



A U S T R A L I A N P O W E R - N E W S

Volume 1. - Edition 1.

SUMMER EDITION

Editors: Nick Butler, Jeff Thompson

MEN'S WORLD POWERLIFTING CHAMPIONSHIPS, BIRMINGHAM, ENGLAND 17th-22nd NOVEMBER 1992

The 21st Men's World Championships were the biggest such event ever held, with 167 lifters from 32 countries taking part.

Over the last few years, powerlifting has expanded enormously, with 70 countries now belonging to the IPF, countries such as Bulgaria, Russia, Ukraine, Lithuania and so on now involved, and 15 or 20 competitors in most divisions at the Men's World Championships. Powerlifting world championships are now truly worldwide affairs, and the standard of competition is of a depth unimaginable even two or three years ago.

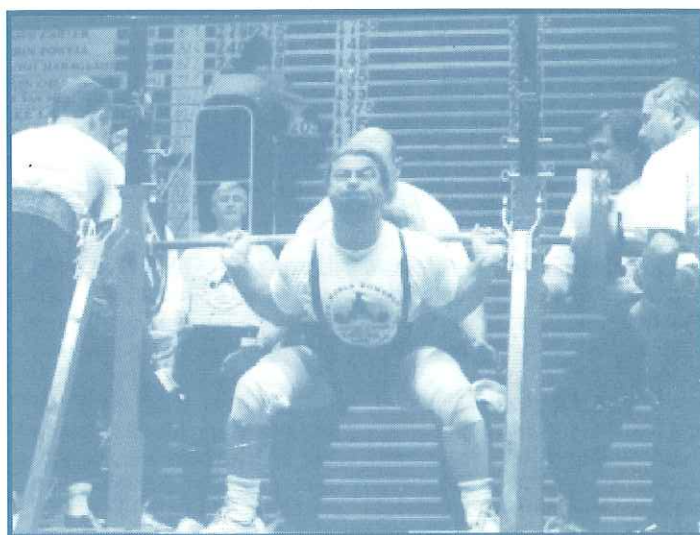
With this rise in standard, Australia has had a hard time keeping up. In this Worlds, the Australian team placed 28th. However, each of the five lifters competed well up to their best, and should be proud of their performances.

The competition itself was held in the cavernous Birmingham Indoor Sports Centre, with a crowd of some 3000 on the final day. The USA won the team title

once again, but were hard pressed by Russia, with Great Britain third.

In the 52 kg division, Inaba, troubled by a shoulder injury as he has been for the last few years, was defeated for only the second time in 19 years, going down to the Russian Zhuravlev. In the 56 kg class, young Indonesian Thios was on top, whilst Gerard McNamara of Ireland improved his best total to win the 60 kg. The woefully distorted Schwarz Formula saw McNamara take the Best Lifter award & in fact, the best Schwarz rated 82+ lifter was Virtanen of Finland who, according to the formula, ranked below numerous 52-60 kg lifters. In actual fact, the dwarf Stanaszek of Poland came fourth in his division, had by far the highest Schwarz rating, but was excluded from best lifter calculations.

In the 67 kg class, Dan Austin continued his domination of the division with his usual controlled lifting style, while Rodney Hypolite atoned for his bomb-



JOHN POWELL - S.A. & Australian squat record 250.0kgs. — Birmingham

out in Sydney with a new best total of 682 kg. In the 75 kg, Dave Ricks obtained two whites on his first squat of 280 kg, then looked very self-conscious about depth, and went through the bottom twice with 292 kg, but then steadied to hold off

Russia's Mironov. Australia's **Satya Agnihotri** squatted a good 250 kg, and received two reds for a near miss on 255 kg. When it comes to the bench, Satya lives in the twilight zone

Continued P. 2.

1993 National & International Calendar

April 30-May 1

Australian Masters Championship
and Australian Masters Games, Fremantle

June 12-13

Australian Junior Championships, Sydney

July 23-24

World Games, The Hague, Holland

August 6-8

Australian Championships,
Australia v. Nauru, Brisbane

August 17-24

* World Juniors and Masters Championships (Men and Women), Greensborough, North Carolina, USA

November 30-December 5

World Championships (Men and Women), Jonkoping, Sweden

December 10-12

World Bench Press Championships, Jarvenpaa, Finland

*Subject to confirmation

WE NEED "NEWS" HELP YOUR "EDITORS"

It is our endeavour to produce an up to date and informative Newsletter that you will look forward to receiving every quarter.

We will do our best to keep you aware at the "LATEST" with news articles, upcoming events, results and other items of interest.

The obvious strength of your association is participation - THIS IS YOUR OPPORTUNITY. "EDITORS." Nick & Jeff would appreciate any help they can get. If you have any items of interest that we can publish, send them in.

c/o NICK BUTLER, JEFF THOMPSON

P.O. Box 244 Ingle Farm SA 5098 - Fax. 260 5296

YOUR A.P.F. COMMITTEE

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Continued from p. 1.

between sinking and heaving, and not sinking and heaving, and he got through 135 kg and 142.5 kg before drawing reds on a trampoline-like 145 kg. In the deadlift, Satya produced 250 kg for a commendable 642' kg total and 12th place. In the 82' kg, Jarmo Virtanen was well in control, and avoided the depth problems that saw him bomb last year. David Carter of GB laboured in the vineyards of the B Group, but improved enormously on his total, and would quite likely have placed higher than his fourth if in the A Group.

John Powell lifted solidly for 650 kg total, three Australian Records, and 13th place. In the 90 kg, Sylvester Anderson held off the ever-improving East German Frank Schram, whilst Kuznetsov of Russia slipped to fourth.

Australia's **Peter Kyriakos** came in 13th with 747' kg in this very tough division last year Peter did 727' kg and came 9th, the depth of standard accelerating in the meantime. Peter squatted 292' kg for an Australian Record, and narrowly missed 292' kg for a deadlift and total Record; however, his equal Australian Record 747' kg total put behind him his troubles with injury suffered in a motor car accident just prior to the 1992 Nationals. In the 100 kg class, 21-year-old Briton Brian Reynolds came from behind with a last deadlift win, and a World Junior Record total. Australia had two representatives in this class.

David Alpen showed enormous promise in his first World Championships with an Australian Record 737' kg total and 12th place. David could well make 90 kg in future, and it would be an interesting clash between David and Peter Kyriakos at that weight.

Kevin Conway showed commendable composure under

pressure to make seven good attempts, a 710 kg total, and 15th place.

In the 110 kg, Dave Jacaby of the USA repeated as champion, as did Kirk Karwaski in the 125 kg, with the highest total of the meet, 980 kg.

In the 125+ kg class, newcomer Brazilian Luiz Farnettani was a sensation, totalling 970 kg, and indicating that he has the strength to total well over 1000 kg. He squatted 375 kg easily, came up with 400 kg, to be greeted with two reds for failing to lock, and then on the third attempt was left standing with 400 kg after taking it out twice and failing to get the squat signal either time due to not being upright.

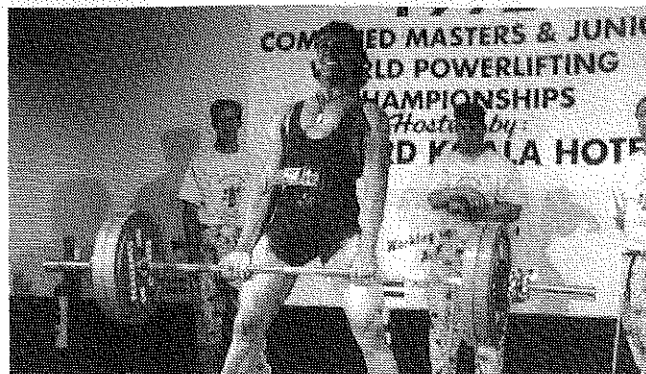
This perplexed the Portuguese-speaking Farnettani, and drove his equally puzzled coach into some form of Brazilian dance on the sidelines, but Farnettani regathered himself for some solid benches and deadlifts, and a clear win. This ended the lifting in the largest and highest standard Men's Worlds ever. Prior to the lifting, the annual IPF Congress was held. Relatively few tangible items came out of this; however, bench-press shirts were re-allowed as of 1st January 1993.

South Africa, the nation which won the WPC team title the week before, was admitted as an IPF member. South African officials in Birmingham advised that their federation had withdrawn from the WPC, effective 1st January.

Robert Wilks

A.P.F. Secretary
A.S.C. Liason
A.W.G.A. Liason
National Coaching
Coordinator

"LIFTERS" PROFILE #1



MATTHEW SMITH - 82.5kg

Age - 21

Weight - 82.5kg.

Height - 181cms.

Occupation- Millman,
Bridestone Tyres S.A.

Interests -
Travelling, eating & sleeping

Special Goals -
To finish in the top 3 in a
world championship.

Current Records - U/23
Aust & SA Squat - 225kg
SA Bench - 120kg
Aust & SA D/Lift - 230kg

Career Results - U/23
1989 Pepsi Oceania V's Asia
= 2nd 82.5kg.
1989 Nationals-Sydney
= 2nd 82.5kg.
1991 Oceania - Ballarat
= 2nd 82.5kg
1992 Oceania - Melbourne
= 1st 82.5kg
1992 World juniors - sydney
= 8th -P.B. Total 575kg

MATTHEW SMITH - age 21 representing Australia at the World Junior Powerlifting Championships held in Sydney recently gave spectators and competitors an insight into why he is regarded as a future "International Class Lifter".

Matthew gave a spectacular performance lifting nine from nine, incredible, due to the amount of pressure he was placed under.

Matthew trains at Gold's Gym, Ingle Farm and Pro-Fitness, Salisbury continually improving and setting many unofficial Australian records. Rumour has it, he is now deadlifting 250kg.

Matthew has been training competitively since 1988, and attributes much of his success to constant training over many years and experimenting with a variety of training concepts, pursuing a continual learning process and to his coach James Harrap.

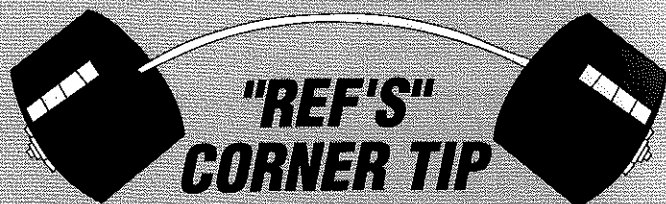
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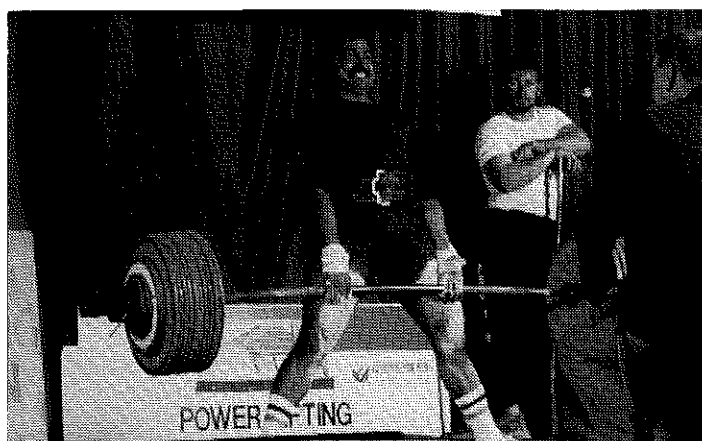
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GREASY KID STUFF

- (a) The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
- (b) The use of any form of adhesive on the underside of shoes or boots is strictly forbidden.
- (c) Baby powder, pool hall chalk, liquid chalk, resin, talc or magnesium carbonate are the only substances that may be added to the body and attire.
- (d) No foreign substances may be applied to the equipment or wraps.

SUPERMAN "SATYA"



Satya Agnihotri - "Increasing his Australian Deadlift Record"

Satya AGNIHOTRI, representing NSW at the recent Australian Senior National Championships in July, showed once again why he is Australia's premier 75kg lifter.

Satya, 31, who has held the title of "Strongest Man in India" (the equivalent of overall winner of our Senior Nats), migrated to Australia in 1988. Since arriving in Australia, he has added to his impressive record the Australian and NSW titles, together with every record available in the 75 kg weight division. He currently holds Australian and NSW records for Best Overall total (647.5 kg), Bench (145.5 kg) and Deadlift (252.5 kg), and has been Australian Titleholder since 1991. Satya, a Cellarman and

Bottle Shop Attendant at the Crest Hotel in King's Cross, attributes his success to the loyal support of his wife, Joan, whom he describes as the "wind beneath my wings," a vegetarian diet, and support from his employers. Special advice from his parents has also been a contributing factor, and he is extremely grateful to his coach, Mario Topic.

Satya extended high praise to the organisers of the recent Men Worlds in November when he described their efforts as one of the "best organised meets he had ever attended."

Satya finish 12th. in the 75kg. weight division in the world championships in Birmingham Good luck in 1993.

WORLD JUNIOR AND MASTERS POWERLIFTING CHAMPIONSHIPS, SYDNEY

3rd-8th SEPTEMBER 1992



MATTHEW SMITH - Representing Australia in the 82.5kg Weight Division goes 9 out of 9 & set 3 U/23 Australian records

HUGE SUCCESS FOR INAUGURAL COMBINED WORLD JUNIOR & MASTERS CHAMPIONSHIPS

This event was no doubt one of the largest contests ever held, with 256 competitors from nearly 30 nations in attendance.

Meet director Bob Orr took financial responsibility for this contest, and deserves credit for his courage and perseverance in putting on this mammoth event.

1992 was the first year in which women's master and junior age-groups were held, with the bodyweight classes compressed into three for each age-group so as to maintain realistic numbers in each category.

The women's division was a great success, and it is hoped that next year, or at least by 1994, there will full competition in the women's division. In the juniors, outstanding lifting came from Tri Haryanto of Indonesia (745 kg at 75 kg), Karl Saliger of Austria (940 kg at 125+ kg) and minuscule Andrzej Stanaszek of Poland, winner of the Best Lifter award with 535 kg at 52 kg.

Australia's best men's juniors were the very promising **Michael Pianko** (4th in the 125 kg with

720 kg), **Stefan Bath** and **Scott Fletcher**, both 5th placers. **Leanne Johnson** was outstanding in winning the women's junior over 67 kg division, with Leanne setting world records in the 90 kg class.

In the masters age-groups, Kevin Judson stood out with a 760 kg total at 82 kg. Australia had its only winner with a sterling 642 kg at 110 kg over 50 by **John Mihaka**, whilst **Pat Spillane** came in second to Veli Kumpuniemi (still holder of the world open 82 kg deadlift record at 357 kg). **Squizzy Taylor** also took second, and **Len Skeen** returned from obscurity to take second in the over 40 60 kg class.

Next year the Junior and Masters Championships are scheduled for Greensborough, North Carolina (assuming resolution of some legal problems in the US). This event could well be the biggest powerlifting contest ever, with quite likely over 300 competitors.

Robert Wilks

Vibrant

PHOTOGRAPHY

- Family Portraits • Children •
- Weddings • General Photography •

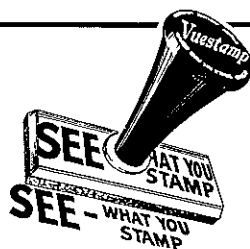
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22nd MENS OPEN WORLD SINGLE CHAMPIONSHIPS

21st November 1992, held at Birmingham

		Squat	BPress	DLift	Total
52kg Weight Division					
1 Zhuravlev/Sergey (51.7)	Russia	215.0	110.0	225.0	550.0
2 Inaba/Hideaki (51.3)	Japan	235.0	80.0	225.0	540.0
3 Bhaskaran/Sajeeva (51.9)	India	192.5	90.0	255.0	537.5
56kg Weight Division					
1 Thios/Denny (54.3)	Indonesia	210.0	135.0	235.0	580.0
2 Elyn Wim (55.6)	Belgium	230.0	115.0	230.0	575.0
3 Simes/Gary (55.8)	Gt Britain	220.0	125.0	235.0	570.0
60kg Weight Division					
1 McNamara/Gerar (59.6)	Ireland	237.7	147.5	265.0	650.0
2 Nanda/Talambanua (59.8)	Indonesia	260.0	120.0	260.0	640.0
3 Suttles/Todd (59.7)	USA	237.5	147.5	250.0	635.0
67.5kg Weight Division					
1 Austin/Dan (67.4)	USA	257.5	147.5	290.0	695.0
2 Hypolite/Rodney (66.5)	Gt Britain	262.5	140.0	280.0	682.5
3 Baranov/Victor (67.1)	Russia	265.0	140.0	275.0	680.0
75kg Weight Division					
1 Ricks/Dave (74.5)	USA	280.0	182.5	292.5	755.0
2 Mironov/Andrew (74.6)	Russia	290.0	167.5	292.5	750.0
3 Haryanto/Tri (75.0)	Indonesia	290.0	170.0	285.0	745.0
12 Agnahotri/Satya (74.8)	Australia	250.0	142.5	260.0	642.5
82.5kg Weight Division					
1 Virtanen/Jarmo (82.3)	Finland	330.0	187.5	315.0	832.5
2 Haaren/Piet van (81.8)	Netherlands	315.0	167.5	330.0	812.5
3 Szymkowiak/Roman (82.0)	Poland	290.0	172.5	332.5	795.0
13 Powell/John (82.4)	Australia	250.0	150.0	245.0	645.0
90kg Weight Division					
1 Anderson/Sly (89.1)	USA	335.0	192.5	335.0	862.5
2 Schramm/Frank (88.9)	Germany	350.0	222.5	287.5	860.0
3 Tosunidi/Fedor (89.1)	Kasachstan	310.0	195.0	320.0	825.0
13 Kyriakos/Peter (90.0)	Australia	292.5	175.0	280.0	747.5
100kg Weight Division					
1 Raynolds/Brian (98.9)	Gt Britain	315.0	220.0	337.5	872.5
2 Kulikon/Mikhail (98.2)	Russia	342.5	205.0	322.5	870.0
3 Goggins/Steve (99.6)	USA	332.5	187.5	345.0	865.0
12 Alpen/David (95.8)	Australia	280.0	165.0	292.5	737.5
15 Conway/Kevin (98.4)	Australia	240.0	180.0	290.0	710.0
110kg Weight Division					
1 Jacoby/Dave (109.8)	USA	365.0	215.0	355.0	935.0
2 Sigurjonsson/Guon (110.0)	Iceland	350.0	205.0	360.0	915.0
3 Mustrikov/Andrey (109.4)	Russia	350.0	220.0	342.5	912.5
125kg Weight Division					
1 Karwoski/Kirk (124.6)	USA	420.0	232.5	327.5	980.0
2 Naleikin/Victor (119.1)	Ukrania	385.0	195.0	360.0	940.0
3 Brügger/Michael (120.7)	Germany	342.5	225.0	350.0	917.5
125+ Weight Division					
1 Farnettani/Luiz (150.4)	Brazil	375.0	240.0	355.0	970.0
2 Zerhock/Hand (140.9)	Germany	390.0	207.5	345.0	942.5
3 Glomann?Detlef (127.2)	Germany	375.0	210.0	355.0	940.0

1992 CITY OF ADELAIDE POWERLIFTING CHAMPIONSHIPS

1992 CITY OF ADELAIDE
6th December 1992, held at Golds Gym Adelaide

RECORD BREAKERS

Women 52kg			
Alison Clarke	- Squat	112.0kg	new SA & Australian Junior record & new SA Open record
	- Bench Press	52.5kg	new SA Junior & Open record
	- Deadlift	130.5kg	new SA & Australian Open record
	- Total	295.0kg	new SA Junior & Open record & new Australian Junior record
Women 75kg			
Pam Hancock	- Squat	130.0kg	new SA & Australian O/40s record & new SA Open record
	- Bench Press	57.5kg	new SA O/40s & Open record
	- Deadlift	130.0kg	new SA & Australian O/40s record & new SA Open record
	- Total	317.5kg	new SA & Australian O/40s record & new SA Open record

Best Overall Female Lifter - Alison Clarke

Men 67.5kg			
Paul King	- Deadlift	205.0kg	new SA Junior record
	- Total	500.0kg	new SA Junior & Open record
Nick Butler	- Bench Press	117.5kg	new SA Open record
Matthew Clarke			
	- Squat	155.0kg	new U/18 Australian & SA record
	- Deadlift	200.0kg	new U/18 Australian & SA record
	- Total	442.5kg	new U/18 Australian & SA record
Men 75kg			
Brett Page	- Deadlift	180.0kg	new U/18 Australian & SA record
Men 82.5kg			
James Harrap	- Deadlift	250.5kg	new SA Open record

Best Overall Male Lifter - Paul King



1992 VICTORIAN PYRAMID OPEN

THE VICTORIAN 1992 PYRAMID OPEN
5th December 1992, held at Hawthorn

Contest Results from Australian Records:

60kg			
Phil Kerr	- Squat	200.0kg	
67.5kg			
David Kent	- Squat	210.0kg	
75kg			
Peter Rellos	- Squat	251.0kg	
82.5kg			
Adrien Shnier	- Bench Press	157.5kg	
90kg			
Leanne Johnson	- Bench Press	105.5kg	new U23 & Open record
82.5kg			
Darren Burns	- Bench Press	132.5kg	new U23 record
56kg			
Shane Rogers	- Squat	130.0kg	new U18 record
	- Deadlift	140.0kg	new U18 record

Merry Christmas

AND EVERY HAPPINESS IN THE NEW YEAR



**1993
AUSTRALIAN MASTERS
POWERLIFTING
CHAMPIONSHIPS**
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Run in conjunction with the
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Friday 30th. April 1993 - Saturday 1st. May 1993
ENTRIES CLOSE FRIDAY 26th. March 1993.

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Tel. (09) 384 1466 Work, (09) 386 2712 Home

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CONTACT

COLIN BARNETT - NEW SOUTH WALES
5 Wearne Avenue, Pennant Hills 2120
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ALL AUSTRALIA MEN BY GRADE

			B/W Div	Grade	Plus(Kg)
Tony	Zappia	SA	60	E1	5.0
Satya	Agnihotri	NSW	75	E1	5.0
Leigh	Wisbey	VIC	125+	E2	60.0
Peter	Kyriakos	VIC	90	E2	47.5
Saviour	Grech	VIC	125+	E2	40.0
Mark	Dewar	QLD	90	E2	35.0
Trevor	Cox	QLD	90	E2	22.5
David	Alpen	SA	100	E2	20.0
Peter	Rellos	VIC	75	E2	15.0
Phil	Kerr	VIC	60	E2	10.0

ALL AUSTRALIA WOMEN BY GRADE

Ellen	Stanton	QLD	67.5	E1	52.5
Leanne	Johnson	VIC	90	E1	47.5
Julie	Holmes	SA	82.5	E1	5.0
Robyn	May	VIC	82.5	E2	12.5
Joanne	Edwards	NSW	67.5	E2	10.0
Julie	Holmes	SA	90	E2	7.5
Silvana	Vendito	SA	48	E2	5.0
Kym	McLellan	QLD	56	A	30.0
Beverly	Smith	QLD	75	A	30.0
Anne	Mort	NSW	67.5	A	20.0

Nick Butler - Australian Record Keeper 04-11-1992

**AUSTRALIAN
SENIOR
NATIONALS
1993
BRISBANE**

6th. August - 8th. 1993

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NICK BUTLER

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NAURU CHAMPIONSHIPS 3rd OCTOBER 1992



Left to right:
Riddel Akua(Nauru),
Robert Wilks(Australia)
Gerard Jones(Nauru)

In September to October, Australian 125+ kg champion Saviour Grech and myself travelled to Nauru as part of a cultural support program organised by the Australian De-

partment of Foreign Affairs. This was an eye-opening experience. Nauru is a tropical island, just south of the Equator, which survives entirely on superphosphate mining, with the result that most of the landscape resembles the craters on the moon. The pace of life is slow, but weight-training, along with Australian Rules football, is one of the few physical activities Nauruans are drawn to. There are four gyms on the island, each the size of an average Australian kitchen and with equipment that can only be described as rustic. Saviour and I conducted two coaching clinics in the week prior to the Nauru Championships. In these it became apparent that training techniques in Nauru run the gamut from not training at all, to squatting, benching and deadlifting six days a week. Correct squat depth was a revelation to the Nauruans, whilst suits and wraps were also novel phenomena to most of them. At the Championships, though, it was apparent that many Nauruans have immense natural talent for powerlifting. The

results were of quite a high standard, and it should be noted that some of these totals were achieved whilst lifting in thongs, football shorts, etc. However, the weights were about 8% under the face value, e.g. Saviour Grech's squat of "340 kg" actually weighed 324.0 kg. Russel Kun and Riddel Akua were the most accomplished of the Nauruans, totalling 760 kg and 820 kg respectively. Saviour Grech squatted an Australian record 324.0 kg, but then wilted in the intense heat to total 792 kg after missing an Australian record deadlift attempt. In the deadlift, not one Nauruan took one warm-up the stocky Nauruans do not like this lift, and so they just do not do it! One outcome of the visit was that it became apparent that Nauru could not conduct the 1993 Oceania Championships, and so this event was cancelled. It would seem that this event will not be held until 1994.

Robert Wilks

"LITE-WEIGHTS"

• Special thanks to Paul King, typesetter and computer graphics man extraordinaire for his efforts throughout the year. Paul is the man responsible for typesetting and designing of APF's promotional material, including your "new look" newsletter. Great JOB, Paul.

OVERHEARD - Senior Platform Attendant at "Senior Nats" encouraging a female lifter attempting a new Australian record - "Come on! You can do it. You have done it before." LOOK OUT BRISBANE.

• Limited number of 2 colour 1992 Senior National T-Shirts still available. Assorted sizes. Were \$15 each. NOW ONLY \$10 each Contact Nick Butler

• **DAVID ALPEN** and the rest of the Australian team stopped off in Bangkok on the way over to the Worlds. David wearing only a singlet, shorts and thongs was not only a big hit with the local girls but with the men too. Seems not many of the boys have seen such BIG arms and a muscular physic like Davids.

NEW MEMBERS

HELP!

SPREAD THE WORD...

New members are always welcome. Remember lifters are eligible to compete from 14 years of age.

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ROBYN MAY -	VICTORIA 23 Albermarle Street, Kensington 3031 Tel. (03) 287 1777 Work, (03) 376 2191 Home
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Weight lifting Belts.....from.....	\$35.00	\$29.00

HEAD HARNESS:

Head Harness (Guard) with chain (Neck Exercise)	\$59.90	\$48.95
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KNEE WRAPS:

Heavy Duty, best available, triple line	\$48.00	\$39.95
Medium Duty, top quality, double line	\$44.00	\$35.00
Light Duty	\$39.00	\$29.00

WRIST WRAPS:

Velcro adjustable 3" wide, Heavy Duty	\$23.00	\$18.95
Wrist Wraps Medium Duty.....	\$18.95	\$15.95

WRIST STRAPS:

38 mm, extra strength	\$14.95	\$12.95
50 mm, extra strength	\$15.95	\$13.95

WEIGHT LIFTING BOOT:

Top professional quality and style, Leather	\$145.00	\$115.00
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POWERSUITS:

Comes in various sizes and various colours	\$110.00	\$97.50
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BENCHSUITS:

Comes in various sizes and various colours	\$55.00	\$45.00
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HAPPY SHOES:

Comes in various sizes	\$8.95	\$6.50
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SAMSON OF THE USA

Paul Anderson

an extract from Parade Magazine 1968 supplied with thanks from Jeff Thompson

The kids of Toccoa, Georgia, used to think world champion weightlifter Paul Anderson was a sissy. By 1940 people in the small town of Toccoa, Georgia, regarded young Paul Anderson as a bit of a mother's boy. When Anderson was 14 an uncle gave him dumb-bells and he was on the way to an amazing physical transformation. Within 10 years he was a 24-stone giant, who had re-written the world's weight-lifting record book and had collected a gold medal at the 1956 Melbourne Olympic Games. Anderson then turned professional and restored to weight-lifting and strong-man feats some of the glamour and glory that made old-time Samsons like Louis Cyr and Eugene Sandow world renowned. Still not satisfied, he invaded the field of wrestling and finally set to work to knock himself into boxing shape and try to win the world heavyweight title. But, as had been proved many times before, sheer weight and strength do not guarantee success in a fight. Although Paul Anderson had been able to win 300 wrestling bouts, he cut a sorry figure in the boxing ring and retired after only two fights. Anderson, who was born in Toccoa on October 17, 1932, the son of a building worker, was lucky to survive a succession of childhood illnesses. At seven he nearly died of acute nephritis, and at eight a bit from a dog infected with rabies put him in hospital for months. But he survived to start his own body-building program at 14 with the pair of dumb-bells his uncle gave him. With the dumb-bells he showed rapid development and in a year or so turned to weight-lifting in the backyard with home-made apparatus. By the time he went to high school Anderson was able to impress his friends at the swimming pool by lifting a 200 lb barbell no one else could budge off the floor. He liked to creep up behind a motor car just as it was being started and lift the rear wheels off the ground. Anderson's football ability at high school as a hard-playing and aggressive 14-stone back won him a scholarship in 1950 to a small university, Furman College, in Greenville, South Carolina. But he stayed there less than two years and arrived home for the Christmas holidays in 1952 to announce he was not going back. "They're starving me to death," he told his family, and a few days later the university football coach arrived to explain matters. He said Anderson was welcome back at Furman and his scholarship was still valid, but he would have to fork out an extra \$15 a week to help pay for the extra food he demanded. Anderson refused, his university education was finished, and he got a government post in the newly formed Bureau for the Conservation of Wild Life in Georgia. Wild life was a subject

which passionately interested him and he enjoyed giving lectures to schools, clubs and civic groups on the need for preserving the State's fast-vanishing fauna. Meanwhile, when home in Toccoa, Anderson devoted every spare moment to weight-lifting and in three years showed amazing development. By throwing about weights his father made for him from concrete, Anderson sent his weight shooting from 14 to 24 stone. He was only 5 ft 10 in, but his chest swelled to 58 inches and his waist to 46 inches. His neck at 23 inches became as big as the waist of many women and his thighs at 36 inches outgrew many men's waists. By 1955 Paul Anderson was exceeding world record lifts in the backyard with his makeshift weights. Then he unearthed an old iron safe, which his father progressively filled with concrete. Up and down, again and again, he kept hoisting the safe to chest level and telling his father: "I've got to have more weight." Finally, when the safe weighted 2000 lb, neighbours began gathering to watch as he kept lifting the enormous burden up and down until he puffed and blew like a steam engine. Under the strain the muscles of his mighty neck swelled until it seemed the arteries would burst. But Anderson kept lifting, and the more he lifted the stronger he got. And the stronger he got the more he lifted. Before admiring crowds of townspeople he began duplicating old-time strongman feats - carrying a horse on his back, picking up and moving a motor car like a toy and supporting on his chest a platform on which stood 15 men. The fame of the Georgia Samson spread as newspaper stories appeared detailing his feats. Thus in June 1955 he accepted an invitation to appear in his first weight-lifting competition. During the competition, the US Amateur Athletic Championships at Cleveland, Ohio, Anderson leapt overnight to world prominence. Effortlessly he disposed of a total of 1145 lb with three recognised Olympic lifts: military press, snatch and clean-and-jerk. The world record for this combined weight-lifting feat then stood at 1062 lb. For years the figure of 1100 lb had been regarded as the excelsior, comparable with the four-minute mile and the nine-second 100 yards. But Anderson's Cleveland figure was not recognised as a world record, because by international weight-lifting rules representatives of three nations must take part in a contest before a record can be claimed. But this was rectified a few months later when Anderson, appearing with an American team in the 1955 World Weight-lifting Championships in Munich, totalled a new world record of 1129 lb in the heavyweight divi-

sion. Paul Anderson returned to Toccoa a public hero, and people who had joked about the crazy kid with the concrete weights in the backyard cheerfully subscribed to erect a statue to him in the main street. Indeed, no visitor to Toccoa was allowed to leave before he was taken past the Andersons' modest home and told: "That's where the strongest man in the world lives." When he arrived in Australia for the Melbourne Olympics the following year Anderson was a certain gold medallist. Following the reports of his prodigious appetite when at university, he surprised fellow competitors in Melbourne with his diet. In fact, the man-mountain did not consume great quantities of food, but he did dispose of eight to 10 quarts of milk a day. It is Olympic history that Paul Anderson duly won the gold medal in the heavyweight division with a total lift of 1102 lb. This was a disappointing figure, as he had predicted he would lift 1200 lb. Thus when he returned home he set his sights on the seemingly impossible figure of 1300 lb. Nevertheless he changed his mind when he reached the US. He abandoned weight-lifting and went on tour with a profitable strongman act. On this tour he performed all the famous old-time strongman stunts such as lifting 3500 lb from the ground while standing on a platform, and having an assistant crush rocks on an anvil he supported on his chest. After a year of such efforts Anderson retired and bought a 186-acre chicken farm in Georgia, from which he emerged again in February 1958 as a professional wrestler. Billed as the Georgia Bull, he was ballyhooed as the successor to another famous grunt-and-groan exponent from Georgia, Man Mountain Dean. Dean, who wrestled before World War II, also weighted 25 stone, but, unlike Anderson, his weight was fat no muscle and he was able to win his bouts merely by dropping his great poundage on his opponents. On the other hand Anderson soon revealed genuine wrestling ability, although in one of his first bouts he merely sat on his opponent, who was then carried away

on a stretcher. Generally his technique was to charge across the ring and bowl his man over or to take him in a bear-like, bone-crushing hug. In his first year as a wrestler, Anderson had more than 120 matches without one fall being taken against him. Thus when he appeared on a wrestling program at New York's Madison Square Garden early in 1959 it was a sell-out and 5000 fans had to be turned away. Despite his popularity, a secure future as a wrestler was not possible for Anderson. He would not throw a match and before long other wrestlers were refusing to meet him and suffer an inevitable mauling. So by 1960 Anderson had virtually dropped out of wrestling and he then announced he would try himself as a boxer. The Swede Ingemar Johansson had just taken the world heavyweight title away from the US for the first time since 1934 and Anderson declared he was dedicating himself to winning it back. He went into hard training on his chicken farm and in a few months trimmed off 50 lb so that he tipped the scales at a rock-lic 21 stone. Sportswriters who attended Anderson's workouts on the farm reported that despite his blimp-like build and lack of boxing technique he was "surprisingly sharp and agile." Anderson had his first professional bout in Charlotte, North Carolina, in April 1960. He had such a rough time of it that he asked the referee to call a halt in the third round. Anderson did better in his second bout, held in his home town of Toccoa a few weeks later by knocking out his much lighter opponent. Although predictions were then made that he was on his way to world championship honours, Paul Anderson announced his boxing retirement a few days later. "After due consideration," he told reporters, "I've decided there's a better future for me in chicken farming." Parade, September 1968.

PAUL SHOWS HOW THE 24-STONE GIANT AS-FOUNDED THE SPORTING WORLD OF THE 1950'S WITH HIS OLD TIME STRONG MAN FEATS. HIS THIGHS WERE AS THICK AS A MANS WAIST.

