a) Media coverage, newspapers, magazines, radio and best of all - television
- b) Increased popularity of the sport through being in the public eye more often
- c) An increase in popularity and likely participation levels requires an increase in administration time, effort and costs
- d) These developments would lead to a likely increase in sponsorship opportunities, and an increase in interest and monitoring by both the prospective sponsors and funding/support agencies such as the Hillary Commission and the Sports Foundation.

All of the above will almost undoubtedly (in fact already is beginning to) lead to far greater

expectations from all parties concerned. Sponsors want something back for their money, as do the Hillary Commission, Sports Foundation etc., and therefore, will be keeping a closer eye on how we operate within the NZPL at all levels. However, there is no need to get alarmed as there is plenty of advice available from agencies like the Hillary Commission and Provincial Sports Foundations on sports administration and the like. As volunteers, some of who, have been coerced or "nudged" into taking administration positions, we are all on a learning curve. One of the major secrets or major foundations of good administration is "Communication". For those of us involved in the administration of Powerlifting, that means within all the various levels of the NZPL, from club to National level, and also with individual members and all other parties with whom we deal (Sponsors, media, venue managers/owners, local councils etc.). The main point being that no one is a mind reader, and therefore good "early" communication is necessary to convey ideas, results, event calendars, contest entry information, new methods or systems etc.

One of the key points of communication of course, is ensuring that it is timely, or early enough to enable the receiver to respond in plenty of time without undue pressure. This can usually be achieved with a bit of effort and planning. An obvious example is the difficulty involved in producing this magazine, due to lack of up-to-date, "unreal" information.

There have been a number of gripes about the information in the magazine being out-of-date. However, Steve King and Nutra-Life (to whom we are very grateful for bearing the costs of this magazine) cannot provide this service without information. Furthermore, that information must be current or newsworthy. It doesn't take much to post a photocopy of contest results in an envelope and the sooner it's done, the more useful the information is. Try making that a routine matter at the

end of each contest: along with a copy to the National Secretary - Brett Seamer (all contest results are supposed to go to him). Have the envelopes already made out, as part of pre-contest organisation. If you have an article (no matter how short - even a cartoon or comical story related to the sport) post it to Steve.

We, with whom you have entrusted the administration of our great sport, therefore ask for your support. Please make that support positive and timely so that we may all strive to develop Powerlifting in our clubs, provinces and nationally. We can all help each other through the many learning curves that a relatively small amateur sport, supported by volunteers, must pass in its developmental stages. The potential for growth is enormous and the possible rewards are achievable, but it requires "concentrated" effort to a structured plan.

Obvious examples of what can be achieved are the wonderful successes of golf and swimming in New Zealand. The foundations for their successes were built several years ago, they did not happen overnight. Their current levels of success were built upon commitment. From their junior competitors, through to their elite athletes and National administration, they strove for the same goals by working together. The opportunity is there; it is up to all of us to work on last years and previous successes to finally realise our sports potential. To this end, we intend using the advice and expertise of organisations like the Hillary Commission, Sports Foundation and professionals who can help us achieve our goals, as well as the experience and knowledge within our membership.

**GERRY SANNUM
PRESIDENT NZPL**

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DEREK POMANA ONLY ONE LIFT AWAY FROM A MEDAL

World Championships Birmingham, England

Report by Grahame Fong

With a record number of entries, it was obvious even before the first weight was lifted, that the competition was going to be tough, and so it proved, with most medal totals being up on last year. The competitiveness became evident very early on as Inaba of Japan was beaten for only the second time at World Champs level, and Isagawa, also of Japan, a former world champion, was caned in the 56 kg class, finishing out of the medals. We originally had four lifters entered; Geoff Cairns (67.5 kg), Kevin Judson (82.5kg), Derek Pomana (100 kg), and Colin Cox (125 + kg). Kevin withdrew as he had competed in September at the Masters' Worlds and as a further example of how hot things were, last year's winning total in the 82.5 kg class would have been good enough for only fifth place this year.

67.5 KG CLASS

Geoff was our first lifter on the platform, and he was looking for a good total as a swansong to his international career. A hard second attempt squat at 237.5 kg, a good third bench press at 142.5 kg, and a third deadlift at 222.5 kg gave him a tenth place finish with a 602.5 kg total. By his own standards, Geoff was disappointed with his total and his placing. However, his benchpress was only 5 kg away from a medal, and I am sure that had he been lifting in the second group, he would have achieved that. Geoff has had a long and distinguished career in lifting, and he has always been a worthy international representative and ambassador for the sport.

100 KG CLASS

Derek was next up and his first success was making weight at 99.9 kg, the heaviest lifter in the class. Derek was distinctly disadvantaged by being placed in the first group (based on his best precontest total), as lifters in the second group would know what total they had to chase. He opened with a very comfortable 342.5 kg squat, followed by a 362.5 kg success and a 367.5 kg failure. He had had problems with his shoulder but this was not reflected in his benchpress as he had three good lifts, finishing with a strong 202.5 kg. His sub-total of 565 kg put him in the

lead by 17.5 kg and a medal was definitely on. Derek's weakest lift is the deadlift, and his opener of 282.5 kg compared with ten lifters starting at 300 kg or better, confirmed this. Positions see-sawed throughout the deadlift, and Geoff and I had the unenviable task of working out running totals after each deadlift by several lifters. The most difficult decision was nominating the third attempt, as lifters in the second group were still to lift. After much agonizing and a weight change, we put him in at 307.5 kg which we felt would put him into the medals. Unfortunately, Derek just failed with this weight and finished with a great 862.5 kg total. All we could do then was to sit back, cross our fingers and toes, and rely on others missing a lift to assure Derek of a medal. We almost did it, but nobody obliged at the critical time, and we were left lamenting what might have been. One deadlift made the difference. Derek did have the consolation of striking gold in the squat with his 362.5 kg effort. You did a great job Derek - congratulations.

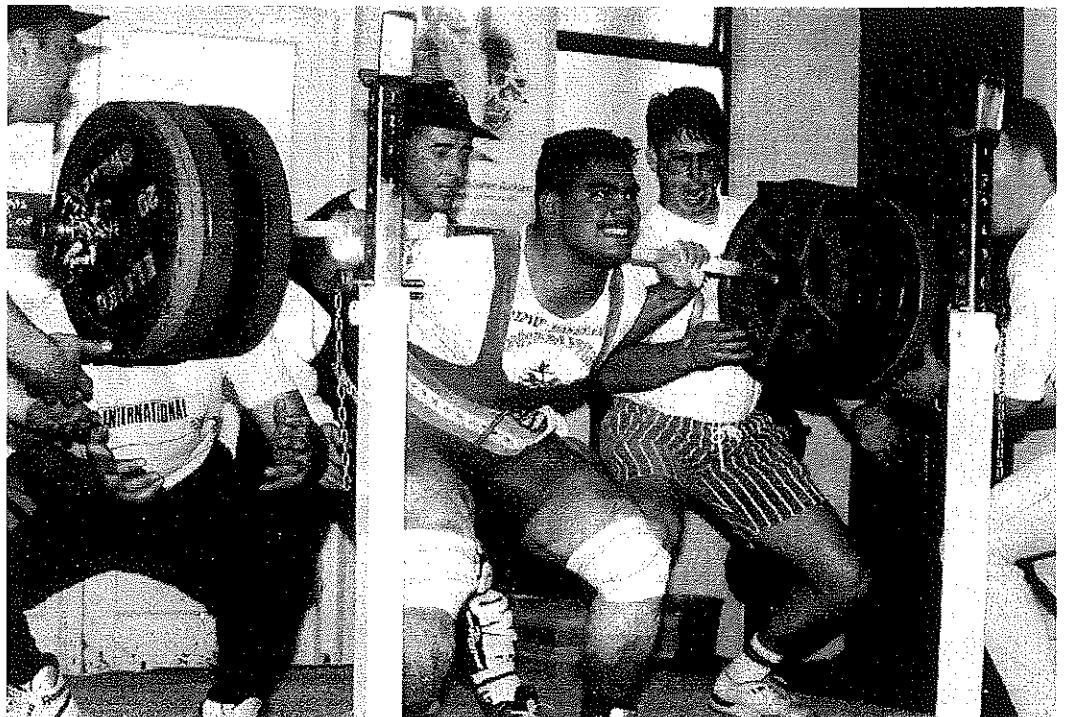
125+ KG CLASS

Colin lifted in the heaviest class and was giving away up to 40 kg in bodyweight. He also

had a sub-par day totalling 825 kg with 342.5, 182.5 and 300. The competition in this class was also very strong, with the winner, Farnettani of Brazil, totalling 970 kg which could have been 995 kg had he succeeded with more than one squat. I have stated before that successful lifts make totals, and with the benefit of only four successful lifts, Colin's total was below his expectations. However, Colin has been concentrating on strong-man events and conditioning this year, and his total was commendable under the circumstances.

IN GENERAL

The team was a very close knit one, (it had to be with Colin, Geoff, Kaye and Kaye's friend all sharing one room), and everybody pitched in to support the others. Until such time as we can afford to fund coaches and officials to major championships, we will have to rely on the goodwill of lifters to help each other, and this can be a burden on lifters. Colin, for example, put in a lot of effort helping Derek, even though he had to lift the very next day. Thanks guys for a great team effort.



Derek's brother Wayne "Junior" Pomana (CD) in his last contest as a junior, with a huge 320kg (704lb) NZ Junior Squat Record at the 1992 Waikato Championships. The poundage was 3.34 times his bodyweight. Wayne later went on to break NZ Junior Records in the Deadlift and Total. An awesome family!

MEN'S WORLD CHAMPIONSHIPS 92 RESULTS

52.0 KG

	WT	FED	SQ	BP	DL	TOT
1 S Zhuravlev	51.7	Rus	215	110	225	550
2 H Inaba	51.3	Jap	235	80	225	540
3 S Bhaskaran	51.9	Ind	192.5	90	255	537.5
4 A Stanaszek	49.5	Pol	247.5	162.5	125	535
5 J Clay	50.8	GB	185	112.5	200	497.5
6 S Chen	51.6	ChT	180	102.5	205	487.5
7 R Krishna	41.8	Ind	190	97.5	190	477.5
8 M Martinez	51.4	Sp	172.5	100	180	452.5
9 H Maruoto	51.5	Jap	175	100	175	450.0
10 L Bach	51.3	Fr	0	0	0	0
11 C Fielder	51.7	USA	0	0	0	0
12 A Degovec	51.8	Ukr	0	0	0	0

56.0 KG

1 D Thios	54.3	Ino	210	135	235	580
2 W Elyn	55.6	Bel	230	115	230	575
3 G Simes	55.8	GB	220	125	225	570
4 H Isagawa	55.8	Jap	210	137.5	217.5	565
5 M Karlsson	55.9	Swe	250	165	135	550
6 C Chang	55.6	ChT	205	110	230	545
7 T Taylor	55.4	USA	177.5	122.5	235	535
8 I Petrov	55.6	Bul	205	127.5	200	532.5
9 P Richard	55.4	GB	222.5	117.5	190	530
10 L DeFaria	55.8	Fr	165	117.5	247.5	530
11 D Skirkanic	55.9	Czh	200	117.5	205	522.5
12 K Jaschinski	54.7	Ger	187.5	130	200	517.5
13 J Christiansen	55.7	Nor	185	127.5	197.5	510
14 S Krishna	56	Ind	185	117.5	205	507.5

60 KG

1 G McNamara	59.6	Ire	237.5	147.5	265	650
2 T Nanda	59.6	Ino	260	120	260	640
3 T Suttles	59.7	USA	237.5	147.5	250	635
4 S Sawant	59.8	Ind	220	115	275	610
5 M Riviere	60	Fr	232.5	132.5	230	595
6 V Ryazanov	59.6	Rus	225	140	215	580
7 M DeVries	59.6	Nld	225	120	230	575
8 A Mihok	59.9	Chz	205	122.5	245	572.5
9 A Oksanen	59.9	Fin	205	140	225	570
10 R Celis	59.2	Bel	210	120	237.5	567.5
11 A Sirvio	60	Fin	215	132.5	220	567.5
12 H Ikura	59.7	Jap	195	125	225	545
13 P Doyle	59.4	Ire	165	122.5	200	487.5
14 S Loncke	59.1	Bel	182.5	110	192.5	485
15 D Curvey	58.9	Can	135	95	190	420

67.5 KG

1 D Austin	67.4	USA	257.5	147.5	290	695
2 R Hypolite	66.5	GB	262.5	140	280	682.5
3 V Baranov	67.1	Rus	265	140	275	680
4 J Wilezynski	67.3	Pol	250	142.5	277.5	670
5 P Berglund	67.3	Swe	242.5	160	250	652.5
6 K Baali	67.5	Fra	235	157.5	255	647.5
7 N Podsonoy	67.3	Ukr	225	135	285	645
8 J Huhtanan	67.4	Fin	255	127.5	252.5	635
9 P Nagesh	67.3	Ind	240	120	260	620
10 G Cairns	67.3	NZ	237.5	142.5	222.5	602.5
11 H Nagao	66.6	Jap	235	140	225	600
12 C Hsieh	65.1	ChT	225	110	240	575
13 S Bettati	66.6	Ita	225	95	250	570
14 J Trnka	67	Chz	0	0	0	0
15 M O'Conner	67.5	Ire	0	0	0	0

75.0 KG

1 D Ricks	74.5	USA	280	182.5	292.5	755
2 A Mironov	74.6	Rus	290	167.5	292.5	750
3 T Haryanto	75	Ino	290	170	285	745
4 M Pesonen	74.6	Fin	290	152.5	310	752.5
5 J Laine	75	Fin	275	165	270	710
6 K Elison	74.3	Ice	235	177.5	280	692.5
7 S Valentinsen	74.9	Nor	260	152.5	275	687.5
8 P Hoareau	74.6	Fra	270	155	250	675

	WT	FED	SQ	BP	DL	TOT
9 J Becker	74.8	Can	262.5	145	262.5	670
10 T Matsuda	74.9	Jap	255	150	260	665
11 J Vergnoses	73.5	Fra	242.5	142.5	267.5	652.5
12 S Agnahotri	74.8	Aus	250	142.5	250	642.5
13 R Bettati	74.5	Ita	245	120	260	625
14 C Weng	72.2	ChT	230	115	230	575
15 E Cruz	74.1	Spa	0	0	0	0
16 B Liao	74.9	Ire	220	0	0	0

82.5 KG

1 J Virtanen	82.5	Fin	330	187.5	315	832.5
2 P Haaren	91.8	Nld	315	167.5	330	812.5
3 R Szymkowiak	82	Pol	290	172.5	332.5	795
4 D Carter	81.9	GB	290	180	332.5	802.5
5 M Vierikko	82.3	Fin	280	177.5	310	767.5
6 L Albin	82.4	Ukr	290	192.5	285	767.5
7 G Jones NOW DISQ	82.2	USA	292.5	185	282.5	760
8 P Theuser	81.6	Chz	295	177.5	280	752.5
9 D Surma	82.4	Ger	292.5	187.5	260	740
10 G Hanswijck	80.2	Bel	280	162.5	277.5	720
11 H Soderaan	82.2	Swe	280	162.5	270	712.5
12 L Hsieh	77.7	ChT	285	135	260	680
13 J Powell	92.4	Aus	250	150	245	645
14 Y Hirsgushi	82.2	Jap	255	147.5	240	642.5
15 M Lange	80.1	Can	257.5	135	242.5	635
16 J Villanueva	81.7	Spa	205	115	255	575
17 D Hennequin	81.5	Fra	310	165	0	0

90.0 KG

1 S Anderson	89.1	USA	335	192.5	335	862.5
2 F Schamm	88.9	Ger	350	222.5	287.5	860
3 F Tosunidi	89.1	Kas	310	195	320	825
4 V Kusnetsov	89.5	Rus	330	195	297.5	822.5
5 T Ward	89.5	Ire	320	190	310	820
6 U Rambow	89.7	Ger	310	185	310	805
7 C Christoffersen	89.9	Nor	312.5	187.5	292.5	792.5
8 A Moskalev	89.4	WR	290	182.5	300	772.5
9 S Persson	90	Swe	315	177.5	280	772.5
10 C Okeke	86.2	GB	285	160	320	765
11 V Minov	69.4	WR	295	160	310	765
12 S Watt	90	GB	305	162.5	292.5	760
13 P Kyriakos	90	Aust	292.5	175	280	747.5
14 M Siabdallah	89.8	Fra	300	175	255	730
15 S Asama	89.9	Jap	285	160	272.5	717.5
16 B Markhaa	85.1	Can	280	152.5	247.5	680
17 D Smith	89.3	Ire	240	170	240	650
18 J Gunnarsson	89	Ice	350	142.5	0	0

100.0 KG

1 B Reyonlds	98.9	GB	315	220	337.5	872.5
2 M Kulikov	98.2	Rus	342.5	205	322.5	870
3 S Goggins	99.6	USA	332.5	187.5	345	865
4 D Pomana	99.9	NZ	362.5	202.5	297.5	862.5 NZR
5 H Hyman	98.8	Nld	342.5	195	310	847.5
6 R Rinne	98.8	Fin	317.5	205	317.5	840
7 H DeGrauwe	98.9	Bel	330	190	300	820
8 S Putrino	99.1	Ita	315	185	315	815
9 A Rodney	99.8	GB	325	170	305	800
10 B Klaus	99.5	Ast	290	187.5	300	777.5
11 J Seghers	91.7	Bel	260	172.5	325	757.5
12 D Alpin	95.8	Aus	280	165	292.5	737.5
13 R Gibbs	97.1	Can	277.5	180	265	722.5
14 M Osawa	92.5	Jap	300	157.5	262.5	720
15 K Conway	98.4	Aus	240	180	290	710
16 D Benitez NOW DISQ	95.6	Mex	250	167.5	250	667.5
17 P Gormley NOW DISQ	99.4	Ire	230	175	262.5	667.5
18 C Lee	90.3	ChT	0	0	0	0
19 O Kovalenko	99.8	Kas	310	0	0	0

110 KG

1 D Jacoby	109.8	USA	365	215	355	935
2 G Sigurjonsson	110	Ice	350	205	360	915
3 A Mustrikov	109.4	Rus	350	220	342.5	912.5

	WT	FED	SQ	BP	DL	TOT
4 P Faber	109.9	Nld	337.5	242.5	307.5	887.5
5 M Haarakangas	109.9	Fin	357.5	200	327.5	885
6 S Davidsen	109.9	Nor	350	202.5	330	882.5
7 L Krendl	109.2	Ast	345	180	330	855
8 D Brooks	107.3	GB	295	212.5	295	802.5
9 M Dicerbo	108.4	Ita	280	197.5	310	787.5
10 E Ims	109.3	Nor	310	175	300	785
11 A Snaebjorn	109.8	Ice	315	160	290	765
12 H Derynck	109.4	Bel	300	165	295	760
13 I Ferstl	108.4	Can	265	180	285	730
14 A Fogerty	105.9	Ire	265	137.5	280	682.5
15 C Liao	107	ChT	0	0	0	0
16 J Makkonen	108.9	Fin	0	0	0	0

125.0 KG

1 K Karwoski	124.6	USA	420	232.5	327.5	980
2 V Naleikin	119.1	Ukr	385	195	360	940
3 M Brugger	120.7	Ger	342.5	225	350	917.5
4 R VanderTak	122.8	Nld	350	235	330	915
5 S Oldenborg	123.2	Den	335	250	320	905
6 H Kalleberg	118.1	Nor	357.5	187.5	310	855
7 C Chao	123.9	ChT	332.5	192.5	280	805
8 K Vilma	124.7	Fin	0	0	0	0

125+ KG

1 L Farnettani DISQ	150.4	Bra	375	240	355	970
2 H Zernoch	140.9	Ger	390	207.5	345	942.5
3 D Gloaann	127.2	Ger	375	210	355	940
4 J Jorksveld	131.5	Nld	362.5	230	345	937.5
5 M Patro	140.2	Chz	380	205	340	925
6 H Collins	130.3	USA	352.5	260	305	917.5
7 Y Gustavsson	149.9	Swe	360	232.5	307.5	900
8 E Popov	148.1	Bul	345	195	350	890
9 R Sandstrom	165.1	Swe	330	215	327.5	872.5
10 S Rubtzov	146.9	Kas	350	210	310	870
11 P Parker	165	GB	350	197.5	320	867.5
12 K Lawles	125.8	Ire	310	230	320	860
13 C Cox	128.6	NZ	342.5	182.5	300	825
14 K Itoh	128.5	Jap	335	175	275	785
15 C Wu	143.8	ChT	330	155	265	750
16 M Sorig	125.8	Den	280	155	260	695
17 V Schedrin	132.4	Rus	0	0	0	0

MORE MENS' WORLD CHAMPIONSHIP HIGHLIGHTS & WORLD RECORDS

OPEN -

- S. Bhaskaran, 52kg class, Deadlift 255kg (562lbs)
- A. Stanaszek, 52kg class, Squat 247.5kg (545lbs)
- A. Stanaszek, 52kg class, Benchpress 162.5kg (358lbs)
- M. Karlsson, 56kg class, Squat 250kg (551lbs)

JUNIOR -

- B. Reynolds, 100kg class, Benchpress 220kg (485lbs)
- B. Reynolds, 100kg class, Total 872.5kg (1923lbs)

MASTERS -

- L. DeFaria, 56kg class, Deadlift 247.5kg (545lbs)

- Hideaki Inaba's 2nd place in the 52kg class was only the 2nd time in 19 World Championships he missed the coveted First Place title. How old is Inaba? - (45)
- The oldest competitor was Lucien DeFaria (France) who placed 10th in the 56kg class. He is 50 years old. DeFaria broke the World Masters Deadlift record with 247.5kg, 4.7 times his body weight.
- The youngest competitor was Steve Loncke (Belgium) aged 17. Loncke placed 14th in the 60kg class.

STATISTICS OF THE COMPETITION

ABBREVIATIONS

167 lifters had 1503 attempts, with 467 nollifts. National record/s were set 34 times bettered, and also 4 Juniors Record/s. State record/s were set, additional 4 States Junior record/s.

Altogether, the other lifters had 103 personal Bestlifts. Total 23 attempts were not taken. 15 lifters were disqualified. Had 6 World records and 2 Junior World records and 1 Masters World record.

COUNTRY	PTS	LIFTERS	
USA	63	6	12-12-12-12-12-8
Russia	53	6	12-9-9-8-8-7
Great Britain	45	6	12-9-8-7-6-3
Finland	42	6	12-7-6-6-6-5
Germany	41	6	9-9-8-8-5-2
Netherlands	40	6	9-7-7-7-6-4
Indonesia	29	3	12-9-8
Ireland	22	6	12-6-1-1-1-1
Poland	22	3	8-7-7
India	22	5	8-7-4-2-1
Japan'	21	6	9-7-2-1-1-1
Sweden	21	6	6-6-4-2-2-1
Norway	20	6	5-5-4-4-1-1
Ukraine	18	3	9-5-4
Belgium	17	6	9-4-1-1-1-1
France	17	6	6-5-3-1-1-1
Chinese Taipei	17	6	5-5-4-1-1-1
Iceland	15	3	9-5-1
Czech+Slovak F.R.	13	4	6-3-3-1
Brazil	12	1	12
Kaschstan	9	2	8-1
New Zealand	9	3	7-1-1
Denmark	7	2	6-1
Italy	7	4	3-2-1-1
Canada	7	6	2-1-1-1-1-1
Bulgaria	6	2	3-3
Austria	5	2	4-1
Australia	5	5	1-1-1-1-1
Spain	4	2	3-1
White Russia	4	2	3-1
Mexico	1	1	1

SW-MAL POINTS AND WORLD CHAMPIONS

G McNamara	532.02	Ire	60.0
S Zhuravley	526.9	Rus	52.0
D Thios	525.13	Ina	56.0
J Virtanen	516.39	Fin	82.5
K Karwoski	511.16	USA	125.0
S Andersen	507.92	USA	90.0
D Austin	505.12	USA	67.5
D Ricks	504.34	USA	75.0
D Jacoby	501.81	USA	110.0
B Reynolds	485.80	GB	100.0
L Farnettani	478.21	Bra	125.0+

**REFEREES' CORNER**

BY GRAHAME FONG
I.P.F. TECHNICAL COMMITTEE,
CAT I REFEREE.

POWERLIFTS AND RULES OF PERFORMANCE - Bench Press

1. The head of the bench must be placed on the platform facing the Chief Referee.

2. The lifter must lie on his back with head, shoulders and buttocks in contact with the flat bench surface. His shoes must be flat on the floor. This position shall be maintained throughout the attempt.

3. If the lifter's costume and the bench surface are not of a sufficient colour contrast to enable the referees to detect possible raising movement at the points of contact, then the bench surface may be covered accordingly.

4. To achieve firm footing the lifter may use flat surfaced plates or blocks, not exceeding 30 cm in total height, to build up the surface of the platform. Whichever method is chosen, the entire foot must be flat on the surface. If blocks are used, they shall not exceed 45cm x 45cm.

5. Not more than four and not less than two spotter/loaders shall be in attendance. The lifter may enlist the help of the spotter/loaders in removing the bar from the racks. The lift off, if assisted by the spotter/loaders, must be to arms length.

6. The spacing of the hands shall not exceed 81cm measured between the forefingers.

7. After receiving the bar at arms length, the lifter shall lower the bar to his chest and await the Chief Referee's signal.

8. The signal shall be a clap of the hands when the bar is motionless on the chest. As an alternative to clapping, the Chief Referee may use a clapping device subject to the approval of the Jury.

9. After the signal to commence the lift has been given, the bar is pressed upwards to straight arms length and held motionless until the audible command "Rack" is given.

CAUSES FOR DISQUALIFICATION OF A BENCH PRESS

1. Failure to observe the Chief Referee's signals at the commencement or completion of the lift.

2. Any change in the elected lifting position during the lift proper, i.e. any raising movement of the head, shoulders, buttocks or feet from their original points of contact with the bench or the floor, or lateral movement of the hands on the bar.

3. Heaving or bouncing the bar off the chest.

4. Allowing the bar to sink into the chest after receiving the Chief Referee's signal.

5. Any uneven extension of the arms during the lift.

6. Any downward movement of the bar in the course of being pressed out.

7. Failure to press the bar to full extension of the arms at the completion of the lift.

8. Contact with the bar by spotter/loaders between the Chief Referee's signals.

9. Any deliberate contact of the lifter's feet with the bench or its supports.

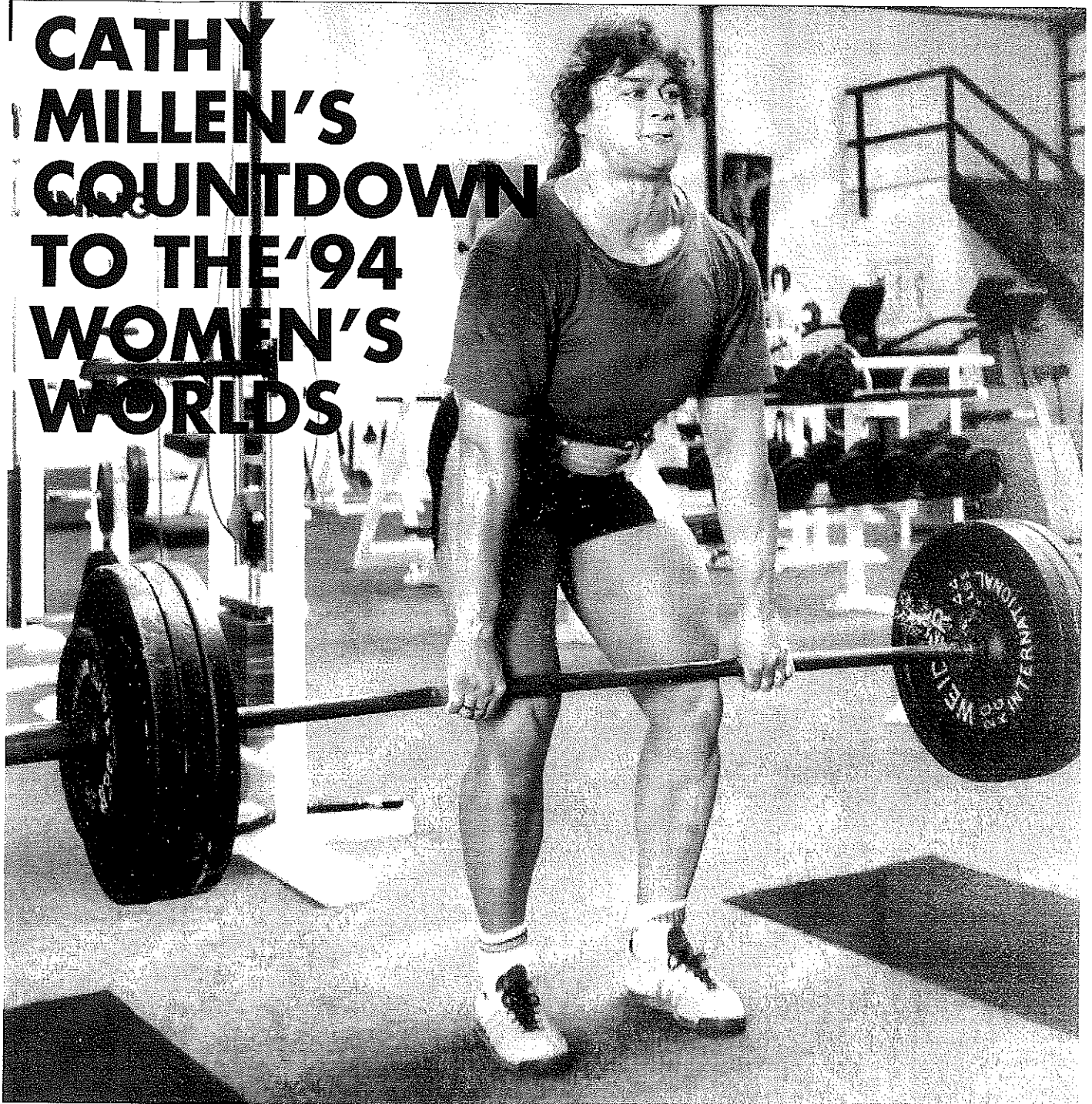
10. Deliberate contact between the bar and the bar rest supports during the lift in order to make the press easier.

FLASH REPORT

NEW ZEALAND HISTORY MAKING BENCH PRESS 227.5KG (501 LBS)

Frank Boulgaris, Auckland, created history in New Zealand Powerlifting on March 28, 1993 when he made a massive 227.5kg Bench Press at an Auckland Club Meeting. Frank, weighing only 95.8kg, made the lift on his second attempt before trying an incredible 237.5kg (523 lbs) 3rd attempt which went 2/3's way up. Frank was wearing an old Bench Shirt and he now aims to have another crack at some huge Bench poundages in the future. The heaviest Bench Press in NZ was 222.5kg. Franks 227.5kg was of course a NZ Record in the 100kg class.

CATHY MILLEN'S COUNTDOWN TO THE '94 WOMEN'S WORLDS



The Women's World Champs to be held in May next year will be the biggest and most exciting powerlifting event to have ever been held in New Zealand.

This prestigious event is being organised and promoted by Jamie Kett, and is to be staged in Rotorua. Jamie will also be promoting this year's Nationals, which is to be held at 'The Sound Shell', the same venue for the '94 Worlds.

The N.Z.P.F will be endeavouring to have a full team competing but this will of course depend on all selected lifters being of a good enough standard to represent New Zealand.

At present, five lifters would appear to be automatic selections, if they are available and injury free.

They are: Melanie Johnson (44/48 kg), Andrea Boulgaris (56 kg), Jody Boulgaris (90 kg), Christine King (75/82.5 kg), and Myself (82.5 kg AND Beyond).

Melanie, Christine, and myself have all lifted at previous World Champs; Jody and Andrea both have Totals which should see them perform admirably.

There are a number of other lifters who will be in contention and I hope that they will use the prospect of representing New Zealand as a motivation for their training.

It is intended to select a squad after this year's Nationals, and the final team will be picked from this squad.

Representing New Zealand at the World's is a great honour and it still gives me a BUZZ - even though I've now been to five World's. I'm sure Christine and Melanie can confirm what a great feeling it is to step out on stage and lift for your country.

Between now and the World's, I'll be keeping you up to date with what is happening and if you would like to know anything about the World's, please drop me a line.

Any information on lifters within your region would be appreciated, postal address is 19 Anglesea Street, Ponsonby, Auckland. Phone 09 378 6376.

In the meantime, keep training hard - particularly you Girls. Who knows, you could be on the lifting platform when the World's come around in May '94.

THE BENCH PRESS...

It's fast becoming my favourite lift

BY CATHY MILLEN

I regard my Bench Press as my weakest lift but through diligent training I've managed to more than double my Bench during my lifting career. My best bench to date is 160 kg, which I recently lifted at the Bay Of Plenty Champs.

The Bench Press is definitely the most overtrained lift, particularly for guys. When a lifter is asked, "How much can you lift?" the person asking is usually referring to the Bench. Bodybuilders almost universally work the Bench regularly in their training, even though they rarely Deadlift or Squat.

When I first benched, I did what most novices do, i.e. flop down onto the bench, take the bar out of the supports, take it down to the chest and press it out when the clap is given. However, like all my lifts, I have worked intensely on my technique and this, in conjunction with hard training, has been beneficial. I have been fortunate to have Grahame Fong monitor my technique over the years; many of you however, do not have the same advice, but I'm sure that this article will give some helpful hints for your Bench.

My technique is as follows:

1) I take a solid position on the bench. In particular I plant my feet firmly on the ground.

2) I form as big an arch as possible. The manner in which I form the arch necessitates me moving well down the bench. To help me form a good arch, I regularly do appropriate flexibility exercises.

3) I then get a double hand off after giving careful instructions to the spotters to bring the bar over my face and to release it evenly when I give them the signal.

4) I then take the bar down under careful control.

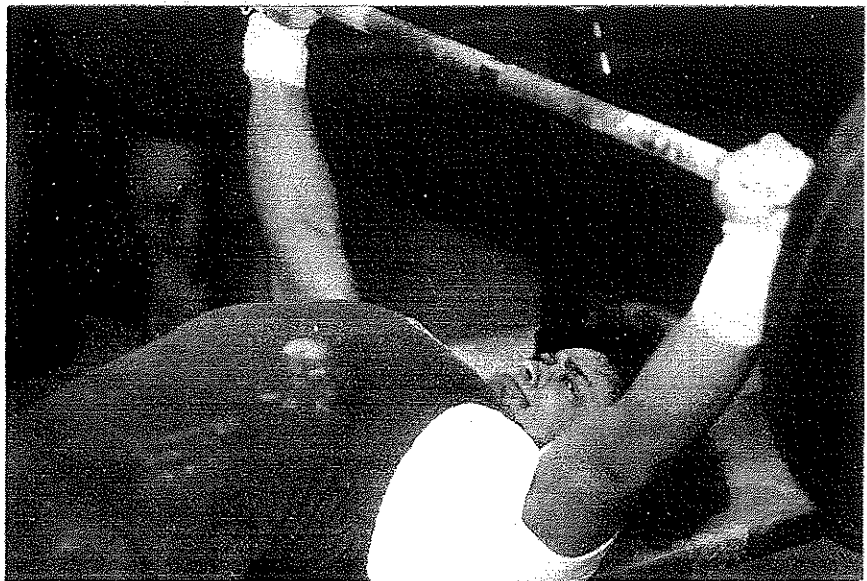
5) The bar barely touches my chest and this helps me to keep the tension on while I wait for the clap.

6) As soon as I get the clap I 'flare' my lats and simultaneously drive the bar upwards and towards the top of my head. I also push into the ground with my feet (taking care not to lift my buttocks).

7) I concentrate not only on getting the bar up, but also on keeping it even, and I don't lose concentration and replace the bar before the 'Rack' signal.

Although the technique sounds easy it's taken me a few years to fine tune because when the weight gets heavy, it's easy to lapse into bad habits such as sinking the bar into the chest after the clap.

The most effective training routines are the simplest. The following is a routine which is similar to what I have used on many occasions. At this stage, I am experimenting with different methods, but I have found this to be highly effective to build a solid foundation. It is based on a twelve week cycle.



ABOVE

I'm on my own! Focussed on the bar, really good grip and arch in my back, concentrating hard.

BELOW:

Down we go under careful control to the chest. Important to stay tight.



Week
1-3 Bench Press (feet up) 4 x 10 reps

Week
4-6 Bench Press (feet up) 5 x 5 reps

Week
7-9 Bench Press (feet down) 1 x 5 reps
(up to one heavy set)

Week
10-12 Bench Press (feet down) 1 x 5 reps
(Up to one heavy set)
(Clap on the first rep)



ABOVE

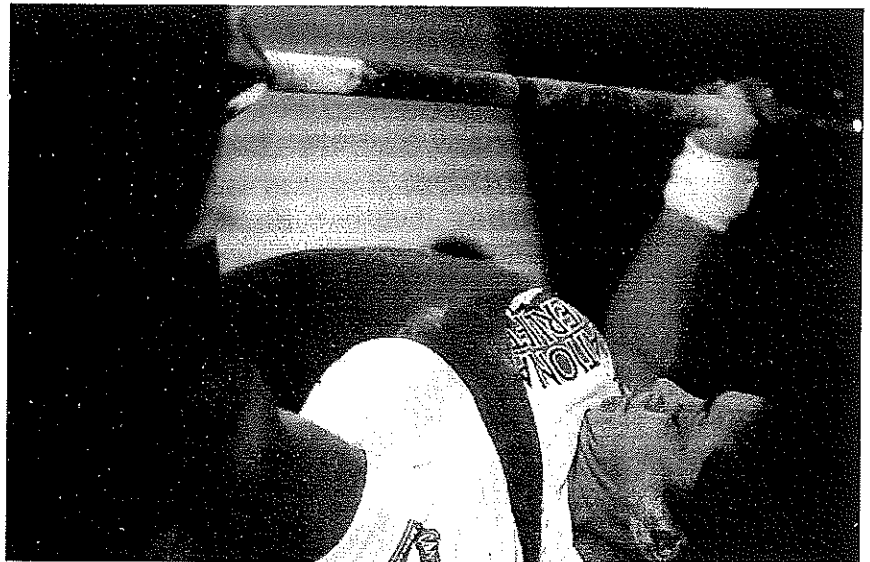
Pause of the chest keeping the tension on, then drive the weight off the chest flooring the lots.

If you've read my previous articles on the Squat and Deadlift, you will know that on my heavy days I only work up to one top set. A typical progression for a 100 kg x 5 reps would be: 50/8, 60/5, 75/3, 90/1, 100/5.

In addition, I'll also do assistance exercises, usually 3-4 sets for 8-12 reps. I normally choose one exercise for each of the main muscle groups used in the Bench Press, i.e. one pectoral, one deltoid, one tricep exercise:

- 3 x 12 Flat Bench flies
- 3 x 8 Seated D/B Press
- 3 x 10 Triceps Pushdowns

From previous articles, you will know that I try and keep things simple and I work on the principle that if a simple routine produces results, then there is no point in getting things complicated, when the results aren't any better and may even be worse because of the potential for overtraining.

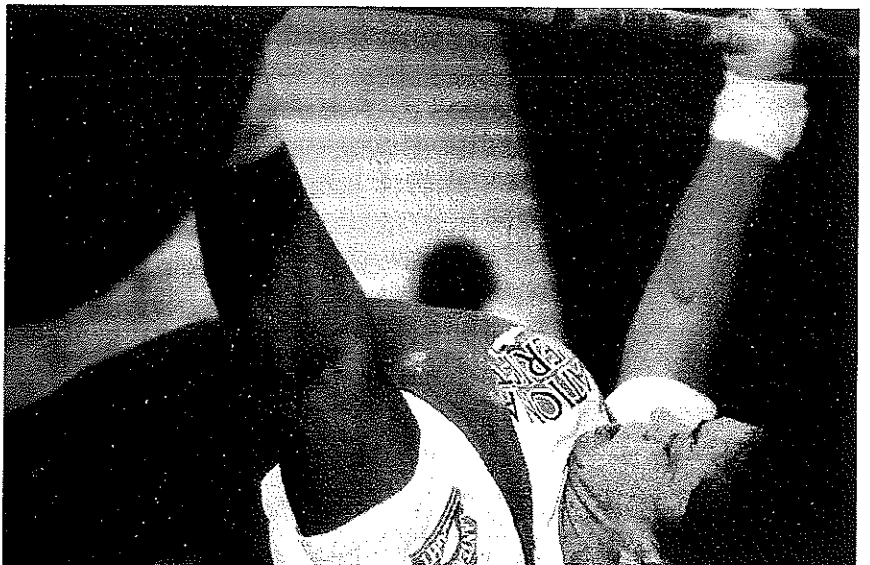


ABOVE

Thru the midpoint of the ascent driving the bar upwards and towards the top of the head.

SUMMARY OF MY BENCH PRESS

Year	Weight Class	KG'S
1982	56 kg	65 kg
1983	60 kg	75 kg
1984	60 kg	77.5 kg
1988	60 kg	100 kg
1989	67.5 kg	107.5 kg
1990	82.5 kg	130 kg
1991	75 kg	130 kg
1991	90kg	137.5kg
1992	82.5 kg	132.5 kg
1993	90 kg (Bench Shirt)	160 kg



ABOVE

Lockout. Wait for referees signal to rack the weight if competing

IRON MAN

THE IMPORTANCE OF IRON FOR STAMINA AND ENERGY PLUS — WHY YOU FEEL BETTER WHEN TAKING INOSINE.

Although the iron weights on the bar are important to you — The iron in your bloodstream in terms of energy and stamina, is what really makes the difference — whether you are trained — or not!

Much of our energy, stamina and vitality is influenced not by training, or even by genetics, although these are important factors. More important is our ability to uptake, transport and utilise oxygen in our cells.

Because Oxygen constitutes only 20% of the air we breathe, we have developed special mechanisms for absorbing it into the blood, which then acts as a carrier, transporting the oxygen to the cells where it takes part in the thousands of biochemical reactions that enable you to lift the bar for your best-ever Deadlift, or wink at the judges.

A key mineral, Iron, can make all the difference, since it forms part of a special oxygen-carrying protein, called haemoglobin, found in the red blood cells (erythrocytes).

FOR THE TECHNICALLY MINDED — IT WORKS SOMETHING LIKE THIS!

Oxygen-containing air is inhaled into the lungs, which contrary to general belief are not empty balloon-like structures, but are filled with small balloon-shaped nodules which are filled with small balloon-shaped nodules, called alveoli, which have a one-cell thick membrane through which carbon-dioxide can be passed out of the body, and fresh oxygen can enter.

At the alveoli, the haemoglobin in the red blood cell gives up its carbon dioxide and takes up the oxygen for which it has a special affinity.

Because it has a high affinity for haemoglobin, Oxygen combines readily with this bright red protein. However, when the oxygen reaches its destination cell, it must be released in order to pick up the unwanted carbon dioxide and transport it back to the lung where it will be exchanged for fresh oxygen.

The substance which effects this release is Inosine, a special compound produced in the body, and which can now be taken as a supplement in 500mg and 1000mg tablets. In the cell, Inosine is converted to a special compound, DPG which enables the red blood cell to give up its oxygen and take up the carbon dioxide. The CO₂ is then carried in the blood back to the lung and breathed out as expired air. At the stage where the carbon dioxide has replaced the oxygen on the haemoglobin, the appearance of the blood changes to a much darker bluish red, rather than the very bright colour of freshly oxygenated blood.

Many find supplementing with Inosine helps them train longer and harder, because they often do not release sufficient oxygen in the cells, they lack the by-product of Inosine metabolism. If this is your problem, then try 1000mg of Inosine, an hour or so before you start your training.

After a period, especially if the body has started to produce adequate levels of its own Inosine, some athletes will find that supplementing with Inosine, doesn't appear to make much difference. At that time, discontinue the supplement, but watch your results, and if you think you are starting to slide, then another course of Inosine might be indicated.

Remember, Powerlifting is essentially an anaerobic sport, but intensive strength and conditioning training if carried on for more than 30 minutes needs Oxygen — Inosine will help you improve your oxygen supply — provided your blood has the balance of iron and other nutrients, such as Vitamin C etc. as it needs.

Obviously, the amount of haemoglobin present in the blood is an important factor in ensuring an adequate amount of oxygen is available to the cells for the release of energy to operate the cells many processes.

Because haemoglobin contains around 0.34% of iron, the availability of this mineral in the diet is essential to vitality and stamina, Worldwide, iron *continued on page 30*

INTERNATIONAL POWER BRIEFS

...no not your underwear silly!

NEW ALL TIME TOTAL RECORD

Anthony Clark (USA), on March 27/28 at the All Time World Record Breakers Meet in USA, hit the biggest Total in Powerlifting history at Super Heavyweight with 1116 kg (2460 lbs). Clark's lifts were Squat 460.5 kg (1015 lbs), Bench Press 329 kg (725 lbs), Deadlift 327 kg (720 lbs). Awesome lifting!

Other Big Powerlifts reported from USA were:

- Tony Kamand, 82.5 kg class, 383.5 kg (845 lbs) Squat.
- Jose Perez, 75 kg class, 229.1 kg (505 lbs) Bench Press.

Perez's Bench Press was pound for pound the greatest ever in history - 3.05 times his body weight.

SWEDISH CHAMPIONSHIPS:

Magnuss Karlsson, 60 kg class benched 180 kg (397 lbs), over three times body weight and just above the long time IPF World Bench Press record of Joe Bradley (USA). Other winners were Sven Erik Persson, 90 kg class, 795 kg Total and Conny Ullidin, 82.5 kg class, 752.5 kg Total.

GERMAN POWER

Frank Shramm (Berlin) 88.9kg bwt, Squat 360kg (793lb) European Record, Bench Press 220kg, Deadlift 305kg, Total 885kg.

Hans Zerhoch, 125+ class breaks 1000kg (2204lb) Total barrier. only 3rd German to reach this. Squat 420kg, Bench 225kg, Deadlift 355kg. Squat is a new IPF World Master's Record.

FINISH POWER

Raija Koskinen 48kg class, Squat 160kg (IPF World Record) Bench 62.5kg, Deadlift 130kg, Total 352.5kg.

Jarmo Virtanen 90kg class, Personal Best Bench Press of 205kg.

USA POWER

"Captain:" Kirk Karwoski 1993 IPF World Champion 125kg, Training lifts of 395kg (870lbs)x 5 reps in Squat, 213kg (470lbs)x 5 reps Bench Press, 317.5kg (700lbs) x 5 reps Deadlift.

1993 IPF JUNIOR/MASTER WORLD CHAMPIONSHIPS:

New venue and date is Hamilton, Ontario, Canada on October 27-31 at the Hamilton Convention Centre. Accommodation will be at the Hamilton Sheraton Hotel with double rooms at \$85 Canadian per night. Meet Director is Bill Jamison.

The Junior Womens division will be broken into separate weight classes. Bill Jamison reportedly organised the meet in just one month following the withdrawal of USA. Great effort Bill!

INTERNATIONAL POWERLIFTING FEDERATION DRUG SUSPENSIONS:

From 1992 Mens World Champs

- Luiz Farnettani (Brazil), 125+ class (1st) - Anabolic steroids
- David Benitez Oropeza (Mexico), 100 kg class (16th) - Anabolic steroids

From Previous Meets - (Also lifted at 1992 Mens World Champs)

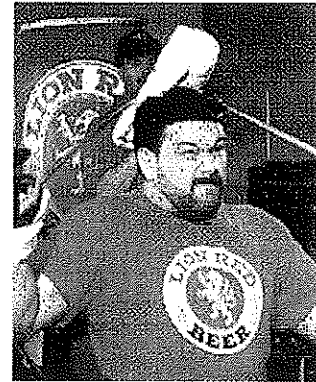
- Greg Jones (USA), 82.5 kg class (7th) - non-sanctioned event disqualification
- Kevin Conway (Australia), 100 kg class (15th) - Australian doping positive test.

The suspension of Luiz Farnettani now means New Zealand's 125+ kg lifter, Colin Cox, moves from 13th to 12th place and the winner is Hans Zerhoch of Germany.

So...You Wanna Be A Powerlifter!

BY COLIN COX

Strength Consultant &
New Zealand Powerlifting Champion.



THE TRANSITIONAL LAY OFF

In our last issue we left off with you having completed your first Powerlifting Peaking Cycle and attempting a new One Rep Maximum (IRM). Congratulations on your improvements and new found strength levels; but we have only just begun our journey towards achieving your personal best lifts and entering the contest arena for the first time.

Having completed the nine week cycle, you are to follow what I call a Transitional Lay Off (TLO) period. This will ensure continued success with your three lifts so lets take a look at it.

WEEK TEN:

Having now peaked and added 3-7% onto your previous IRM, a well deserved break is warranted. Take 5-7 days complete break...I have found this the hardest thing to enforce as most weight training enthusiasts are psychologically addicted to training and find they are lost without their regular attendance at the gym. From both a physiological and psychological viewpoint, it is imperative you take this break to allow for the ever increasing stress placed upon your joints and musculature during a peaking cycle to recover, and the subsequent psychological stress of attempting more and more each week during the cycle, to be relieved.

HOMEWORK:

Sorry but you weren't going to get away with doing absolutely nothing for 5-7 days! During this time I want you to pull out your training diary (...you must have one!) and sit down with your training partner and/or if you're lucky enough to have one, your coach and discuss the following, making notes as you go.

EVALUATION:

Evaluate your performance over the eight week cycle, judging your execution of each of the Powerlifts. This will require you to realistically judge your performance, pinpoint the trouble areas and formulate a training programme with the appropriate exercises to remedy the problem; resulting in a new and improved IRM in your next strength cycle.

To help you I've listed "some" of the more common faults found at the novice level and surprisingly it is possible to find these technical faults or muscular weaknesses at an Elite level also:

SQUAT:

Fault: Knees turning inwards

Causes: Technical Fault; Muscular weakness in either/both the leg adductors or leg extensors.

Solution: Correct technique by taking a slightly narrower stance and/or forcing the knees out over the toes during descent and ascent. I am not in favour of the use of an adductor machine for the development of the adductors, but suggest the use of light weight wide stance squats (wide being 75 - 100 cm further apart than your usual foot spacing.) Before doing so, ensure you have stretched your adductor/groin region thoroughly and perform 10 -12 reps x 2 sets; endeavouring to achieve parallel or near parallel, using this wider stance technique. Only a two to three week period is usually required, training once per week as usual, then resume your former stance.

Fault: Heels lifting or rolling

Causes: Internal Rotation of the Knee as above, resulting in ankle roll (inwards) or too narrow a stance, resulting in heel lift.

Solution: For the ankle roll, the solution is the same as for knee rotation (see above). For the heels lifting this is not as so often proposed, due to poor flexibility of the ankle, but due to length of levers (skeletal) and a stance too narrow for the levers of the athlete. Widen your stance and you will see this problem disappear! Along with widening the stance, you may have a few other technical problems, but these can all be rectified and yes, the use of a slight heel may be an advantage, but go to the wider stance first before introducing the heel.

Fault: Too great a lean forward in both descent and ascent phases.

Causes: Too wide or too narrow a foot spacing and/or weak back extensors and/or bar too high/low on the shoulders.

Solution: As mentioned before, the athletes skeletal structure must be considered when developing a novices lifting technique, and lever lengths must be taken into account. E.G. short back, long legs and vice versa. Too great a lean forward for one individual, and its solution, will not necessarily be the cause of another's; so all the variables must be individually manipulated to see how they affect your technique, so that a technique as upright as possible can be maintained for both safety and strength efficiency; and also to meet the requirements of referees who require you to start and finish in an upright position.

BENCH PRESS

Fault: Fails only centimetres short of lock out.

Causes: Muscular weakness in the triceps and/or too narrow a hand spacing.

Solutions: Strengthening of the Triceps via the traditional exercises of dips, close grip bench press, extensions etc, but use only two exercises and a maximum of six sets for 8 - 10 repetitions, training to momentary muscular failure on all sets.

Widening the spacing between the hands will help also. I suggest all lifters to use the maximum allowable spacing of 81 cm between forefingers, but if you're having lockout trouble, it could be your elbows when in the hold position on the chest, if this is so - move your hands so that the forearms are no less than 90 degrees to the bar in the hold down position.

Fault: Bar stops 50 - 100 cms off the chest.

Causes: Pectoral and Shoulder weakness and/or lack of bar speed off chest from hold down position.

Solution: Isolative chest and shoulder exercises, same reps and sets as described for triceps. To overcome a lack of speed off the chest, you need to have trained explosively from this position during your peaking cycle, on every rep of every set, so you have the speed required to pass throughout this sticking point.

Fault: Bum or heels lifting off the bench/floor during IRM.



NZ POWERLIFTER PROFILE LIFTER

Christine King with a successful 185 kg Deadlift at the 1992 North Island Championships. Christine changed her Deadlift style to sumo in 1990 following a serious back injury. She has a Personal Best of 200kg in both Deadlift styles.

SO YOU WANNA BE A POWERLIFTER CONTINUED...

Causes: Foot placement too far under the buttocks and /or excessive backarch and/or pushing with the quadriceps too hard.

Solution: Adjust foot placement accordingly, to solve the problem of both buttock and heel lift, also learn to regulate the leg drive and bar push off, so the buttocks remain in contact with the bench.

DEADLIFT:

Fault: Lack of shoulder retraction/lockout at the top of the deadlift.

Causes: Lack of strength in the rhomboids and trapezius region. A rounding of the shoulders at the start position.

Solution: Take up a chest out - shoulders back position before commencing the lift. The strengthening of this musculature by way of shrugs, in both the upright and forward leaning position. The forward lean of your trunk, should be no more than 25 degrees with the repetition range as for the other assistance exercises described, and do not use momentum to achieve the fully contracted position, keep it strict with no elbow bend and no use of the legs.

Fault: Bar stops either above or below the knees.

Causes: Shins placed too far away from the bar at start of the lift and/or lack of strength in the back extensors.

Solutions: Place the shins closer to the bar and ensure the bar is in contact with the shins throughout the ascent. Strengthening of the back extensors, by way of deadlifts, from slightly below the sticking point, using blocks or a power rack to achieve the desired height.

Fault: Bar rotation (helicopter) during ascent.

Causes: Uneven hand placement and/or leg drive.

Solution: Take up your usual hand spacing and have your training partner measure the distances to the two inner most fingers from each other and see if they are evenly spaced out in relation to the centre of the bar. I hope that you are aware that you use a one hand over grip, if not, look at some pictures in this magazine and past issues to see what I mean. You may also not be evenly distributing your leg drive, so consciously work on this and it may also be apparent in your squats, with the bar coming up uneven in that lift also.

SUMMARY:

Well, there you are - some homework for you while you take your Transitional Lay Off. I have only given three points for each lift and you should manipulate the variables offered in the solutions to suit your body type. Please don't adopt a style from a top lifter because you like his or her "technique"...this may not be possible for your body type and could be down right dangerous, even for the lifter you've chosen to copy!

It is so important to adopt good, sound technical skills at the novice level, so that long term gains are possible and the chance of injury minimized.

That's it for now readers, in our next issue I'll introduce you to the Transitional Training Cycle (TTC) and we'll be on our way to our first meet. Until then, take in a local contest in your area and keep training.

STAY STRONG

COLIN COX

POWERLIFTER PROFILE • CHRISTINE KING

D.O.B:

29 August 1964, Auckland

OCCUPATION:

Physical Education Teacher

LOCAL ASSOCIATION:

Auckland, Tower ra Power Lifting Club

YEARS LIFTING:

Started 1986 - 7 years

FIRST TOTAL:

New Zealand National Champs 1986 - 370kg

BEST TOTAL:

New Zealand National Champs 1990 (Christchurch), 75kg class, Squat 182.5kg, Bench 92.5kg, Deadlift 200kg, Total 475kg

SUPPLEMENTS TAKEN:

Multi-Vitamin tablets, Berocca, Carbo Energy Drink

FAVOURITE FOOD:

Any Italian or Mexican food

FAVOURITE LIFT:

Powercleans - Best single 110kg

FAVOURITE ASSISTANCE LIFT:

Barbell Curls and Leg Extensions

BIGGEST GRIPE IN POWERLIFTING:

Lack of interest in Powerlifting from newspapers like the Herald

Pre-competition build-up: This depends on what stage of training I'm in for my Shot Put training, but usually I work on a 8-9 week cycle with reps ranging from 8's - 3's. I train three times a week with one major lift on each day. I also still combine powerclean and snatches with my training along with plyometric training

HOW DO YOU PSYCH UP FOR A COMPETITION?

I find using a walkman very distracting and prefer to draw motivation and hype from the crowd and atmosphere around me. Annette Pannett has also always been ready to give me a big rev up when needed. Thanks Annette, I'm still recovering from the last time!!

MOST ADMIRED NEW ZEALAND LIFTERS:

Derek Pomana for his awesome Squats. Geoff Cairns for knowing how to lose a bet gracefully to a woman. I'm still waiting for my rum Geoff!!

MOST IMPRESSIVE LIFT SEEN:

Steve 'chicken legs' King squatting 257.5kg only weighing 78kg with the skinniest legs I've ever seen

MOST EMBARRASSING MOMENT:

Attending a party in 1986 with a few of the lifters at Gillies Ave. After having a 'wonderful time' I had to have a wee throw-up in the garden, only to turn around and see Geoff Cairns laughing at me!!!

FUTURE POWERLIFTING GOALS:

To win a medal at the 1994 Womens World Championships and to Bench Press 120 kg (without Bench Shirt) and Deadlift 240 kg

CAREER TITLES WON:

1986 National Champion

1987 1st place, New Zealand vs Victoria

1987 National Champion

1988 National Champion

1989 National Champion

1990 Auckland Champion

1990 National Champion

1991 National Champion

1992 North Island Champion

CAREER COMMENTS:

Christine has had a very rewarding seven years in the sport of Powerlifting. Not only has she been a top lifter, but she has also served as an administrator and is currently a National Referee. Christine's record of six National Titles and sixteen National Records speaks for itself. Christine also participates in athletics (Shot Put) during September to March and has been able to marry the two sports very successfully. Her first sporting love is the Shot Put, therefore Christine hasn't even come close to realising her full Powerlifting potential. Hopefully, the future will see bigger lifts and more rewards. She can be described as a very versatile athlete. Her greatest assets are her incredible dedication to training (6 days a week) and desire to perform at the highest levels. She currently coaches Weightlifting and Powerlifting at Avondale College.

ATHLETICS CAREER DETAILS:

1988 New Zealand Shot Put Champion

1989 New Zealand Shot Put Champion

1990 New Zealand Shot Put Champion

1990 Selected for New Zealand Team for Commonwealth Games, Auckland. Placed 6th in Shot Put

1991 National Champs Shot Put, 2nd

1992 New Zealand Shot Put Champion

1992 Australian Shot Put Champion

1992 Selected for Oceania Team for World Cup, Cuba. Placed in Top Ten, Shot Put.

1993 New Zealand Shot Put Champion

1993 National Champs, Hammer Throw, 2nd. Auckland Hammer Throw Record Holder. Best Shot Put Distance: 15.89 metres.

EDITORS PREDICTIONS:

Squat	210 kg
Bench Press	120 kg
Deadlift	230 kg
Total	560 kg
Shot Put	17.30 metres. Highest all-time New Zealand Throw.

Yearly Summary	Class	Total
•1986 1st (First contest) National Champs Four New Zealand records, Best Female Lifter Award	75 kg	365.0
•1987 1st New Zealand vs Victoria, Melbourne Four New Zealand records 1st National Champs Best Female Lifter Award	75 kg	407.5
•1988 1st National Champs Four New Zealand records. Best Female Lifter Award. Qualified for Womens World Championships	75 kg	420.0
•1989 1st National Champs Four New Zealand records. Best Squat, Bench Press, Deadlift Awards. Best Female Lifter Award. Qualified for Womens World Championships	82.5 kg	460.0
•1990 7th Womens World Champs 1st Auckland Champs 1st National Champs Elected Secretary of New Zealand Powerlifting Federation)	75 kg 75 kg 75 kg	420.0 425.0 422.5
•1991 1st National Champs Qualified for Womens World Championship Passed National Referees Exam.	75 kg	475.0
•1992 1st North Island Champs Best Female Lifter Award. 3rd New Zealand female lifter to Bench Press 100 kg	75 kg 90 kg	430.0 465.0

POWERLIFTER PROFILE • PAUL NUNAN

DATE OF BIRTH:

2 October 1964. Birthplace: Christchurch

OCCUPATION:

Deli Manager

LOCAL ASSOCIATION:

Canterbury (Secretary)

YEARS LIFTING:

Started 1984 - 9 years

FIRST TOTAL:

387.5 kg - Canterbury Championships 1985

BEST TOTAL:

1992 Nationals, Auckland - Squat 230 kg, Bench Press 122.5 kg, Deadlift 252.5 kg, Total 605 kg

SUPPLEMENTS TAKEN:

Inosine, BCAA's, Massive Protein Powder

FAVOURITE FOOD:

KFC

FAVOURITE ASSISTANCE LIFT:

Dips

BIGGEST GRIPE IN POWERLIFTING:

Lifters complaining about referees

PRE-COMPETITION BUILD-UP:

12 week cycle - 2 weeks x 10 reps, 2 weeks x 8 reps, 5 weeks x 5 reps, 2 weeks x 3 reps. Tuesday - Squat, Squat assistance. Thursday - Bench Press, Bench assistance. Friday - Deadlift, Deadlift assistance. Sunday - Shoulders, Biceps, Abdominals

HOW DO YOU PSYCH UP FOR A COMPETITION:

I like to get the crowd going. The louder the better.

MOST ADMIRER NZ LIFTER(S):

Kevin Judson, Geoff Cairns, Derek Pomana, Greg Burgess.

FAVOURITE OVERSEAS LIFTER(S):

Ed Coan (USA), Dan Austin (USA).

MOST IMPRESSIVE LIFT SEEN:

Ed Coan's (USA) squats at the 1988 World Champs in Perth, Australia. His supersuit blew out on his 387.5 kg opening attempt. He came back for an easy 387.5 kg 2nd attempt, then tried 410 kg on his 3rd attempt.

MOST EMBARRASSING MOMENT:

Nearly bombing at the 1988 World Champs in the Squat. I'd missed my first two attempts. On my third Mum was crying, my girlfriend couldn't watch and Dad was frozen. I made the third attempt - two white/one red lights.

FUTURE POWERLIFTING GOALS:

To lift against Geoff Cairns again. To lift at the World's again and get a medal. Total 700 kg at 75 kg bodyweight before moving up a class.

CAREER TITLES WON:

Canterbury Champion 1985, 1986, 1987, 1988, 1989, 1991, 1992.

South Island Champion 1985, 1986, 1987, 1989, 1990, 1991.

National Champion 1986, 1988, 1989, 1991.

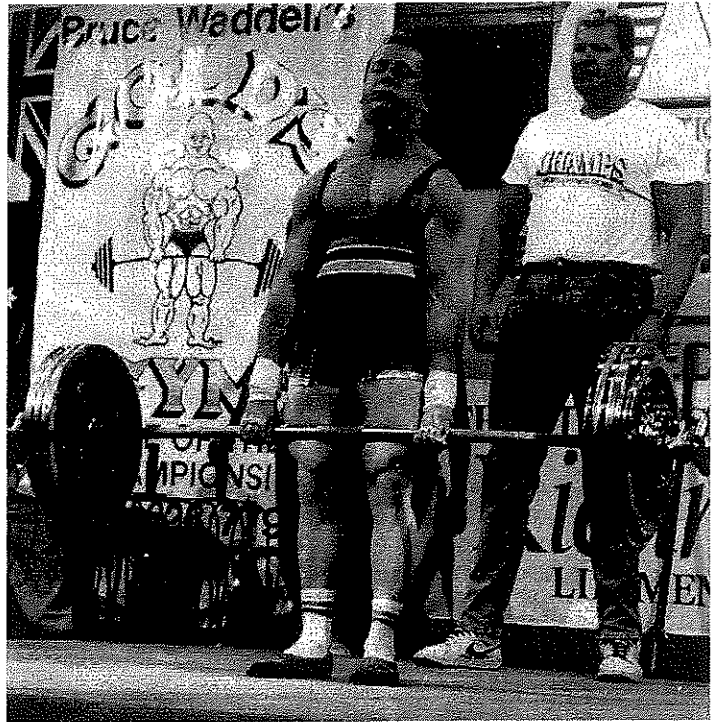
NZ vs Victoria 1987

NZ vs Australia 1988
Oceania Champion
1991.

CAREER COMMENTS:

Paul has had a very rewarding 9 years in the sport of Powerlifting. He has won an amazing 20 titles and broken 8 Junior NZ records. Paul has competed in four different weight classes (56 kg, 60 kg, 67.5 kg, 75 kg) and improved his Total from 387.5 kg to 605 kg, an increase of 217.5 kg. He is one of 2 Vice Presidents of the NZPF and Secretary of the Canterbury Association. His best attributes in Powerlifting are his gutsy

"never give in" lifting and his consistent improving of his individual lifts and Total. Editors Predictions: 1993 National Champion, 75 kg class. Qualify for 1993 Mens World championships - needs to Total 635 kg.



Paul Nunan finishes a 212.5 kg deadlift at the 1988 World Championships in Perth Australia. Paul finished 8th in the 60 kg class.

Yearly Summary		Class	Total
•1984	South Island Champs Christchurch	56 kg	N.T.
•1985	1st Canterbury Champs Christchurch	60 kg	387.5
	1st South Island Champs Blenheim	56 kg	425.0
	3rd National Champs Dunedin	56 kg	410.0
•1986	1st Canterbury Champs Christchurch	56 kg	430.0
	1st South Island Champs Dunedin	60 kg	497.5
	Junior NZ records, 200 Sq, 210 DI, 497.5 T, Best Lifter Award		
	1st National Champs Auckland	56 kg	440
•1987	Junior NZ records, 172.5 Sq, 200 DI, 440 T		
	1st Canterbury Champs Christchurch	60 kg	512.5
	Junior NZ records, 220 DI, 512.5 T, Best Lifter Award		
	1st Australia vs NZ Melbourne	60 kg	507.5
•1988	National Champs Palmerston North	60 kg	N.T.
	1st South Island Champs Alexandra	60 kg	502.5
	1st Australia vs NZ Auckland	60 kg	510.0
	1st Canterbury Champs Christchurch	60 kg	507.5
	Best Lifter Award		
•1989	1st National Champs Whangarei	60 kg	502.5
	8th World Champs Perth	60 kg	490
	1st Canterbury Champs Christchurch	67.5 kg	525.0
•1990	1st South Island Champs Christchurch	67.5 kg	532.5
	Best Squat 221 kg		
	1st Nationals Dunedin	67.5 kg	555.0
	2nd Oceania Champs Ballarat, Australia	67.5 kg	535.0
•1991	1st South Island Champs Dunedin	67.5 kg	552.5
	Best Squat		
	1st Canterbury Champs Christchurch	67.5 kg	552.5
	Best Squat		
	1st Oceania Champs Auckland	67.5 kg	550.0
•1992	1st South Island Champs Dunedin	67.5	572.5
	Best Squat		
	1st Nationals Christchurch	67.5 kg	562.5
•1992	1st Canterbury Champs Christchurch	75 kg	595.0
	2nd National Champs Auckland	75 kg	605.0

NEW ZEALAND POWERLIFTER MAGAZINE AWARDS 1992

EXCITING LIFTING PROSPECTS FOR 1993:

Michael Gardiner (Canterbury)
Michael Adie (Waikato)
Brion Samuel (Waikato)
Narman Tapa (Auckland)
Calin Cax (Central Districts)
Karina Walker (Central Dist)
Rachel Simpkin (Narthlond)
June Johnsan (Waikato)

LONGSHOTS FOR 1993:

Paul Paton (Narthlond)
Pauri Rakete (Auckland)
Bill Hendersan (Central Dist)
Lance Stewart (Auckland)
Kor Kahui-Ariki (Auckland)
Tessa Marrow (Otaga)
Diana Flynn (Northland)

1993 NEW ZEALAND POWERLIFTING PREDICTIONS:

Cathy Millen (Auckland)
to win her 4th World Title and post the highest ever Total by a woman in the history of the sport.

Derek Pamano (Central Districts)
to win a medal at the Mens World Championships and again get the Gold Medal for the Squat.

Kevin Judson (Auckland)
to easily win the World Masters Championships (if he goes) for the 2nd year in a row. His winning margin in 1992 was only 70 kg. He has to compete!

June Jahnsan (Waikato)
to become the third New Zealand Female to squat 200 kg.

Derek Pomana
to Total the magic 900+ kg barrier and become the holder of the highest official Total in New Zealand Powerlifting history.

Cathy Millen (Auckland)
to be the first New Zealand female to Bench Press 150 kg (with the bench suit).

- With the advent of the Bench Press 'Shirt', bench records will fall like ninepins.

- The highest poundage for the Bench Press will be 245 kg, but don't be surprised if the magic 250 kg barrier is tried.

- The lifter setting the pace - Frank Boulgaris (Auckland).

BEST MALE LIFTER: KEVIN JUDSON (AUCK)

1st World Masters Champions - 82.5 kg class
1st National Championships - 82.5 kg class
1st North Island Championships - 90 kg class
10 New Zealand Masters (40-49)
Records - 82.5 kg/90 kg class
Best Lifter - Masters World Championships
Best Male Lifter - National Championships
Best Masters Lifter National Championships
Best Masters Lifter North Island Championships
Best Male Squat, Bench Press, Deadlift - National Championships
Best Male Masters, Squat, Bench Press, Deadlift - National Championships

BEST FEMALE LIFTER: CATHY MILLEN (AUCK)

1st Womens World Championships - 90 kg class
3 World Records - Bench Press, 132.5 kg
Deadlift, 250.0 kg-Total 622.5 kg
4 Commonwealth Records - 90 kg class
4 New Zealand Records - 90 kg class
Third Best Lifter - Womens World Championships
Equal highest official Total (622.5 kg) recorded by a woman

BEST JUNIOR (U23) MALE LIFTER: WAYNE POMANA (CENTRAL DISTRICTS)

1st National Championships - 100 kg class
1st Central Districts Championships - 100 kg
6 New Zealand Junior (U23) Records - 100 kg
Best Junior (U23) Lifter National Championships
Best Male Lifter (over 82.5 kg) - Central Districts Championships

BEST JUNIOR (U18) MALE LIFTER: STEVE THOMPSON (AUCKLAND)

3rd North Island Championships - 52 kg
1 New Zealand Junior (U18) Record - 52 kg

BEST JUNIOR (U23) FEMALE LIFTER: MELANIE JOHNSTON (AUCKLAND)

5th World Junior Championships - 44 kg - 52 kg
1st National Championships - 44 kg class
2 World Junior Records - Deadlift 135.0 kg,
Deadlift 137.5 kg
5 Commonwealth Junior (U23) Records
Best Junior (U23) Female Lifter - National Championships
Best Female Deadlift National Championships
7 New Zealand Junior (U23) Female Records

BEST MASTERS MALE (40-49) LIFTER:

KEVIN JUDSON (AUCK)
1st World Masters Championships - 82.5 kg class
10 New Zealand Masters (40-49) Records - 82.5 kg/90 kg class
Best Masters Lifter - World Masters Championships
Best Masters Lifter - National Championships
Best Masters Lifter - North Island Championships

BEST MASTERS MALE (50+) LIFTER:

PRECIOUS MCKENZIE (AUCK)
2nd World Masters Championships - 60 kg class
Gold Medal Bench Press World Masters Championships
World Masters (50+) Record Bench Press 123.0 kg
4 New Zealand Masters (50+) Records 60 kg
1 Commonwealth Masters (50+) Record 60 kg

BEST MASTERS (40+) FEMALE LIFTER:

JUNE JOHNSON (WAIK)
3rd World Masters Championships 67.5 kg/90+ kg
1st National Championships - 90+ kg class
2nd Oceania Championships - 90+ kg class
1st Oceania Masters Championships - 90+ kg class
1st North Island Championships - 90+ kg class
1st Waikato Championships - 90+ kg class
Best Master Female Lifter Oceania Championships
Best Masters Female Lifter National Championships
7 New Zealand Masters (40+) Records

MOST PROMISING MALE LIFTER: CRAIG MCGUIGAN (CANT)

4th Junior World Championships - 67.5 kg class
1st National Championships - 67.5 kg class
1st South Island Championships - 75 kg class

MOST PROMISING FEMALE LIFTER: ANDREA BOULGARIS (AUCKLAND)

1st Oceania Championships - 60 kg class
1st National Championships - 60 kg class
Best Female Lifter - National Championships

MALE LIFTER TO WATCH: SEAN HIKA (AUCKLAND)

FEMALE LIFTER TO WATCH: GINA BURT (WAIKATO)

SLIPPERY LIFTING PLATFORMS - WHAT TO DO

BY GERRY STANNUM

All too often Powerlifters seem to encounter slippery platforms, particularly the sumo style deadlifters and wider stance squats. However, it can be very disconcerting on the Bench Press, especially if ones feet only just reach the platform and one prefers not to use blocks. There are various options available to combat the problems which are outlined below.

CONTEST PROMOTER OR ORGANISER.

Obviously the first responsibility is for the event promoter to provide a non-slip platform in accordance with the rules. The best surface is a flat particle board or plywood platform in one or more sections, painted with an approved non-skid boat deck paint. This is a fairly costly option, but worth the outlay for the safety of the lifters, and the platform can be retained for future use. Another option is to mix sand with paint on the same type of board.

For a contest, the warm-up platforms should also have the same non-slip surface, but need not be quite as large. It is a good idea to use the same type of platform for training if your club or gym can afford to do so.

Remember that with continuous use the surface may become fairly smooth, and therefore may require a touch up with deck paint, or sand and paint, from time to time. The promoter can also provide a carpenter's saw which can be dragged sideways across the platform to

rough it up should the need arise. A damp rag on some surfaces can make the platform more slippery.

One other very important piece of equipment is an efficient, high powered vacuum cleaner with very strong suction. A broom only removes some of the talcum powder and magnesium carbonate; it massages the rest into the platform surface, making the situation worse. A good vacuum cleaner on the other hand, removes the majority of the problem powder, and reduces the post contest clean-up, which is made worse by the huge clouds created by the broom.

Remember the rules say one cannot apply an adhesive to the platform or the equipment. The IPF deems magnesium carbonate and resin to be adhesive, and therefore does not allow their use on the platform or sole of shoes.

LIFTERS:

As a lifter, one has to be prepared for the worst case situation, and this may (in fact often does) include a slippery platform. It is a shame to blow one's chances because of poor preparation. The first consideration is footwear. Far too often, lifters choose 'Kung Fu' slippers or some other deadlift shoe or slipper, with either a plastic or very hard rubber sole. As the gripping qualities of such compounds are suspect in the best of situations, they are certainly a disadvantage on a slippery platform. Shoes

with a soft rubber compound, like gymnasium slippers, or even rock climbing shoes (these may be too expensive for some people) provide a much better grip.

Sumo deadlifters and very wide stance squatters, may find it a wise idea to carry a short hard-backed saw in case they come across a slippery platform, to rough it up. Remember, the choice of shoes is as important for the Bench Press and Squat, where grip is just as crucial. Don't forget to consider what type of surface the Bench Press blocks have, as they are often slippery (especially plates).

The talcum powder problem is purely of the lifters own making. Many lifters put so much on and have it running loosely off the legs prior to and during lifting. Not only does it fall on the platform, but on the approaches to the platform; where all the lifters pick it up on the soles of their shoes. Walking to the side of this main path, and preparing for lifts in an area separate from the main bulk of lifters, can help alleviate this problem.

Lifters can move the bar to any part of the platform, provided they remain on it and face the Chief Referee. Many lifters don't use this opportunity or expect the loaders to move it to the desired place. Once the bar is loaded, cleaned and the lifters name called, it is the lifters responsibility to position the bar for the deadlift in the desired position.

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**ITS NOT THAT WE ORDERED TOO MANY!!
 PEOPLE JUST KEEP ORDERING THEM**

POWERLIFTER PROFILE • MELANIE JOHNSON

DATE OF BIRTH:

29 January 1969. Age : 24

OCCUPATION:

Graphic Artist

LOCAL ASSOCIATION:

Auckland (Westside Powerlifting Club)

YEARS LIFTING:

Three - started in 1990

FIRST TOTAL:

255 kg (48 kg class), 1990 Northland Champs Best Total:

1992 Nationals, Auckland - Squat 122.5 kg, Bench Press 45 kg, Deadlift 137.5 kg (World Junior Record), Total 302.5 kg. Have totalled 310 kg including a 4th attempt 130.5 kg squat at the 1991 Record Breakers.

SUPPLEMENTS TAKEN:

Sports Multi Vitamins. Lots of food

FAVOURITE FOOD:

Cheese, bread, vegemite and chip sandwiches - yum, yum.

FAVOURITE LIFT:

Squat, Bench Press, Deadlift (I like the lot!)

FAVOURITE ASSISTANCE LIFT:

Stiff-legged Deadlifts

PRE-COMPETITION BUILD-UP:

10 week cycle for all three Powerlifts. 8 reps x 5 weeks, 5 reps x 3 weeks, 3 reps x 1 week, 1 rep x 1 week. Also assistance exercises.

HOW DO YOU PSYCH UP FOR A COMPETITION:

John Kehoe motivation tapes. Coach helping me to focus.

BIGGEST INFLUENCE ON YOUR POWERLIFTING CAREER:

Paul Cren (coach) and Westside Powerlifting Club. Paul got me into the sport, has trained and pushed me.

MOST ADMIRER NZ LIFTER(S):

Precious McKenzie - an amazing person, lots of natural talent - a little like me.

FAVOURITE OVERSEAS LIFTER:

Mary Jeffrey (USA)

MOST IMPRESSIVE LIFT SEEN:

Derek Pomana's (C.D.) squatting

MOST EMBARRASSING MOMENT:

Warming up in squats with 90 kg. My right knee caved in and I fell to the floor in front of everyone.

FUTURE POWERLIFTING GOALS:

1994 - to get a medal at the World Champs. Also to keep breaking New Zealand records.

CAREER TITLES WON:

1990 Northland Champion
1990 Auckland Champion
1990 National Champion
1990 North Island Champion
1991 Oceania Champion
1991 National Champion

1991 North Island Champion

1992 Auckland Champion

1992 National Champion

CAREER COMMENTS:

Melanie Johnstons lifting record is incredible for only three years in the sport. How does - nine career titles, seventeen New Zealand records, six Junior New Zealand records, one Commonwealth record, two Junior World records and numerous Best Lifter Awards - sound? Very, very impressive. Melanie passes out of the Junior ranks this year. Melanie's best lifting day was at the 1991 New Zealand Record Breakers meet where she made some incredible lifts including her first Senior Commonwealth Record. A very bright lifting future lies ahead.

EDITORS PREDICTIONS:

1993 National Champion.

Total 320 kg at 44 kg body

weight, 330 kg at 48 kg body weight. More Senior records. Increase of her Deadlift PB to 150 kg. Medal at 1994 World Championships.



Melanie with a very impressive display of trophies and medals she has gained in her short Powerlifting career. A World Championship medal would top it off nicely.

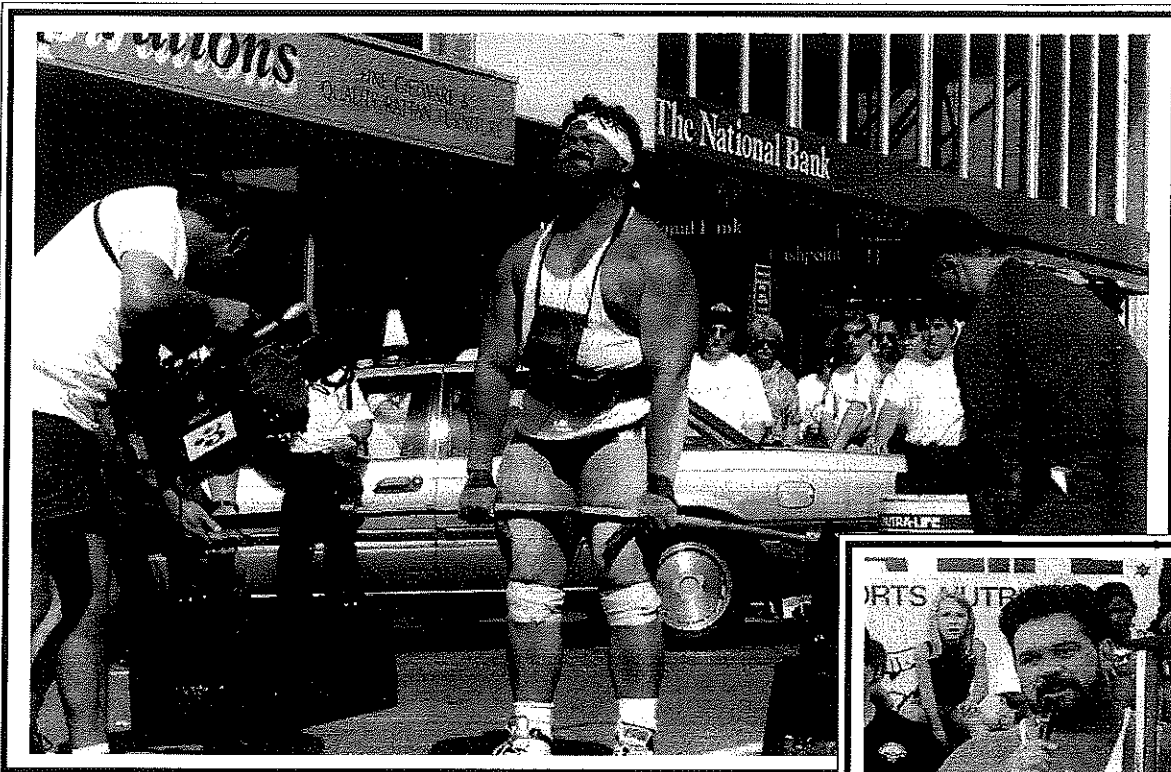
Yearly Summary		Class	Total
•1990	1st Northland Champs	48 kg	250.0
	Two New Zealand records		
	1st Auckland Champs	44 kg	255.0
	Two New Zealand records		
	1st National Champs	44 kg	260
	Two New Zealand records		
•1991	1st North Island Champs	48 kg	280.0
	Two New Zealand records, Best Female Lifter Award		
	1st Oceania Champs	44 kg	287.5
	Three New Zealand records		
	1st National Champs	48 kg	292.5
	One New Zealand record		
•1992	1st North Island Champs	48 kg	297.5
	Two New Zealand records, Best Female Lifter Award		
	Record Breakers Meet	44 kg	302.5
	Three New Zealand records,		
	One Commonwealth record-Squat 130.5 kg		
	Auckland Champs	48 kg	265
	Best Female Lifter, Best Squat, Best Bench Press, Best Deadlift		
	6th Womens World Champs, Belgium	44 kg	302.5
	5th World Junior/Masters Champs Australia	44-52 kg	300.0
	Junior World record 135 kg Deadlift, Three Junior NZ records		
1st National Champs	44 kg	302.5	
Junior World record 137.5 Deadlift, Best Deadlift, Best Female Lifter, Three New Zealand Junior records			



NEW ZEALAND

THE NUTRA-LIFE NEW ZEALAND STRONGEST MAN

IN ASSOCIATION WITH LION BREWERIES
MASONIC HOTEL, NAPIER 19-21 FEBRUARY 1993



VICTORY

It's all over and Colin Cox (Napier) has won his 2nd NZ Strongman title in his home town. Colin acknowledges the huge crowd following the tough two day event.

EXPENSIVE DEADLIFT

Colin Cox (Napier), has the strain on a 390 kg Deadlift at the NZ Strongman Contest. The bins were loaded with \$2 coins. Colin finished 5th in the Deadlift event. The TV3 cameraman gets a great close-up shot of Colin's huge effort.

THE PRELIMINARYS

FRIDAY 19TH FEBRUARY

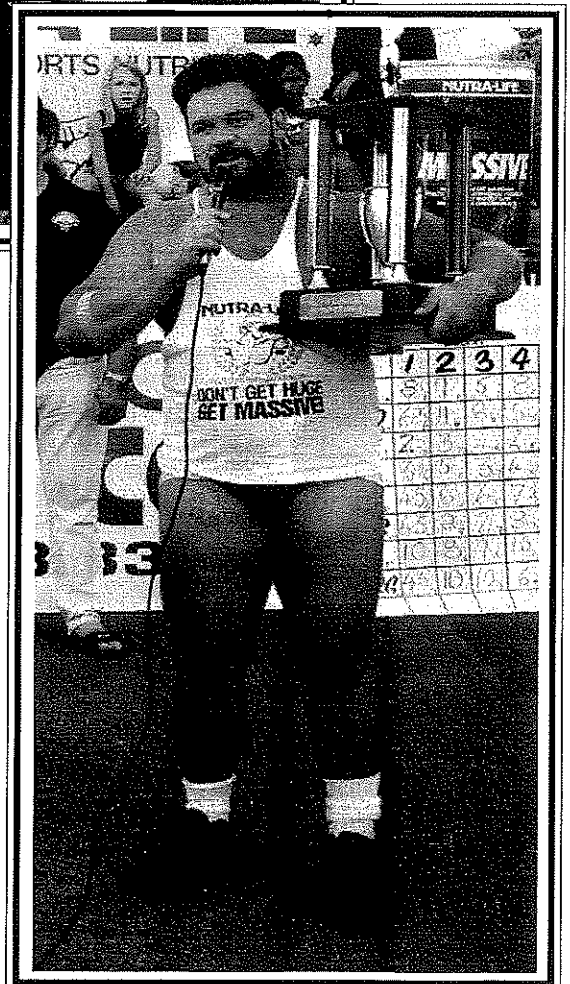
Competitors, officials and supporters assemble at the Masonic Hotel, Napier for the 1993 NZ Strongest Man Contest. The weather is terrible for summer — heavy rain, a bit chilly and overcast. The contest starts tomorrow but competitors and officials have a meeting to greet each other and talk about the various events. All of the competitors are relaxed but very keen to get started. No one has any serious injuries but Sean Hika has picked up a heavy dose of the flu which isn't good planning.

The competitors are well looked after by Nutra-Life, the major sponsor, Lion Red and the Masonic Hotel.

TV3 will be covering the event for Mobil Sport — great news for the organisers and sponsors. Strongman events make for excellent viewing on TV. Hopefully the weather will fine up for the weekend. Organisers have arranged an alternative venue if conditions aren't ideal.

Later on the competitors weigh in with Colin Cox the heaviest and Frank Boulgaris the lightest.

Get a good nights sleep fellas, your gonna need it.



THE CONTESTANTS

COLIN COX
Name COLIN COX
Age 33 years
Weight 134 kg, 21.5 stone
Height 6', 182 cm
Occupation Sports Conditioning Consultant
Town/City Napier
Sport Powerlifting and Strongman
Highlight of Sporting Career 4 x New Zealand National Powerlifting titles 1989 - 1992. 2 x New Zealand Strongman.
Most Embarrassing Moment Most disappointing moment bombing at 1991 record breakers when trying to train for both Record Breakers and New Zealand Strongman
Comments on 1993 Strongman Contest Tough event - totally demanding, a true challenge of a pure strength athletes total conditioning and psychological make-up
Best Strongman Event Truck Pull - Keg lifting, Car Roll - Log Lift

SEAN HIKA
Home SEAN HIKA
Age 28 years
Weight 123 kg, 19 3/4 stone
Height 5'10, 178 cm
Occupation Labourer
Town/City Auckland
Sport Powerlifting
Highlight of Sporting Career 1991-1992 North Island Powerlifting Champion. 1992 New Zealand Powerlifting 125 kg Champion
Most Embarrassing Moment None
Comments on 1993 Strongman Contest The challenge was everything and more I thought it would be. Pity about the flu!
Best Strongman Event Still learning. Car Roll was easy.

ALLAN HALLBERG
Home ALLAN HALLBERG
Age 38 years
Weight 120 kg
Height 6'3
Occupation Insurance Broker
Town/City Alexandra
Sport Strongman Competitor
Highlight of Sporting Career Retiring from Powerlifting 1989
Most Embarrassing Moment Hanging Geoff Cairns up in 1980 in Nelson
Comments on 1993 Strongman Contest Pleased to have finished 2nd, again. Competitors better this year. Competition harder than 1991. Beat Colin in Truck Tow and Car Rolling.
Best Strongman Event Truck Towing

FRANK BOULGARIS
Name FRANK BOULGARIS
Age 27 years
Weight 99.5 kg
Height 5'3 1/2"
Occupation Personal Trainer - Contact 537 4792
Town/City Auckland
Sport Bodybuilder
Highlight of Sporting Career Biggest Bench in the country
Most Embarrassing Moment Coming 6th in New Zealand Strongman
Comments on 1993 Strongman Contest Tall people are fun to compete with
Best Strongman Event Deadlift - even I was shocked!

GEORGE DAVIS
Home GEORGE DAVIS
Age 34 years
Weight 120 kg
Height 5'10
Occupation Prison Officer
Town/City Invercargill
Sport Strongman competitor and Powerlifting
Highlight of Sporting Career Getting a buzz from trying anything out
Most Embarrassing Moment Never been embarrassed yet, but there will come a time
Comments on 1993 Strongman Contest With the help and support I've had from the company Nutra-Life during the wife's accident and whilst in hospital, and thanks to everyone who helped out
Best Strongman Event The Car Rolling

SHANNON BARWOOD
Home SHANNON BARWOOD
Age 18 years
Weight 127 kg, 20 stone
Height 6'2"
Occupation Bar Security
Town/City Napier
Sport Powerlifting
Highlight of Sporting Career '93 Strongest Man, 3 days notice of competition
Most Embarrassing Moment Deadlift in '93 Strongman
Comments on 1993 Strongman Contest Happy not to finish last. Hopefully look forward to it next year.
Best Strongman Event Truck Pull, 4x4 Pull

BRYAN SAMUEL
Home BRYAN SAMUEL
Age 36 years
Weight 106 kg
Height 5'10"
Occupation Adult Apprentice
Town/City Tokoroa
Sport Powerlifting
Highlight of Sporting Career National Powerlifting Champion 1992, 110 kg class
Most Embarrassing Moment Today, falling over in the Log Lift
Comments on 1993 Strongman Contest Glad to finish in one piece!
Best Strongman Event Battery Hold

STEPHEN LYNCH
Home STEPHEN LYNCH
Age 27 years
Weight 108 kg
Height 5'9"
Occupation Nutra-Life Sales Rep
Town/City Wellington
Sport Bodybuilder
Highlight of Sporting Career 4th place light heavy Law enforcement Olympics (ex policeman) In Bodybuilding
Most Embarrassing Moment Not being able to pull the friggling Kenworth on the wet oil soaked track and wondering what I was doing here.
Comments on 1993 Strongman Contest Too short - too light - too inexperienced - never done Powerlifting - but fear of getting last made me pull finger on final day and I ended up surprising myself and having a great day!
Best Strongman Event Increased my personal best Deadlift by 200 kg

Barwood with only a weeks notice to enter the contest, 3rd (25.1s). The remaining five competitors were within .4s of each other.
Points Cox 10, Davis 8, Barwood 6.5, Boulgaris 6.5, Hika 4.5, Hallberg 4.5, Lynch 3, Samuels 2

EVENT TWO LOG CARRY (OVER 100KG) 500MM DIAMETER.

Competitors had to carry a very heavy log section around a square course with the best distance determining the placings. The log was not easy to lift off the ground let alone carry it—its huge diameter making it difficult to hold and see where you were going.

This event would test the lungs and strength endurance. Boulgaris with short arms tried the one hand on top and underneath and made 3/4 of the course. Samuels and Barwood nearly made one lap, Lynch, Hika, Davis and Cox all got past the first lap and then ran out of gas in the next quarter.

Hika was using the sprint technique trying to take it by surprise while Davis favoured the slow controlled focus approach. The last to try was Allan Hallberg who made the event look easy passing everybody else with very little strain.

Allan finally gave the log a rest at the 1 3/4 lap mark to easily win from Colin, 2nd, George 3rd.
Now lets try and lift that log Steve, Uhh, urgg, aaarh, uh-Hmm, oh well let's go and watch the next event you weak piece of humanity!
Points; Cox 18, Davis 15, Hallberg 14.5, Barwood 10.5 Hika 10.5, Boulgaris 8.5, Lynch 8, Samuels 5.

EVENT THREE: TRUCK PULL (20 METRES), KENWORTH 8 TONNE.

This event is a classic, massive trucks, harnessed strongmen screaming and pulling in all directions, striving for every little bit of distance.

Again two runs had to be made in different lanes as one lane was very greasy and the other lane had a little uphill section at the 3/4 mark. This was going to be a grueller.

SATURDAY 20TH FEBRUARY — EVENT DAY ONE WEATHER COLD AND DAMP EVENT ONE 4 WHEEL DRIVE PULL (1.5 TONNE)

Because of more bad weather the first day events were held in the Mainfreight depot under cover. The different surface meant the 4 Wheel Drive Pull and the Truck Pull would have two

runs for each competitor and the combined time recorded. The event involved sitting or standing facing the front of the 4 wheel drive with a rope attached. The times were very fast as once the vehicle was moving it came down to hand speed to pull the rope as fast as possible. Colin Cox (22.8s) took out the event by over a second from George Davis (23.9s) and Shannon

It seemed to take ages to get the trucks going and the surface was making it difficult to get maximum traction. On the first run only Alan Hallberg made the 20 metre finish line in late two. Lane one stopped everybody by 10 metres due to traction problems but it was drying out quickly with the usage. On the second run Colin, 3rd, and Shannon, 2nd, both finished in lane one before Alan again finished in lane one, minus one shoe which departed the scene 2/3's up the track. So Hallberg wins two in a row and closes the gap on Cox.

Points Cox 25, Hallberg 24.5, Davis 20, Barwood 18.5, Hika 16.5, Lynch 11, Boulgaris 10.5, Samuel 9.

EVENT FOUR: KEG LOADING (91-141KG)

Six kegs from 91kg-141kg in 10kg increments were to be lifted from the ground and placed upright on top of a stack of pallets (7 high).

The most kegs or fastest times per keg would determine the finishing order. It turned out to be harder than expected — Samuel made 2 kegs, Boulgaris 3 kegs, Lynch and Barwood 4 kegs. Hallberg was very close with a 5th keg, Hika flew around the kegs and just missed five, Davis managed 5 strong kegs and after numerous tries couldn't finish the 6th. Cox was very strong and hit all 6 kegs with a bit to spare in New Zealand Record Time to take 1st. Davis was 2nd and Hika 3rd. A great spectator event. Cox and Hallberg now with two wins each.

Points: Cox 35, Hallberg 30.5, Davis 28, Barwood 23.5, Hika 23.5, Lynch 15, Boulgaris 13.5, Samuel 11.

EVENT FIVE: BATTERY HOLD (20KG)

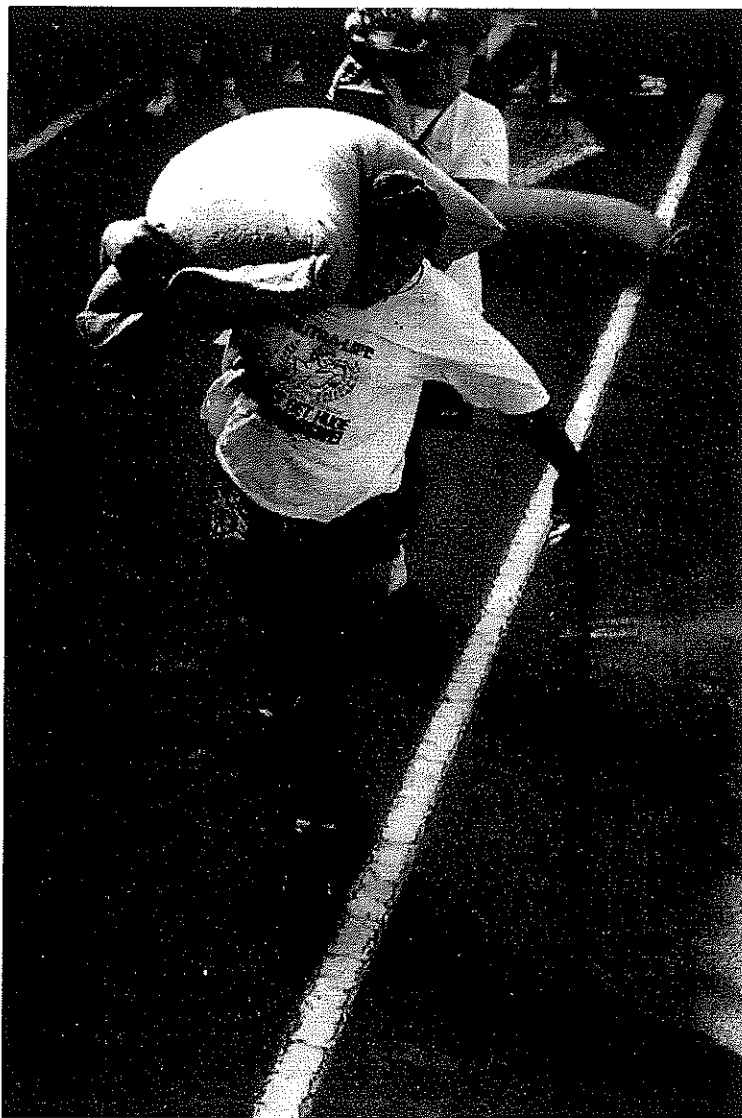
Try holding a 20kg object at full arms length and chest height for as long as you can. It's lonely, your arms start shaking, the heart's pumping and then crash — you've lost it.

The NZ Record held by Frank Boulgaris stood at 1 min 7 sec.

First up was Brian Samuel who was having no luck at all so far. Well Samuel held on and on and on for a fantastic 1 min 9.3 sec — a new NZ Record by 2.3 sec.

Could anyone else beat that? Frank Boulgaris was confident and was going extra well at 1 minute then suddenly he was gone at 1 min 5.5 sec. Lynch, Davis, Barwood and Hallberg couldn't get 55 sec, Cox held on for a strong 1 min 1.4 sec and Hika shook, grimaced and yelled for 1 min 3.9 sec.

So it was Samuel 1st, Boulgaris 2nd and



SACKS OF POWER

Sean Hika (Auckland), about to load his 9th (second to last) sack onto the truck at the NZ Strongman contest. Sean had heaps of power to spare after the sack loading event and should easily break two minutes next time. Sean used to unload containers for a living. Who needs machinery?

Hika 3rd.

POINTS: Cox 41, Hallberg 34.5, Hika 30.5, Davis 30, Barwood 26.5, Boulgaris 21.5, Samuel 21, Lynch 20.

What an incredible first day. Not only did the competitors have to do five events but the two extra heats in the ute and truck pulls made it seven events. Did everyone survive? You bet they did.

Waking up on Day Two would tell who was hurting. A great effort by the organisers, sponsors and officials so far.

The consistent Colin Cox has a handy lead after Day One from Alan Hallberg, while Sean Hika edged past George Davis for third.



SUNDAY 21ST FEBRUARY EVENT DAY TWO WEATHER FINE, HOT AND SUNNY. EVENT SIX: LOG LIFT (85KG+LOGS)

Logs of different poundages were to be pulled from the ground and pressed or jerked overhead to arms length.

Shannon Barwood finished at 89kg with back problems, Samuel fell back over a log before getting 100kg and after numerous attempts by all competitors Steve Lynch took 3rd place courtesy of some face slapping hype up with 115kg. Hika was powerful to 125kg and only an unlocked right arm stopped 130kg being passed. Cox was awesome. Excellent technique and lots of power to finish with a NZ Record 135kg and his 3rd win of the contest.

POINTS: Cox 51, Hallberg 38.5, Hika 38.5, Davis 35, Barwood 28.5, Boulgaris 27.5, Lynch 27, Samuel 24.

EVENT SEVEN: CAR ROLL

Three cars to be rolled — One mini and two Honda Civics.

The mini, 2nd car had to be rolled onto its roof, the Civics onto their sides. The fastest time tells the tale.

Boulgaris had trouble with the Mini not doing what it's told and lost valuable time.

Samuel and Barwood were also slow and cautious. Cox sped through in 25.9s but Lynch, who had trouble putting the mini on its roof, pipped Cox's time by .3s. Davis was very strong and burst through the cameraman after the last car in 23s for 3rd. Hika was all speed and purpose and ripped through the course in a brilliant 19.3s for 2nd place. Not to be outdone the tallest man Alan Hallberg hardly seemed to put any effort and in and the cars rolled over to stop the clock at 18.8s and his third contest victory.

POINTS: Cox 56, Hallberg 48.5, Hika 46.5, Davis 42, Lynch 33, Barwood 32.5, Boulgaris 29.5, Samuel 27.

EVENT EIGHT: COIN DEADLIFT

Deadlifting with two loads of \$2.00 coins hanging of each bar end should test those tiring back muscles. For most the bar rested just above the knees for starting and straps were a must for the huge poundages.

Again many attempts were tried and made before the top lifters became obvious.

Davis 4th and Lynch 3rd both recorded 410kg with Lynch having less attempts. Boulgaris was able to his less height to advantage for 2nd at 420kg to leave Deadlift specialist Hallberg the winner on 420kg with less attempts. 420kg=925lbs.

POINTS: Cox 61, Hallberg 58.5, Hika 50, Davis 48, Lynch 40, Boulgaris 37.5, Barwood 34.5, Samuel 30.5.

EVENT NINE: SACK LOADING (70KGX10= 700KG)

The finale— Cox leading by 2.5 points. Hallberg needs to win the event and needs Cox to finish no higher than third to win the contest. Cox has the advantage of pairing with Hallberg for this event.

First up was Samuel and Barwood. Samuel stops shattered after 7 bags while Barwood finishes strong after suffering back problems all day. Great effort for a teenager.

Next Boulgaris and Lynch. Boulgaris gets to six bags and then collapses exhausted while Lynch speeds through the eight bags in 2m 19.9s. That's a bag every 27.5s.

Now for Hika and Davis. Hika's labouring job involved unloading containers by hand so the sacks were no problem. He finished with plenty of strength and time to spare in a slashing 2m8.5s. Davis was slow in 4m42.8s.

Finally Cox and Hallberg for the title. Cox set the pace leading for the first four bags until Hallberg caught up. then over the last three bags Cox pulled away to win the event in the fastest overall time of 2m21.1s and take the 1993 Strongest Man for the second time.

Hallberg gallantly finished in 2m21.3s for 4th with the final event placings being Cox 1st, Hika 2nd, and Lynch 3rd.

FINAL POINTS

1st Colin Cox	71
2nd Alan Hallberg	64.5
3rd Sean Hika	58
4th George Davis	52
5th Steve Lynch	47
6th Frank Boulgaris	39.5
7th Shannon Barwood	38.5
8th Brian Samuel	33.5

SUMMARY:

Overall the contest was a huge success. Eight evenly matched competitors taking on the nine event challenge and all finishing the event in one piece. Great support by the spectators and event helpers.

Many thanks to the major sponsor Nutra-Life NZ Ltd, Lion Red, The Masonic Hotel (Strongman Headquarters), TV3, 93FM, event sponsors, officials, referees and helpers.

We look forward with enthusiasm to the 1994 New Zealand Strongman contest.

COMPETITOR SUMMARY:

Colin Cox 1st — won four events 4 Wheel Drive Pull, Keg Lift, Log Lift, Sack Loading. Never finished below 5th place. Consistency and overall power were the secrets to success.

Alan Hallberg 2nd — Won four events Truck Pull, Log Carry, Car Roll, Coin Deadlift. Weak-

nesses were the Battery Hold and 4 Wheel Drive Pull. Has the ability to win this title. Possesses a lot of back strength.

Sean Hika 3rd — three seconds. one third, three fourths kept Sean in the medal hunt. A dose of the flu didn't help his cause. Has loads of potential and immensely strong. Look out 1994. Good contest personality.

George Davis 4th — two seconds. two thirds, one fourth had George always in the top four. Nearly won the Keg Loading. Gutsy competitor who never gave up. Crowd favourite.

Stephen Lynch 5th — three thirds, one fourth. Not in the hunt on Day One but gave it everything on Day Two to go from 8th to 5th. Voted Contest Personality. Surprised himself

in the Deadlift to beat the Powerlifters.

Frank Boulgaris 6th — the smallest and lightest competitor. Two seconds, two fourths. Expect to better but found the events much tougher than 1991. Lacked consistency. Great effort in the Coin Deadlift.

Shannon Barwood 7th — Called in at the last minute to compete. Confirmed Strongest NZ Teenager tag. One second, one third, one fourth. Strong first day but fell away with back problems on day two. Great effort to finish one heat of Truck Pull.

Brian Samuel 8th — one first in the Battery Hold to shock the bookies otherwise struggled in most events. Enjoyed the experience and wasn't out of depth by any means.

THE RESULTS

Battery Hold - 20 kg

1st Samuel	69.3 (NZRD)
2nd Boulgaris	65.5
3rd Hika	63.9
4th Cox	61.4
5th Lynch	54.3
6th Hallberg	53.7
7th Barwood	53.5
8th Davis	51.7

Log Lift

1st Cox	135 kg (NZRO)
2nd Hika	125 kg
3rd Lynch	115 kg
4th Boulgaris	110 kg
5th Davis	110 kg - More attempts
6th Hallberg	105 kg
7th Samuel	100 kg
8th Barwood	89 kg

Car Roll - Time

1st Hallberg	18:8
2nd Hika	19:3
3rd Davis	23:0
4th Lynch	25:6
5th Cox	25:9
6th Barwood	30:6
7th Samuel	33:5
8th Boulgaris	36:6

Deadlifts

1st Hallberg	420 kg
2nd Boulgaris	420 kg - More attempts
3rd Lynch	410 kg
4th Davis	410 kg - More attempts
5th Cox	390 kg
6th= Samuel	360 kg
6th= Hika	360 kg
8th Barwood	250 kg

Sack Loading

1st Cox	2:02:1
2nd Hika	2:08:5
3rd Lynch	2:19:9
4th Hallberg	2:21:3
5th Barwood	3:09:1
6th Davis	4:42:8
7th Samuel	No finish - did 7 bags
8th Boulgaris	No finish - did 6 bags

4 Wheel Drive

Two runs - time combined

1st Cox	22.8
2nd Davis	23.9
3rd Barwood	25.1
4th Boulgaris	25.1
5th Hika	25.3
6th Hallberg	25.3
7th Lynch	25.4
8th Samuel	25.5

Log Carry

1st Hallberg
2nd Cox
3rd Davis
4th Hika
5th Lynch
6th Barwood
7th Samuel
8th Boulgaris

Truck Pull - Distance covered in metres

1st Hallberg	40
2nd Barwood	37.22
3rd Cox	36.70
4th Hika	29.62
5th Davis	29.57
6th Samuel	28.76
7th Lynch	24.23
8th Boulgaris	24.14

Keg Loading

Keg weights: 1=91 kg, 2=101 kg, 3=111 kg, 4=121 kg, 5=131 kg, 6=141 kg Keg & Time

	1	2	3	4	5	6
1st Cox	3.5	11.8	22	37.5	61.1	1:29.8
2nd Davis	4.6	12	24.4	41.8	61.5	-
3rd Hika	5.6	12.6	19.6	31.4	-	-
4th Hallberg	4.1	12.4	20.4	35.2	-	-
5th Barwood	5.9	15.8	25.2	42.7	-	-
6th Lynch	6.0	14.1	26.3	48.1	-	-
7th Boulgaris	6.1	24.3	53.6	-	-	-
8th Samuel	8.1	23	-	-	-	-

Levin Bench Press Contest

LEVIN COSMOPOLITAN CLUB 7TH FEBRUARY 1993

The day realised a good turnout, with 31 lifters competing; also introducing new lifters to the sport. This was a new venture for the Levin Cosmopolitan Club. The Executive were very impressed and wish to make the event an annual one. Many thanks to the helpers, supporters and competitors who helped make this a successful event.

NAME	BODYWEIGHT	CLUB	BEST OF 3
WOMEN:			
S Johnson	43.7	Waipukurau	37.5
K Walker	63.0	Palmerston North	75.0
T Liggins	65.4	Masterton	82.5
H Pink	65.4	Levin	30.0
V Wishart	76.2	Levin	-
MEN:			
R Goode	38.5	Levin	40.0
P Collins	55.4	Levin	30.0
G Smith	66.7	Levin	85.0
P Karauria	67.5	Levin	75.0
D Winiana	72.6	Levin	115.0
T Morris	71.2	Masterton	105.0
T Sue	73.6	Levin	95.0
A McKectine	70.2	Foxton	75.0
B Havery	79.4	Foxton	135.0
W Booth	80.3	Palmerston North	135.0
K Headifen	82.2	Palmerston North	125.0
D Sloan	79.5	Wellington	122.5
J Larsen	79.7	Levin	120.0
R Andrews	81.4	Levin	115.0
K Boyle	82.4	Levin	107.5
M Sloan	79.0	Wellington	100.0
G Marshall	83.9	Wellington	137.5
B Johnson	85.3	Waipukurau	92.5
B Downs	85.0	Levin	90.0
B Peneueta	94.2	Wellington	140.0
J Holmes	97.7	Palmerston North	140.0
N Toulis	90.2	Wellington	137.5
P McGregor	96.5	Levin	110.0
A McLean	106.5	Levin	145.0
W Pehi	104.0	Levin	140.0
D McKirdy	105.3	Levin	110.0

Best Male Lifter: Bill Harvey

Best Female Lifter: Tania Liggins

*Report and Results by John Smith
Levin Weight-Lifting Club*

Northland Championship

Colenso St Gym Kamo 6 March 1993

Twenty-five lifters turned out for the first Powerlifting Meet in 1993 in New Zealand. 1992 North Island and National Champion, Rachel Simpkin, 56kg, won in fine style with P.B.'s in the Squat, Benchpress and Total. The lifts were also Northland records. Rachel only needs another 5kg to qualify for the World Champs. Dianna Flynn, 67.5kg class, improved her Total by a fantastic 37.5kg as well as P.B.'s in the Squat, Benchpress and Deadlift. Diana is 10kg off the Oceania Champs qualifying Total.

Angus Dempster, 52kg class, broke the Northland Benchpress record with 92.5kg (magic 200lb barrier) and had P.B. lift in the Squat and Total. Billy Bodle, 60kg class, squatted a 4th attempt 167.5kg for another Northland record and equalled his best Total.

Brian Earle, 75kg class, had P.B. lifts in all four sections, improving his Total by 22.5kg. Brian Froggatt had some bad luck in the Squat, asking for 90kg 1st attempt, but getting 130kg, which resulted in a strained hamstring as he hopped back to set it up. On the happy side, his benches were awesome with a 4th attempt 142.5kg.

Chris Blair, 82.5kg, 1992 North Island Champion, had a steady 9 for 9 lifting day, very close to his best. Nigel Thomas, 90kg class, improved his Benchpress by 7.5kg and just missed getting a new P.B. Total. Paul Paton, 100kg class, lifted consistently to improve his Total by 7.5kg with room to spare for more improvements.

Billy Tafilipepe, 125kg+ class, was a guest lifter from Auckland. Billy literally smashed the New Zealand Masters (40-49) records in the Squat (by 72.5kg), Deadlift (by 2.5kg) and Total (by 100kg). More remarkable was his performance following stories of a very late night at his job (bouncer), being attacked by more than one person at his job, and the travel to Whangarei suffering from lack of sleep etc. Look out if Billy has a good day!

Northland Records: Angus Dempster, 52kg class, Benchpress 92.5kg, Billy Bodle, 60kg class, Squat 167.5kg, Rachel Simpkin, 56kg class, Squat 127.5kg, Benchpress 65kg, Total 337.5kg

	NAME	WT	Club	SQUAT	BENCH	DEADLIFT	TOTAL
WOMEN							
56KG							
1	R Simpkin	55.90	Dar	127.5	65.0	145.0	337.5
67.5KG							
1	D Flynn	65.50	Dar	140.0	57.5	152.5	350.0
2	G Blair	62.50	Ntl	97.5	52.5	107.5	257.5
3	D Lang	65.50	Dar	80.0	50.0	100.0	230.0
MEN							
52KG							
1	A Dempster	51.85	Ntl	120.0	90.0 92.5	130.0	340.0
2	D Walding	41.50	Ntl	55.0	40.0	70.0	165.0
60KG							
1	B Bodle	60.00	Ntl	160.0 167.5	90.0	190.0	440.0
67.5KG							
-	N Hackett	61.00	Ntl	-	-	-	-
-	P LeCren	65.50	Ak	190.0	90.0	200.0	480.0
75KG							
1	B Earle	68.50	Ntl	152.5	87.5	190.0	430.0
2	J Velden	68.20	Kaik	95.0	90.0	140.0	325.0
	B Froggatt	-	Dar	-	140.0 142.5	-	-
82.5KG							
1	C Blair	78.00	Ntl	205.0	145.0	205.0	555.0
2	M Moroney	79.90	Ntl	140.0	85.0	185.0	410.0
3	T Anderson	75.50	Dar	142.5	87.5	165.0	395.0
4	A Dunn	82.10	Ntl	90.0	65.0	120.0	275.0
-	M Ward	78.00	Ak	157.5	90.0	170.0	417.5
90KG							
1	N Thomas	89.50	Kaik	200.0	140.0	220.0	560.0
2	D Proctor	89.00	Ntl	175.0	115.0	210.0	500.0
3	G Anderson	87.50	Ntl	160.0	105.0	200.0	465.0
-	P Epi	87.50	Ak	225.0	115.0	230.0	570.0
-	H Mataupo	89.90	Ak	190.0	105.0	205.0	500.0
100KG							
1	P Paton	95.10	Dar	275.0	137.5	250.0	662.5
2	I Mora	93.70	Ntl	80.0	65.0	125.0	270.0
125+ KG							
-	B Tafilipepe	143.50	Ak	322.5	165.0	272.5	760.0

Waikato Championship Report

YMCA Hamilton 6 December 1992

In the women's section, Colleen Cadman, 1992 North Island 60kg Champion, moved up a class and lifted P.B.'s in the Bench Press, Deadlift and Total. June Johnson, 90+kg class, broke three New Zealand Masters' records in the Squat, Deadlift and Total. June also tried a huge 195kg Squat and got the weight up only to find a spotter had touched the weight, making the lift invalid. Hard luck. She tried again on a fourth attempt, but the three minute rest was hardly ideal preparation. June needs another 40kg to qualify for the World Champs.

The men's section saw lots of records, starting with Steve Thompson, 52kg class, break the first New Zealand (Under 18) Junior Record with a 70kg Bench Press. He also tried a record 140kg Deadlift which was unsuccessful. At 16 years of age, Steve has two more record breaking years left yet.

Darryl Attwood, 67.5kg class, broke New Zealand Masters (40-49) records in the Squat and Benchpress (twice) and lifted nine for nine, an excellent day.

Jeff Smith, 82.5kg class, finally won a title in 1992 after 3rd in the Nationals and 2nd at the North Island Champs.

Warren Russell, 90kg, improved in the Squat (by 7.5kg), Deadlift (by 10kg) and Total (by 15kg). Peter Jordan, Auckland, got a P.B. in the Benchpress.

In the 100kg class, Wayne Pomana, Central Districts, had his last Junior contest and went out in style with New Zealand Junior records in the Squat (a gutsy repeat of 320kg - 705lbs), Deadlift and Total, breaking the records he set at the National Champs.

Don Bidois, 110kg class, won his first title in his first year of Powerlifting, while Peter Smith, 125kg class, broke the 300kg Squat barrier for the first time in his career and totalled a big 700kg.

Mark Mulderry, Auckland, broke the New Zealand Junior record in the squat with 265kg and needs 17,5kg for the Junior Total record.

	NAME	WT	Club	SQUAT	BENCH	DEADLIFT	TOTAL
WOMEN							
67.5KG							
1	C Cadman	63.45	Wai	95.0	55.0	120.0	270.0
-	K Ashton	66.35	Ak	75.0	30.0	135.0	240.0
82.5KG							
-	K Kahui-Ariki	77.20	Ak	130.0	72.5	160.0	362.5
90KG							
1	J Johnson	100.20	Wai	185.0 NZMR	80.0	192.5 NZMR	457.5 NZMR
MEN							
52KG							
-	S Thompson	52.00	Ak	112.5	70.0 NZJR	130.0	312.5
-60KG							
-	S Jackson	58.45	Ak	150.0	87.5	172.5	410.0
67.5KG							
-	D Attwood	67.50	Ak	208.0 NZMR	115.0 NZMR	210.0	532.5
-	S Narayan	67.45	Ak	145.0	80.0	162.5	387.5
-	R Haase	61.65	Ak	110.0	67.5	152.5	330.0
75KG							
-	S Pike	74.20	CD	150.0	105.0	210.0	465.0
82.5KG							
1	J Smith	75.65	Wai	227.5	100.0	205.0	532.5
2	W Smith	79.40	Wai	175.0	90.0	225.0	490.0
90KG							
1	W Russell	87.75	Wai	222.5	115.0	235.0	572.5
-	P Jordan	88.90	Ak	255.0	132.5	215.0	602.5
100KG							
1	D Dunford	90.55	Wai	240.0	150.0	250.0	640.0
-	W Pomana	95.70	CD	320.0 NZJR	170.0	290.0 NZJR	780.0 NZJR
-	B Nelson	94.15	Ak	205.0	120.0	225.0	550.0
110KG							
1	D Bidois	100.60	Wai	230.0	130.0	200.0	560.0
-	H Evans	105.80	Ak	195.0	102.5	242.5	540.0
125KG							
1	P Smith	119.10	Wai	302.5	162.5	235.0	700.0
2	P Sellars	123.55	Wai	245.0	100.0	240.0	585.0
-	M Mulderry	118.05	Ak	265.0	142.5 NZJR	265.0	672.5
-	W Tau	119.65	Ak	237.5	135.0	237.5	610.0

CHB NOVICE STRONGMAN COMPETITION WAIPUKURAU HOTEL 12 DECEMBER 1992

On December 12, 1992, the CHB Powerlifting Group held a Novice Strongman Competition at the Waipukurau Hotel. The CHB Powerlifting Group is run by William and Sandie Johnson and consists of three other members. They have their own gym.

There were eight contestants weighing from 82kg up to 145kg; plus guest competitor, New Zealand strongman Colin Cox.

Four events were competed for:

- Ute pull over 15 metres sitting down
- Grader tyre flip over 15 metres (tyre weighing 180kg)
- Truck rim carry over a 15 metre obstacle course (rims weighing 35 - 65kg)
- 2 1/2 dozen can hold at arms length

Competing for the first time, Graeme Magee made easy work of the ute pull, grader tyre flip and can hold. Jim Manapori took out the truck rim carry.

All contestants thoroughly enjoyed the day and so did the 150 plus crowd. The event will be run again later in 1993, with a couple of different events and hopefully, Waipukurau will turn out another good day.

Report by William Johnson



William Johnson (Waipukurau) competing in the truck rim carry at the CHB Novice Strongman competition. The rims weighed 45 kg each and had to be carried over a 15 metre obstacle course. There must be an easier way!



PERSONAL BEST LIFT

Warren Russell (Waikato) drives up a personal best 222.5 kg Squat at the 1992 Waikato Championships. Warren also had a P.B. Deadlift and Total in winning the 90 kg class.

Otago Championships

LES MILLS WORLD OF FITNESS DUNEDIN 13 MARCH 1993

Sweet success was experienced by many of the lifters competing at the Otago Powerlifting and Olympic Lifting Championships which were held on Saturday 13 March at Les Mills Dunedin. There were some who were not quite so pleased by their performances and can look forward to a much better outcome next time!

Many records fell - both Otago and South Island.

Tessa Morrow lifting in the 90 kg class took both an Otago and South Island record with a very solid looking Squat of 167.5 kg. Tessa holds all the Otago and South Island records in the 90 kg class which remains as the 'Standard' set at 75 kg which Tessa only narrowly missed.

Mark Anderson of Cromwell lifting in the 67.5 kg class made a great come-back into the sport when he broke the Bench Press record in the Open Mens division by benching 125 kg; bettering the old record by 5 kg. Mark began Powerlifting about five years ago, but in the last couple of years has had little time for training. It is good to see you back competing in the sport Mark.

Anton De Croos also in the 67.5 kg class did a token lift only in the Squat and Bench Press saving himself for the Deadlift where he pulled up 193.5 kg to take a National Record in the Masters 50+ division.

Jason Fanning competing in the 90 kg class lifted very strongly indeed. Jason seems to be going from strength to strength at the moment and improving every time that he competes. Jason took out three Junior South Island and Otago records. In his Squat of 240 kg, he broke his own record by 10 kg. He worked hard to pull up a Deadlift of

240.5 kg, breaking a long standing record by 0.5 kg. The Total he achieved was 592.5 kg, an addition of 15 kg. I am sure that many lifters would like to share the secret of your success Jason and I hope that you will be available to share some tips with us at the Training Seminar on the 17/18 April.

Peter Tuisano a 'new comer' to the sport, competing in the 100 kg class, took the Otago record in the Bench Press in the Masters 40-49 division, with an easy looking Bench Press of 115 kg. His Total of 435 kg earned him another record.

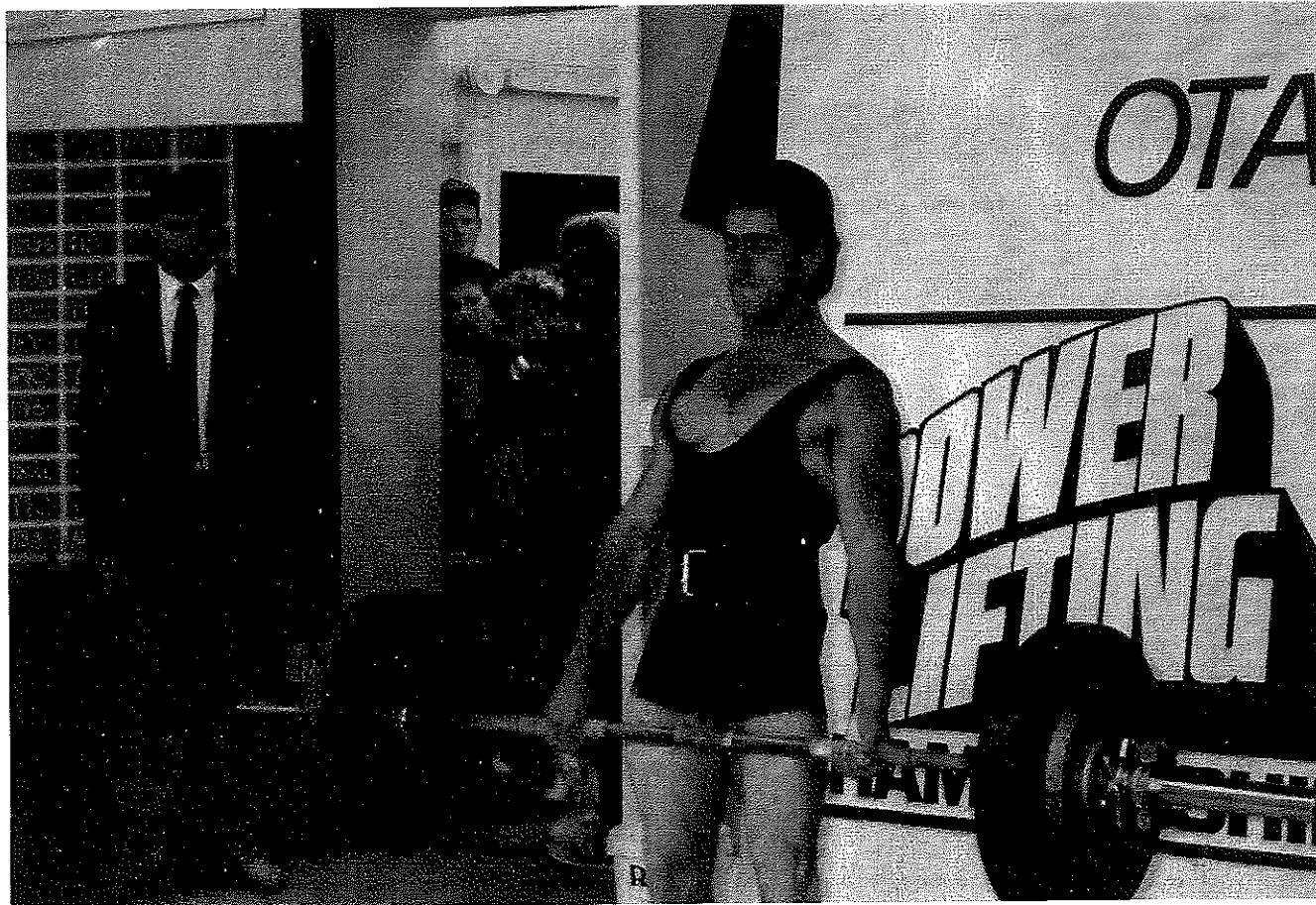
John Halalilo a 7th form pupil at Logan Park High School, in his first competition, set three Otago Under 18 records. He was competing in the 110 kg class. His records were a Squat of 155 kg, a Bench Press of 110 kg and a Total of 465 kg. John only narrowly missed adding the Deadlift record to this impressive line-up. No doubt we will see him back soon to make this record his.

As yet we do not have three qualified Olympic Lifting Referees so although lifters were able to attempt records, there was no hope of having them ratified. Despite this, there was some good Olympic lifting to be seen with Mark Paterson taking Best Olympic Lifter. Aaron Fanning, Stuart Chirnside and Philip Capil, all of whom had already competed in the Powerlifting section, performed very well indeed in the Olympic lifting section. The day ended with the presentations and an excellent meal at the Anchorage. This function was very well attended, with almost standing room only and was enjoyed by lifters and supporters.

	NAME	WT	Pro	SQUAT	BENCH	DEAD	TOTAL
WOMEN							
52 KG							
-	H Meiklejohn	52.00	Dun	95.0	52.5	-	
60 KG							
1	J White (N)	56.10	B1	60.0	35.0	115.0	210.0
67.5 KG							
1	A Philip	61.50	B1	110.0	55.0	140.0	305.0
75 KG							
1	T Trow (N)	69.10	B1	50.0	30.0	110.0	190.0
82.5 KG							
1	K Fife (N)	79.45	B1	50.0	42.5	110.0	202.5
90 KG							
1	T Morrow	82.75	Dun	167.5	70.0	170.0	407.5
MEN							
67.5 KG							
1	M Anderson (J)	61.40	Crom	130.0	125.0	185.0	440.0
2	A DeCroos (M)	66.10	Inv	50.0	40.0	193.5	283.5
-	P Capil	60.75	Inv	115.0	-	-	
75 KG							
1	G Brooke (JN)	69.70	Dun	140.0	80.0	170.0	390.0
2	D Cranston (J18N)	70.50	Tim	100.0	67.5	135.0	302.5
82.5 KG							
1	T Bills	82.25	Dun	185.0	130.0	215.0	530.0
2	C McMillan (N)	77.60	Dun	200.0	105.0	210.0	515.0
3	A Ward (JN)	79.10	Dun	170.0	100.0	210.0	480.0
90 KG							
1	J Fanning (J)	88.50	Inv	240.0	112.5	240.5	592.5
2	J Koia	87.50	B1	210.0	115.0	240.0	565.0
3	S Morrow	87.20	Dun	207.5	115.0	230.0	552.5
4	A Fanning	88.20	Inv	212.5	127.5	200.0	540.0
5	P Barron (N)	88.70	Dun	140.0	105.0	192.5	437.5
100 KG							
1	H Logan (N)	94.80	Dun	180.0	115.0	230.0	525.0

FROM THE MEETS

2	P Tuisano (MN)	91.35	Dun	140.0	115.0	180.0	435.0
3	S Chirnside	91.80	Dun	130.0	120.0	180.0	430.0
110 KG							
1	B Armstrong	103.30	Tim	245.0	160.0	240.0	645.0
2	S Sekone-Fraser	103.75	Inv	230.0	130.0	210.0	570.0
3	J Halalilo (J18N)	108.30	Dun	140.0	110.0	200.0	450.0
			4th	155.0			
4	C Morgan (N)	101.20	Dun	120.0	67.5	130.0	317.5
125 KG							
1	R Morgan (N)	114.50	Dun	125.0	67.5	170.0	362.5



TRIPLE BODYWEIGHT DEADLIFT

Mark Anderson (Cromwell) finishes a triple bodyweight 185kg Deadlift at the Otago Championships. Mark weighed 61.4kg and went on to win the 67.5 kg class. His lifting included an Otago Bench Press Record of 125kg.

OTAGO RECORDS:

Women - Tessa Morrow, Squat 167.5 kg
 Open Men - Mark Anderson, Bench Press 125 kg
 Junior Men - Jason Fanning, Squat 240 kg, Deadlift 240.5 kg,
 Total 592.5 kg
 Junior Under 18 Men - John Halalilo, Squat 155 kg, Bench
 Press 110 kg, Total 450.0 kg
 Master Men (40-49) - Peter Tuisano, Bench Press 115 kg,
 Total 435.0 kg

SOUTH ISLAND RECORDS:

Women - Tessa Morrow, Squat 167.5 kg
 Junior Men - Jason Fanning, Squat 240 kg, Deadlift 240.5 kg,
 Total 592.5 kg

NZ MASTER'S RECORD

Anton DeGroos 193.5kg

Best Male Lifter - Brian Armstrong
 Best Male Squat - Jason Fanning
 Best Male Bench Press - Mark Anderson
 Best Male Deadlift - John Koia
 Best Female Lifter - Tessa Morrow
 Best Female Squat - Tessa Morrow
 Best Female Bench Press - Tessa Morrow
 Best Female Deadlift - Alaina Philip
 Best Novice Male - Craig McMillan
 Best Novice Female - Judy White
 Best Junior Male - Aaron Fanning
 Best Junior U18 - John Halalilo
 Best Master Male - Peter Tuisano

LEGEND

N Novice
 M Master
 J Junior
 J18 Junior Under 18

SPECIAL OLYMPICS POWERLIFTING MEET MID-CANTERBURY South Island Sports Day Sunday 14th March 1993

	Bodyweight	Squat	Bench	Deadlift	Total
WOMEN					
Diane Hardwick (O)	77 kg	-	30	80	110.0
Gillian Kerns (WE)	92.5 kg	35	50	115	200.0
MEN					
(60 KG)					
Andrew Martin (C)	53.5 kg	60	40	120	220.0
Paul Hotten (C)	58.5 kg	85	65	135	285.0
Simon McKay (O)	59.5 kg	40	40	130	210.0
(67.5 KG)					
Paul Craig (M)	61.5 kg	20	20	-	40.0
(75 KG)					
Chris James (C)	71 kg	-	35	-	35.0
Mark Rutter (O)	72.5 kg	-	45	90	135.0
Adrian Moreton (W)	74 kg	45	50	90	185.0
Andrew Smith (W)	75 kg	-	30	90	120.0
(100 KG)					
George Ross (W)	93 kg	25	35	60	120.0
(110 KG)					
David Stockley (M)	107 kg	20	20	35	75.0

DISTRICTS

- (O) - Otago
- (W) - Waitaki
- (C) - Canterbury
- (WE) - Westland
- (M) - Marlborough

BEST LIFTER:

Squat

- | | |
|-----|---------------|
| 1st | Paul Hotten |
| 2nd | Andrew Martin |
| 3rd | Simon McKay |

Bench Press

- | | |
|-----|----------------|
| 1st | Paul Hotten |
| 2nd | Andrew Martin |
| 3rd | Adrian Moreton |

Deadlift

- | | |
|-----|---------------|
| 1st | Paul Hotten |
| 2nd | Andrew Martin |
| 3rd | Simon McKay |

Total

- | | |
|-----|-------------|
| 1st | Paul Hotten |
|-----|-------------|

Referees: Brent Nicolson, Paul Nunan, Allan Hallberg.
Thanks to Paul Nunan for report.

WANTED

GOOD PHOTOGRAPHS

FROM YOUR LOCAL MEETS

C'MON MUMS, DADS, TEAMMATES, COACHES

DON'T HIDE THOSE PIC'S AWAY!

SEND THEM ALONG FOR OUR MAGAZINE

p.s. PLEASE GET PRINT OFF SLIDES

IRONMAN continued from page 10.

deficiency is the most widespread mineral nutritional deficiency.

Signs of iron deficiency relate to the anaemia due to low blood levels of haemoglobin and therefore reduced oxygen-carrying capacity. They include; tiredness, fatigue and lack of stamina, and a pale complexion. Later symptoms, all due to decreased supply of oxygen to the tissues and organs, include breathlessness, giddiness, dim vision, headaches, heart palpitations, fast pulse rate, loss of appetite, indigestion, and a tingling feeling in the fingers and toes.

How Do I Know What My Iron Levels Are?

A blood test will indicate the blood haemoglobin level, which should normally be between 12 to 16g per 100 mL of blood. For women the level should be around 12 to 14 and 14 to 16 for men. Less than 121g per 100cc of blood is considered as anaemia and while iron-deficiency anaemia accounts for few deaths in this country, it is a major contributor to the general unhealthy condition and substandard performance of many people, including some athletes.

How Much Do I Need?

Because of menstruation, women have a greater need for iron than most men, and women athletes in particular have special needs since intense exercise depletes iron, which makes an adequate intake of iron, essential for all athletes.

The recommended dietary intake in Australia ranges from 5 to 7mg daily for men, to 12 to 16mg for women, a clear indication of the increased need women have for this mineral. An extensive dietary survey in Australia however confirmed that 35% of women did not receive 70% of the RDI from their diet, suggesting a potential problem if this deficiency is not corrected.

Iron is present in both animal and vegetable foods, but absorption is better from animal-sourced iron, which is known as Haeme Iron and absorbed unchanged. None Haeme iron from vegetable foods is poorly absorbed, and all forms of iron need Vitamin C present to enable the body to utilise the mineral. Iron exists in two specific chemical forms, as ferric and ferrous salts. For absorption all iron must be in the ferrous form to be carried across the intestinal wall.

Foods rich in iron include red lean meats, some shellfish, liver, either cooked or as Freeze-Dried extract in tablets such as MASSIVE MEGA-LIVER 10,000 which provide the equivalent of 10g of fresh liver per tablet. Also rich in Potassium, Phosphorus, Sulphur and Sodium, Liver contains between 8 and 17mg of Iron in 100g. It has been a popular energy and

power food for centuries and Liver Tablets are widely used by power and strength athletes to supplement their diet.

High consumption of raw cereals reduces iron absorption as does a high intake of tea (the tannin binds with the iron making it unavailable). Foods high in phosphates also reduce iron availability.

When body stores are low, iron absorption is increased but only between 5 to 15% of food iron is normally absorbed from a diet which provides 150-20mg daily. As we age, absorption tends to decline and is usually best during childhood.

Iron is lost through the faeces, sweat, bile and urine. Some is also lost in the nails, hair and the skin, and is increased following intense exercise.

Although the level of haemoglobin in the blood is an important indicator, it is not infallible. Whilst haemoglobin has a strong affinity for oxygen, it also has affinity for other gases as well, including Carbon dioxide, which it relinquishes at the alveoli in the lungs, and carbon monoxide from petrol burning engines, and other sources such as cigarette smoking, which it tends to retain.

Joggers, running alongside a busy highway often notice the symptoms associated with iron deficiency anaemia, simply because they have inhaled carbon monoxide from car exhausts which has displaced the oxygen normally carried by the haemoglobin in their red blood cells and leads to rapid onset of fatigue and lack of stamina, dizziness etc.

For athletes, a special form of haemoglobin, myoglobin found in the muscle cells is specially significant, since it acts as an oxygen reservoir within the muscles.

So next time you grab the bar for that Squat, Bench Press or Deadlift, remember that your success in pumping iron depends on pumping iron — in your bloodstream.

Make sure you check your supplement labels and your diet, to see that you get the iron you need — every day. For a Powerlifter — it's more precious than gold!

NUTRA-LIFE SUPPLEMENT SUGGESTIONS

SPORTS PERFORMANCE MULTI — 1 daily with breakfast.

MASSIVE MUSCLE BUILDER — 2 servings daily (1 mid morning, 1 2 hours before training). • **MEGA-LIVER 10,000** — 2 to 6 tablets daily (for Iron boost) • **INOSINE TABLETS 500mg** — Two tablets an hour before extended training session. • **AMINO-CARB** — Drink 500mL after training **BUT Note** if preferred **RESTORE** can be used in its place, but add **Branch Chain Aminos**, either from **BCAA 1000** or **Muscle Maintenance Formula Tablets**.

IN LAST ISSUE

We carried the results of the 'Best Of The South' Bench Press Competition, at Timaru on October 17, 1992. Unfortunately the report and the result parted company somewhere along the line. So here is Mark Creba's story of the event. Results in Issue 9

BEST OF THE SOUTH

A year has gone since the inaugural Powerhouse Gym "Best of the South" Best Bench Competition. The word has gone out - last year's high standard of lifting has meant the competition is now recognised as a "No frills - Raw strength battle to be Number One!"

The prize - The Fred Creba Challenge Trophy and the Title of Best Benchman in the South Island.

The big men are here - Sam Piho (Dunedin's specialist benchman) and Brian Armstrong (National 100kg Champ) - Men capable of 350lb plus benches.

The small men are here - Trevor Cox, Spenser Christian, and Duncan Walker - newcomers to Powersport with something to prove - you don't have to be heavy to bench big!

Twenty-nine men and five women have converged on Timaru: from Dunedin to Christchurch, from Alexandra to Ashburton, from Waimate, Oamaru and Timaru, they have all come and the heat is on to be Number One.

The weigh-in starts on time, but with such a big field of lifters,

many travelling to the venue on the same day, the lifters become restless to get going. Finally at 1.00pm, with a continuous barbecue going on outside, the battle royal begins.

The women's section is a closely fought competition between Helen Meiklejohn and Michelle Compton. Helen wins the event with a bodyweight bench and looks difficult to beat in the near future.

The men's field, because of its size, is broken into two sections. First up are the light men. Peter Kennedy and Dion Walsh, both under 70kg, power up a triple figure bench to place themselves in the top ten. Duncan Walker, at only 18 years of age, rams home 102.5 to clean up the schoolboy competition and to put pressure on the big men.

Round Two - the heavy men start, with some big guns - Armstrong, Piho and the dark horse powerlifter Terry Pierson from Christchurch. Armstrong powers up a sweet 170kg to win the heaviest bench of the day, but he can't slow down Terry Pierson, who at only 82.3kg, grinds up 157.5kg and then an awesome 162.5kg for a Schwartz Formula score of 100.8 and an overall win for the day.

The event once again was a credit to the organisers, Brian Armstrong and the Powerhouse Gym and undoubtedly the best Benchpress Competition I have ever been involved with.

Look out 1993 - It can only get bigger!

Heaviest Benchpress Award - Brian Armstrong 170kg
Thanks to the Referees - Fred Creba, Ray Palmer, Mike Gardiner
Thanks to Willie Saver and the Powerhouse Gymnasium, Timaru

1994 WOMEN'S WORLD CHAMPIONSHIPS COUNTDOWN ROTORUA NEW ZEALAND MAY 25-28 NZ WOMEN CLASSIFICATION BASED ON 1992/93 TOTALS

INTERNATIONAL ELITE

Cathy Millen Auckland	90kg class,	622.5 Total
ELITE		
Melanie Johnston Auckland (310)	44kg class,	302.5 kg Total
Andrea Boulgaris Auckland (397.5)	60 kg class,	387.5 kg Total
Gina Burt Waikato (440)	67.5 kg class,	407.5 kg Total
Jody Boulgaris Auckland (542.5)	90 kg class	502.5 kgTotal
Jody Boulgaris Auckland (545)	90+ kg class	530 kgTotal

MASTER

Diane Nees Otago (282.5)	44 kg class	255 kg Total
Christine King Auckland (495)	90 kg class	465 kg Total
June Johnston Waikato (497.5)	90+ kg class	457.5 kg Total
Tessa Morrow Otago (465)	82.5 kg class	422.5 kg Total
Karina Walker Central Districts (362.5)	60 kg class	352.5 kg Total
Alaina Philip Otago (362.5)	60 kg class	327.5 kg Total
Rachel Simpkin - Northland (342.5)	56kg class	337.5kg Total

FUTURE POSSIBLE MASTER QUALIFIERS:

Diana Flynn - Northland (360)	67.5kg class	350kg Total
Kor Kahui - Ariki - Auckland (417.5)	82.5kg class	397.5kg Total

Note:

Figures in brackets represent the Total required to attain a higher classification e.g. Master to Elite or Elite to International Elite.

NOTICE OF MEET NORTH ISLAND POWERLIFTING CHAMPIONSHIPS

Venue: Portobello Motor Inn, Riverside Drive, Whangarei

Dates: 5-6 June, 1993

Lifting Classes:

Open Men, Open Women

Junior Men (U18), Junior Men (U23)

Junior Women (U23)

Masters Men (40+), Masters Women (40+)

Entry Forms: Available through local Powerlifting Associations

Contest Contact:

Northland Powerlifting Association, PO Box 192, Whangarei. Ph 09 437 1389 Annette Pannett.

Accommodation Contact:

Portobello Motor Inn, Riverside Drive, PO Box 1652, Whangarei. Ph 09 438 0284 or Fax 09 438 4320

Accommodation Room Rates: (Inclusive of GST)

Single Room - \$78.30 per night

Double Room - \$87.30 per night (sleeps 4)

Triple Room - \$96.30 per night (sleeps 6)

Suite - \$118.80 per night (sleeps 7-8)

NZPF LIFTER CLASSIFICATION TOTALS AND HOW IT WORKS

International Elite Qualifying Total

Mens World Championships — funding

Women's World Championships — funding

Elite Qualifying Total

Men's World Championships — no funding

Women's World Championships — no funding

Masters Qualifying Total

Oceania Championships

Class 1 Total

New Zealand National Championships

Note: Right of Entry for lifter(s) if association teams are not full e.e Men 11 lifters, Women 10 lifters.

Lifters must have competed in a meet with minimum of three provincial referees within 12 months to lift at National Championships.

Class 2 Total

North Island Championships

South Island Championships

NZPF LIFTER CLASSIFICATION TOTALS

Men

Category	52.0	56.0	60.0	67.5	75.0	82.5	90.0	100.0	110.0	125.0	125+
Int Elite	487.5	530.0	570.0	637.5	697.5	747.5	792.5	835.0	862.5	890.0	910.0
Elite	445.0	482.5	520.0	582.5	635.0	682.5	722.5	762.5	787.5	812.5	830.0
Master	397.5	432.5	467.5	522.5	570.0	612.5	647.5	685.0	707.5	727.5	745.0
Class 1	370.0	402.5	432.5	485.0	527.5	567.5	600.0	635.0	655.0	675.0	690.0
Class 2	307.5	335.0	360.0	402.5	440.0	472.5	500.0	527.5	545.0	560.0	575.0

Women

Category	44.0	48.0	52.0	56.0	60.0	67.5	75.0	82.5	90.0	90+
Int Elite	310.0	332.5	355.0	375.0	397.5	440.0	475.0	510.0	542.5	545.0
Elite	282.5	302.5	325.0	342.5	362.5	402.5	432.5	465.0	495.0	497.5
Master	255.0	272.5	290.0	307.5	325.0	360.0	390.0	417.5	445.0	447.0
Class 1	235.0	252.5	270.0	285.0	302.5	332.5	360.0	387.5	410.0	412.5
Class 2	195.0	210.0	225.0	237.5	252.5	280.0	300.0	322.5	345.0	347.5

1993 CALENDAR OF EVENTS

INTERNATIONAL

- November 30 - December 5
Mens and Womens World Championships,
 Jonkoping, Sweden
 October 27-31
Mens and Womens
World Juniors and Masters Championships,
 Hamilton Ontario Canada
 December 10-12
World Bench Press Championships,
 Jorvenpoa, Finland
 July 23-24
World Games, The Hague, Netherlands
 August 6-8
Australian Championships, Brisbane.

NATIONAL

- June 5-6
North Island Championships, Whangarei
 Contact Northland Association
 June 19
South Island Championships, Dunedin.
 Contact Otago Association
 August 21-22
NZ National Championships,
 Rotorua Soundshell, Rotorua
 Contact Central Districts Association

PROVINCIAL

OTAGO

- October 9
Best of South
Best Bench Press Timaru
 November 14
Club Lift Otago General Meeting Dunedin

AUCKLAND

- June 12
Auckland Annual General Meeting
 Tower ro Power
 July 25
Schoolboy, Novice, Open Meet
 Tower ro Power Auckland
 Oct 17
Auckland Junior (U18) & (U23) & Masters (40+) Mens & Womens
Championships, Auckland Novice Meet
 Tower ro Power
 Nov 21/22
Auckland Championships

WAIKATO

- November 13
Waikato Championships

CENTRAL DISTRICTS

- 20th June
Geyserland Deadlift Competition
 Golds Gym 32 Riri St Rotorua 1 Tom Weigh In. 1pm Start
 James Kett or Alon Christophersen 0-7-348 2121
 18th July
Geyserland Novice Powerlifting Chomps
 Rozzys 7 Ti Street Rotorua 8am to 6pm
 Contact Boy of Plenty Powerlifting Club
 James Kett or Alon Christophersen 0-7-348 2121

ASSOCIATION CONTACT ADDRESSES

NEW ZEALAND P.F. SECRETARY

Brett Seamer c/o PO Box 24-134, Royal Oak,
 Auckland Tel 0-9- 266 7037

AUCKLAND—

The Secretary PO Box 24-134, Royal Oak,
 Auckland Tel 0-9- 627 2113 after 7pm

WAIKATO —

James Tunnicliffe, World Gym 429 Te Rapa Rd,
 Hamilton Tel 0-7-849 6775

CANTERBURY—

Paul Nunan 3/194 Hastings Street East,
 Waltham, Christchurch Tel 0-3-663 531

CENTRAL DISTRICTS—

Rachel Jackson, 57 Guy Avenue, Palmerston
 North.

NORTHLAND—

Annette Pannett, PO Box 192, Whangarei,
 Tel 0-9-437 1389

OTAGO—

Diane Nees, 27 Cannell Street, Waverley,
 Dunedin

NOTICE OF MEET

SOUTH ISLAND CHAMPIONSHIPS

OTAGO WEIGHTLIFTING ASSOCIATION

Where: Dunedin — Les Mills World of Fitness, 12
 Dowling Street

When: Saturday 19 June 1993

Start: Lifting starts 10.00am. Weigh in for the first
 session 8.00am to 9.30am

THIS WILL BE A DRUG TESTED EVENT

Entries to:

Otago Weightlifting Association
 c/o Les Mills World of Fitness
 12 Dowling Street
 Dunedin

Entry forms may be obtained from your local gym or
 at the above address.

Diane Nees
 Secretary
 OAWLA

NZ RECORD HOLDERS RATIFIED TO 25/4/93

SQUAT		BENCH PRESS		DEADLIFT		TOTAL		SQUAT		BENCH PRESS		DEADLIFT		TOTAL			
JUNIOR MEN (UNDER 18)																	
52	Standard	130.0	S Thompson	70.0	Standard	140.0	Standard	340.0	44	M Johnston	102.5	M Johnston	45.0	M Johnston	137.5	M Johnston	302.5
55	Standard	145.0	S Thompson	75.0	J Mason	150.0	Standard	367.5	48	Standard	97.5	Standard	52.5	Standard	107.5	Standard	245.0
60	Standard	152.5	Standard	80.0	Standard	157.5	Standard	390.0	50	Standard	95.0	Standard	55.0	Standard	110.0	Standard	265.0
67.5	Standard	167.5	Standard	90.0	Standard	177.5	Standard	435.0	56	J Bennett	102.5	Standard	60.0	Standard	117.5	Standard	290.0
75	Standard	182.5	Standard	95.0	Standard	195.0	Standard	472.5	60	Standard	110.0	Standard	62.5	Standard	122.5	Standard	315.0
82.5	Standard	195.0	Standard	102.5	Standard	202.5	Standard	500.0	67.5	Standard	122.5	Standard	70.0	Standard	132.5	Standard	335.0
90	Standard	200.0	Standard	107.5	Standard	215.0	Standard	522.5	75.0	Standard	130.0	Standard	75.0	Standard	150.0	Standard	360.0
100	Standard	207.5	Standard	115.0	Standard	222.5	Standard	545.0	82.5	Standard	140.0	Standard	82.5	Standard	155.0	Standard	377.5
110	Standard	220.0	Standard	120.0	Standard	232.5	Standard	572.5	90	Standard	147.5	Standard	90.0	Standard	160.0	Standard	397.5
125	Standard	230.0	Standard	125.0	Standard	240.0	Standard	595.0	90+	Standard	155.0	Standard	95.0	Standard	165.0	Standard	415.0
125+	Standard	240.0	Standard	130.0	Standard	245.0	Standard	615.0									
JUNIOR MEN																	
52	S Howlett	195.5	P Wedge	90.0	J Johnston	180.0	S Howlett	442.5	44	M Johnston	130.5	J Brennan	50.0	M Johnston	137.5	M Johnston	302.5
56	S Howlett	202.5	M Gardiner	95.0	P Nunan	200.0	S Howlett	455.0	48	M Johnston	135.0	J Brennan	52.5	K Multitelo	135.0	M Johnston	297.5
60	S Howlett	202.5	M Gardiner	122.5	M Gardiner	220.5	M Gardiner	532.5	52	E Cole	125.0	S Bethell	57.5	S Bethell	140.0	S Bethell	287.5
67.5	C McGuigan	212.5	C Blair	135.0	T Oliver	235.0	C McGuigan	542.5	56	A Boulgaris	130.0	A Boulgaris	70.0	S Bethell	160.0	A Boulgaris	370.0
75	M Jackson	247.5	C Blair	150.0	P Emmett	285.0	P Emmett	635.0	60	C Millen	190.0	C Millen	100.0	C Millen	200.0	C Millen	487.5
82.5	W Pomana	275.0	G Collins	157.5	W Pomana	267.5	W Pomana	670.5	67.5	C Millen	190.0	C Millen	107.5	C Millen	220.0	C Millen	507.5
90	D Pomana	303.5	D Pomana	186.0	H Piripi	285.0	D Pomana	730.5	75	C Millen	235.0	C Millen	130.0	C Millen	240.0	C Millen	602.5
100	W Pomana	320.0	D Pomana	177.5	W Pomana	290.0	W Pomana	780.5	82.5	C Millen	240.0	C Millen	130.0	C Millen	247.5	C Millen	612.5
110	M Rossiter	322.5	M Rossiter	187.5	M Rossiter	290.0	M Rossiter	787.5	90	C Millen	240.0	C Millen	132.5	C Millen	250.0	C Millen	622.5
125	M Mulderry	265.0	T Bourke	180.0	S Powson	282.5	T Bourke	690.0	90+	J Boulgaris	212.5	J Boulgaris	120.0	J Boulgaris	205.0	J Boulgaris	530.0
125+	T Bourke	265.0	T Bourke	197.5	M Toia	262.5	T Bourke	722.5									
OPEN MEN																	
52	S Howlett	195.5	G Cairns	101.0	J Madsen	227.5	J Madsen	500.0	44	Standard	85.0	Standard	47.5	Standard	100.0	Standard	232.5
56	J Madsen	237.0	P McKenzie	130.0	P McKenzie	250.0	P McKenzie	610.0	48	Standard	90.0	Standard	50.0	Standard	107.5	Standard	247.5
60	J Madsen	230.0	P McKenzie	132.5	J Madsen	242.5	P McKenzie	587.5	52	Standard	97.5	Standard	57.5	Standard	115.0	Standard	270.0
67.5	G Cairns	260.0	G Cairns	160.0	T Clarke	265.0	G Cairns	657.5	56	Standard	105.0	Standard	60.0	Standard	122.5	Standard	287.5
75	G Cairns	282.5	K Judson	180.0	K Judson	297.5	K Judson	750.0	60	Standard	112.5	Standard	62.5	Standard	130.0	Standard	305.0
82.5	K Judson	310.0	K Judson	192.5	K Judson	310.5	K Judson	785.0	67.5	Standard	120.0	Standard	70.0	Standard	137.5	Standard	327.5
90	F Boulgaris	317.5	F Boulgaris	227.5	P Emmett	321.5	K Judson	807.5	75.0	Standard	130.0	Standard	75.0	Standard	140.0	Standard	345.0
100	D Pomana	365.0	F Boulgaris	205.0	P Emmett	314.0	D Pomana	862.5	82.5	Standard	140.0	Standard	85.0	Standard	145.0	Standard	370.0
110	D Pomana	365.0	D Pomana	207.5	C Cox	305.0	D Pomana	872.5	90	Standard	150.0	Standard	90.0	Standard	150.0	Standard	390.0
125	C Cox	347.5	G Burgess	212.5	G Burgess	345.0	G Burgess	900.0	90+	J Johnson	185.0	Standard	95.0	J Johnson	192.5	J Johnson	457.5
125+	C Cox	363.5	R Toit	222.5	W Nabney	328.5	C Cox	850.0									
MASTERS 40-49																	
52	Standard	120.0	Standard	80.0	Standard	140.0	Standard	310.0									
56	P McKenzie	232.5	P McKenzie	125.0	P McKenzie	230.0	P McKenzie	587.5									
60	J Smith	150.0	J Smith	100.0	J Smith	180.0	J Smith	430.0									
67.5	D Attwood	208.0	D Attwood	115.0	T Clarke	265.0	T Clarke	575.0									
75	T Clarke	207.5	G Marshall	125.0	T Clarke	267.5	T Clarke	582.5									
82.5	K Judson	290.0	K Judson	180.0	K Judson	290.0	K Judson	760.0									
90	K Judson	300.0	K Judson	180.0	K Judson	300.0	K Judson	760.0									
100	G Fletcher	235.0	T Ieti	172.5	T Ieti	262.5	T Ieti	637.5									
110	Standard	250.0	T Spiers	175.0	Standard	260.0	T Spiers	675.0									
125	R Dunn	310.0	R Dunn	200.0	S Galloway	292.5	R Dunn	790.0									
125+	Standard	250.0	Standard	175.0	Standard	270.0	Standard	660.0									
MASTERS 50+																	
52	Standard	110.0	Standard	70.0	Standard	130.0	Standard	290.0									
56	Standard	130.0	Standard	80.0	Standard	150.0	Standard	330.0									
60	P McKenzie	175.0	P McKenzie	123.0	P McKenzie	215.0	P McKenzie	512.5									
67.5	Standard	173.0	Standard	100.0	A De Croos	193.5	Standard	440.0									
75	Standard	193.0	Standard	110.0	Standard	210.0	Standard	490.0									
82.5	C Parsons	223.0	G Marshall	135.5	C Parsons	240.0	C Parsons	590.0									
90	C Parsons	250.0	D Robinson	155.5	C Parsons	250.0	C Parsons	637.5									
100	G Fletcher	245.5	D Robinson	172.5	J Haywood	275.0	J Haywood	680.0									
110	G Fletcher	235.0	J Fou	172.5	G Fletcher	260.0	Standard	620.0									
125	Standard	235.0	Standard	160.0	Standard	250.0	Standard	640.0									

RECENT RECORD BREAKERS

NZ RECORDS RATIFIED 23 MAY 1993

JUNIOR MEN (UNDER 18)

56kg class: S. Thompson, Bench Press 75.0

56kg class: J. Mason, Deadlift 150.0

OPEN MEN

10-0kg class: F. Boulgaris, Bench Press 227.5

MASTERS 50+

67.5kg class: A. DeCroos, Deadlift 193.5

MASTERS WOMEN 40+

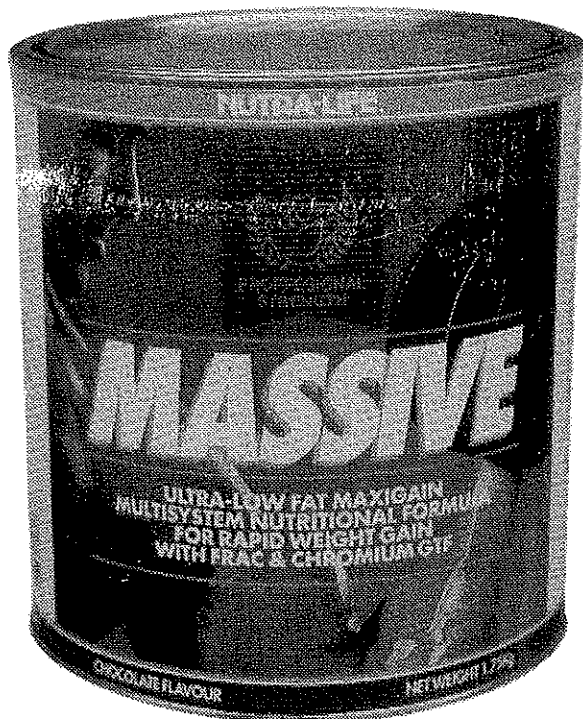
90+kg class: J. Johnson, Total 457.5



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