



POWERNEWS

A U S T R A L I A

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AUSTRALIAN JUNIORS & MASTERS CHAMPIONSHIPS

Melbourne University was the host for the 2000 Australian Juniors & Masters Championships, held in conjunction with the Open Victorian Championships.

Among the women, the outstanding performer was 16 year old Nicki Gaylord. Despite a hip injury Nicki totalled 330 kg at just over 56 kg, & benched a Commonwealth Record of 81 kg. At the other end of the age spectrum 61 year old Sonia Rutherford totalled 270 kg, whilst Rikki Flanders & Mary Medved were big improvers in the 60 & 67.5 kg classes.

Outstanding male lifter was Vince Simmonetta totalling 760 kg at 100 kg. Behind him in that class were two other Elite II performances, Alan Mihaljevic's 717.5 kg, edging Fiore Inglese's 715 kg, both PB totals & World Championship qualifiers. Also attempting to qualify for a Worlds, the Juniors, Anthony Inglese was way too erratic to put together the required 645kg; his attempt at the penulti-

mate 285kg deadlift dismayed the crowd when he forgot to actually grip the bar when starting a very fast pull & both arms flew skyward, as if some heavenly magnet had suddenly been turned on.20

Still in the 100 kg class, another good total came via Kevin Conway's 700 kg, that including a 300.5 kg deadlift Masters record.

In other classes, Nghiep Luu finally returned to form after injury & technical problems, with his 570 kg at 67.5 kg, including an AR deadlift of 255.5 kg. Close behind in that class came David Kent, also with an Elite II/World Championships qualifying total & with a 140.5 AR bench press. At 75 kg Master John Meyers was his consistent self with 595 kg, whilst newcomer junior Neville Harris showed major promise with a roughly put together 557.5 kg, ahead of Szabo Horvath's 542.5 kg.

At 82.5 kg another new Elite II lifter came through, with Achilles Kelepouros totalling exactly 640 kg. Sean Trotter

improved again with 592.5kg as did ancient Stephen Moszko, achieving a PB 687.5 kg at 90 kg, at 40 years of age. In that class the Darren Jones tragedy continued, 237.5 kg squat burying him 3 times & 670 kg total needed for World Championships qualifying remaining as elusive as ever: high-squat specialist Tony Burley also took a caning in that lift & was back at his Titan stall early.

In the heaviest classes, 110kg Pas Pataud agitated some in the crowd when a 193.0 kg Australian Record bench was turned down as uneven. However Greg Phillips was out in front at total time in that class, ahead of Master Glen Farrell & Vince Anello look-a-like (except in the total) Frank Genoa. At 125 kg Steve Giffin produced a creditable 710 kg at only 112.2 kg, & at 110 kg should fear only Andrew Logan at the Nationals. Behind him Kevin Boatwood was the best of the old guard, his 670 kg including a 185.5 kg AR Masters bench.

Robert Wilks.
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AUSTRALIAN & OCEANIA CHAMPIONSHIPS

July 29-31 are the dates for the biggest event of the year! Fiji has withdrawn from the running of the 2000 Oceania Championships & so Sydney July 29-31 will see the holding of both:

The Australian Championships (open to all Australian lifters who have achieved B Grade since August 1999).

The Oceania Championships, in the Open Junior & Masters age-groups (open to those who have achieved A Grade (open) or B Grade (Junior) or any total (Master), who lifted in the last Australian

Championships in their age group & who are selected in the Australian teams). Entry forms & full details are enclosed with this newsletter. Entries close on June 30, so enter now-the Australian teams will be selected from those who indicate their availability by entering the Australian Championships or the Oceania Invitational. In the Oceania Championships there will be teams from Nive, Nauru, Samoa Papua New Guinea & other island nations. Also sending a big team will be New Zealand, with Derek & Wayne Pomana competing.

Accommodation is set for the Oxford Koala Hotel, the venue of the Championships. Bookings for the hotel can be made on the enclosed forms, so get those forms in now.

NOTE TO OCEANIA NATIONS- YOU ALREADY HAVE YOUR ENTRY FORMS FOR THE OCEANIA CHAMPIONSHIPS-USE THOSE FORMS, NOT THE ENCLOSED AUSTRALIAN-VERSION FORMS.



RESULTS

AUSTRALIAN JUNIORS & MASTERS CHAMPIONSHIPS

WOMEN

56 KG	SQ	BP	DL	Total
V. Bassett (Tas)	90	50	110	250
J. Arnold (Vic)				

60 KG	SQ	BP	DL	Total
N. Gaylard (Vic)	120	81	130	330
R. Flanders (Vic)	110	57.5	130	297.5

67.5 KG	SQ	BP	DL	Total
M. Medved (Vic)	130	62.5	130	322.5
S. Rutherford (Vic)	95	52.5	127.5	270

MEN

67.5 KG	SQ	BP	DL	Total
N. Luu (Vic)	212.5	102.5	255.5	570
D. Kent (Vic)	210	137.5	202.5	560

(4th-140.5)

75 KG	SQ	BP	DL	Total
J. Meyers (NSW)	200	150	245.5	595
N. Harris (Vic)	195	140	222.5	557.5
S. Horvath (Qld)	200	125	217.5	542.5
N. Anand (Vic)	195	110	215	520
F. Dimasi (Vic)	145	82.5	175	405

82.5 KG	SQ	BP	DL	Total
1. A. Kelepouros (Vic)	257.5	132.5	250	640
2. S. Trotter (Vic)	227.5	130	235	592.5
3. D. Hay (Tas)	150	125	205	480
4. J. Rutherford (Vic)	130	80	150	360

90 KG	SQ	BP	DL	Total
1. S. Moszko (Tas)	265	150	277.5	687.5
2. B. Smartt (Vic)	222.5	145	220	587.5
3. D. Jones (Vic)	BMB	-	-	-

100 KG	SQ	BP	DL	Total
1. V. Simmonetta (Vic)	280	162.5	317.5	760
2. A. Mihaljevic (Vic)	270	152.5	295	717.5
3. F. Inglese (Vic)	280	150	285	715
4. K. Conway (SA)	220	180	300.5	700
5. T. Burley (Tas)	BMB	-	-	-

110 KG	SQ	BP	DL	Total
1. G. Phillips (Qld)	230	150	280	660
2. G. Farrell (WA)	245	145	210	600
3. F. Genoa (Vic)	180	117.5	240	537.5
4. P. Pataud (Vic)	25	BMB	-	-

125 KG	SQ	BP	DL	Total
1. S. Giffin (Vic)	270	175	265	710
2. K. Boatwood (Vic)	262.5	185.5	230	670
3. V. Burt (Tas)	240	115	260	615
4. H. Cook (Vic)	140	100	205	445

NSW EASTERN GRADING PRAIRE VALE LEISURE CENTRE 20TH FEBRUARY 2000

NAME	SEX	DIV	SQ	BP	DL	TL
G Stewart	M	67.5	135	87.5	156	377.5
M Healing	M	67.5	115	70	130	315
M Bristow	M	67.5	180	110	230	520
T Summerville	M	82.5	-	130	-	130
A Hobbs	M	90	120	80	-	09
M Roskell	M	90	222.5	155	245	622.5
M Reynolds	M	90	-	117.5	-	117.5
M Abdou	M	100	260	172.5	250	682.5
J Reynolds	M	110	-	100	-	100

QUEENSLAND JUNIORS & BRISBANE OPEN BODY FOCUS 26TH FEBRUARY 2000

NAME	SEX	DIV	SQ	BP	DL	TL
K Burgess	F	75	120	75	160	355
O Phan	M	56	155	95	185	43509
T Lagis	M	67.5	175	95	187.5	457.5
S Horvath	M	75	200	127.5	222.5	550
S How-Lum	M	75	175	110	200	485
N Unsworth-Smith	M	75	225	147.5	225	597.5
R Guttorsmsen	M	75	-	110	-	107.5
R Bradford	M	75	-	140	-	140
G Blackley	M	75	-	150	-	145
A Pappin	M	82.5	155	100	170	425
G Segal	M	90	195	92.5	215	502.5
L Mackinley	M	90	195	152.5	225	572.5
A Ernst	M	90	182.5	117.5	230	53009
M Wehr	M	110	160	110	220	49009
A Pirman	M	110	-	145	-	145
S Goeldner	M	125	-	170	-	170

NSW NORTHERN ZONE CAREY BAY YMCA 18TH MARCH 2000

NAME	SEX	DIV	SQ	BP	DL	TL
P Walters	M	56	140	75	170	385
G Lancaster	M	60	167.5	70	182.5	420
J Myers	M	75	212.5	150	247.5	610
K Hardwick	M	75	120	82.5	160	362.5
L Edmonds	M	82.5	82.5	67.5	125	275
D Vaughan	M	90	230	150	250	630
K Mitchell	M	90	165	95	160	420
T Power	M	90	190	135	225	550
T McDonald	M	82.5	190	80	200	470
M Wilkinson	M	125	220	147.5	210	577.5
J Mort	F	67.5	-	60	-	60
R Owen	M	75	-	115	-	115
A Mort	F	75	-	95	-	95
D Holden	M	-	-	120	-	120
T Faltham	M	75	-	90.5	-	90
A Somerville	M	82.5	-	140	-	140
T Hamilton	M	90	-	125	-	125
Wayne Parnwell	M	90	-	70	-	70
M Reynolds	M	90	-	120	-	120
E Armstrong	M	90	-	107.5	-	107.5
D Hardwick	F	100	-	55	-	55
J Mort	M	100	-	150	-	150
A Falconer	M	110	-	145	-	145
N Wrightson	M	110	-	137.5	-	137.5
J Reynolds	M	110	-	107.5	-	105
L Clark	M	125+	-	160	-	160

MILLENIUM OPEN, MELBOURNE UNI 13TH FEBRUARY 2000

NAME	SEX	DIV	SQ	BP	DL	TL
K Lloyd	F	56	117.5	78.5	140	336
N Harris	M	75	150	105	170	425
J Rutherford	M	90	102.5	75	120	297.5
A Taylor	M	100	180	150	225	555
M Kennedy	M	100	-	112.5	-	-
M Lyszczarz	M	100	170	135	200	505

MARSH-SAN OPEN, TOKYO DOMELET 9TH APRIL 2000

125 KG	SQ	BP	DL	Total
1. M Abdullah	282.5	205	282.5	770

RESULTS



POWERSTATION QUALIFYING, POWERSTATION GYM WYNYARD 19TH FEBRUARY 2000

NAME	SEX	DIV	SQ	BP	DL	TL
V Bassett	F	56	90	45	110	245
A Mather	F	67.5	85	30	100	215
K Bird	F	82.5	90	60	107.5	257.5
V Gross	M	56	80	60	140	280
J Elphinstone	M	67.5	-	100	-	100
R Watts	M	82.5	140	90	190	420
P Chilcott	M	82.5	135	85	175	395
D Hay	M	82.5	180	135	208	522.5
S Pearson	M	90	230	150	235	615
G Hutton	M	90	-	125	-	125
B Jones	M	100	-	100	-	100
M O'Toole	M	110	197.5	125	237.5	555
M Cuzner	M	125	220	150	240	610
V Burt	M	125	220	122.5	200	542.5
R Walsh	M	125+	-	182.5	-	182.5

N.S.W OPEN, MASTERS & JUNIOR CHAMPIONSHIPS TOWN SQUARE SINGLETON 6TH MAY 2000

NAME	SEX	DIV	SQ	BP	DL	TL
A Mort	F	75	162.5	97.5	422.5	
J Saxberg	F	90	122.5	82.5	132.5	375
P Waters	M	56	130	80	160	370
M Bristow	M	67.5	182.5	115	241.5	537.5
J Myers	M	75	215	150	250.5	612.5
S Hine	M	75	210	135	230	575
K Hardwick	M	75	130	85	165	380
T MacDonald	M	82.5	215	105	225	545
D Vaughan	M	90	237.5	155	252.5	645
M Roskell	M	90	207.5	142.5	240	590
K Mitchell	M	90	167.5	102.5	165	435
P Whymark	M	100	300.5	175	280	755
M Abdou	M	100	260	167.5	260	667.5
J Heffernan	M	125	270	170	270	710
J Gibbs	M	67.5	-	72.5	-	70
T Somerville	M	90	-	145	-	145
M Reynolds	M	90	-	125	-	125
E Armstrong	M	90	-	105	-	105
T Giddy	M	110	-	150	-	150
D Hardwick	F	90+	-	57.5	-	57.5

TASMANIAN STATE CHAMPIONSHIPS LAUNCESTON PCYC 6TH MAY 2000

NAME	SEX	CAT	SQ	BP	DL	TL
A Collison	F	56	72.5	42.5	90	205
V Bassett	F	60	110	50	122.5	282.5
K Bird	F	82.5	87.5	55	112.5	255
V Goss	M	56	85	62.5	142.5	290
A Saunders	M	67.5	140	65	140	345
S Mitovetski	M	82.5	175	120	210	505
R Watts	M	82.5	130	90	210	430
M Steward	M	82.5	120	95	170	385
S Jacobson	M	82.5	192.5	105	225	522.5
S Moszko	M	90	260	140	270	670
D Hay	M	90	200	140	210	550
S Pearson	M	90	65	155	65	285
A MacLaine-Cross	M	100	150	115	175	440
M O'Toole	M	110	202.5	130	242.5	575
M Cuzner	M	125	240	160	245	645
A Pinkard	M	125+	250	155	265	670
J Elphinstone	M	67.5	-	110	-	110
J Lewis	M	82.5	-	142.5	-	142.5

ADELAIDE BENCH PRESS COMP FUN LIFE 5TH MARCH

NAME	SEX	CAT	BENCH	TOTAL
B Hamilton	F	56	42.5/43	42.5
N Zacharko	F	56	60	60
D Jenkinson	M	67.5	125	125
A McFarlane	M	67.5	105	105
D Graham	M	67.5	52.5	52.5
L Agius	M	75	145	145
I Stokes	M	75	107.5	107.5
S Poulten	M	75	92.5/93	92.5
D Manhire	M	82.5	135	135
C Rogers	M	82.5	120	120
B Withers	M	82.5	12.5	120
W Goody	M	82.5	60	60
D Juers	M	90	120	120
D Thomas	M	100	120	120
S Little	M	125	205	205

S.A. STATE CHAMPIONSHIPS FUNLIFE FITNESS CENTRE ADELAIDE 30TH APRIL 2000

NAME	SEX	CAT	SQ	BP	DL	TL
D Jenkinson	M	67.5	185	122.5	220	527.5
A McFarlane	M	67.5	145	110	185	440
L Agius	M	75	185	158	210	552.5
R Gay	M	75	150	100	200	450
T Frisby	M	75	145	90	222.5	452.5
S Simpson	M	82.5	160	100	182.5	442.5
K Conway	M	110	105	185	270	560
Greg Marini	M	125	300	187.5	290	777.5

W.A. STATE CHAMPIONSHIPS WILLETTON SENIOR HIGH SCHOOL PERTH 7TH MAY 2000

NAME	SEX	CAT	SQ	BP	DL	TL
J Ambrose	M	67.5	190	127.5	241.5	557.5
H Perryman	M	82.5	120	85	145	350
I Sullivan	M	100	165	155	175	485
B Horne	M	125+	320	190	325	845

W.A. NOVICE QUALIFIER WILLETTON SENIOR HIGH SCHOOL PERTH 27TH FEB 2000

NAME	SEX	CAT	SQ	BP	DL	TL
H Perryman	M	75	130	82.5	135	347.5
D Camera	M	90	250	167.5	220	637.5
W Hills	M	100	150	90	200	440
G Farrell	M	110	240	145	220	605
B Horne	M	125+	270	160	280	710

QUEENSLAND STATE OPEN CHAMPIONSHIP QUEEN STREET MALL BRISBANE 30TH APRIL 2000

NAME	SEX	CAT	SQ	BP	DL	TL
K Burgess	F	75	120	82.5	162.5	365
S Maree Francis	F	75	140	62.5	160	362.5
S Grice	F	75	65	70	120	255
T Lagis	M	67.5	170	100	205	475
S How Lum	M	75	175	100	210	485
M Graggs	M	75	170	80	190	440
A Pappin	M	82.5	185	100	190	475
L Mackinley	M	90	205	155	227.5	587.5
G Segal	M	90	185	87.5	225	497.5
T Schroder	M	90	130	90	140	360
P Tailford	M	100	232.5	155	252.5	640
A Logan	M	110	310	165	315	790
A Firman	M	110	235	135	242.5	612.5
P Smith	M	125	300	172.5	327.5	800
G Roberts	M	125	325	-	-	-
S Goeldner	M	125	-	-	-	-
G Thompson	M	125+	280	180	300	760
F Litchfield	M	60	-	112.5	-	112.5
D Playford	M	60	-	72.5	-	72.5
D Davey	M	67.5	-	135	-	135
N Unsworth-Smith	M	75	-	140	-	140
A Lulham	M	82.5	-	150	-	150



ABDULLAH RETURNS!

That cracking sound heard all round the world in January was not the dawn of the new millennium, but the reverberations from Michael Abdullah's wallet being opened for the first time in any century.

Yes, the planet's most undistinguished strongman (three events, three lasts in 1998/99) has returned to powerlifting and paid his Powerlifting Australia registration fee! This was done in time for Michael to be eligible for the Australian Championships & to represent Australia at the World Championships. The Worlds will be held at Atika in Japan, where Michael has been domiciled (& at times, institutionalised) for some years.

On April 9th, at the Tokyo Domelet (actually Susumu Yoshida's garage gym) Michael competed in the Marsh-San Open. There, with no shirt, suit, wraps or dignity Michael at 123.4kg bodyweight squatted 282.5, benched 205 & deadlifted 282.5 kg for a 770 kg total, over Elite II at both 125 & 125+.

From here Michael will go on to the Nationals, the Worlds and then next year's events, including the 2001 Worlds in Prague & the Gay Games, to be held in his native Sydney. By then Michael will be hopefully back to the 860 kg total which saw him place 9th in the 1997 Worlds.

Robert Wilks



Michael Abdullah – ready for the Gay Games

REGISTER NOW FOR 2000!

Enclosed with this newsletter is a P.A. registration form for 2000.

If you have not already done so, register now for 2000 by sending your form plus fee to Danny Lee. Only financial members or P.A. will receive newsletters from here on in 2000, so register now to stay in touch.

Make sure when filling in your form that you include all the details requested re addresses, training, venue etc. This information is essential for P.A.'S and ASDA's drug testing programme and incomplete forms will have to be returned for completion.

Note also that the 2000 fee is adjusted for GST.

DRUG TEST RESULTS

As a result of drug testing procedures carried out by the Australian Sports Drug Agency in conjunction with Powerlifting Australia, the following suspension applies-

Michael Pikos (N.T.) 24/5/99 - Life
Stuart Cook (Qld.) 12/10/99 - 11/10/02



ANSETT AUSTRALIA

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