



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

Volume 1. - Edition 2.

AUTUMN EDITION

Editors: Nick Butler, Jeff Thompson

THE 1993 POWERLIFTING SEASON BEGINS!

1993 is to be the biggest and busiest year yet for the Australian Powerlifting Federation and the International Powerlifting Federation. With the sport growing in leaps and bounds in Australia and 70 nations now members of IPF, new and bigger events are appearing on the national and international calendars.

The national championship events in Australia this year include:

Australian Masters Championships, Fremantle, 30th April

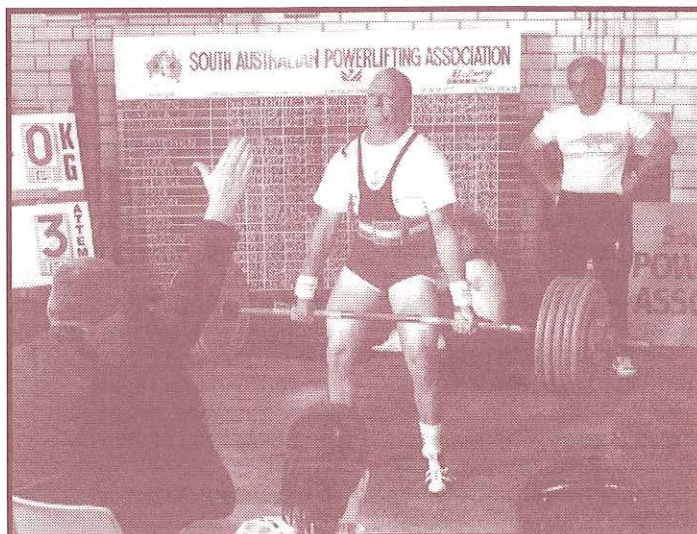
This is the national championship for men over 40 and over 50, and women over 40. The Australian Championship is held simultaneously with the Australian Masters Games, the national festival of over 20 masters sports. APF Members can thus compete in both the Masters Games and the Australian Championships, and take part in the social program and festival atmosphere of the Games. Details from Kevin Beverley (09) 386 2712 (H) or (09) 384 1466 (W).

Australian Junior Championships, Sydney, 13th June

The NSW Powerlifting Association will be holding the 1993 Australian Junior Championships in conjunction with their state titles. A junior team from Papua New Guinea will add to the flavour of the event. Juniors eligible (i.e. under 23 on 31st December 1992, and D Grade for women of halfway between B and C Grade for men) should enter through their state association. Other competition details from Bob Orr (02) 588 6136 or 018 283 342.

Australian Championships, Brisbane, 6th to 8th August

This is the main event on the APF calendar, the open Australian Championship for men and women. This year, both Nauru and Papua New Guinea teams will be taking part, in a South Pacific Challenge competition. Another first will be the holding of the Championships in an open-air venue, the main stage in the Brisbane City Mall. This will ensure probably the biggest audience in Australian



PAUL BENSON (S.A.) - Warming up for the Masters in Perth

powerlifting history. Competitors will be accommodated and have their after competition banquet at the luxurious Brisbane Gazebo Hotel. Qualifying to compete in the Australian Championships are C Grade for women, and halfway between A and B Grade for men. Entries should be made through your state association. Competition details from Meet Director Adam Gibson (07) 391 5533.

Australian University Championships Intersarsity, Melbourne, 25th September

This event is the national championships for university students, and will be held at Melbourne University. Intersarsity is open to any currently enrolled student at an Australian university, and has

Continued Page 2

1993 National & International Calendar - UPDATE

June 12-13

Australian Junior Championships, Sydney

July 23-24

World Games, The Hague, Holland

August 6-8

Australian Championships,

Australia v. Nauru, Brisbane

September 25th.

* Australian Intersarsity (Men and Women), Melbourne

October 2 - 3

* Australian Bench Press Championships (Men and Women), All States/Territories

October 27 - 31

* World Juniors and Masters Championships

(Men and Women), Hamilton, Canada.

November 27-December 5

* World Championships (Men and Women), Jinkiping, Sweden

December 10-12

* World Bench Press Championships, Budapest, Hungary.

* Alteration to previous calendar

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 -

If you think there is too much of a South Australian flavour in this newsletter that is because we have received nothing from other states/territories. THIS IS YOUR OPPORTUNITY. "EDITORS." Nick & Jeff would appreciate any help they can get - don't be shy. If you have any items of interest on yourself or a mate (that we can publish), send them in. **NICK BUTLER P.O. Box 244 Ingle Farm SA 5098 -**

YOUR A.P.F. COMMITTEE

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- Vice-President-DEAN BENNETT
- Secretary-ROBERT WILKS
- Record Keeper, & Newsletter Editor- NICK BUTLER
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- Referee Coordinator-GLEN HOGUE
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- A.S.C. Liaison -ROBERT WILKS
- C.A.S. Liaison -BOB ORR
- A.W.G.A. Liaison -ROBERT WILKS

no age or qualifying standard restrictions. Contact Robert Wilks on 018 366 416 for further details.

Australian Bench Press Championships, 2nd and 3rd October

For the first time, the APF is holding a national bench press championship, and the introduction of World Bench Press Championships by the IPF. This first year, the championship will be held on the basis of state championships held in each state on 2nd and 3rd October, and results will be compared by fax to produce the national championship results. If a state or territory does not hold a championship, lifters may compete in Adelaide, the central city for the championship. The national event is sponsored by *Enajon Health Foods*, and a special meet T-shirt is available. Entry through your state association. Further details from Competition Coordinator Nick Butler (08) 262 6133 (W) or (08) 264 3005 (H).

IPF INTERNATIONAL CALENDAR

World Games, The Hague, Holland, 23rd and 24th July

This is "the second olympics," with 30 or so non-olympic sports, such as Powerlifting, triathlon, bodybuilding, karate and so on competing in a major world festival. Powerlifting competition at the World Games is an elite affair, with regional teams only taking part. Australia's *Ellen Stanton* is honoured to be competing in the Oceania/Asia team, and we all wish her the best of luck in The Hague.

World Junior and Masters Championships, Hamilton, Canada, 27th to 31st October

This massive event will cover both men and women, junior (under 23) and masters (over 40

and over 50) world championships, and over 300 lifters are expected in the town of Hamilton, 70 km north of Toronto. Meet Director is powerlifting perennial Bill Jamison, and we can be assured of a well run event. The Australian teams will be announced in Sydney on 13th June; deadline for nominations is 12th June, with Robert Wilks, PO Box 160, South Yarra, Victoria 3141, phone 018 366 416, fax (03) 629 5648.

World Powerlifting Championships (Men and Women), Jämköping, Sweden, 27th November to 5th December

That's right, nine days of powerlifting, with the organisers already suggesting that the program will have to be extended! Competitors from 70 nations will take part in the women's world championship in the first week, the IPF Congress will be held on a middle "rest" day, and then the men's championship will be held in the second week. This will surely be the biggest and highest quality powerlifting event ever held. The Australian team will be selected on 8th August, at the Australian Championship, and nominations must be forwarded to Robert Wilks by midday on 6th August.

World Bench Press Championships, Budapest, Hungary, 10th to 12th December

Australia will be represented for the first time at the fourth World Bench press Championships. The titles will be held for men and women, open and disabled. The Australian teams will be selected after the Australian Bench Press Championships. Nominations for the team must reach Robert Wilks by 1st October.

Robert Wilks
APF Secretary

"LIFTERS" PROFILE #2



DOUG FLYNN (S.A.) - 67.5kg

Age - 62

Weight - 67.5kgs.

Height - 5'6"

Occupation - Experimental fitter(semi - retired)

Interests -

Keeping fit, weight training, lawn bowls, gardening, handyman projects

Special Goals -

To win gold at a National Championship.

Current Records - O/50 S.A.P.A. Squat (125.5kg), BenchPress (75.5kg)) Deadlift (165.0kg), Total (362.5kg))

Career Results - 1991 - 1992 - 1993 South Australian O/60 67.5kg. Champion. 1992 3rd. placegetter Australian Masters Nationals - Brisbane

Coach - Nick Butler

DOUG FLYNN - 62 years young will be representing South Australia at the 1993 Australian Masters Powerlifting Championships held in Perth. He will give spectators and competitors an insight into why he is regarded as a "Class National Master Lifter".

Doug gave a spectacular performance lifting seven from nine at the 1993 S.A.P.A. State Championships setting a new state record in the squat (125.5kg.) on his way

Doug trains at Gold's Gym, Ingle Farm Adelaide and is continually improving and setting many unofficial South Australian records in the gym. Doug is a great role model for all young lifters and is a inspiration to all that see him train and lift.

Doug 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.

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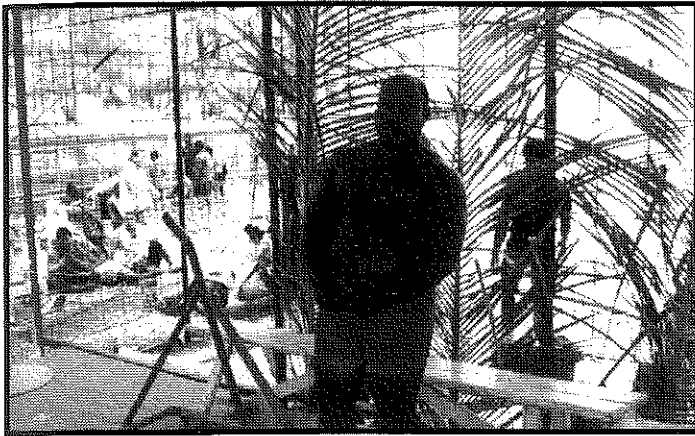
BENCH PRESS SHIRTS

As you are already aware, the I.P.F. rules have been changed, to allow "bench press shirts" for use in competitions as from 1st January 1993.

In essence, the rule allows use of the "Inzer" shirt & also any other "approved" shirt; however at the present time the Inzer shirt is the only approved brand. It is presumed that the I.P.F. will speedily advise of any newly approved brands.

However, at the present time & until further notice, the only bench press shirt which can be used in I.P.F. & A.P.F. competition is the "Inzer blast shirt".

1993 NAURU CHAMPIONSHIPS



Gerard "Zews" Jones - total 715.0 kgs. - 1993 championships

The 1993 Nauru Championships were held on 5th February, just three months after the 1992 Championships. Once again hardy Australians Saviour Grech and Robert Wilks journeyed to sunny Nauru for the event, whilst New Zealanders Colin Cox and Stephen King came along for their first taste of the exotica that is Nauru powerlifting.

The 1993 Championships were a step forward on the 1992 event, in that there was actually a lifting platform, and a warm-up room at the venue. Sixteen lifters took part, and most of the Nauruans showed improvement over their October efforts, with most even going to correct depth in the squat. However, only a series of underweight 25 kg plates and one rusty bar were available, this combination whipping perilously on the heavier squats.

Best total of the meet came from Colin Cox with "865" (actual weight 825 kg), who also did a "365" (actual weight 349.6 kg) squat on a fourth attempt. Saviour Grech did his lifting hard, getting off the plane at 6 am, having one hour's sleep, and then weighing in to lift. Sav missed "330" (actual weight

314.0 kg), and then came back to get it, before benching an actual 187.5 kg, which would have been an Australian record.

However, come deadlift time, and after six hours in the heat and humidity of a Nauruan winter, Sav's grip was gone, his right hand opened at the top three times on an actual 309.0 kg, and that was that - no total.

Strongest Nauruan was Riddel Akua, who totalled 835 kg. Jezekial Jeremiah squatted 280 kg in bare feet, benched 220 kg (without a blast shirt), and then showed his disdain for the deadlift by managing 220 kg and having 240 kg not move twice.

An interesting lifter was New Zealander Stephen Rasleigh, staying on Nauru as part of the construction crew rebuilding the airport. Stephen has represented New Zealand internationally in wrestling for each of the last 12 years, including at the Seoul Olympics, and this was his first powerlifting contest. At 69.6 kg he totalled 445 kg, and has the attack and discipline to do well in lifting if he continues with it.

Main results were (weights actually weighed 0.6% under face value):

LIFTER	BWT	SQ	BP	DL	TL
Colin Cox (NZ)	136.6	355	180	330	865
Riddel Akua (Nauru)	130.1	330	215	290	835
Jezekial Jeremiah (Nauru)	103.4	280	220	220	720
Gerard Jones (Nauru)	119.9	280	175	260	715
Stephen Rasleigh (NZ)	69.6	160	105	180	445
Saviour Grech (Aust)	141.0	330	195	—	—

"LIFTERS" PROFILE #3



DARREN BURNS (coach Len Skeen slightly obscured)

Age - 20

Weight - 75.0kgs.

Resides - Sale / Ballarat

Occupation- Student at Ballarat University Campus

Interests - Eating & sleeping

Special Goals - To keep learning and improving

Best Lifts - Squat (192.5kg) Bench (132.5kg.)U/23,75kg. Australian record Deadlift (217.5kg) Total 545.0 kg.

Career Results - U/23 (67.5) 1990 - Victorian Country / Junior Championships - 1st. Vic. Schoolboys - Nat Schoolboys Bench Press - 1st. 1991 - Victorian Country / Junior Championships Aust. Junior Championships 1st.(75kg.)

Career Results (cont.)

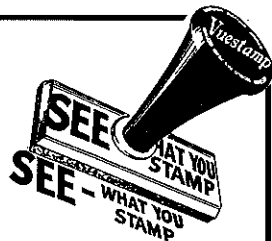
1992 - National Juniors / Oceanias - 2nd. World Juniors, Sydney - 9th. Victorian Seniors- 2nd.(75kg) 1993 - Victorian Juniors - 1st. (75 kg)

Coach - Len Skeen

(While on holidays in Sale I caught up with Darren Burns and Victorian President / coach Len Skeen)- **Editor**

DARREN BURNS - Started lifting in 1990 and has had great success in his short career. (as listed above) Highlight of Darrens' career so far is competing in the 1992 World Junior Championships - Syd. -a great learning experience. Darrens' biggest influences have been coach Len Skeen, mate Phil Kerr, and his parents. Darren hopes the sport of powerlifting will continue to grow and one day get the recognition it deserves.

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VICTORIAN 1993 RESULTS

Wallace, 6th February 1993

Name	B/W Div.	SQ	BP	DL	T
Jackie Lamb	56	-	-	-	-
Linda Ruggerio	75	150	60	160	370
Joanne Borg	82.5	90	52.5	100	242.5
Phil Kerr	67.5	202.5	112.5	205	520
Peter Romeo	75	175	92.5	207.5	475
Heinz Althaden	82.5	120	87.5	170	377.5
Kevin Lee	90	210	137.5	210	557.5
Kevin Boatwood	100	60	145	-	-

Phil Kerr 4th Squat 210.5 kg A.R.
Linda Ruggiero 150, 160 & 370 A.J.R.

Victorian Juniors Goldfields Gym, 13th March 1993

Name	B/W Div.	SQ	BP	DL	T
Steve Crough	82.5	182.5	82.5	210	462.5
Simon Irvin	82.5	172.5	110	-	-
Matthew Taylor	90	185	105	207.5	497.5
Bill Oghoun	100	222.5	122.5	222.5	567.5
Brook Roberts	100	242.5	120	235	597.5
Adrian Schrier	82.5	140	158	150	442.5
Tony Sparrow	90	195	102.5	215	512.5
Anthony Young	110	250	132.5	270	652.5
Joanne Borg	82.5	110	52.5	120	252.5
Eva Richards	52	100	47.5	97.5	245
Nicole Delimo	75	120	45	-	-
Shane Rogers	56	145	62.5	142.5	350
Matthew Rumler	60	110	65	120	300.5
Peter Romeo	75	180	100	205	450
Darren Burns	75	192.5	135	217.5	545

Results supplied with thanks from Phil Kerr, Robert Wilks

WESTERN AUSTRALIAN 1993 RESULTS

1993 WA Junior and Master State Powerlifting Championships 14th February 1993

Name	B/W Div.	SQ	BP	DL	T
J.Ambrose	67.5	185.0	130	235	550
D.Brien	75.0	205.0	77.5	205	487.5
R.Weston	75.0	155	100	192.5	447.5
H.Perryman	75.0	135.0	72.5	160.0	367.5
P.Buswell	82.5	135.0	115	160.0	410.0
T.Davies	82.5	155	107.5	160.0	422.5
L.Russell	90	190	115.0	195	500
C.Rego	90	215	140.0	250	605
J.Connell	90	170	110.0	220	500
W.Hills	100	150	80.0	180.0	410
R.Ismail	110	230	125.0	225.0	580
R.Davidson	125	140	145.0	195.0	480
H.Bach	125+	300	185	327.	812.5

The competitors set
14 Australian Records,
5 Australian Open Records,
29 State Records
and 7 Open Records

Results & Details sent in with
thanks from Kevin Beverley.

QUEENSLAND 1993 RESULTS

Queensland Junior, Masters 40+, 50+, CQ Open Power Titles Rockhampton Fitness Centre, 6th March 1993

Name	Weight Div.	SQ	BP	DL	T
Ellen Stanton	67.5	180	75	180	435
Bev Smith	75	147.5	70	175	392.5
Sara Frances	82.5	100	50	115	265
Andrew Bailey	75	-	-	-	-
Scott Fletcher	75	215	-	-	-
Fred Goodwin	75	157.5	105	192.5	460
John Brailey	75	175	100	180	455
Michael Ellis	75	180	90	185	455
Brett Jones	82.5	120	95	155	370
Dan Baker	82.5	215	120	225	560
Norm Jeha	82.5	185	123	220	527.5
Ben Russell	82.5	160	107.5	185	447.5
Hamish Hamilton	82.5	155	105	170	430
Les Wellington	90	250	137.5	230	617.5
Mick Lazell	90	195	115	240	550
Ralph Atcheson	100	200	150	237.5	587.5
Kevin McCann	100	200	115	215	530
Andrew Logan	110	240	140	240	620
Bill Tahapehi	110	190	105	210	505
Fred Goodwin jnr	125	205	122.5	250	577.5
George Kokinos	125+	210	120	200	530
John Hertog	125+	135	67.5	170	372.5

Results supplied with thanks from Robert Stanton

SOUTH AUSTRALIAN 1993 RESULTS

SA Masters and Juniors Championships Golds Gym, 14th March 1993



Name	Weight Div.	SQ	BP	DL	T
Alison Clarke	53	110	60	135.0	305.0
Daniel Thomas	52	102.5	60	135.0	297.5
Doug Flynn	67.5	125.0	75.5	150	350.5
Paul King	67.5	195.0	110.0	205.5	510.0
Scott Morris	75	180	135	200	515.0
Stephen John	75	145	80	140	365.0
Pam Hancock	75	127.5	62.5	127.5	317.5
Paul Benson	82.5	180	92.5	230	502.5
Ben John	82.5	165	90	155	410.0
Bernie Sharp	125+	250	150	225	625.0

NEW SOUTH WALES 1993 RESULTS

STOP PRESS RESULTS State age titles 4th. April 1993 Australian Record Breakers -

G.Feltham U/23 (67.5kg. weight div.) - Bench P. - 120.0kg.
G.Feltham U23 (67.5kg. weight div.) - Total - 522.5kg.
G. Morrissey o/50 (67.5kg. weight div.) - Squat - 165.0kg
P.Newman U/23 (125kg. weight div.) - Deadlift - 275.0.0kg.
M.Pianko Senior (125kg. weight div.) - Squat - 310.0.0kg.
I.Harrison U/23 (125+kg. weight div.) - Squat - 275.0.0kg.
I.Harrison U/23 (125+kg. weight div.) - Deadlift - 275.0.0kg.

IN THE WINTER EDITION OF AUSTRALIAN POWER-NEWS

LOOK FOR THE ARTICLE...

• **The Psychology of Winning**
What makes a champion Tick?

A look at the qualities of an Elite lifter. Why do they win, All your questions are answered.

• **Ask the Guru . . .** A new column where you can write in and receive advice on any of your training and diet problems.

• **Australian Junior Nationals**
Who were the winners, who were the losers, who will be going to Canada.

1993 AUSTRALIAN JUNIOR POWERLIFTING CHAMPIONSHIPS

presented by

N.S.W. A.P.L.A.



Run in conjunction with the
1993 NSW STATE CHAMPIONSHIPS
Saturday June 12th. - Sunday 13th. June 1993
FOR ENTRY FORMS AND ALL DETAILS

CONTACT

Peter Mannion - NEW SOUTH WALES A.P.L.A.(INC.)
14 Lake View Road, Morisset Pk 2264
ENTRIES NOT ACCEPTED AFTER 21st. MAY 1993

The Top Ten

ALL AUSTRALIA MEN BY GRADE

			B/W Div	Grade	Plus(Kg)
Peter	Kyriakos	VIC	90	E1	27.5
Tony	Zappia	SA	60	E1	5.0
Satya	Agnihotri	NSW	75	E1	5.0
Leigh	Wisbey	VIC	125+	E2	60.0
Saviour	Grech	VIC	125+	E2	40.0
David	Alpen	SA	100	E2	37.5
Mark	Dewar	QLD	90	E2	35.0
Peter	Rellos	VIC	75	E2	22.7
Trevor	Cox	QLD	90	E2	22.5
Phil	Kerr	VIC	60	E2	20.0

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
Anne	Mort	NSW	67.5	E2	25.0
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

Nick Butler - Australian Record Keeper 1- 1-1993

AUSTRALIAN SENIOR NATIONALS 1993 BRISBANE

6th. August - 8th. 1993

CONTACT

ADAM GIBSON
Telephone(07) 391 5533



NICK BUTLER

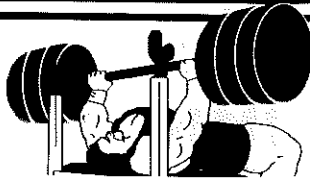
• S.A. & AUSTRALIAN RECORD KEEPER

Complete updated record sheets are always available. Contact your state secretary/ record keeper or myself at:

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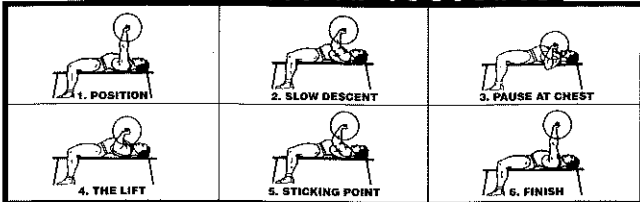
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ENTRIES CLOSE NOVEMBER 30th 1993

BENCH PRESS IN SEQUENCE



RULES - Any query/interpretation of the rules please contact your respective state powerlifting association
1. The lifters feet must remain flat on the floor (platforms may be placed under the feet of short lifters who have difficulty with this).
2. The lifters buttocks must remain on the bench.
3. The bar must touch the lifters chest for a visible but brief pause and not be bounced.
4. The bar must be pressed evenly to arms length.

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Weight lifting Belts.....from	\$35.00	\$29.00

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8 X 2 OZ. Blocks	\$26.00	\$22.80
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HAPPY SHOES:

Comes in various sizes	\$8.95	\$6.50
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NEW MEMBERS

HELP! SPREAD THE WORD...

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

CONTACT

KEVIN BEVERLEY -	WESTERN AUSTRALIA 44 Goldsmith Road, Dalkeith 6009 Tel. (09) 384 1466 Work, (09) 386 2712 Home
ROD CANTLAY -	NORTHERN TERRITORY P.O. Box 37346, Winnellie 0821 Tel. (089) 844 000 Work/Home
ROBYN MAY -	VICTORIA 23 Albermarle Street, Kensington 3031 Tel. (03) 287 1777 Work, (03) 376 2191 Home
COLIN BARNETT -	NEW SOUTH WALES 5 Weame Avenue, Pennant Hills 2120 Tel. (02) 481 0261 Home
ROBERT STANTON -	QUEENSLAND (NORTH) 3 Barry Street, Gracemere 4702 Tel. (079) 331 911 Home, (079) 278 880 Work
ANDREW BAILEY -	BRISBANE 60 Old Logan Road, Gailes 4300 Tel. (07) 271 1872 Home, (07) 398 5722 Work
NICK BUTLER -	SOUTH AUSTRALIA P.O. Box 224, Ingle farm, S.A. 5098 Tel. (08) 262 6133 Work, (08) 264 3005 Home

MANY CALLED HIM THE STRONGEST MAN SINCE HERCULES

George Hackenschmidt

an extract from Parade Magazine April 1976 supplied with thanks from Jeff Thompson

The young Estonian George Hackenschmidt could resist the pull of two horses and could lift one easily. He became the world's greatest wrestler, lived mainly on 50 apples a day and even in his 80's could vault a chair 50 times. Many called him the

Strongest Man Since Hercules

In St Petersburg one afternoon in 1898 the arena at the private riding school conducted by Count Ribeaupierre, Master of Horse to the Czar, was crowded with excited onlookers.

They had come to witness a contest of strength between two of the count's horses and a 21-year-old engineering student already being hailed as the strongest man since Hercules.

The student, who was built like a Greek god with magnificent shoulders and chest tapering down to narrow hips, held a pair of reins in each hand.

Five grooms whipped the horses into action in opposite directions while the man, teeth bared with the strain and muscles knotted across his broad back, resisted their combined pull.

And he won, for finally the snorting horses gave up the struggle and the onlookers broke into thunderous applause.

This encouraged the smiling student to pick up the five grooms and carry them together around the arena above his head.

In the early years of the new century that student, George Hackenschmidt, became a legend as the strongest man and the greatest wrestler in the world.

He was born George Karl Julius Hackenschmidt on July 20, 1877, in Estonia, then part of Russia. His father owned a small dye works in the town of Dorpad.

From early boyhood George was known for his strength. He grew into an iron-muscled specimen, standing 5ft 9in at the age of 18 and scaling 14 stone with a 51 inch expanded chest. One day while being watched by the Czar's personal physician, Dr Wladislaw von Krajewski, a physical fitness fanatic how had a private gym in St Petersburg, Hackenschmidt picked up a milkman's horse on his shoulders.

Amazed by this exhibition, von Krajewski asked the young man to go to St Petersburg as his protege. "I will make you the strongest man in the world," the doctor promised.

Under von Krajewski's training Hackenschmidt shattered 10 weightlifting world records before he was 20 and began wrestling as a sideline at the St Petersburg Athletic Club.

In 1897 he won both the Russian Greco-Roman and Catch-as-Catch-Can amateur wrestling titles and the following year in Vienna picked up the world championship in both styles.

Back home Hackenschmidt studied engineering in between his weightlifting, wrestling, cycling,

running, jumping and acrobatic commitments.

Although one of the best known celebrities in Russia, he was still supported by Dr von Krajewski who insisted that he lead a simple ascetic life and dedicate himself solely to sport and physical fitness.

"I was as carefully chaperoned as a young girl," Hackenschmidt recalled years after. "The doctor believed sex was weakening and never gave me a chance to break training."

In 1898, soon after his exhibition with the two horses at Count Ribeaupierre's riding school, Hackenschmidt rebelled. Abandoning engineering he set off on a European tour as part of a circus act with the famous strong man Samson. When the tour ended Hackenschmidt switched to professional wrestling, calling himself the Russian Lion, and was an immediate success.

In Vienna he met the 6ft 6in Frenchman Paul Pons, the European professional champion.

With almost ludicrous ease Hackenschmidt began throwing the gigantic Frenchman about the ring and after 20 minutes Pons surrendered. Hackenschmidt also speedily disposed of Yussif the Turk, Antonio Pierri the Torturing Greek, and another top Turkish wrestler, Kara Ahmed.

In 1902, running out of European opposition, Hackenschmidt sailed to England where the well-known American matman Jack Carkeek was appearing in a strong man act at the Alhambra Music Hall in Leicester Square.

Part of Carkeek's show was to challenge anyone in the audience to stand up to him for 10 minutes.

But when Hackenschmidt came forward he was barred as a professional and told to see Carkeek's manager and arrange a proper ring bout for a side-stake.

Hackenschmidt was willing but Carkeek preferred to set off on a provincial tour, making sure that he never wrestled the Russian Lion.

Showman C. B. Cochran then took over Hackenschmidt's management and over the next two years his charge cleared two hundred pounds a week giving music hall shows.

These shows consisted of weightlifting and acrobatic exhibitions and wrestling encounters with anyone in the audience.

By late 1903 audiences were getting bored with Hackenschmidt's one-sided displays. Then providentially there arrived in England his old opponent Antonio Pierri, the Torturing Greek.

Now retired, Pierri was managing the Terrible Turk, a husky former stevedore named Ahmed Madrali, who was advertised as being the former one-man bodyguard of the Turkish sultan's entire 400-woman harem.

Pierri challenged Hackenschmidt to a meeting with madrali and C B Cochran happily promoted the bout at the huge Olympia Arena in London on January

30, 1904.

Shrewd publicity by Pierri built Madrali (who was reputed to eat 20 culetts for breakfast) into a hot favorite.

Olympia was packed for the bout. But young bloods who paid more than twenty five pounds for the best seats soon regretted their extravagance for it was all over in 44 seconds.

That was all it took for Hackenschmidt to grab the Turk, lift him shoulder high and fling him down on the mat with such force that he broke three ribs and dislocated an arm. In a return contest Hackenschmidt won two falls to nil, the first in 1 min. 34 secs. and the second in four minutes.

Madrali then apparently returned to the sultan's harem while Hackenschmidt left for an Australian theatrical tour promoted by the entrepreneur Harry Rickards.

On the tour Hackenschmidt's only real wrestle was a nine-minute simultaneous defeat of two Hindus at the Melbourne Exhibition Building.

While in Australia Hackenschmidt consistently beat Rickards at cards and on one occasion Rickards accused his opponent of questionable tactics.

"See here, Hack," warned the diminutive Rickards as he flourished a fist in Hackenschmidt's face, "do that again and I'll really let you have one."

After leaving Australia Hackenschmidt toured New Zealand and the US where he had not trouble disposing of the American champion Tom Jenkins in straight falls.

Arriving back in England he outclassed the taller and heavier Scottish champion Alexander Munro at Ibrox Park football ground in Glasgow before a crowd of 16,000.

Hackenschmidt again thrashed the American Tom Jenkins when he visited England and then in 1908, somewhat doubtfully, agreed to go to the US to meet Frank Gotch, who had twice been beaten by Jenkins.

A crowd of 12,000 packed Dexter Park Pavilion in Chicago for the bout on April 3, 1908. Hackenschmidt was a 5/2 on favorite.

Tough and strong, Gotch was known as the Savage for his repertoire of rough-house tactics and he used them all on Hackenschmidt.

For weeks before the bout Gotch had been rubbed with oil by his trainer.

This was not evident when he entered the ring but once he began to sweat the oil oozed from his pores and made him as slippery as an eel.

Gotch had also soaked his hair in kerosene and repeatedly rubbed his head across Hackenschmidt's face and irritated his eyes.

Gotch had let his fingernails grow and used them to gouge at his opponent's eyes and lacerate his face.

All the time as the two men wrestled, with Hackenschmidt vainly trying to get a grip on Gotch's oily flesh, the American taunted and abused him.

Finally, after 50 minutes, the disgusted Hackenschmidt refused to continue

and stalked from the ring.

At that the referee announced that the champion had surrendered his title and Frank Gotch was the new world champion.

"I retired from the contest not because of Gotch but because I could not beat oil," Hackenschmidt told reporters.

And the American press was on his side with the New York Evening Journal admitting that Hackenschmidt had been the victim of a "dirty deal."

"The victory," wrote the New York Sun, "would have been more gratifying to national vanity had the encounter been tolerably clean."

Despite that experience Hackenschmidt returned to America to meet Gotch again at Comiskey Park, Chicago, on September 4, 1911.

He had been offered \$13,500 for the bout by promoter Jack Curley but more important than that was the chance to regain his world title and revenge himself on Gotch.

Trained to the minute Hackenschmidt was confident he could win and was again favorite in the betting. Then just before the bout he wrenched his knee in a workout.

With 35,000 tickets sold, promoter Curley refused a postponement and Hackenschmidt eventually agreed to wrestle with one leg strapped from hip to ankle.

With that disadvantage he was defeated two falls straight and immediately retired, having by his thrift and the final payoff from the Gotch bout amassed enough money to live in comfort for the rest of his life.

Hackenschmidt devoted himself to the study of philosophy. He married a French woman and became a naturalised Englishman.

Living in a quiet London suburb he produced six abstruse books of which one bore the typical title: Man and Cosmic Antagonisms to Mind and Spirit.

Asked once for a simple explanation of his philosophy Hackenschmidt replied: "I disagree with Darwin."

He tried to explain it once to the famous playwright George Bernard Shaw who confessed afterwards that it was beyond him.

But the Australian athletic coach Percy Cerutti (who died last August) had no such difficulty and called Hackenschmidt "the greatest living authority on the relationship between mind and body."

A strict vegetarian, Hackenschmidt lived mainly on a diet of 50 apples a day and in his 80's was still proud of his ability to leap over the back of a chair 50 times.

He died on February 19, 1968, at the age of 90. In his long retirement the state of modern wrestling was the only thing that ever disturbed his philosophic calm.

"Disgusting buffoonery," he once described it. "All faked. Aesthetically revolting. Degenerate fooling about . . ."