

THE FINNISH POWERLIFTING MAGAZINE n° 2/2015



CLASSIC POWERLIFTER WORLD CHAMPIONSHIP 2015

WELCOME TO FINLAND
FRIENDS OF POWERLIFTING

CHALLENGERS MEET
WORLD CHAMPIONS
WHO WILL BE
THE WINNER?





The Classic Powerlifting World Championships in Salo 2015 is a clean sporting event. The championships will promote clean sport and carry the message of fair play to the athletes and spectators alike. Together we say no to doping and yes to healthy and ethical sports.



Clean Win



Clean

fair

power

LIFTING

CLEAN ATHLETES

DESERVE ALL THE

GLORY!

Visit the Clean Win information stand

Visit FINADA's Clean Win programme information stand and learn about antidoping work. Vote for the best representative of fair play and clean sport at the competition and win a prize! Athletes can test their antidoping knowledge by taking the Play True quiz and win a magnificent golden drinking bottle.

The medalists at the competition are also taking a public stand for clean sport. Come and spot your idol's signature on the clean sport roll-up signed by the top athletes at the competition.

The Clean Win information stand is present at the World Championships 10–11 June at 12–20. Welcome, athletes and spectators alike!

In partnership with
WORLD ANTI-DOPING AGENCY
play true



World Classic Powerlifting Championship 2015

Provisional Schedule of Events



Based on ca. 830 lifters. The End of competition time includes the breaks between the lifts and also Victory Ceremony in each Session
 Note. Due to the big number of lifters, Masters' competitions will be held simultaneously on two platforms as stated on the Schedule of Events below.

Thursday June 4, 2015 at 19:00 Technical Meeting for all age categories

Day	Age category	Classes	Weigh in	Weigh in room	Start	Platform	# of lifters	Groups	End	
Friday 5.6.2016	Women M3-4	47-84+ kg	06:00-07:30	Room 1	08:00	# 1	18	2	11:45	
	Opening Ceremony starts on Friday 5th of June at 12:00									
	Men M4	59-120+ kg	10:30-12:00	Room 1	12:30	# 1	28	3	17:45	
	Women M2	47-63 kg	16:00-17:30	Room 1	18:00	# 1	18	2	21:45	
	Women M2	72-84+ kg	16:00-17:30	Room 2	18:00	# 2	14	2	20:15	
Saturday 6.6.2015	Men M3	59-83 kg	06:00-07:30	Room 1	08:00	# 1	22	2	12:30	
	Men M3	93-120+ kg	06:00-07:30	Room 2	08:00	# 2	23	2	11:45	
	Men M2	59-74 kg	10:45-12:15	Room 1	12:45	# 1	18	2	15:45	
	Men M2	83 & 93 kg	10:45-12:15	Room 2	12:45	# 2	26	2	17:30	
	Men M2	105-120+ kg	15:45-17:15	Room 1	17:45	# 1	27	3	22:00	
	Women M1	47-63 kg	15:45-17:15	Room 2	17:45	# 2	29	3	23:00	
Sunday 7.6.2015	Men M1	59-74 kg	06:00-07:30	Room 1	08:00	# 1	24	2	11:45	
	Men M1	83 & 93 kg	06:00-07:30	Room 2	08:00	# 2	26	3	12:45	
	Men M1	105 kg	11:00-12:30	Room 1	13:00	# 1	12	1	15:30	
	Women M1	72-84+ kg	11:00-12:30	Room 2	13:00	# 2	19	2	16:30	
	Men M1	120 & 120+ kg	14:45-16:15	Room 1	16:45	# 1	24	2	20:45	
Monday 8.6.2015	Men Sub-Junior	53-66 kg	06:00-07:30		08:00		22	2	11:45	
	Women Sub-Junior	43-63 kg	10:00-11:30		12:00		24	2	16:15	
	Men Sub-Junior	74 & 83 kg	14:30-16:00		16:30		20	2	20:00	
	Women Sub-Junior	72-84+ kg	18:15-19:45		20:15		18	2	23:30	
	Banquet for Masters starts on Monday 8th of June at 19:00									
Tuesday 9.6.2015	Men Sub-Junior	93-120+ kg	06:00-07:30		08:00		20	2	11:45	
	Women Junior	43-57 kg	10:00-11:30		12:00		24	2	16:15	
	Men Junior	53-66 kg	14:30-16:00		16:30		25	2	20:45	
	Men Junior	74 kg	19:00-20:30		21:00		14	2	23:30	
Wednesday 10.6.2015	Women Junior	63 & 72 kg	06:00-07:30		08:00		22	2	11:45	
	Men Junior	83 kg	10:00-11:30		12:00		18	2	15:00	
	Women Junior	84 & 84+ kg	13:15-14:45		15:15		13	2	19:45	
	Men Junior	93 kg	18:00-19:30		20:00		14	2	22:30	
Thursday 11.6.2015	Men Junior	105 kg	06:00-07:30		08:00		14	2	10:30	
	Men Junior	120 & 120+ kg	08:45-10:15		10:45		12	2	13:00	
	Women Open	47 & 52 kg	11:15-12:45		13:15		20	2	16:45	
	Men Open	59 & 66 kg	15:00-16:30		17:00		19	2	20:15	
	Banquet for Sub-Juniors & Junior starts on Thursday 11th of June at 19:00									
Friday 12.6.2015	Men Open	74 kg	06:00-07:30		08:00		20	2	11:15	
	Women Open	57 kg	09:30-11:00		11:30		18	2	14:30	
	Men Open	83 kg	12:45-14:15		14:45		25	2	18:45	
	Women Open	63 kg	17:00-18:30		19:00		15	2	21:30	
Saturday 13.6.2015	Women Open	72 kg	06:00-07:30		08:00		14	2	10:30	
	Men Open	93 kg	08:45-10:15		10:45		23	3	14:30	
	Women Open	84 & 84+ kg	12:45-14:15		14:45		22	2	18:30	
	Men Open	105 kg	16:45-18:15		18:45		19	2	22:00	
Sunday 14.6.2015	Men Open	120 kg	07:00-08:30		09:00		20	2	12:30	
	Men Open	120+ kg	10:45-12:15		12:45		25	2	16:45	
	Banquet for Open categories starts on Sunday 14th of June at 19:00									



THE CLASSIC POWERLIFTER Magazine Team

Publisher
Finnish Powerlifting Federation

Editor in Chief
Jari Rantapelkonen (FIN)

Articles Editors
Christina Chamley (AUS)
Heikki Malkavaara (FIN)
Richard Parker (GBR)

Photographers
Jari Rantapelkonen (FIN)
Heinrich van Janse Rensburg (RSA)

Managing Art Director and Layout Designer
Antti Savolainen (FIN)
Kaisa Savolainen (FIN)

Contributing Staff
Sanna Apuli (FIN), Ben Banks (GBR)
Ralph Farquharson (GBR), Miklos Fekete (HUN)
Johnny Graham (USA), Satu Luoto (FIN)
Gaston Parage (LUX)
Powerlifting Australia (AUS)
Antti Rantakokko (FIN), Susanna Sokka (FIN)
Kalevi Sorsa (FIN), Dmitry Spiridonov (RUS)
Mike Tuchscherer (USA) and his Facebook friends
Andreea Vasilescu (FIN)

All the helpful people at the Classic PL Worlds 2015 Facebook page

Ads and Sponsors
Jarno Ruohonen (FIN)
Ilkka Seppälä (FIN)
Tapani Orha (FIN)

Worlds 2015 Board of Directors
Tapio Ruohonen, CEO
Tero Hyttinen, President of the Finnish Powerlifting Federation
Tapani Orha, Chairman of the Team Nordic Thunder
Ilkka Seppälä, Chairman of the Salon Voimailijat
Jarno Ruohonen, Marketing and Sponsorship Manager
Jari Rantapelkonen, Secretary-General

Place of Printing

FORSSA PRINT
Paino oikeilla asiilla.

Volunteers:

Sanna Apuli, Egle Annus, Kaisa Annus, Terttu Arilahti, Jarmo Arvaja, Jarkko Avila, Juha Björstrand, Andy Dörner, Esteri Hakamäki, Arto Hannolin, Jaana Hiltunen, Arto Heinonen, Ellen Honkasalo, Joni Huhtaviita, Mika Huhtaviita, Rami Huovinen, Juho Jaatinen, Marketta Jaspa, Maritta Jaurola, Jussi Jokinen, Terho Juurakko, Matti Järvinen, Ville Jääskeläinen, Laura Kakkola, Sadena Kangaskorte, Juho Kangasniemi, Antti Karesola, Jesse Kela, Pirjo ja Markku Kempainen, Jouko Kiesiläinen, Tiina Kiviluoto, Nina Kiviniemi, Petri Kokkonen, Veijo Koski, Jyrki Kosonen, Ville Kujala, Tero Kuusinen, Juha Laine, Pasi Lamminaho, Samuel Lappalainen, Katja Lariola, Jouko Laxell, Unto Leinikka, Joonas Leinonen, Reima Leinonen, Samuli Leminen, Katjusa Leväniemi, Jan Liljeström, Timo Lillbacka, Lotta Lindholm, Marcel Lindholm, Virpi Lintula, Jan Lipponen, Inga Lunden, Mikko Lunden, Pekka Luoto, Satu Luoto, Sinikka Makkonen, Ville Makkonen, Heikki Malkavaara, Auli Martikainen, Kaj Mattila, Salla Merisara, Pasi Miettinen, Tomi Muhonen, Miina Mutka, Kasper Myllynen, Pertti Mäkeläinen, Ville Naapuri, Aki Nissi, Pekka Niva, Heikki Nivanlinna, Katariina Nokua, Rami Nordström, Sinikka Näslund, Juha Nurmi, Veli-Pekka Närhi, Antti Paronen, Mika Parviainen, Unto Poutanen, Anna-Liisa Prinkkala, Jarkko Putkonen, Sami Raappana, Seppo Raittila, Matti Rajaniemi, Toni Rantamaa, Salla Rantapelkonen, Seela Rantapelkonen, Sirpa Rantapelkonen, Virve Riikonen, Inger Ruohonen, Vilma Ruohonen, Väinö Ruohonen, Jani Salomaa, Antti Savolainen, Markku Savolainen, Matias Seppälä, Mervi Sirkiä, Tero Soininen, Tomi Soininen, Tatu Sokka, Ilja Sokko, Sanna Suominen, Jyri Taanila, Lauri Tamminen, Mika Tantarinnmäki, Inkeri Taurula, Pentti Terho, Ritva Terho, Sami Tuomainen, Tarja Tähkänä, Ari-Pekka Töllikkö, Heimo Törmä, Jouni Törmä, Jari Uggelberg, Tarja Uppala, Satu Vainio, Andreea Vasilescu, Matti Vessari, Johnny Wiklund, Emmi Viljanen, Marko Viljanen, Petri Villanen, Jarmo Virtanen, Iiro Vuorio, Markus Välvä, Tiia Weckman, Miia Ylikopsa, Tapio Äyräväinen, Soili Wilén and many more.

Volunteers clubs: Herwannan Hauiskääntö, Honkajoen Seudun Urheilijoiden voimanoistojaosto, Huittisten Voimailijat, Tampereen Voimanoistajat, Turengin Sarastus

OVER 50 NATIONS AND 1 000 POWERLIFTERS HURRICANES TO THE CLASSIC WORLDS

The strongest lifters from AROUND the world will get together for the World Classic Powerlifting Championships. Actually, the exact figures beyond the headline are as follows: 1006 lifters from 54 different nations were all together nominated plus more than 100 lifters were nominated as reserve lifters. So, around one thousand lifters will be on stage lifting a lot of iron. However, according to IPF experience, approximately 15 % will stay at home for one reason or another. According to expectations, in June there will be still be some 800 lifters taking part in these historical worlds. This will be greatest powerlifting competition ever in the history of IPF. Thank you all for being a part of Powerlifting history.



Welcome Powerlifters

Editor In Chief

The World is here and the World is watching as the strongest people around the world are gathering into the city of Salo, Finland. I would like to extend a warm welcome to you all.

The World Championships 2015 for Classic Powerlifting is a historical event in many ways. Did you know, for example, that this is the biggest event ever for the IPF in the history of powerlifting - And why? Certainly because of you all have made this great event possible.

I want to thank you all the powerlifters around the world: sub-juniors, juniors, open lifters and all four age categories of master lifters. We should also not forget the coaches, team leaders, numerous volunteers, member federations, IPF and all sponsors. Plus of course the audience, which we hope will be full of powerlifting fans, whether online or present in the sports hall.

Did you know – and sure powerlifters do but for the audience – that powerlifting is the only sports that measures pure maximum power. Sure many other sports demonstrate how important maximum power is such as weightlifting, strong man, shot put and so on. However, powerlifting is proud to be presented as sport that pushes forward lifters' limits of the highest weight on a bar and measures who has the pure and highest maximum of real strength.

What makes us train hard for years and devote thousands of hours to arrange demanding top competitions? The answer may be easy, to win gold, but I think it is more than receiving a medal or lift records. My answer is that it is the thrill of competitions and drama. The first question is to ask who is lifting the highest amount of iron. That's why we are here to compete and enjoy the thrill of winning. Powerlifting sport is nothing without winners.

The second reason is because all sports are also dramatic. Without drama, there is no powerlifting. I am sure we will see unbelievable lifts, but also disappointments. My main message is that all of you, regardless of your role during the worlds, will make this event a true powerlifting sport event because we love powerlifting.



Countries all over the world have sent their best and most talented powerlifters to these World Championships. Finland has the honour to serve you all this time. I would like to thank you all who made this great and memorable event possible. Together we are stronger.

In the end, the most important thing is to attend and enjoy powerlifting competitions. Without all of you, there would be no powerlifting worlds. Thank you all very much coming into the World Championships 2015 for Classic Powerlifting. Let all of us spread the true sport message around the world during the powerlifting worlds. Let's have some fun and I hope we smile as we see.

Welcome powerlifters!

Editor In Chief, Dr. Jari Rantapelkonen

ELEIKO®

www.eleikosport.com

QuickSun[®] Photovoltaic Measurement Systems

NEW



QuickSun[®] 550CE
Test Station

Unique combination of module characterization features:

- Class A+A+A+ solar simulator
 - 450 ms effective sweep time in double flash mode
- Integrated EL imaging and analysis
- Integrated Electrical Safety measurements
- Fully automated module loading and contacting
- Through put 60–90 modules per hour
- Automated irradiance non-uniformity mapping and adjustment
- Automated reference module loading and contacting



Ruukinkuja 1, 02330 Espoo, Finland | +358 (0)10 219 0910 | www.endeas.fi

Dear Participants and Guests of the Classic Powerlifting World Championships,

On behalf of the City of Salo let me extend my warmest welcome to all of you. In Salo the maritime atmosphere meets the modern city culture, and the rich history the high technology.

In this ideal location in Finland, waterways and favorable natural conditions have contributed to the prosperity of the Salo region for centuries. The area has a long tradition in trading and agriculture with the wealthy manor houses and their iron works laying foundation for industrial activity.

The Salo region has always been inhabited by open-minded and enterprising people with ability to see and do things in a new way. This is one of the reasons why Salo is worldwide known for mobile phones and wireless communication technology. The story dates back to the year 1928 when a radio manufacturer called Salora was founded. The radios were followed by televi-

sions and walkie-talkies. In 1970's Salora Ltd. and Nokia Ltd. started their cooperation which led eventually to birth of Nokia Mobile Phones.

In today's Salo this strong legacy of high-tech innovations is being continued in various forms by Microsoft and several other companies. In the future Salo might be also famous for LED (Light Emitting Diodes) technology, solar cells, robots, location or learning applications.

The residents of Salo are most at ease when sitting at an outdoor café by the market place, pondering the way of the world. I hope that during your stay you will also have a possibility to join us and enjoy the summer in Salo and in Finland at its best.

Dear participants and guests - I wish you health, luck, great success and an enjoyable stay in Salo!

Mr. Antti Rantakokko
Mayor



© Jarno Lindholm

Welcome to Finland Friends of Powerlifting

Dear Friends of Powerlifting,

The Classic Powerlifting World Championships is a major world-class sporting event that gathers together world's greatest powerlifters and their supporters. This year, we have the pleasure of hosting the great event here in Salo, Finland.

The arrangements for the championships have progressed according to plan in all sectors. The cooperation agreements between the organizer and the accommodation and transport providers were signed already during the summer and fall of 2014. Sponsor agreements have been signed in 2014 and 2015. The facilities are ready for the amazing group of up to 1000 athletes from over 50 countries. We are looking forward to a successful mega event which I am proud to say the greatest Powerlifting World Championships of all times.

I would like to extend my sincere gratitude especially to our main sponsors, who provided substantial support for the championships, making it possible for us to start all the arrangements early enough. Numerous other companies and organizations in and outside the Salo area, as well as Finnish government support

and many private individuals, have followed their lead and provided us great support for the event. Thank you all for your exemplary and outstanding cooperation in building the greatest Powerlifting World Championships of all times. Without you this would not be possible!

I would like to thank in advance all officials, referees, volunteers in the Salo area and volunteers of the teams operating under the Finnish Powerlifting Federation, for your important work and support for the World Championships.

I would like to thank the City of Salo for providing us with the Salohalli Sports Arena as the main venue for the championships and the Ollikkala Gym as the training gym during 2.-17.6.2015.

On behalf of the Finnish Powerlifting Federation, Salon Voimailijat and Team Nordic Thunder, I warmly welcome all athletes, their coaches and supporters, partners, spectators, members of the jury, referees, officials, organizers and all volunteers to the IPF Classic Powerlifting World Championships in Salo.



Let's together make this mega event unforgettable!

Sincerely

TAPIO RUOHONEN
Director of the IPF Classic Powerlifting World Championships 2015

Greetings my Dear Friends

It is with great pleasure for me to welcome everyone to the 2015 IPF World Classic Powerlifting Championships that will take place in Salo, Finland.

I would like to personally thank the Finnish Powerlifting Federation for directing this year's championship. Also, I would like to take this opportunity to thank Mr. Tero Hyttinen, the President of the Finnish Powerlifting Federation and sponsors Team Nordic Thunder and Salon Voimailijat for their kind and generous support of this year's championship. Most importantly, I would like to also thank Mr. Tapio Ruohonen, our championship director and his competition staff for all hard work and the hundreds of hours of preparation time to ensure this championship will be of the highest calibre.

I'm extremely confident we're going to have a record number of athletes at this year's championship -- most likely we will be near 800 lifters. Despite the large number of athletes, the Finnish Powerlifting Federation will meet this response and deliver a memorable and professionally directed championship that will satisfy everyone.

Of course, the large number of athletes will make it a long week for all of us. However, I'm

very confident in stating to each of you, once again this year there will be exciting and memorable performances by athletes from around the world.

I have to tell you it is with great pleasure for me to see the popularity and support of Classic Powerlifting increasing within our member federations around the world. Clearly, the Classic style of lifting complements our existing and well established equipped lifting programme and provides our athletes with multiple competition possibilities for all age and ability levels. All sports have variations and we should embrace our different programmes equally; one is no better than the other.

Additionally, I have the pleasure to announce, besides the standard professionally streamed competition the IPF will deliver, we will also have one hour of our highlights on Eurosport.

Lastly, I want to once again thank all the volunteers, coaches and referees that will make this championship possible. Also, I want to personally thank all of the lifters currently preparing and training for the championship. Each and every one of your performances will surely make it great and exciting competition for all of us to watch and see. To close, I send my special thanks to the City of Salo for their support of this championship this year. Thank you.



Sincere regards,

GASTON PARAGE
President,
International Powerlifting Federation

“ My goal is to win 120 kg class and to raise the Wilks-trophy from silver to gold.”



Junior World Champion Tuomas Hautala Aiming for Gold and WR

Interview: Jari Rantapelkonen

Tuomas Hautala, you are a 22-year old powerlifter from Finland. In South-Africa 2014 you won WC-gold at the Junior category – a year after the big disappointment when achieving no result at the World’s in Russia in 2013. What are your thoughts about the recent two years?

I have made substantial progress in the recent two years. The biggest change was the appointment of a new coach/trainer right after the 2013 World’s. Before that I was stuck for one and a half years between 340-350 kilos at deadlift. With the know-how I myself had at the time it was difficult to make any further progress. So a big thanks to Anni Vuohijoki.

At gym training you have already deadlifted exceeding the prevailing World Record of the open category. What is the secret of your deadlifting?

There is, unfortunately, no secret here. Deadlifting has always been independent of the style or way of training. It’s my strongest discipline of the three lifts and that fact is hardly going to change.

Were you strong already as a child?

No I wasn’t. I started gym training at the age of 13 with no previous sporting background and benched at first about 30 kilos. My own bodyweight did not even reach 50 kilos and not even in deadlift did I then exceed 70 kilos.

Tell us a bit about your training.

My training is mainly scheduled and programmed by Anni Vuohijoki, a prominent Finnish weightlifter/powerlifter. Normally I train squatting and benching three times a week, deadlifting twice a week plus the auxiliary training. At the moment I am specially focused on the finishing position of the deadlift and getting the torso strength. To achieve this I have trained different variations of deadlift, more than the normal deadlifting.

What are your ambitions for the 2015 World Championships?

It is my goal to win my own weight category and to raise the Wilks-trophy from silver

Tuomas in YouTube Channel.



to gold. In addition it is my wish to have the open category World Record of the deadlift to be put into my name. To beat the present record should not be troublesome, but I guess a small increase probably will not be sufficient if I want to keep the record after the lifts of the open 120 kilo category. It’s still half a year to the games so thinking of kilos is too early, but in preliminary words I would say I would like to achieve at least 920 kilos in total.

Thanks for the interview and good luck for the World’s.

WE ARE PROUD TO SUPPORT YOU ON YOUR WAY TO THE TOP.



HEINA

TESTED FOR SUCCESS.



TESTING DEVICES FROM HIGH-TECH FINLAND Konepaja-Heinä Oy is a Finnish company founded in 1988. We are proud to provide our customers with innovative, CE approved testing devices, good personal service and reliable partnership. Our main products, Tumble Tester II, Drop Tester DT2000s and Abrasion Tumbler 640/3i are used by tens of electronic manufacturers all around the world. www.heina.net

Inna Filimonova Double World Champion at 57 kg Looking for Gold



Inna Filimonova is a two times world champion in 2014. She won both classic and equipped world championships at 57 kg class. Now this great athlete, a mother of two daughters, is looking for renewal of her amazing achievement in 2015 June Finland.

Experienced Athlete

38 years old Mrs. Filimonova from Russia has been involved with sports already unbelievable 32 years. She has been training powerlifting already more than 20 years.

The seven times world champion's powerlifting training in the Russian Vladimirskaya region has gone well.

A World record holder in classic squat both at 57 kg and 63 kg classes, she is also the holder of the equipped squat WR at 57 kg.

Loves Raw

One may wonder why on earth so experienced lifter goes for raw.

- When classic powerlifting started to become more popular, I also started to compete in classic competitions. I love classic lifting because I always loved training raw.

Keskitä. Saat etuja.

Yhdessä hyvä tulee

Lounaismaan OP 

Aleksandra Otchenashko Takes Decisive Steps to Open 47 kg



Junior World Champion 2014 from South Africa, Alexandra Otchenashko moves to the Open class for the Classic Worlds in Finland.

Pushing limits with respect

That is tough to anyone, but she thinks like an athlete who is trying to push her limits forward. At the same time she respects her sister powerlifters who are more experienced at the top of the world.

- I think I need to do my job better in Finland. I had problems with the techniques and mental focus in South Africa. Now I am stronger and more confident, but I have very strong contenders. It is an honour for me to stand on the same platform with Chen Wei-Ling and other great lifters, talks Aleksandra Otchenashko from Belarus.

Aleksandra's father's friend was the man who to "blame" for taking her to the gym and start powerlifting. She was not thinking she had power enough to compete.

- Yes, it was my father's friend who was a coach in a local gym. Two of my sisters sometimes trained with him. He always asked about me going for gym and nearly three years ago I decided to go. Lifting weights was something new for me; I did not feel I had the power for lifting, but I felt something that touched me a lot. Later I changed my coach and we decided to take part in international powerlifting competitions.

Diverse Training: Powerlifting and Cardio

Aleksandra's training consists of powerlifting and cardio. Powerlifting training is on a schedule three days a week.

- Monday and Friday I will squat and bench press; Wednesday is deadlift day. Actually I don't do a lot of other exercises; my focus is on the main lifts.

Training philosophy is pretty simple.

- When the competition is far away, I do lots of repetition. For example I can take from three to five sets with 15-20 reps. As the competition comes closer, my reps will take place between six and three.

- Between gym days I do running, swimming, cycling and other cardio. When the Worlds come very near, I will not do cardio at all.

Otchenashko at 47 kg: "I'll do my best"

Talking about her goals in Worlds in Finland, Aleksandra is focused but knows how tough it can be at her first year at 47 kg.

- I am training to win, that's my goal. Maybe I am not yet ready for winning during my first year in open class in Finland, but I'll do my best.





Kimberly Walford

The Best Female Powerlifter in the World

Interview: Jari Rantapelkonen

Thank you for your time Kimberly Walford (USA). You won the best female powerlifter title in the worlds in South Africa 2014. Then you broke again your world record in your famous deadlift lifting amazing 240 kg for the 72 kg class in Australia. Please tell us about that effort.

One of my goals for competing at the Pacific Raw Challenge in Sydney, Australia was to re-break the 72 kg deadlift classic record with a pull of 233 kg. After hitting my opening deadlift I knew everything was dialed in to attempt it and I was ready. So I

asked my Australian friend, powerlifter Kelly Gomez to put in for 233 kg on my second attempt deadlift. When I approached the platform to pull it, I knew with everything in me it was going to come up. While pulling it, I visualized the last two competitions where I attempted to pull 233 kg and missed those attempts. As I had these thoughts running through my head it motivated me even more to fight for the attempt. After successfully completing the attempt I decided I still had a good amount left in me. So I told Kelly "let's go for it" so my third attempt was set to 240 kg. I was motivated by the fact that

amount weight had not been lifted in a classic (raw) deadlift in the IPF or USAPL by any woman regardless of weight class. I had nothing to lose and it was my third deadlift. I knew when I picked it up I had it. Once I got it to my knees I just had to be patient and finish the lockout. When I finished the attempt lights I reacted because I knew what I had just done. I had set a new standard for female classic (raw) deadlifters.

Could you open up a bit behind the world record deadlifting secrets?

As far as deadlift secrets, there really aren't any. First, it starts with having a goal and believing it's possible to achieve it. Then you have to create that training plan that will most likely facilitate you achieving that goal. You have to listen to your body, your coach or coaches, and most importantly you have to believe in yourself. When you step on the platform to make that attempt there should be no doubt in your mind that you will be successful because you have done all you need to do to have a successful attempt.

You are very focused in competitions and generate your maximum out of training. Do you have any rituals or things like that before or during the competitions?

I like to get eight hours of sleep at the minimum consistently every night. Also, I need to ensure that I stay hydrated and protein/carb loaded to provide the necessary



From L to R: Ana Castellain (BRA), Kimberly Walford (USA) and Johanna Kankus (FIN).

energy I need on meet day. The night before a meet I check everything in my equipment carry on, review my warm ups attempts, make sure I pack my lucky clothing and say a prayer for myself and all the competitors competing at the competition.

What kind of training frequency do you have on the main lifts? And how do you manage your accessory work?

I train two to three times a week depending on my work schedule. As far as accessory work, I work it in on training days or may have separate days depending on my work schedule.

Have you always been that strong? Tell us about your first memories you have from gym training and about how you actually started powerlifting.

I started strength training when I was thirteen years old. I knew I was one of the strongest teen girls on my sports teams, but really didn't know what that meant because I lifted in support of playing other sports. My first memory of strength training was my high school track and field coach telling all the girls that we were fast, but he wanted us to be strong as well. He took us in to the gym and I remember the first time training with squatting, bench, deadlift and

various machines instantly I was hooked on lifting weights. I knew strength training would make me stronger which would make me a better athlete no matter what sports I would play in my life.

Now powerlifting became a part of my life in my early 20s. I was strength training with a buddy just staying in shape because I loved being in shape. He told me about a bench press competition. I told him that it wasn't my thing and that I just like lifting weights. He convinced me to finally do it. I won the bench press competition (don't remember how much I lifted at the meet) and knew after competing I had found my new sport, my new passion. [Continues ->](#)

**KUUMIMMAT KARADKETANSSIT
KAUPUNGIN SYKKIVIN
DISCO TERVETULOA!**

Bar
the PENNA
the DISCO

PE
LA
KLO 20 - 04
KLO 20 - 04

f BAR PENNA & THE DISCO
HELSINGINTIE 10, SALO
WWW.BARPENA.FI

**GOOD FEELING
FROM NATURE**

DONNA TAPONERO

LAURILANTIE 41 B
FI 21800 KYRÖ
info@donnataponero
+358 40960 1144

KÄSITÖITÄ

ALICE HUTTUNEN

UTISKANTIE 31
FI 24130 SALO
alice.huttunen@team-aranea
+358 44357 4390

PERINTEISET SUOMALAISET
Tekstilityöt

ANNA HEINONEN

KOIVULINNANTIE 12
FI 25420 LAHNAJÄRVI
anna.heinonen@seutuposti.fi
+358 5056 20754

**HELMIPUOTI
HELMIAINEN**

TELAKKATIE 17
FI 25570 TEIJO
helmipuoti.fi@luukku.fi
+358 44261 1022

www.kalapele.com

www.liinalaari.fi

www.makierja.com

www.zyrifrost.com

I never thought I would find a sport that I loved more than track and field, but that change when powerlifting was brought into my life.

What support do you appreciate and what kind of support do you need and receive in order to train and compete at world top level?

I believe spiritual, familial, friends, and support from your significant others all play equally important roles in not only myself, but I believe in any lifter being a world top level lifter. For me they all provide some type of consistent emotional support, as well as guidance when needed or warranted by me and vice versa. These are the people that truly "know you" they are not only family, but our "spiritual advisors, counselors, coaches, husbands/wives, boyfriends/girlfriends, confidants and friends. Their presence is invaluable to any lifter as they traverse on their path to be the best they can be in their chosen sport.

What are your goals for the Salo Classic World's 2015?

My goal for Salo is to be even better than I was in the 2014 IPF Classic Worlds in Potchefstroom, South Africa. I want to be the best prepared I can be to compete for the 72 kg class Open Classic title and "Champion of Champions" titles again, as well as break some world and American records. I strive to be the best I can be not only for myself, but for all who support, inspire, and serve as a source of motivation for me as well.

Do you have any favorite sayings or slogans to share with the readers?

"Life doesn't give you what you want, it gives you what you have earned (unknown)." and from my coach Gene Bell "It takes the best in each of us to bring out the best in all of us".

Thank you very much for the interview, and we wish you all the best for the future.



ELECTRONICS MANUFACTURING
SERVICES



SANMINA

Luota vaihtomattoasioissasi ammattilaiseen.

Lue lisää vaihtomattopalveluistamme
berendsen.fi/vaihtomattopalvelut

BERENDSEN

Pysäytä jopa

75%
liasta ja
kurasta



Astrum

AUTO- JA VENETALO



SALO | KEMIÖ | TURKU | HELSINKI | FORSSA
www.astrum.fi



Ray Williams Squat 412,5 kg.

Super Heavy Star Ray Williams's Focus Is Getting Better

Interview: Jari Rantapelkonen

Ray, thank you for being available here for this interview.

You are the current powerlifting World Champion in the super heavy class. What do you think about your performance in South Africa 2014?

My health was a concern because at the time I was dealing with a glute/hamstring injury, so I felt that the performance I gave was near the best that I could do at the time. Not to forget that I had some good coaching as well that also helped me get the most of out of every attempt.

We heard you are an ex American football player. How did you end up in powerlifting?

Well my brother, William Burrell, took a chance and competed in a meet in Florida back in 2012 and he really liked it. Afterwards, he explained to me about all the cool people that he had met and how much fun he had. It was a no brainer to me; meet cool people - and you get to compete.



Tell us what are your key training principles and practices?
How are you preparing your training for the Worlds 2015?

One of the biggest keys to my training is consistency; if it is hard in the beginning then it should be hard all the way through. For worlds I have gone back to the basics and started from ground zero, tons of heavy lifting to gain more control and raw power.

The Super heavies will be an extremely exciting fight in the classic worlds in 2015. You are challenged by many great lifters such as Bouafia, Sumner, Uepa etc. What are your thoughts about the super heavy competition, and what is your goal at Worlds in Salo, Finland?

Honestly, I am very humbled for the chance to be able to compete with so many world class athletes, but right now my focus is not on anything but getting better. I have goals that I want to obtain and the only way that I will be able to obtain these ambitions is to develop tunnel vision.

Anything else you want to tell us, readers of the Classic Powerlifter magazine that will be delivered free at the world championship venue?

I'm honoured to have to the opportunity to represent my country once again on the grandest stage of them all.

Thank you Ray for your time, we appreciate this a lot.

Jari Rantapelkonen interviewed Ray Williams at the end of March 2015.



NISSAN **Ford** **PEUGEOT** **OPEL**

PPAUTO_oy

www.ppauto.fi **Alueen laajin vaihtoautovalikoima!**
Kurkkaa koko valikoima kotisivuiltamme, noin 300 vaihtoautoa!

SALO, Örninkatu 3-5
Automyynti: 075 3040 5110
ma-ti 9-18 | ke-pe 9-17 | la 10-14
Puhelun hinta: 8,8 snt/min.



WELCOME TO SALO!

Between the exciting competition events we will offer you a pleasant way to learn more about us and enjoy the summer in Salo.

DAY TRIPS IN SALO



1. Fishing by the Baltic Sea

All inclusive fishing trip by boat in Särkisalo with local guides. Transportation to Särkisalo by bus. Duration approx. 8 hours. Price 180 € / person.



2. Action in the Wilderness

Mountain Cross Car (Finnish innovation) + Summer Biathlon Race in Teijo hiking area with local guide. Transportation by bus. Lunch included. Duration approx. 4 hours. Price 55 € / person.



3. Shopping in Salo

Finnish design and local products, boutiques and outlets with local guide. Transportation by bus. Lunch included. Duration approx. 5 hours. Price 20 € / person.

For more information please visit: www.salo.fi/daytripsalo

You will also find our Salo Information Desk at the venue. Please visit us and ask more about Salo and its possibilities.

Songs That Make Powerlifters Exceed Their Limits



Susanna Törrönen likes Volbeat.

Animal I Have Become – 3 Days Grace

Viktor Beilmann, Germany (Men Sub-J 74 kg)

Last Resort – Papa Roach

John Paul Cauchi, Australia (Men Jun 74 kg)

Live Wire – AC/DC

Ken Gack, USA (Men Masters I 105 kg)

Wake Me Up – Avicii

Josh Hancott, Canada (Men Jun 74 kg)

Sandstorm – Darude

Timothy John, Australia

Live for This – Hatebreed

Vito Minheere, Netherlands (Men Jun 105 kg)

St. Anger – Metallica

Kyle Noonan, South Africa (Men Open 120+ kg)

Never Surrender – Phanton Power Music

Layne Norton, USA (Men Open 93 kg)

Twilight of the Thunder God – Amon Amarth

Hidayat Osman, Singapore (Men Open 66 kg)

Calling All Corpses – Wednesday 13

Gro-Berit Staveim, Norway (Women Masters II 72 kg)

A Warrior's Call – Volbeat

Susanna Törrönen, Finland (Women Sub-J 84 kg)



The Strongest African Powerlifter

Mohamed Bouafia Moves to the Super Heavyweight division

Interview: Jari Rantapelkonen



Mohamed Bouafia is a World Champion in the 120 kg class. He decided to move up to the super heavy weight division and break the 1000 kilo raw limit. The super heavy weight division is really getting exciting. It might become one of the most legendary and memorable World Championship fights that Mohamed is chasing.

Tell us something about yourself?

My name is Mohamed Bouafia and I am 39 years old. I have been training powerlifting since 1999 and I love powerlifting.

You are the 2014 World Champion from South Africa and the strongest powerlifter in Africa. In 2013 at Worlds in Russia you were 6th. Tell us something about your last two years?

In 2012 I was World Champion in Sweden. I prepared for 12 months for the 2012 year. For Russia I was well prepared even though I was sick. I made a World record in squat of 356 kg. In South Africa I was happy to make a new total World record of 945 kg and WR 375 kg squat.

How did you start powerlifting in Algeria? What are your best memories in your early career?

Like all the athletes, I started to train muscles. My first national competition took place in 2006 and I was 3rd. My first international competition, the Arabian Championships was in Libya in 2007 and I was again 3rd. Then, next year in 2008 I won gold in the Arabian Championships in Beirut, Lebanon. I participated in the African Championships in 2009, 2010, 2013 and 2014, which were all 1st places.

My best memories are from the 2008 National Championships when I lifted 300 kg in the squat, 170kgs in a bench press and 300 kg in the deadlift. At that time I com-

peted in the 100 kg category RAW and my best competition was in 2012 in Sweden.

You are famous of your incredible squat. What is your secret?

My secret is training hard, and a love for powerlifting; I really like to squat.

What are your goals at the 2015 World Championship in Finland?

I want to be first and win gold with more than 1000 kg total. For all open categories, I am trying to be the second best lifter in the 2015 Worlds.

Thanks for the interview and good luck for the Worlds.



Mohamed Bouafia and ALG PL Fed President Mousse Messaour.



Bouafia Coach Sid Ahmed Mesaour.

دعوة

الإتحادية الجزائرية للحمل بالثقوة
وبناء الأجسام

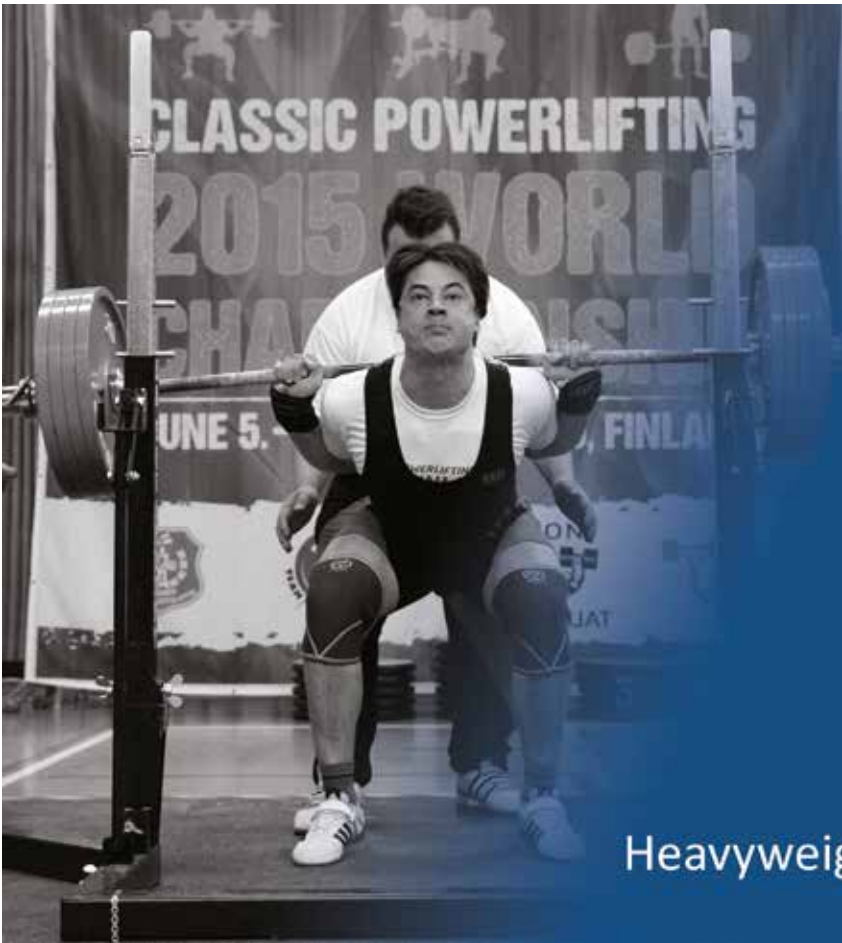
الرابطة الولائية لبناء الأجسام
و الحمل بالثقوة

بوعافية لمين بطل جزائري و عربي و إفريقي و عالمي

تحت الرعاية السامية لسيد وائي ولائية باتنة و مديرية الشباب و الرياضة
و بلدية باتنة و الإتحادية الجزائرية لبناء الأجسام
و الحمل بالثقوة
تتقدم الرابطة الولائية للحمل بالثقوة البطولة الوطنية ذكور و إناث
بمشاهدة :
الفريق الوطني الفرنسي
أيام : 27 و 28 مارس 2015
بالتقاع المتعددة الرياضات أول نوفمبر (الصفيرة)
ملاحظة :
إتجماع خاص بتنظيم البطولة وذلك يوم الخميس 26-03-2015 على الساعة 19:00
مساءا بقاءة المركب الرياضي حي كشيده

بمساهمة : المجلس الشعبي الولائي - بلدية باتنة - المركب الرياضي أول نوفمبر

Poster Algerian Championship 2015.



FODESCO
EVERYTHING FOR MOLDS

Heavyweight professionals in accuracy.



1.



4.

CHALLENGERS MEET WORLD CHAMPIONS IN SALO

All photos: Heinrich van Janse Rensburg (RSA)

World Champions from the Classic Open Worlds 2014 in South Africa and their forthcoming Challengers 2015 are ready for the powerlifting worlds. Fight for the Gold medals will be tough and exciting, as it always should be. Who will be the World Champions 2015 in Classic Powerlifting in Salo, Finland? Are they going to be one of these great athletes listed here or maybe some "black horses" riding stronger than ever?

Who will be the winner in the most thrilling open classes?

One of them is for sure men's 83 kg. Is New Zealand's Brett Gibbs taking all? Three top lifters Gibbs (NZ), Jose Castillo (ECU) and Alexey Kuzmin (RUS) are within 0,5 kg. Also men's 66 kg is exciting and four best are within 13,5 kg, and one of them

is Finland's own powerlifting star Antti Savolainen, a new European Champion 2015.

(Mohamed Bouafia, Blaine Sumner, Jezza Uepa and Ray Williams) are fighting for the gold and going for the 1000 kg!

What about thrilling men's super-heavy weights? Powerlifters say at least four guys



2.



3.

WORLD CHAMPIONS 2014 (MEN)

CHALLENGERS 2015 (MEN)

Class 59 kg
Sergey Fedosienko
Title: World Champion 2014
Country: Russia (RUS)
Records: 661 kg (225,5-165-270,5)

Dariusz Wszola
Title: Challenger 2015, World Champion 2013
Country: Poland (POL)
Records: 572,5 (215-152,5-207,5)

Note! Keep up close look at Alexander Kolbin (RUS) and Franklin Leon (ECU)

Class 66 kg
Sergey Skocheck
Title: Ranking #1 @Worlds
Country: Russia (RUS)
Records: 636 kg (210-176-250)

Tsung-Ting Hsieh
Title: Challenger 2015, World Silver 2014
Country: Chinese Taipei (TPE)
Records: 640 kg (210-165-265)

Note! Ranking #3 Finland's Antti Savolainen lifts in front of the home audience

Class 74 kg
Aliaksa Hrynkevich-Sudnik
Title: World Champion 2014, EC 2015
Country: Belarus (BLR)
Records: 710 kg (242,5-167,5-300)

Adrian Poinson
Title: Challenger 2015, European 4th 2015
Country: France (FRA)
Records: 682,5 kg (225-207,5-250)

Note! Ranking #2 Huang Lung-Hsin (Chinese Taipei) will do all to win

Class 83 kg
Jose Castillo
Title: World Champion 2014
Country: Ecuador (ECU)
Records: 770 kg (272,5-182,5-315)

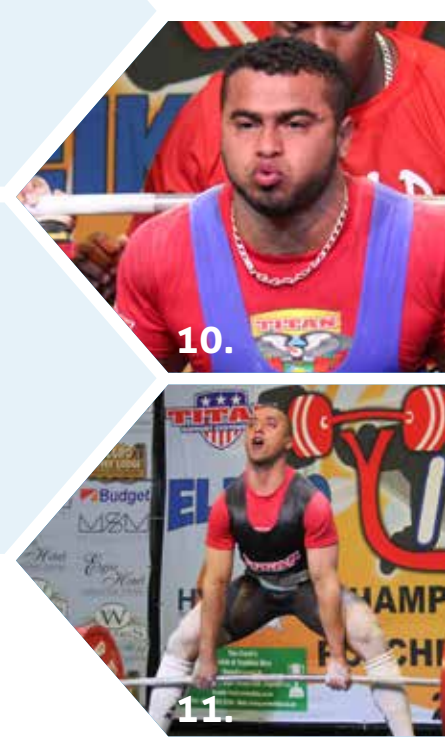
Brett Gibbs
Title: Challenger 2015, Jr WC 2014
Country: New Zealand (NZL)
Records: 770,5 kg (280-186-305,5)

Note! Alexey Kuzmin with 770 kg disagrees and will make the class maybe one of the best fights at 2015 Worlds. Winner can be anyone of these three great lifters!



The Powerlifting platform is ready for the great Battle of World Championships in Classic Powerlifting.

WORLD CHAMPIONS 2014 (MEN)	CHALLENGERS 2015 (MEN)
<p>Class 93 kg Krzysztof Wierzbicki Title: World Champion 2014 & 2013 Country: Poland (POL) Records: 847,5 kg (285-190-372,5)</p>	<p>Jakub Sedlacek Title: Challenger 2015 Country: Czech (CZE) Records: 847,5 kg (300-205-342,5)</p>
<p>Note! Winner takes it all but who wins silver? That's the question in this class, but that will be tough as Sedlacek, Borislav Adov (BUL) and Layne Norton (USA) are within 5 kg each other.</p>	
<p>Class 105 kg Yury Belkin Title: World Champion 2014, Jr WC 2013 Country: Russia (RUS) Records: 867,5 kg (315-215-337,5)</p>	<p>Mostafa Yazdani Kachouei Title: Challenger 2015 Country: Iran (IRN) Records: 860 kg (325-215-325)</p>
<p>Note! Belkin was nominated as reserve lifter! Yes indeed, Ranking #1. Hope he competes with Mostafa from Iran, and they are only 7,5 kg away each other.</p>	
<p>Class 120 kg Mohamed Bouafia Title: World Champion 2014 Country: Algeria (ALG) Records: 945 kg (375-210-360)</p>	<p>Michael Tuchscherer Title: Challenger 2015, World Silver 2014 Country: United States of America (USA) Records: 916,5 kg (345-210-371,5)</p>
<p>Note! World Champion Mr. Bouafia is said to be at super heavy class this year. This leaves doors open for Mike Tuchscherer to win gold. However, Ivaylo Hristov (BUL) has only 2,5 kg lower total, what a matchup!</p>	
<p>Class 120+ kg Ray Williams Title: World Champion 2014 Country: United States of America (USA) Records: 972,5 kg (422,5-240-325) PRs (national): 1000 kg (422,5-242,5-335)</p>	<p>Jezza Uepa Title: Challenger 2015, World Bronze 2013 Country: Nauru (NRU) Records: 978,5 kg (413-255,5-310)</p>
<p>Note! This will be the battle of powerlifting kings! Who knows?</p>	





CHALLENGERS MEET WORLD CHAMPIONS IN SALO

Who will be the top woman powerlifter
in the world counting all classes?



WORLD CHAMPIONS 2014

CHALLENGERS 2015

Class 47 kg
Chen Wei-Ling
Title: Challenger 2015,
World Classic Cup Winner 2012,
World Games Winner 2009
Country: Chinese Taipei (TPE)
Records: 390 kg (145-75-170)

Valentina Vermenyuk
Title: Challenger 2015
Country: Russia (RUS)
Records: 340 kg (117,5-80-142,5)

Aleksandra Otchenashko
Title: Challenger 2015, Jr World Champion 2014
Country: Belarus (BLR)
Records: 335 (132,5-67,5-135)

Note! Here we have shining ranking #1 star and her challengers

Class 52 kg
Sofia Loft
Title: World Champion 2014
Country: Sweden (SWE)
Records: 385 kg (140-82,5-162,5)

Miia Grandas Liimatainen
Title: Challenger 2015, World Silver 2014
Country: Sweden (SWE)
Records: 380 kg (140-72,5-167,5)

Note! Will Swedish women take double; gold and silver? It depends on World Champion 2014 Olga Golubeva (RUS) who has moved from 47 to 52 kg.

Class 57 kg
Inna Filimonova
Title: World Champion 2014
Country: Russia (RUS)
Records: 430 kg (167,5-77,5-185)

Isabel Maldonado
Title: Challenger 2015
Country: Ecuador (ECU)
Records: 407,5 kg (137,5-92,5-175)

Note! Squat and deadlift machine Russia's Filimonova will take this class – if no surprises take place.

Class 63 kg
Jennifer Thompson
Title: World Champion 2014
Country: United States of America (USA)
Records: 482,5 kg (142,5-140-202,5)

Jenny Adolfsson
Title: Challenger 2015, World Silver 2014
Country: Sweden (SWE)
Records: 440,0 kg (150-112,5-177,5)

Note! Will 2014 happen again? Probably. And what about Anni Vuohijoki (FIN), she is ready to put all in.



WORLD CHAMPIONS 2014

Class 72 kg

Kimberly Walford

Title: World Champion 2014 & 2013

Country: United States of America (USA)

Records: 536 kg (186-110-240)

Note! Walford, the Queen of Powerlifting! Canada's Rhaea Stinn breaths only one kilo behind Pulsan.

Class 84 kg

Lelja Strik

Title: World Champion 2014 & 2013

Country: Netherlands (NED)

Records: 535 kg (205-135,5-195)

Note! Exciting battle will take place on bronze medals between Tahina Booth (AUS) and Tasha Williams (NZL) And do not forget Finland's Johanna Kankus as she is ready to take everything out of home audience, and she is in good shape!

Class 84+ kg

Bonica Brown-Lough

Title: World Champion 2014

Country: United States of America (USA)

Records: 610 kg (257,5-145-227,5)

Note! Behind preeminent Bonica Brown-Lough's back will take the real fight on silver and bronze. Candidates are Su Fang-Yun, Wen Chang-Ya (TPE) and Emelie Pettersson (SWE).

CHALLENGERS 2015

Linda Pulsan

Title: Challenger 2015

Country: Papua New Guinea (PNG)

Records: 487 kg (190-102-195)

Sebrina Davis

Title: Challenger 2015

Country: United States of America (USA)

Records: 485 kg (180-110-190)

Fang-Yun Su

Title: Challenger 2015, World Silver 2014

Country: Chinese Taipei (TPE)

Records: 525 kg (230-10675-187,5)

1. Sergey Fedosienko
2. Krzysztof Wierzbicki
3. Yury Belkin
4. Mikhail Andryukhin (WC14 DNS @Sato)
5. Jezza Uepa
6. Aliaksa Hrynkevich-Sudnik
7. Tsung-Ting Hsieh
8. Ray Williams
9. Michael Tuchscherer
10. Jose Castillo
11. Adrian Poinson
12. Jennifer Thompson
13. Lelja Strik
14. Bonica Brown-Lough
15. Inna Filimonova
16. Aleksandra Otchenashko
17. Isabel Maldonado
18. Olga Golubeva
19. Chen Wei-Ling
20. Sofia Loft
21. Miia Grandas Liimatainen

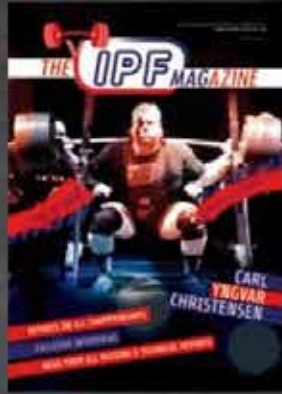
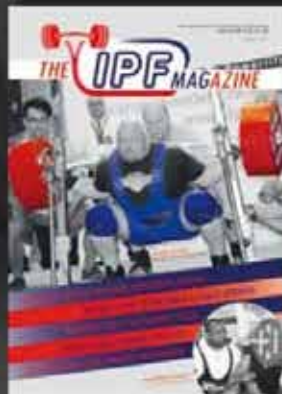
SUBSCRIBE!

THE IPF-MAGAZINE

for € 25/year (2 issues, incl. shipping)

ORDER TODAY:

www.powerlifting-ipf.com or



Ammattilainen saa kaiken toimimaan siististi sähköllä

- Sähköasennukset ja huolto
- Liikekiinteistöt
- Asuinrakennukset
- Teollisuussähköistykset
- Huoltokorjaamo
- Maatalouden sähköasennukset



Ota yhteyttä tai tule käymään
ja kysy reilu tarjouksemme.
Ammattilaisen kanssa asiointi
on aina edullisinta.

Joensuunkatu 12
Puh: (02) 721 1800
Ma-pe 8-17 (la 9-13)

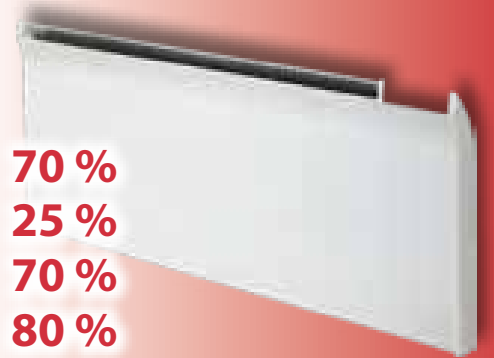
elfin
Sähköistä osaamista
www.elfin.fi



kaukomarkkinat.fi glamoxluxo.com valtavallo.fi

SÄÄSTÄ SÄHKÖÄ!

- Lämpöpumpuilla säästö jopa **70 %**
- Sähkölämmittimien vaihto säästö jopa **25 %**
- Loisteputket led-putkiksi säästö jopa **70 %**
- Halogeenilamput ledeiksi säästö jopa **80 %**



ALUESÄHKÖ

Joensuunkatu 12, Salo p. 7211 800

www.aluesahko.fi

SÄHKÖKOJEIDEN HUOLTO JA VARAOSAT.
Lämpöpumput, IV-kojeet, kiukaat,
lämmittimet, valaisimet, keskuskeskukset...

TERVETULOAA HYVÄN MIELEN PANKKIIN!

Meiltä saat palvelua
jokaisena arkipäivänä klo 10 - 16.30.



Saat Visa Credit/Debit- tai Visa Credit -kortin

MAKSUTTA

kun keskität pankkiasiointisi
Someron Säästöpankkiin.



Säästöpankki

auttaa aina.

www.saastopankki.fi/someronsp
Turuntie 1, 24100 Salo, p. 029 041 2360
Haarlantie 4, 25500 Perniö, p. 029 041 2380





Brett Gibbs, Challenger in Focus

Interview: Jari Rantapelkonen

Five things you need to know about a New Zealand powerlifter, the junior world champion Brett Gibbs, who challenges the open category male lifters of the 83 kilo class in Salo, Finland.

1. When and where were you born? Any strongmen/women or special power on your family roots?

I was born in 1991, an hour's drive from the capital of New Zealand, in a place called Masterton. I have no knowledge that I have any family members who have 'worked out' or have been known to be strong. However, seeing my dad and my grandfather working at the farm, I have always thought they were a lot stronger than those around them.

2. Tell us a bit about your previous sports career on skateboarding.

My previous skateboarding hobby was one among many other sports including surfing, golf, soccer, and rugby. I played rugby at college and was always a very strong defender tackling and lifting guys twice my height/size. I was never afraid of confrontation. Golf was another side of me, which sport I started at around 11 years of age and played for my district and club many times. I still play to this day. Skateboarding was the one I thank for, as this was the reason I started lifting. One day at the local skate park

I had a major fall, shattering my right humerus bone (the bicep bone). After letting that heal and breaking it very soon after again I was told I must go to the gym to build some muscle/strength in my arm again.

3. How did you start powerlifting, why does power interest you?

As told above, after the accident I was referred to the gym. I was around 15 - 16 years at that time. I was a very lucky child when growing up. My parents could afford to buy me a 1-year membership at a local commercial gym. I started getting into a routine of going 4 - 5 days a week, mostly training upper body as most teens did at the time. I was a lot stronger than most of the others, quickly moving my way to a 100+ kilo bench press at only around 70ish in my body weight.

After one year at the gym I moved to a new gym and there a couple of local powerlifters noticed me and asked me to train with them. It just took off from there.

4. Short story about your training to the Worlds 2015.

My training leading into the World champs 2015 has already started. I will be building up a very high workload/frequency on all lifts, adapting to these high workloads and progressively adding more and more weight to the bar. I will do a competition around March to see how things are tracking and to adjust to the things I think are weak. I do all of my own programming and keep things very simple, which works great for me. Mental programming is just as important as the physical side for me so I make sure I'm always in a good mind frame both in and out of the gym.

5. What are you expecting from your 83 kg class Worlds champs 2015 competition?

I expect nothing but the best performance from myself when it comes to competing on the biggest stage in June 2015. I will be going 9/9 in the lifts. And I expect and am determined to take the 1st position in the 83 kilo class. I have no doubt this year's winning numbers will be around the 800 kg mark and I know I am good for that. At the end of the day I hope to have hit three PBs, broken into uncharted territory and that I will be known as the champ! I do wish all the best also to my competitors and I just cannot wait to get there and go face to face with the best.



TO WIN THE CHAMPIONSHIP YOU HAVE TO CONTROL YOUR POWER

Movetec Oy is the leading supplier of mechatronics in Finland. Our solutions can handle heavy loads precisely in challenging conditions.

Please check out our website www.movetec.fi to get the overview of our solutions and global network.

We wish all competitors best results in Classic Powerlifting 2015 World Championship in Salo.

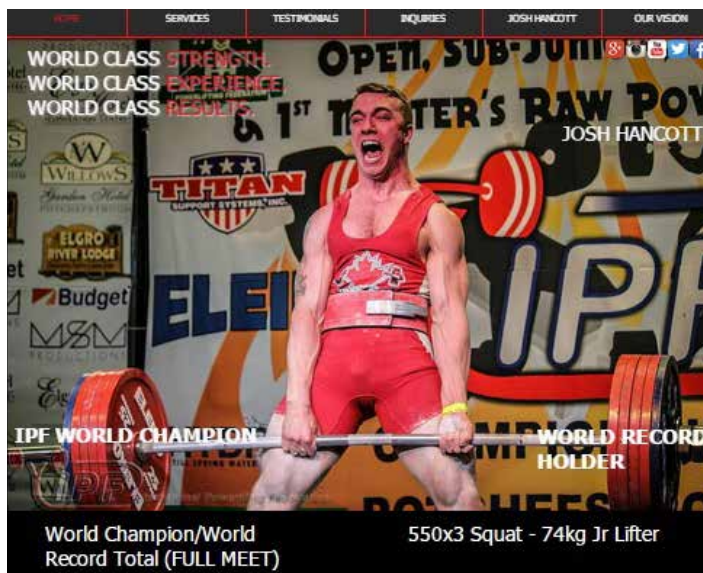
MOVETEC
Components and Solutions

ADDTECH
A MEMBER OF THE ADDTECH GROUP



WATCH OUT

JOSH HANCOTT & OWEN HUBBART



Mr. Josh Hancott's lifts

Mr. Owen Hubbard's lifts

Josh Hancott is World Junior Champion from 2014 South Africa at 74 kg. Now he is competing also at 83 kg but still in juniors.

Name: Josh Hancott
Born: 1993
Nationality: Canada
Age Category: Juniors
Class: 74 / 83 kg
Achievements: The World Junior Powerlifting Champion for Classic Powerlifting 2014.

Best lifts: Squat 260 kg (World Junior Record at 74 kg)
Bench 195 kg
Deadlift 272,5 kg

Total 690 kg (World Junior Record)

The Best European Junior Male 2015

Name: Owen Hubbard
Born: 1992
Nationality: Great Britain
Age Category: Juniors
Class: 83 kg
Achievements: The Best Junior Lifter at the First European Powerlifting Championships for Classic Powerlifting

2015 where Mr. Hubbard did the highest Wilks points 493.042.

Best lifts: Squat 260 kg (European Junior Record)
Bench 195 kg (World Junior Record)
Deadlift 272,5 kg

Total 730 kg (European Junior Record)

Finnish Powerlifting History in Figures



Veli Kumpuniemi.



Raija Jurkko.



2005 Worlds women.

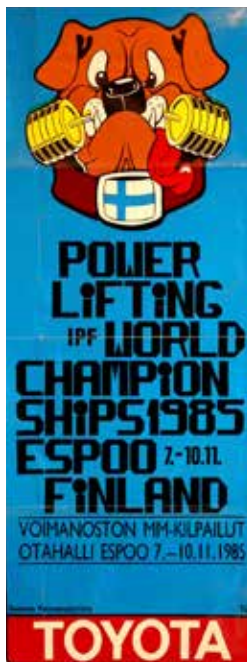
1 World Championships in Classic Powerlifting in Finland will be the number one IPF powerlifting World Championships ever, measured by number of participants and nations.

2 Janne Toivanen is two times world champion in powerlifting. Janne made powerlifting history in Austria in 1996. His third deadlift was wrongly loaded. After his enormous pull he was forced to pull a fourth one of 362.5 kg and he won gold in 100 kg.



3 Kyösti Vilmi is three times world champion in powerlifting 1990, 1991 and 1992.

4 Anna-Liisa Prinkkala is four times world champion in powerlifting.



6 Finland has arranged six times Open PL World Championships: Turku 1978 (men), Espoo 1985 (men), Pori 1995 (men), Sotkamo 2001 (men), Ylitornio 2005 (women), and Salo 2015 (all). Also Raija Jurkko, the most successful female powerlifter in Finland ever, and 7 times world champion, has competed 6 times in the World Games - "A kind of World Record".



7 Kenneth Sandvik is the most successful bench presser in Finland. He is 7 times world champion in bench press in the super heavy weights.

9 Jarmo Virtanen is the most successful powerlifter in Finnish PL history. He is 9 times world champion in 75 and 82.5 kg bodyweight classes between 1985-1995.



10 World Championships on Classic Powerlifting 2015 will take 10 days - a new World Record



21 Mr. Kalevi Sorsa served 21 years as President of the Finnish PL Federation between 1990-1997, 2000-2009, 2011-2013.

117 The Finnish Powerlifting Federation currently has 117 member clubs.

400 Fredrik Smulter was the first IPF lifter to bench 400 kg with a shirt. Freddi is chasing the gold medal in super heavy bench in Salo 2015.

902 902 lifters took licenses in Finnish PL Federation by the end of 2014.

1971 Finnish Bodybuilding and Powerlifting Federation were established in 1971. At that time the Federation was called the Finnish Bodybuilding and Powerlifting Federation. It changed name in 1976 to its current name of the Finnish Powerlifting Federation.

1000 Riku Kiri was the first Finnish powerlifter who broke 1 000kgs (one thousand kilos) with 1030 kg in 1989. Don Reinhoudt (USA) was the first man who broke 1000 kg with 1032.5 kg in IPF world championship that were the first IPF worlds in Harrisburg, USA. However, John Kuc (USA) broke 1000 kg with 1062.5 kg in an unofficial World Championships in 1972, Harrisburg, USA.

1972 Finland welcomed in the IPF (International Powerlifting Federation).

1975 First Finnish powerlifters took part in IPF World Championships in Birmingham, UK.

Seven men competed and seven medals were brought back to Finland.

1980 The first World Championship in powerlifting for women was held in Lowell, Massachusetts, USA. Ms. Anna-Maija Yliluoma was the first Finnish woman lifter to participate in the women's worlds. Anna-Maija Yliluoma (right) was also the first Finnish woman to win medals (bronze) in 1982, Birmingham, UK. Julie Thomas (USA) won 56 kg class and Kazumi Tajika (JPN) was the silver medalist.



2015 It is the year 2015, and we are here in Finland to compete in the world championships in classic powerlifting. The bigger the number, the better for powerlifting. Go for it!

**Parhaat patongit
aina torilta
heti aamusta !**


Kurila
KAUPPATORIN KAHVIO



POWERLIFTING

TITAN
SUPPORT SYSTEMS, INC.
AUSTRALIA

FURY

ELEIKO

ELEIKO

SUPER HEAVY WEIGHT FIGHT

– WHO'S GONNA TAKE IT?

Text: Jari Rantapelkonen (FIN)

Photos: Heinrich van Janse Rensburg (RSA)

The IPF presents an unforgettable super heavy weight fight in 2015. Place and time: Sunday, June 14th 2015 Live at the IPF World Championships from the Salohalli Arena, Salo, Finland. Be there!





From L to R: Oliva Kirisome (SAM), Jezza Uepa (NRU) and Tony Reinmuth (AUS).

Raw super heavy weight history will be made by four great powerlifters. Ray Williams (USA) will meet contenders Jezza Uepa (NRU), Blaine Sumner (USA), and Mohamed Bouafia (ALG). Some others like Oliva Kirisome (SAM), Mojtaba Maleki (IRI), Kelly Branton (CAN), and Martins Kruze (LAT) will not give up but may surprise all of us taking the gold. The World Championships in Classic Powerlifting will culminate on the last competition day, 14th June 2015 as the super heavy weight class will create most probably the fiercest battle in powerlifting history.

Past heavy weights who have fought in powerlifting world championships and won the gold medal include such legends as John Kuc, Don Reinhoudt, Taito Haara, Doyle Kenady, Bill Kazmaier, Paul Wrenn, Tom Maggee, Lee Moran, George Hechter, Lars Noren, O.D. Wilson, and in later times Brad Gillingham among many others.

Sunday 14th June 2015 is showtime! The worlds strongest powerlifters will step under the bar in the afternoon. The spectacular lifting show will be presented by unbelievable powerlifters of our time. Nauruan Jezza Uepa who holds the world record in squat with 413 kg. Mohamed Bouafia the world champion in the 120 kg class is stepping up a class. Blaine Sumner who beat Ray Williams at the American nationals. All have only one goal in mind: to become world champion in 2015 in Finland, taking a total 1 000 kg! Powerlifting fans around the world are waiting for the 10th day at the worlds.

The fighters of the current era are following previous world champions in that they are a colorful and crowd-pleasing group. For sure, this super heavy weight show in Finland will become a great part of powerlifting history with thrilling and unforgettable fights with the strongest athletes in the world - in the fight for the gold.

The lifters are ready! Are you? You are here to witness the greatest powerlifting battle for the super heavy weights. Sunday, June 14th 2015 live at the IPF Worlds, Salo, Finland.



Finnish superheavy lifter Antti Tommila.



WR bencher Fredrik Smulter also squats and deadlifts.



Blane Sumner (USA)

Comprehensive Know-how of Automation



Who We Are?

Over 100 years of comprehensive automation Know-how at your service, for example, in the following areas:

- Renewable Energy industry
- Electronics industry
- Automotive industry
- Food industry
- Research centers

Energy Efficient Automation Solutions

- Mechanics design
- Electric design
- Software design
- PCB design
- Manufacturing
- Project Management and Consultation

Implementation References

- Material handling automation solutions
- Additive manufacturing process solutions
- Dispensing and potting solutions
- De-paneling, assembly and conveying solutions
- Material cutting, marking and labeling solutions
- Test mechanics solutions
- Machine vision system solutions

GREENLAB
FINLAND

Urheilutie 4, 25130 Muurla, Finland
+358 40 5034136, info@greenlab.fi, www.greenlab.fi

7 THINGS TO THINK ABOUT BEFORE THE COMPETITION

1. Aim to complete all lifts.
2. The total is more important than the start.
3. See # 1.
4. Repeat a failed attempt
5. Know the competition
6. 1st Attempt can be 90%. Adjust the 2nd and 3rd attempts accordingly.
7. Only 2-3 important competitions per year. Slightly higher body weight at unimportant competitions, then repeat at lower body weight when important.

Boris Sheiko



KOE
AJAMISEN
NAUTINTO



WWW.SALONAUTOKOULU.FI



TEAM FINLAND 2015

Team Finland: Open lifters, Women



Hanna Rantala 32, 47 kg
I am hunting a medal and bench press WR.



Milla Ylinen 38, 57 kg
There is no limit.



Johanna Kankus 31, 84 kg
My goal is to win a medal in the World Championships.



Marjaana Vähäsantanen 39, 57 kg
My goal is to lift personal records.



Anna-Kaisa Kostiaainen 23, 72 kg
There is more wisdom in your body that in your deepest philosophy (Nietzsche).



Katariina Nokua 41, 84+ kg
My goal is to win a medal, break European record on SQ, and lift at least 500 kg.



Anni Vuohijoki 27, 63 kg
Anytime is good time for squat.



Seppo Sohlman, Teamleader
Chin to chest and humbly towards new disappointments.

Reserve lifters: Stina Lindell (63 kg) and Sanna Savolainen (63 kg).

Team Finland: Masters

Women 1 (40): Mervi Sirkiä (52 kg), Marcela Sandvik (52 kg), Satu Luoto (63 kg), Pirjo Palosaari (63 kg), Susanna Virkkunen (72 kg), Teija Hakala (84 kg), Joanna Linna (84 kg) **Reserve:** Pia Valkonen (84+ kg), Marju Saari (84 kg)

Women 2 (50): Leena Jokitalo (52 kg), Margetta Salminen (63 kg), Tarja Uppala (63 kg), Heli Valtonen (72 kg)

Women 3 (60): Pirjo Kempainen (47 kg), Vuokko Viitasaari (52 kg), Irmeli Vaulakorpi (57 kg), Sirkka Liisa Hohenthal (63 kg), Maritta Jaurola (72 kg)

Women 4 (70): Eila Kumpuniemi (52 kg)

Men 1 (40): Pentti Rimpi (59 kg), Ari-Pekka Töllikkö (59 kg), Timo Heiskanen (66 kg), Sami Siltala (74 kg), Keijo Huttunen (93 kg), Jarno Ruohonen (105 kg), Tero Seppänen (120+ kg), Ove Lehto (120+ kg) **Reserve:** 1) Petri Heikkinen (105 kg) 2) Mika Paasonen (120kg) 3) Joni-Pekka Nylund (105 kg) 4) Teijo Hytönen (120+ kg)

Men 2 (50): Pauli Linna (66 kg), Jukka Hakonen (74 kg), Ari Oksanen (83 kg), Harri Hagfors (93 kg), Henrik Winter (105 kg), Jari Niskanen (105 kg), Tapani Laitala (120 kg), Kyösti Salonen (120+ kg) **Reserve:** 1) Timo Leino (66 kg) 2) Olli Skogberg (93 kg) 3) Jukka Ainali (93 kg), 4) Pertti Lähteenmäki (120+ kg)

Men 3 (60): Ari Välimaa (59 kg), Martti Kilpeläinen (66 kg), Markku Kempainen (66 kg), Keijo Kuisma (74 kg), Reima Häkkinen (83 kg), Jorma Hietamäki (93 kg), Tapani Orha (120 kg), Toivo Kyllönen (120+ kg) **Reserve:** 1) Ilkka Launonen (93 kg) 2) Markku Koivukari (93 kg) 3) Antero Juntunen (83 kg)

Men 4 (70): Seppo Helander (59 kg), Torsten Ruotsala (66 kg), Tapani Pulkkinen (74 kg), Taisto Hämäläinen (83 kg), Tapani Puhakka (93 kg), Klas Helen (93 kg), Raimo Sandelin (120+ kg)

TEAM FINLAND 2015

Team Finland: Open lifters, Men



Teemu Mutikainen 26, 105 kg
I want to lift personal records.



Mikko Muttonen 27, 93 kg
I want to lift personal and Finnish records. Will see what's my place then.



Fredrik Smulter 32, 120+ kg
My goals are bench gold and World Record on raw bench.



Antti Tommila 25, 120+ kg
I want to do my best and break my personal records.



Antti Savolainen 37, 66 kg
Broken but not beaten.



Pasi Sipiläinen 36, 74 kg
I want to lift personal records. Let's see how far it goes!



Mikko Ronkainen 27, 83 kg
I will break Finnish records.



Sami Nieminen 39, 74 kg
Leave me alone, I know what I'm doing.

Reserve lifters: Toni Väisänen (74 kg), Timo Inkinen (83 kg), Timo Ihanus (83 kg), Toni Haapala (74kg), Mats Smulter (93kg).

Team Leader: Seppo Sohlman

Coaches: Harri Hagfors

Team Finland: Juniors and Sub-Juniors

Junior, men: Ilkka Ala-Luopa (59 kg), Akseli Lintulaakso (66 kg), Teemu Hällfors (74 kg), Ossi Sahlberg (83 kg), Lauri Tamminen (83 kg), Jarkko Perttula (93 kg), Markus Suomela (105 kg), Niko Nurmi (105 kg), Tuomas Hautala (120 kg) **Reserve:** Olli Lehti (93 kg), Janne Marttila (83 kg), Frans Simula (83 kg), Verner Ylimäki (93 kg), Teemu Leppänen (105 kg).

Junior, women: Krista Määttä (52kg), Henna Välimäki (52 kg), Satu Sakko (57 kg), Heli Jokela (63 kg), Elisa Ahonen (63 kg), Anni Leppänen (72 kg), Esteri Hakamäki (72 kg), Eveliina Hytönen (84 kg). **Reserve:** Julia Ruohonen (63 kg), Melisa Heinonen (72 kg), Irene Korpinen (72 kg), Marika Vaittinen (84 kg), Katariina Perkonoja (84 kg).

Subjuniors, men: Atte Korhonen (59 kg), Timo Mikkonen (59 kg), Tomi Kuusisto (66 kg), Teemu Sippola (66 kg), Mikko Aulapalo (74 kg), Juho Naapuri (74 kg), Kalle Närhi (93 kg), Peetu Heikkinen (93 kg), Roni Peltonen (105 kg). **Reserve:** Sami Vanhala (93 kg).

Subjuniors, women: Anette Kirkanen (52 kg), Tuulia Lohivuo (63 kg), Nana Mäkynen (63 kg), Henna Kaasalainen (72 kg), Mirka Valo (72 kg), Susanna Törrönen (84 kg), Aino Autio (84 kg).

Team leader: Samuel Lappalainen

Coaches: Jan Lipponen and Jussi Jokinen

Veikon Kone

SE TOIMII.

 KOSKISEN

Siperia opettaa

puunkin kestävään miltei mitä vaan.

Aito Siperian lehtikuusi

- luonnon oma tuote
piharakentamiseen

Siperian lehtikuusi on luontaisesti
lahonkestävää, valmis tuote
piharakentamiseen sellaisenaan!

terassit, pergolat, katokset,
aidat, portaat, laiturit, pihalaatat,
kylpytynnyrit, leikkipaikat



Omistautunut puulle

www.koskisen.fi

 RAUTANET

 RAUTANET

TERVETULOA

TERASSIKAUSI ALKAA!

RAKENNUSSTARVIKKEET MEILTÄ EDULLISESTI

Rautanet Somero

Turuntie 4, 31400 Somero
Puh. 02 484 060

Auoinna: ma-to 8-17.00
pe 8-18.00 ja la 9-14.00

myynti@rautanetsomero.fi
www.rautanet.fi

Rautanet Koski

Hongistontie 3, 31500 Koski TL
Puh. 02 484 920 Fax. 02 484 9250

Auoinna: ma-to 6.30-16.30
pe 6.30-18.00 la suljettu

tomi.meller@rautanetkoski.fi
www.rautanetkoski.fi

YAMAHA Center Salo



**Vauhtia
vapaa-aikaan**



Yamaha Center Salo

Satamakatu 12, 24100 Salo

puh. 010 279 2430

<http://www.yamaha-center.fi/salo>





Coach Dietmar Wolf

The Secret Weapon behind Norwegian Powerlifting Success

Interview: Jari Rantapelkonen

Norway has climbed up to the top in the powerlifting world in last decade. What is the secret behind this development?

I am a former member of the German National Weightlifting Team as well as an educated trainer in weightlifting which is an Olympic sport. My strong education and foundation in Olympic Weightlifting prepared me to become a successful powerlifting coach. When I was the head coach of the National Powerlifting Team in Germany from 1987 - 1994, I developed my periodization structured system to train and prepare our national team members. After I moved to Norway in 1994, the Norwegian Powerlifting Federation (NSF) became very interested in my system and requested I begin working with their

athletes. After negotiations with NSF, I submitted a plan on how to develop powerlifting in Norway and most of the board members were willing to follow this plan. I was able to establish very good cooperation between the different offices and the board members in the federation. Our successful results on international level are a clear indication our current training system works quite well.

What is the philosophy of your training system?

I am never satisfied but constantly updating and always improving the efficiency of our training system. Most of my team members in weightlifting used identical training programmes. However, these standard trainings programme didn't



Dietmar Wolf.

include addressing the specific weaknesses for each individual such as weakness in the lifting technique, underdeveloped power, different physical fitness conditions, different mental conditions, and so on. By not addressing the individual and specific weaknesses of our athletes, a large number of our national team members became injured or retired as there was no improvement in performance. I started to develop individual training programs for powerlifters. It took me more or less a decade to find out what methods powerlifters should use in their training. The methods I use are based on the quantitative research and data I have collected during the past 10 years, but work is still under development.

My philosophy is this: If we wish to succeed at international championships in the long term, then knowledge about powerlifting training must be installed in the clubs to ensure we're recruiting, developing and correctly training a large number of young lifters. This means in practice that we need well educated powerlifting trainers in clubs, to guide these young lifters through their young lifting careers. The trainer education programme for powerlifting trainers is now approved by the Norwegian National Sports Federation and the trainer education system is assembled on three different levels – Club Level, National Level and International Level. The education programme includes training on the following subjects; strength and powerlifting training, coaching in training and competition, anatomy and physiology, biomechanics, mental training, nutrition, sport injuries, anti-doping and the use of equipment. [Continues ->](#)

Simple weekly programme

For beginners

- 3 times squats weekly (different kinds of squat exercises)
- 3 - 4 times bench press weekly (different kinds of bench press exercises)
- 3 times deadlift weekly (different kinds of deadlift exercises)
- Plus assistance exercises and alternate training.

For intermediate to advance level lifters

- 5 - 6 times squats weekly (different kinds of squat exercises)
- 5 - 6 times bench press weekly (different kinds of bench press exercises)
- 4 - 6 times deadlift weekly (different kinds of deadlift exercises)
- Plus assistance exercises and alternate training.



LämpöPro



ARJEN LUKSUSTA

● Ikkuna- ja oviremontit ● Julkisivuremontit ● Kattoremontit ● Putkiremontit ja Lämmitysjärjestelmät

puh. 02-635 5107

FORSSA PRINT

Paino oikeilla asioilla.



Dietmar is coaching Norwegian teams all over the world.

**What's the Norwegian way to train powerlifting?
Please specify the issues you believe are most important in your training philosophy?**

There is a fundamental issue concerning our sport which requires serious change. If we want the sport of powerlifting to be taken seriously by the international sports community, specifically the IOC, then we must also train and behave as other recognized sports do worldwide. Today it's no longer enough to train only twice per week. In order to be able to achieve very good results at the international level, a lifter must have a very comprehensive athletic training base, which requires continuous training over many years and developing both skill and strength. After the beginner period, training must be adjusted gradually and individually and will be extended from 3 times training weekly, gradually up to 5 - 6 times training weekly or more in some periods.

What are the biggest mistakes when young and promising powerlifter starts his/her training for the top? And how can she/he overcome them? Tell us your experiences.

Often young promising lifters have many unrealistic goals from the beginning on and are too much results oriented (kg's) instead of being more skills oriented; but they have no experiences how to achieve these goals. To learn a proper

Training plans

The training plans and the observation of the workouts itself should be done by an educated trainer to ensure both consistent and constant result development can be achieved over years. The trainings planning should include:

- **Periodization of the training over years**
- **Periodization of the training periods**
- **Periodization of the training weeks**
- **Periodization of the trainings days**
- **Periodization volume – competition periods**
- **Periodization of the intensity zones**
- **Distribution of the repetitions**
- **Evaluations of the training/competition result development.**

Training plans should be supported by educated powerlifting trainers (clubs, regions, national level) to develop powerlifting sport.

lifting technique is the first priority for beginners and a good muscular foundation/development. Here again, the trainer comes into the picture. The trainer with his experience, should be able to guide these young talents through their young lifting career to achieve their future goals. The trainer should be responsible to set up a development plan for those lifters and explain this plan to the lifters as well - common goal!

How do you control lifters' training?

The lifters are required to send training reports every second week to me with the remarks from each training session. If necessary, the lifters must send training videos, too. But we also communicate over phone with each other, especially when a problem is coming up/or is present. Since we have educated coaches in most of our clubs in Norway, the lifters get very good help from this side as well! But changes in the trainings programme will always be solved between me and the lifter itself.

What is the role of a coach during the competition and how does a coach prepare himself for the worlds championships?

Like the lifter, a coach must also be very well prepared for his workloads at international championships. The coach is often the key figure and responsible for the results achieved at championships. The coach should get a lot of information about the lifter, which should be looked after in the competition. [Continues ->](#)

Private data networks and radio modem communication give immediate access to accurate information in thousands of mission-critical applications all over the world.

Radio modem communication operates from mountains to mines, 24/7 and allows long connection distances.

Our devices operate reliably in harsh usage environments and conditions, such as strong vibrations, extreme temperatures and wet or dusty conditions. They excel in tough situations because they were designed for that.

SATEL

MISSION-CRITICAL CONNECTIVITY



Dietmar giving training advices.

What kind of talents are needed from a good coach?

- The coach must have knowledge, skills and attitudes
- Initiating activities, thoughts and processes that affect athletes
- The coach must be capable to develop athletes to be self-starters (athletes must be capable to solve training and competition tasks)
- To use the right knowledge, skills and attitudes to develop top athletes
- Also that the trainer can work and communicate together with athletes, parents, leaders, other coaches and the media.
- He should have the attitudes of encouragement, seriousness, openness, confidence, creativity and be able to master challenges.

When the going gets tough,
the tough get going.



www.satel.com

Checklist for a coach during a competition

- All paperwork should be done in advance
- Checking of the approval equipment list
- Nomination list
- Scale/body weight
- Time table/ and maybe changes
- The coach should be familiar with the competition venue/ warm up area, but the lifter, too.
- Inspect and check all athlete's powerlifting gear
- Day before the competition, meeting/conversation with the lifter(s)/warm up/ opener's
- Schedule for the warm up (weights and when)
- Transport, if necessary
- Mental preparation of the lifter before she/he enters the platform
- Give the lifter a positive feed back
- Working with realistic goals in the competition
- To have a plan B, if the plan A didn't work
- Stay calm so as not to infect the lifter with nervousness
- Always think a step ahead
- Observation of the opponents
- Appear credible in the decisions

There are lots of permanent issues in powerlifting training. Do you see that something will change in the future? What will change in future powerlifting training?

To achieve high level results on the platform at international championships, the IPF Member Federations must develop high quality powerlifting training, specialized for the individual athlete, and most importantly well-educated powerlifting trainers to incorporate them into a national level coaching systems.

I expect we have made progress forward as more nations, like Norway and a part of Eastern Europe will institute organized powerlifting training program with well-educated powerlifting coaches to improve the results of their lifters on their national teams, like other well established international sports do.

High level results from international championships will raise the future result standard, too. This leads automatically, to have lifters from other nations training more at a higher level, which will include

better coaching and training, too. Powerlifting is a relatively young sport and were still developing and progressing; however, to attain a trustworthy recognition of our sport worldwide, it will be necessary that our member nations provide a systematic organized training plan which contains professional and competent coaching. We're on course!

Thank you for your time Dietmar.

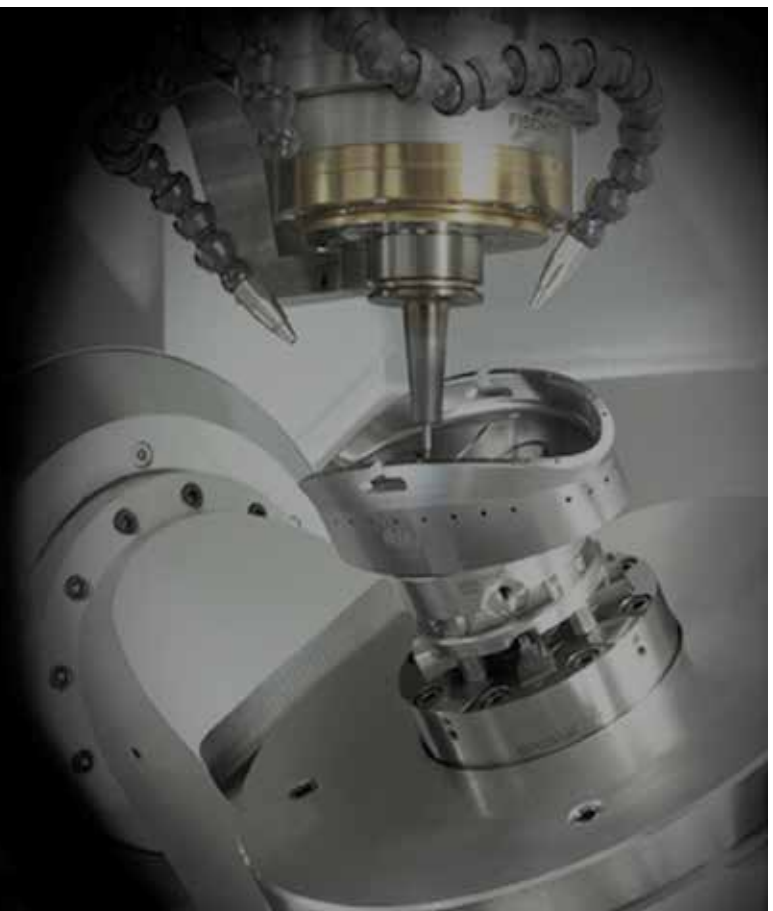


SCALAR

www.scalar.fi info@scalar.fi

**Henkilökohtaista palvelua
parhaiden ratkaisujen löytämiseksi**

**Parempaa tuottavuutta
tulevaisuuteen panostavalle
laatutietoiselle teollisuudelle**



Stremet Oy

- VALMISTAA KORKEALAATUISET OHUTLEVYOSAT -

Stremet Oy on vuonna 1995 perustettu yritys, joka on erikoistunut korkealaatuisten ohutlevyosien suunnitteluun ja alihankintavalmistukseen.

Kehitämme jatkuvasti toimintaamme asiakkaidemme tarpeiden mukaiseksi. Valmistamme tarpeita ja toivomuksia vastaavat yksilölliset tuotteet aina korkealaatuisina ja erityisellä tarkkuudella.

Laajentuneen asiakaskuntamme tarpeisiin olemme vastanneet keskittymällä entistä enemmän valmistusprosessiimme tehokkuuteen ja laatuun. Olemme luoneet myös laajan alihankintaverkoston eri pinnoitusmenetelmille. Toteutamme niin maalaukset, sinkitykset, tinaukset, anodisoinnit, kromaukset kuin painatuksetkin.

Monipuolisuus, nopeus ja toimitusvarmuus on meille arkipäivää.

Nykyisten asiakkaidemme lisäksi haluamme palvella myös Sinua.

● OHUTLEVYTYÖT

● PINTAKÄSITTELYT

- maalaukset
- painatukset
- sinkitykset
- tinaukset
- anodisoinnit
- kromaukset

● SUUNNITTELUT

VAHVUUTEMME

ovat nopeus ja toimitusvarmuus, jotka syntyvät:

- 7:stä levytyökeskuksesta
- 13:sta särmäyspuristimesta
- 4000m²:n tuotantotiloista
- 36:sta ammattilaisesta
- 500 000kg:n raaka-ainevarastosta
- hyvästä sijainnista, sekä jatkuvasti kehittyvästä kuljetusverkostosta

Stremet Oy

Satamakatu 25, 24100 Salo
puh: 02 - 727 2850
fax: 02 - 733 6072
e-mail: stremet@stremet.fi
www.stremet.fi

Memoirs from past years

RANDOM SNAPSHOTS FROM 1970'S



Bill Jamison (CAN) shows his 1975 Pan American Powerlifting Championships t-shirt 37 years later in Puerto Rico 2012.



World Powerlifting Championships logo in Perth, Australia 1977.



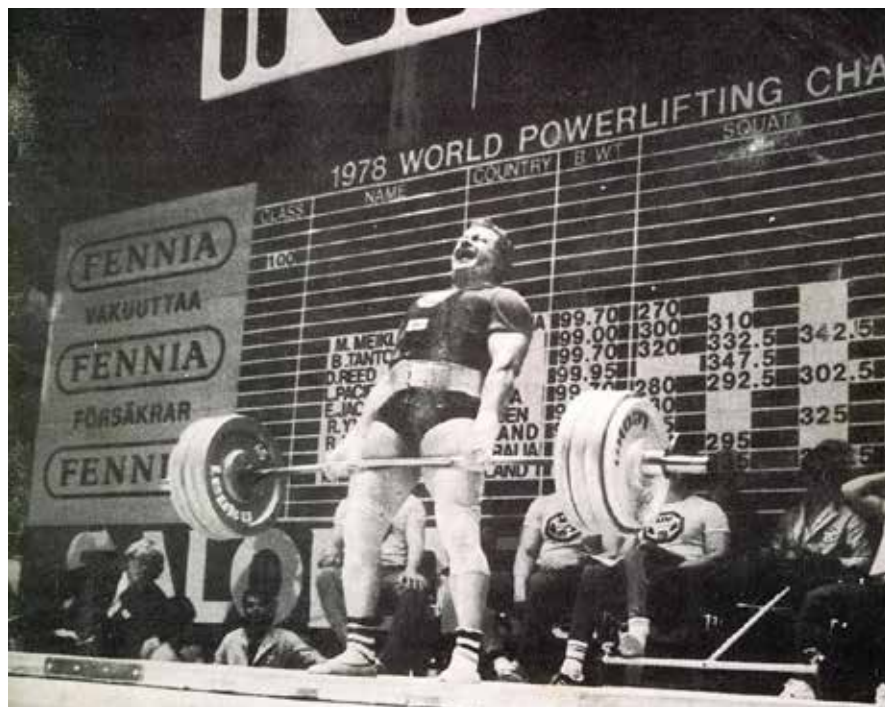
World Champion in 1977 at 90 kg class Vince Anello (USA), silver Eamon Toal (GBR), and bronze Unto Honkonen (FIN) left side at the podium.



British and Finnish lifters at Worlds 1978 backstage. From left Eamon Toal (GBR), Dave Carter (GBR), Ron Collins (GBR), Raimo Halvorsén (FIN), and Reijo Kiviranta (FIN).



Front page from the World Championship 1979 official program magazine.



1978 Worlds bronze medalist Reijo Kiviranta (FIN) deadlifts in Turku, Finland.



KESTOOLS



Huittisten Voimailijat
klassisen voimanoston puolesta



Paint
with
Pride

www.teknos.fi

OITTI  TOOLS

*Työvälineet tulokselliseen
tuotantoon*

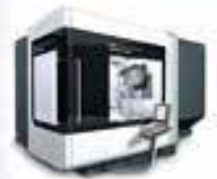
Ajoneuvoteollisuus

Lääketeollisuus

LVI-teollisuus

Mestarintie 7, 12100 Oitti
Puh. 044 078 6700
info@oittitools.fi

www.oittitools.fi




SATE STEEL OY

Metalliosien valmistusta Laserleikkaamalla
Yli 30-vuoden kokemuksella
Käytössämme huippunopea kuitulaser



WWW.SATESTEEL.FI



Powerlifts, Referee Commands, and Rules of Performance

Squat

SQUAT. When the lifter is motionless in the starting position (erect or slight deviation is allowable with knees locked) the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the command "Squat".

The lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.

RACK. The lifter must recover at will to an upright position with the knees locked. When the lifter is motionless (in the apparent final position) the Chief Referee will give the command "Rack".

Typical causes for disqualification of a squat:

- Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
- Double bouncing at the bottom of the lift, or any downward movement during the ascent.

- Failure to assume an upright position with the knees locked at the commencement or completion of the lift.

- Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted.

- Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees, as in the diagram.

- Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals in order to make the lift easier.

- Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.

- Any dropping or dumping of the bar after completion of the lift.

Bench Press

START. After removing the bar from the racks, the lifter shall wait with straight arms elbows locked for the Chief Referee's command "Start".

PRESS. Then the lifter must lower the bar to the chest or abdominal area, hold it motionless, after which the Chief referee will signal the command "Press".

RACK. The lifter must then return the bar to straight arms length elbows locked. When held motionless in this position the command "Rack" shall be given.

Typical causes for disqualification of a bench press:

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

- Any change in the elected lifting position during the lift proper i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or lateral movement of hands on the bar.

- Heaving, or sinking the bar into the chest or abdominal area after it is motionless in such a way as to make the lift easier.

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

- Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or the bar is touching the belt.



- Failure to press the bar to straight arms length elbows locked at the completion of the lift.
- Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals, in order to make the lift easier.
- Any contact of the lifter's feet with the bench or its supports.
- Deliberate contact between the bar and the bar rests support.

Deadlift

DOWN. On completion of the lift the knees shall be locked in a straight position and the shoulders back. The Chief Referee's signal shall consist of a downward movement of the arm and the command "Down" when the lifter is in the apparent finished position.

Typical causes for disqualification of a deadlift:

- Any downward movement of the bar before it reaches the final position.
- Failure to stand erect with the shoulders back.
- Failure to lock the knees straight at the completion of the lift.
- Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
- Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command "Down" will not be cause for failure.
- Lowering the bar before receiving the Chief Referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands, i.e.: releasing the bar from the palms of the hand.



Diamack Oy
Asentajankatu 9 C
48770 KOTKA
FINLAND

www.diamack.fi



LAADUKASTA
FYSIOTERAPIAA JA
KUNTOSALIPALVELUA
JO VUODESTA 1995

WWW.NURFY.FI

~~~~~  
**RAHA EI TEE  
ONNELLISEKSI.  
99 % HALUAISI  
SILTI KOKEILLA.**  
~~~~~



FINLANDIA

VARAINHOITAJASI.



Official Partner of Finnish Powerlifting Federation

WWW.SPORTHEAVY.FI

represents SBD in Finland

**SOLAR
ELECTRICITY**
only clean energy



AREVA SOLAR

Satamakatu 20, FI-24100 Salo
Tel. +358 2 737 5777
www.arevasolar.fi



Uruguayn Masters Lifter Mrs. Reitman in Open Worlds

Meet the Masters

Interview: Satu Luoto, in Uruguay 14.2.2015



From left Satu Luoto, Judith Reitmann and Alberto Moreno, the President of Uruguayan Powerlifting Federation.

Finnish masters age category lifter Satu Luoto had a chance to meet Judith Reitman in Uruguay.

Why do a masters lifter from Uruguay is going to travel such a long distance to Finland, and participate the Worlds in Finland?

The first South American championship in classic powerlifting was held in 2013. I won gold in the open category and also had best Wilks's points of all women in open. 2014 I won gold again in open and was 3rd in points. I have in my name South American open records in squat, bench, deadlift and total in category +84 kg. So, even though by age I am a masters lifter, I feel my body still can compete against younger lifters.

Also because of my merits, Uruguayan government decided this year to grant me a stipend that covers the flight tickets and participation fees in order to support my participation in the open category of the Worlds in Finland. My Finnish powerlifting friend Satu Luoto finally made it economically possible for me to participate by promising to arrange my lodging for the other nights than the one that is obligatory to stay in the official championship hotel. I could not let this possibility slip my hands to finally be able to participate in the Worlds outside South

America and at the same time have some holiday in the beautiful country of Finland, Satu has told so much about.

Why powerlifting?

I have always liked individual sports. I started with weightlifting when I was 17. Later I tried kickboxing and triathlon, but only after I started with powerlifting in 2006, did I have a feeling that I had found "my sport". Already in 2007 I was on the podium in the South American equipped championships. Now, 5 years in a row, I have been acknowledged by Uruguayan government to be the best powerlifter of the nation. All this success has increased my motivation for the sport. Not only as a lifter, but I'm proud about being an international referee as well.

What do you expect of the future of powerlifting?

I wish to see powerlifting as an Olympic sport! Also with my own example I wish to show that even a Uruguayan has the possibility to play an active role in the big family. I like to think that in time Uruguayan Powerlifting Federation will grow to take responsibility of organizing big championships like the Worlds.

Forever Living Products

- luonnonmukaiset Aloe Vera pohjoiset hyvinvointituotteet sekä Argi+



Itsenäinen jälleenmyyjä:

Sofia Martyugova +358 40 761 8241
forever.martyugova@gmail.com
www.myaloevera.fi/sontsik/

You are a masters lifter. But you are planning to lift in open category?

Personally, I would like lifters to be more comfortable with their aging bodies. Really powerlifting is a lifestyle from the early junior years until you are six feet under.

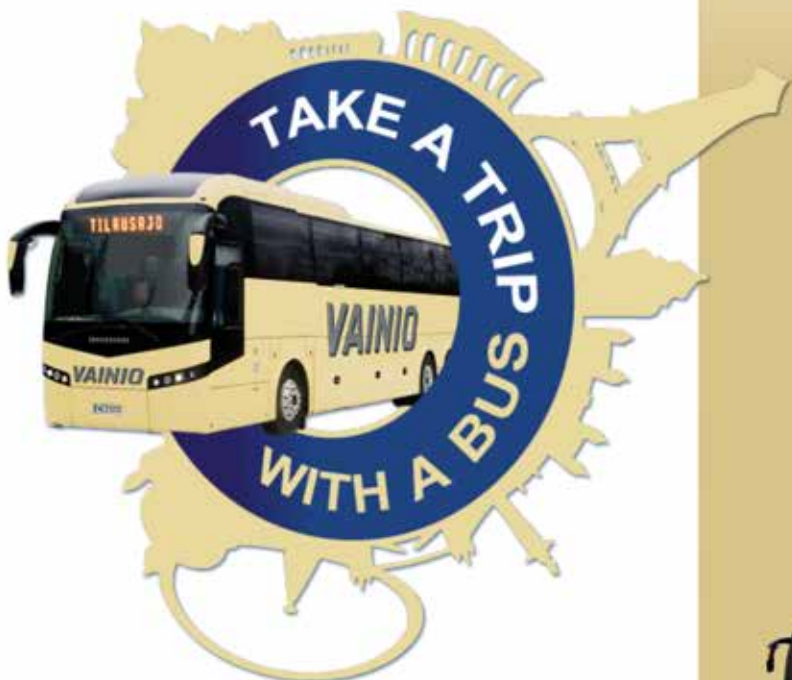
The community of powerlifters could support this goal by recognizing better not only the open category lifters, but the masters lifters as well. At least in South America, government and federation stipends are only granted for open category lifters. This makes it impossible for most masters lifters from poor countries to travel abroad. This is the reason why in Finland I competed in the open category and not in the masters, even though in masters I would have better possibilities for the podium. Personally for me the category in which I compete, open or masters, does not signify. The best thing about competitions is the possibility of meeting other people with powerlifting in their hearts!

Thank you Judith, and good luck for the Worlds. Any final words?

I wish to express my thanks to Finnish Powerlifting Federation for opening the doors for the international powerlifting family and this way making it possible for me to make this otherwise impossible dream of visiting Finland come true.



Judith and Satu training in the home gym of Julio Lezama, one of the founders, and the first president of Uruguayan PF.




**VAINION
LIIKENNE**

Hossiankatu 3
24240 Salo

Puh: 02 - 777 330
Fax: 02 - 7318 618

WWW.VAINIONLIIKENNE.FI



SKECHERS MEMORY FOAM™

It's Like a Pillow
for Your Feet



- Instant Comfort
- Contours to Your Feet
- Ultra Soft

Naisille ja miehille kevyet ja mukavan pehmeät Skechersit, kaikenlaiseen liikkumiseen!



Avoinna:
ma-pe 9-20
la 9-18
su 12-16
Kauppakeskus Plaza 2.krs.
Vilhonkatu 8, Salo
puh. 040 455 1207



Kokemusta ja ammattitaitoa jo vuodesta 1978

OLLI HAKANEN
SANNA HAKANEN

Haarlantie 2
25500 Perniö
040-9674781

OSTEO
HAKA

FUNKTIONAALISEN
OSTEOPATIAN
KLINIKKA

www.osteohaka.fi

Unspoken Rules in Powerlifting

Powerlifting rules are written, and they are also spoken a lot.
But what about "unspoken rules"? Do they even exist?



Sure they do, as Mike Tuscherer revealed by asking his Facebook friends what are the unspoken cultural "rules" in powerlifting. Here are some of the interesting answers about "unspoken rules" - spoken out and right on target we say!

Don't walk in front of someone while they are lifting, stop talking when someone is approaching a set.

Mike Tuscherer

Always void ones bowels before starting your squat/deadlift session.

John Sheridan

No gloves.

Patrick Sobecke

1. Don't touch the lifter unless the lift is failed. 2. Don't break the lifter's line of sight. 3. Quiet when the lifter is approaching the bar. 4. Don't step over the bar. 5. Don't bother the lifter immediately post-rep/set.

Mark Jamsek

Don't do curls in the squat rack.

Brandon Bowers

If you are at a meet and you are not lifting, help anybody who needs it.

Jack Reape

Do not ask a lifter how much is on the bar when he is about to go for a PR or a heavy set.

Keijo Wilkinson

If the person puts their headphones back on that means the conversation is over. Don't walk up to the person in the middle of their set. And also just because I'm a girl, don't think I don't need lots of 45 lbs plates.

Bonica Lough

No cell phones during training

Al Wood

Put your weights back on the rack and clean up after yourself. And leave your ego at the door.

Michael Hitcho Jr

Never leave when someone is getting ready to do a heavy set or top set. That's the most annoying thing in the world when someone is getting ready at the chalk bowl and you got this guy saying, "I'll see you guys later."

Steve Goggins

Don't be on the phone when it's your turn.

Timbo Cochran

No curls in the squat rack.

Tommy Coleman

I don't care if you're a beginner or elite; if you bring negativity into the gym, I don't want you training with me.

Kevin Philipsson

Don't load the bar with super light bumper plates so you can make videos that look like your bench pressing 900 lbs.

Randy L. Cairns

Don't give new tips to unknown lifters while working up to a heavy set. Save your tips for after someone is done.

Karolina Arvidson

Don't ask me a question when I am wrapping my knees!

Regina Hackney

Rack your weights so people know you are done with that station/barbell.

Russell Yazbeck

Don't walk on the DL platform before a lift. Have common courtesy when someone is pulling.

Carl Dick

Load the plates for people working up to a PR.

Denis Green

Just shut up and do some work. Rule #1

James Dillon

Basic Standards at SSPT (Supreme Sports Performance & Training, Inc.):

1. SQs are done below parallel. Period. If you don't break parallel, you aren't squatting.

2. BPs touch the chest/torso. If you aren't touching your chest, you aren't bench pressing.

3. Stop talking or cuing once the lifter lies down on the bench (especially at meets) because they need to hear the commands.

4. Whilst spotting the BP, do NOT touch the bar unless the bar goes down or the lifter says, "Take it."

5. When working in a 3+ lifter rotation, the next lifter up does not load. They are free to rest and prepare themselves for the set. The others load and then spot. Once the set is complete, the lifter then becomes part of loading/spotting crew.

Matt Gary

Riihipaja

MÄKI ERJA TMI

YKSILÖLLISIÄ KAUNIITA KYNTTILÖITÄ
SEKÄ KÄSITÖITÄ

Tervetuloa!

NAHVONTIE 1, 25410 SUOMUSJÄRVI
p.040-8697284 maki.erja.tmi@gmail



Täyden palvelun energiatalo
jo yli 50 vuotta!



Avoinna: Ma-Pe 9-17, La 10-13 (1.6.-31.8. la suljettu)
Kaakelitehtaankatu 2, Salo p. 02 - 727 5700
www.huoltojarvi.fi liikekeskusvaluri.fi



**Voittaja Suomessa,
voittaja myös Euroopassa.**

www.volkswagen.fi



Passat on Vuoden Auto Euroopassa.

Passat-mallisto alk: autoveroton hinta 21.720 €, arvioitu autovero* 5.260,26 €, kokonaishinta 27.580,26 €
*CO₂-päästöillä 123 g/km. Yhdistelmäkulutus 4,0–5,4 l/100 km. CO₂-päästöt 103–140 g/km.
Kuvan auto erikoisvarustein. Kokonaishinta sisältää toimituskulut 600 €.



Das Auto.

Traktoauto Oy

Joensuunkatu 6, Salo, vaihde 02-727 3000
Automyynti: ma 8.30–17, ti 8.30–18,
ke-pe 8.30–17, la 10–14 • www.traktoauto.fi

Hannu Alanko 02-727 3012 Jouni Heino 02-727 3016
Esa Kiviahho 02-727 3015 Seppo Alanko 02-727 3011
Niko Alanko 02-727 3014

MUOTTITUOTE



Muovituotteiden ammattilainen

www.muottituote.fi

Nordea 



www.solumuovi.com

Tähtirahastojen salaisuus on asiantunteva salkunhoito.

Menestyksekkäs salkunhoito perustuu kokemukseen ja vahvaan osaamiseen. Rahastoluokittelija Morningstarilta saamamme Awards 2015 palkinto sekä rahastojen tähdet ovat mielestämme osoitus siitä, että salkunhoitajamme ovat alansa huippuosajia. Laajasta valikoimastamme löydät varmasti juuri sinulle sopivat rahastot.

Valitse Handelsbanken, kun haluat sijoittaa tähtirahastoihin. Lisätietoja rahastoista saat Handelsbankenin Salon konttorista sekä osoitteesta handelsbanken.fi/rahastot

Rahaston tuottokehitys ei ole tae tulevasta tuotosta. Morningstar vertailussa on tarkasteltu rahaston sijoitusta vuoden, kolmen ja viiden vuoden tuotossa rahaston omassa vertailuryhmässä sekä kolmen ja viiden vuoden riskiä. Rahastosijoituksen arvo voi nousta tai laskea. Sijoittaja voi menettää osan tai kaikki sijoittamistaan varoista. Rahastojen Morningstar Rating™ sekä esitteet ja tietosivut ovat saatavilla osoitteessa www.handelsbanken.fi/rahastot. Sisältöä ei tule pitää henkilökohtaisena sijoitusneuvona tai sijoitussuosituksena.

Salon, Turuntie 15,
sisäänkäynti Perttelinkadun puolelta,
puh. 010 444 3490
*0,0835 e/puh.+0,1209 e/min.

Handelsbanken

WORLD RECORDS, CLASSIC POWERLIFTING

MEN - OPEN CLASS

Class	Name	Nation	Born	BWT	Result	Date	Location
59 kg	Fedosienko Sergey	Russia	1982	58.20	225.5	4.6.2014	Potchefstroom/South Africa
66 kg	Andryukhin Mikhail	Russia	1970	65.90	240.0	4.6.2014	Potchefstroom/South Africa
74 kg	Hancott Josh	Canada	1993	73.90	260.0	7.3.2015	Columbus/U.S.America
83 kg	Gibbs Brett	New Zealand	1991	82.25	280.0	6.6.2014	Potchefstroom/South Africa
93 kg	Bulanyy Mikhaylo	Ukraine	1975	93.00	300.0	7.6.2014	Potchefstroom/South Africa
105 kg	Raus Alex-Edward	Estonia	1992	104.60	330.0	7.6.2014	Potchefstroom/South Africa
120 kg	Bouafia Mohamed	Algeria	1976	119.70	375.0	8.6.2014	Potchefstroom/South Africa
120+kg	Uepa Jezza	Nauru	1980	166.80	413.0	18.10.2014	Sydney/Australia

BENCH PRESS

59 kg	Fedosienko Sergey	Russia	1982	58.20	165.0	4.6.2014	Potchefstroom/South Africa
66 kg	Berglund Eddie	Sweden	1995	64.10	180.0	4.6.2014	Potchefstroom/South Africa
74kg	Poinson Adrien	France	1991	72.35	207.5	25.3.2015	Pilsen / Czech
83 kg	Fernandez Daniel	Uruguay	1970	82.90	195.0	31.7.2014	Guayaquil/Ecuador
93 kg	Cieri Dennis	U.S.America	1968	92.80	232.5	27.7.2012	Georgetown/Cayman Islands
105 kg	Lihanov Dmitry	Russia	1979	103.10	221.0	7.6.2014	Potchefstroom/South Africa
120 kg	Hokkanen Timo	Finland	1979	116.35	235.0	8.6.2014	Potchefstroom/South Africa
120+kg	Baller Matthew	U.S.America	1985	139.60	260.5	8.6.2014	Potchefstroom/South Africa

DEADLIFT

59 kg	Fedosienko Sergey	Russia	1982	58.20	270.5	4.6.2014	Potchefstroom/South Africa
66 kg	Aryanto Viki	Indonesia	1994	65.85	273.5	10.12.2014	Melbourn/Australia
74kg	Meiyanto Doni	Indonesia	1989	70.55	310.5	11.12.2014	Melbourn/Australia
83 kg	Matwin Lukasz	Poland	1983	82.40	315.5	5.6.2014	Potchefstroom/South Africa
93 kg	Wierzbicki Krzysztof	Poland	1990	92.25	372.5	7.6.2014	Potchefstroom/South Africa
105 kg	Belkin Yury	Russia	1990	96.00	342.5	14.6.2013	Suzdal/Russia
120 kg	Tuchscherer Michael	U.S.America	1985	117.90	371.5	28.2.2014	Columbus/U.S.America
120+kg	Gillingham Brad	U.S.America	1966	147.05	375.0	16.6.2013	Suzdal/Russia

TOTAL

59 kg	Fedosienko Sergey	Russia	1982	58.20	661.0	4.6.2014	Potchefstroom/South Africa
66 kg	Aryanto Viki	Indonesia	1994	65.85	653.5	10.12.2014	Melbourn/Australia
74kg	Hrynkevich-Sudnik Aliaksa	Belarus	1976	73.68	710.0	25.3.2015	Pilsen / Czech
83 kg	Gibbs Brett	New Zealand	1991	82.25	770.5	6.6.2014	Potchefstroom/South Africa
93 kg	Wierzbicki Krzysztof	Poland	1990	92.25	847.5	7.6.2014	Potchefstroom/South Africa
105 kg	Belkin Yury	Russia	1990	103.56	867.5	7.6.2014	Potchefstroom/South Africa
120 kg	Bouafia Mohamed	Algeria	1976	119.70	945.0	8.6.2014	Potchefstroom/South Africa
120+kg	Uepa Jezza	Nauru	1980	166.80	978.5	18.10.2014	Sydney/Australia

WOMEN - OPEN CLASS

Class	Name	Nation	Born	BWT	Result	Date	Location
SQUAT							
47 kg	Chen Wei-Ling	Chinese Taipei	1982	46.70	145.0	12.6.2012	Stockholm/Sweden
52 kg	Hartwig-Gary Suzanne	U.S.America	1968	51.15	150.0	4.6.2014	Potchefstroom/South Africa
57 kg	Filimonova Inna	Russia	1976	55.95	167.5	5.6.2014	Potchefstroom/South Africa
63 kg	Filimonova Inna	Russia	1976	59.80	177.5	14.6.2013	Suzdal/Russia
72 kg	Walford Kimberly	U.S.America	1978	67.00	186.0	18.10.2014	Sydney/Australia
84 kg	Strik Ielja	Netherlands	1973	83.35	206.0	23.3.2015	Pilsen / Czech
84+ kg	Lough-Brown Bonica	U.S.America	1988	133.50	257.5	7.3.2015	Columbus/U.S.America

BENCH PRESS

47 kg	Golubeva Olga	Russia	1970	46.90	91.0	4.6.2014	Potchefstroom/South Africa
52 kg	Filimonova Anna	Russia	1994	50.70	105.0	11.6.2013	Suzdal/Russia
57 kg	Hartati Sri	Indonesia	1984	56.15	115.0	10.12.2014	Melbourn/Australia
63 kg	Thompson Jennifer	U.S.America	1973	60.83	140.0	28.2.2014	Columbus/U.S.America
72 kg	World Standard				125.0	1.1.2012	
84 kg	Strik Ielja	Netherlands	1973	83.45	135.5	15.6.2013	Suzdal/Russia
84+ kg	Lough-Brown Bonica	U.S.America	1988	133.50	145.0	7.3.2015	Columbus/U.S.America

DEADLIFT

47 kg	Chen Wei-Ling	Chinese Taipei	1982	46.70	172.5	12.6.2012	Stockholm/Sweden
52 kg	World Standard				175.0	1.1.2012	
57 kg	World Standard				190.0	1.1.2012	
63 kg	Walford Kimberly	U.S.America	1978	62.25	221.0	14.6.2013	Suzdal/Russia
72 kg	Walford Kimberly	U.S.America	1978	67.00	240.0	18.10.2014	Sydney/Australia
84 kg	World Standard				225.0	1.1.2012	
84+ kg	Manaena Sonia	New Zealand	1961	128.30	236.0	15.6.2013	Suzdal/Russia

TOTAL

47 kg	Chen Wei-Ling	Chinese Taipei	1982	46.70	395.0	12.6.2012	Stockholm/Sweden
52 kg	World Standard				395.0	1.1.2012	
57 kg	Hartati Sri	Indonesia	1984	56.15	432.5	10.12.2014	Melbourn/Australia
63 kg	Thompson Jennifer	U.S.America	1973	60.83	480.0	28.2.2014	Columbus/U.S.America
72 kg	Walford Kimberly	U.S.America	1978	67.00	536.0	18.10.2014	Sydney/Australia
84 kg	Strik Ielja	Netherlands	1973	83.35	535.0	15.6.2012	Stockholm/Sweden
84+ kg	Lough-Brown Bonica	U.S.America	1988	133.50	605.0	7.3.2015	Columbus/U.S.America

CLASSIC POWERLIFTING WORLD CHAMPIONSHIP 2015 SALO 5.-14.6 OFFICIAL MERCHANDISE



20€



20€



28€



32€



15€



5€



3€



7€



7€



40€



15€



WELCOME TO
USA 2016

AND ENJOY
THE CLASSIC
POWERLIFTING
WORLD
CHAMPIONSHIPS

ELEIKO

FOR CHAMPIONS.

Eleiko Powerlifting Competition Set-up

