



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

Volume 1. - Edition 3.

WINTER EDITION

Editors: Nick Butler, Paul King

Take a lift at the Brisbane City Mall??

What's so special about taking a lift in the Mall? Everything when "the lift" concerns powerlifting!

The 1993 Australian Powerlifting Championships are set to be the biggest and best nationals ever.

Fifty to sixty Australian men and women lifters will be contesting the national titles, whilst twenty-five lifters from Papua New Guinea and Nauru will be competing against Australia's best in the South Pacific Challenge. Meet Director Adam Gibson has put together a unique event, with the competition being held on the Topstage, right in the Brisbane City Mall, and the audience is likely to be the largest ever at an Australian powerlifting event.

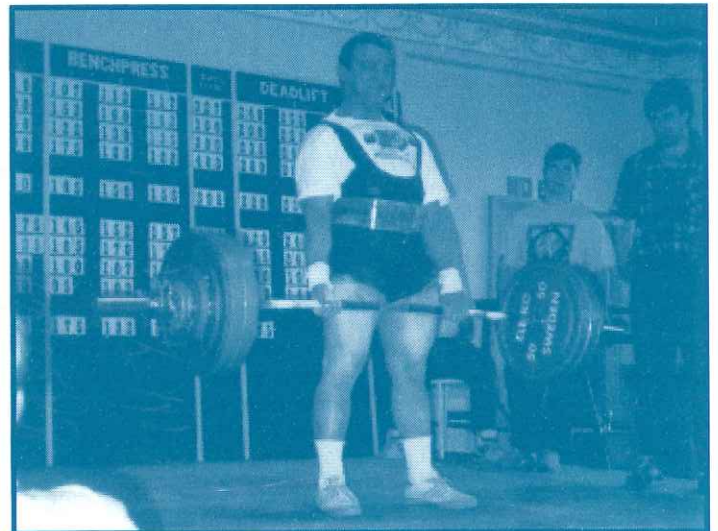
Virtually all the divisions will be keenly fought out, and the Australian record book will be almost completely rewritten.

Among the men, Queenslander Fred Litchfield should take out the 60 kg in the absence of the cryptic Tony Zappia. Fred is likely to push his total over 500 kg, and set mas-

ters records in the process. In the 67' kg there could be a four-way battle between David Kent of Victoria (moving up from 60 kg), Grant Feltham of New South Wales, Paul King of South Australia, and Brad Sutton of New South Wales, with David likely to edge ahead of that group of low 500 kg totalers; however, if Jim Ambrose of Western Australia makes the trip, reproduction of his 550 kg best in the Western Australian titles would most likely see him the winner.

At 75 kg, a battle of the minititans will ensue. The winner between titleholder Satya Agnihotri (New South Wales) and Peter Rellos (Victoria) will most likely go over the national record. Satya's totals have stalled in the 640's over the last 18 months, whilst Peter is improving fast after moving up from 67' kg and developing a positive mental attitude. However, looming over both Australians will be the mysterious Mr Wandirira of Papua New Guinea, credited with 665 kg in the Port Moresby Open.

At 82' kg, a void will surely



Peter Kyriakos (Victoria) - Australia's strongest lifter - Brisbane bound

be filled by John Powell returning to this division after his 675 kg at 90 kg at the South Australian titles. Promising junior Rohan Smith (Northern Territory), whose 630 kg at the Juniors included a senior deadlift record of 270 kg, will most likely be concentrating on the World Juniors, whilst the remaining 82' kg contenders are under 600 kg. The 90 kg class will feature last year's best lifter, Peter Kyriakos,

who will return to the 90's after a national 100 kg record total of 770 kg at the Victorian Championships. Peter will be aiming to exceed his national 90 kg total record of 747' kg. Mark Dewar of Queensland is capable of a total near that mark also, if recovered from his peck injury, whilst Olympic lifter Eneki from Papua New Guinea has the strength to total near 700 kg.

continued page 2.

1993 National & International Calendar - UPDATE

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), Jinkinging, Sweden

December 10-12

World Bench Press Championships, Budapest, Hungary.

YOUR A.P.F. COMMITTEE

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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 of 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 & Paul would appreciate any help they can get - dont be shy. If you have any items of interest on yourself or a mate (that we can publish), send them in. c/o NICK BUTLER P.O. Box 244 Ingle Farm SA 5098 -

The 100 kg class will feature Australian representative David Alpen (South Australia), who should total in the 730-740 kg range. Other good lifters in this division will include Patrick Whymark of New South Wales, Shaun Henderson of Queensland, and the lightest of the Nauruans, Jezekial Jeremiah, who squatted 250 kg and benched 210 kg in bare feet in his last contest.

In the 110 kg class, Chris Niarros from Broken Hill should be able to just hold off the elongated Paul Newman, the New South Wales junior who improved his total to 697 kg in Sydney. Nauruan powerlifting guru and impresario laughing Russel Kun should push his total toward 800 kg in this class.

At 125 kg, one of the best contests of the meet should ensue between the outstanding Rick Lewis (810 kg at the New South Wales titles), the immensely talented junior Michael Pianko, and Riddell Akua of Nauru. Rick's relative steadiness in competition may see him come out ahead of Michael and Riddell, who can only get experience in strict competition conditions when he comes to Australia.

At 125+ kg, the title of Australia's strongest man will be fought down to the line between Saviour Grech (Victoria) and Henning Bach (Western Australia). Both can be mercurial in their attempts, as many supers are, and the title will go to the steadier lifter on the day.

In the women's divisions, Silvana Venditto of South Australia should commence proceedings with a clear win in the 48 kg class. At 52 kg, Jill Walker, 285 kg at the New South Wales titles, will be attempting to hold off Louise Doig, 275 kg at the

Victorian Championships in her first contest over 48 kg. The 60 kg class should see Ingrid Cullen well ahead, given her recent 322 kg total.

At 67.5 kg, Bev Smith (385kg) and Anne Mort (387 kg) looked set for a titanic struggle; however, Anne is now a doubtful starter due to a hamstring injury. At 75 kg, Ellen Stanton will be freshly back from the World Games, but will still be ahead of a very good field of 75 kg lifters, including Julie Holmes (South Australia, 420 kg), Linda Ruggiero (Victoria, 372 kg), and Allison Wells, 345 kg last year and with the talent for much more.

The 82 kg class should see Robyn May of Victoria well ahead, and improving her 425 kg total. However, if Julie Holmes returns to this division, the contest will be close between those two lifters.

At 90 kg or 90+ kg, Leanne Johnson will be returning after almost a year off with a stress fracture in the leg and then patellar tendonitis, and will be lifting conservatively to re-establish herself; however, Leanne is the reigning Junior World Champion, and by 1994 she will once again be a major force on the international scene.

The team titles in both women's and men's look to be wide open, but Victoria perhaps will prove hard to beat with three or four possible winners in both sections. Ellen Stanton would appear the certain winner of Best Lifter in the women's, whilst Peter Kyriakos will have to produce his best form to hold off Rick Lewis, Henning Bach, Satya Agnihotri and Peter Rellos for the men's title.

Robert Wilks

"LIFTERS" PROFILE #4

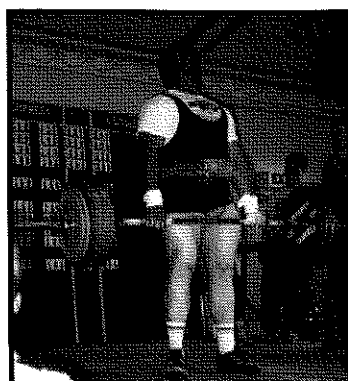
SAVIOUR GRECH (Victoria)

Age: 26

Occupation: Security Guard

Favourite food: Pasta/pizza

Favourite pastime: Duck shooting, fishing and biting the heads of live chickens



Saviour's career started as being not more than a hobby, but it did not take his coach and club members from the Melbourne University Powerlifting Club long to realise his natural potential in this sport. He started as Junior lifter in 1986, and had his first competition later that same year, more or less for experience. 1987 was his first Victorian State competition, in which he won his first gold medal as a Junior, which is the U/23 category. A year later, Saviour competed in the Junior National Competition, held at The Australian Institute of Sport in Canberra. He excelled in this competition, winning his weight division of 125+ kg, and in process breaking the 121-year-old record of a 300 kg squat.

The National Titles allowed Saviour to qualify for the World Championships, to be held in Sweden the following year. He was a natural selection for the Australian team, which saw him place 5th overall from 12 competitors in his weight division. It was only by a technicality that he lost the bronze medal. Up to this point, it has remained the highlight of his short career. It only took three years for Saviour to compete on a world level, and become competitive.

With a six months lay off after the World Championships, Saviour had one last opportunity to compete as a

Junior, in which he did, with a convincing win over his rivals at the National Titles held in Sydney.

1991 was Saviour's first year as a Senior. Nothing was expected from him as the jump in competitiveness was vast, but, to everyone's surprise, the transition was easier than expected. His next two competitions, being the National and Oceania championships respectively, saw Saviour place with two silver medals in both competitions. 1992 saw Saviour becoming the National Senior Champion, breaking two National Records in the benchpress and deadlift in Adelaide. His results were a squat of 322 kg, benchpress of 182 kg, deadlift of 325 kg, and lastly the overall total, which is the combined result of every event.

October 1992 saw Saviour compete at the Nauruan Invitational Championships. This competition saw him place first overall, winning the gold medal. All these sporting achievements placed Saviour as a finalist for the Sports Star of the Year for the Leader Group of newspapers. This was achieved by winning the Observer Newspaper Sports Star of the Year Award.

This year Saviour Grech won in his weight division at the Victorian Championships, and broke the National Squat Record once again by lifting a weight of 325 kg. Saviour is looking forward to competing at the Nationals, with the hope of bettering his personal best.

South Australia



Foundation S.A. Quit

Promoting Health through the Sponsorship of Sport in South Australia

Foundation SA is a major sponsor of the South Australian Powerlifting Association.

This sponsorship is one of the Foundation's 142 sports and recreation sponsorships with a total annual value of \$3,734 million, which form a major part of the Foundation's general sponsorship programme that is providing \$5,210 million to over 250 sports and arts organisations throughout South Australia in 1993-94.

Foundation SA is an independent statutory authority which was established by the State Government to replace tobacco company sponsorship of sports and arts events in SA. The Foundation is funded by receiving 5% of the State Tobacco Licensing Fee and the funds are administered by a Board of seven Trustees appointed by the South Australian Government. Since its inception on 1 July 1988 Foundation SA has provided more than \$30 million in sponsorship support.

Foundation SA's uses its sponsorships to help implement its current major health promotion campaigns of Improved Nutrition, Injury Prevention, Reduction in Smoking and Control of High Blood Pressure. Simple health messages highlighting the value of a healthy lifestyle are promoted at sponsorship events. This is also reflected in the recent initiatives of the Foundation, which actively encourage both indoor and outdoor smoke free venues, as well as nutritional, healthy food menus at all arts and sports events sponsored by Foundation SA.

Most of us know the bad news about smoking - that it can lead to cancer, heart disease, emphysema blockage in blood circulation, low fertility in both men and women, pregnancy problems, premature ageing, fading physical fitness and that it affects the health of others.

Yet a lot of people don't think about the good news - much of the damage caused by smoking is reversible, the earlier you quit, the more chance your body has to repair itself and as soon as you stop smoking, your body begins to recover.

If you're thinking about quitting, or you've already tried, take these steps one at a time: decide to quit, prepare to quit, quit, cope with setbacks and stay a non smoker. For more tips on quitting phone the Quit Line 11538 or the Quit Project 267 1833 for information, resources, counselling and referrals.

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AUSSIE POWERLIFTER LIFTS IN JAPAN - MICHAEL ABDULLAH

This particular lift is called The Platform Lift. ...

Lifters had to squat the weight (girls) in near the lockout position - easier said than done. The bar had to travel about 5 cm. Higgins of England won this lift, with a new World Record of 917 kg.

POWERLIFTING IN JAPAN

I have had the opportunity to compete in Japan over the last few years. Powerlifting in Japan seems to be growing in popularity, as is bodybuilding. I have lived in Japan for the past seven years, and have been competing in powerlifting for the past five years, so I would like to fill in the Australian powerlifters with what is happening over here.

First of all, let me tell you that at local meets it is not unusual to get between 100 and 150 entrants. The competitors range from high school boys and girls, mums and dads, masters, men and women, to national level athletes. There is a local meet on almost all the time. For example, the Tokyo meet is on twice a year, and then the same is to be said for other metropolitan areas.

National squat, bench and deadlift titles are also on the yearly agenda. So, too, is the Japan Club Nationals. Besides these competitions, there are many more competitions that I will not go into, but I think you get the idea.

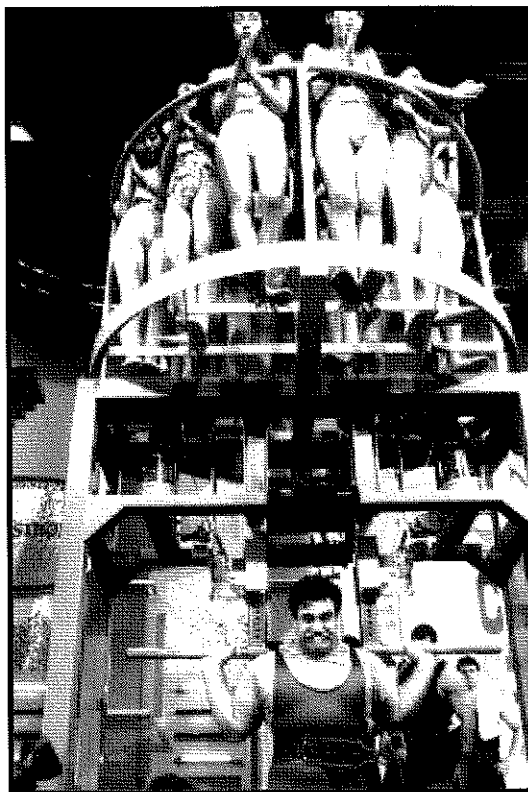
The Senior Nationals is when the big guns of Japanese World Powerlifting get together. The Senior Nationals is the way in which the Japanese powerlifters earn their spots on the national team.

The Japanese have some great lifters. The most notable is the little giant Hideaki Inaba. This man is without a doubt one of the greats of powerlifting. Inaba is 17 times over the World Champion of the 52 kg Class.

As well as Inaba, there is Hiro Isagawa. Isagawa has won the Worlds about six or so times. He has held the World Benchpress Record on and off in the lighter divisions over the past few years.

There are also some American powerlifters living in Japan: Dave Ricks, Ausby Alexander and Sly Anderson. All three are World Champions. So, as you can see, Japan is a virtual home to the stars.

Hisako Yoshida is the most notable female star on the Japanese lifting circuit. Hisako has done extremely well on the international lifting scene, and in Australia in 1992 she demolished the field, to take her class in the World Masters. In Japan, many powerlifters train together in mainly powerlifting gyms. My friend



Michael Abdullah (Australia) - 6th place.

Susumu Yoshida and his wife Hisako run Tokyo's Powerhouse gym. This gym is churning out the bulk of Japan's future big guns. The Powerhouse method seems to be to nurture their lifters, and groom them for the future. There is also a great camaraderie in the Powerhouse gym, and this is also true for all the other predominantly powerlifting gyms.

It is my guess that drugs do not play a vital role in the Japanese powerlifters' success. There has never been a lifter found positive so far on the tests, although I do have a suspicion that about 5% of the lifters are using illegal substances. If a lifter were found to test positive, I am sure he would be a very unwelcome person any time he made an application to enter in the future. The Australian system of random drug testing makes it tougher to beat/cheat the test, whereas the Japanese lifters will get tested at the Nationals, and then only three or four lifters will do the test.

When I look at the list of Australian records and Japanese records, I notice that the Japanese lifters are well and truly ahead of the Australians. I do not mean just better, I mean there is a big difference. A lot has to do with (once again, this is only a guess) the random drug testing done in Australia. I think that the Aussies have given up all hopes to lift big numbers now that drugs are out. Believe me, thought, nothing is further from the truth. Without drugs, lifting the very heavy weights is still possible, but it takes longer to achieve. Australians are very strong and very capable in all sports, and, believe me, if the Japanese are posting big totals naturally then the Aussies can do more. It is no good thinking about being the best in New South Wales or Victoria. Start thinking about where you want to be in two or three years - Champion or a force in world powerlifting? If you do, attack the weights with more aggression. As I mentioned earlier in this article, I have been living here in Japan for seven years. I am a school

teacher over here, and last year I got the opportunity to enter the World's Strongest Man competition. I got 6th in that contest, and it was put on Japanese television during prime time for 90 minutes.

Recently I have been on TV, appearing on a game type of show. The show is, in a way, similar to Almost Anything Goes, although in many ways different. On this show I am introduced as an Aussie Strong Man and Powerlifter. Now, on the same show, I have a team of top-notch powerlifters who I captain against other teams, e.g. pro wrestlers, karate and judo teams. We are getting exposure, and people are starting to know what powerlifting is about.

Anyway, this is just a small introduction into the Japanese powerlifting world. I shall keep you informed as to the goings on over here from time to time.

Best of luck to all, and may you have lots of injury-free and successful lifting.

Men's SENIOR TOTAL RECORDS as of this time last year.

They are still unchanged, I think.

52 - 587' kg
56 - 602' kg
60 - 617' kg
67.5 - 670 kg
75 - 722' kg
82.5 - 770 kg
90 - 840 kg
100 - 842' kg
110 - 805 kg
125 - 820 kg
SHW - 830 kg

The Junior lifting records are also quite impressive.

Totals to QUALIFY for this year's MEN'S SENIOR NATIONALS are:

52 - 430 kg
56 - 470 kg
60 - 535 kg
67.5 - 565 kg
75 - 615 kg
82.5 - 645 kg
90 - 680 kg
100 - 700 kg
110 - 710 kg
125 - 715 kg
SHW - 720 kg

Compare qualifying totals with Australian records.

"Thanks to Michael Abdullah - Editor



Malcom Richards "Holder of 4 Blind World Records."

1993 BLIND NATIONALS HELD IN ADELAIDE

On 2nd May 1993, The Association of Blind Sporting Clubs conducted The Australian National Blind Powerlifting Championships at Gold's Gym, Ingle Farm, South Australia.

Fifteen blind athletes competed in weight divisions

ranging from 52 kg to 125 kg under Category II referees Dean Bennett, Graham Sims and Alex Wilson.

Victorian heavyweight female lifter Jodie Willis, at a body weight of 117 kg, broke four World Records, and Malcom Richards of South

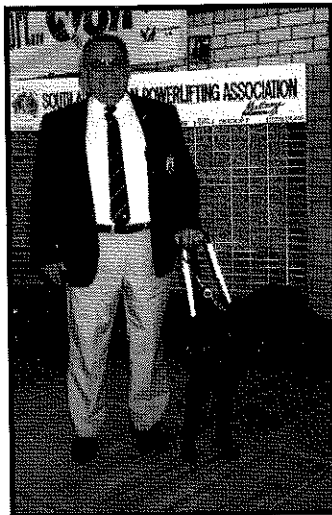
Australia broke a World Bench Press Record in the 52 kg division.

In addition to the five World Records, 21 Australian Records were broken. Malcom Richards is not only blind, but suffers from cerebral palsy, and has a problem with uneven extension in the bench press.

The referees advised the Australian coach that no allowance could or would be made because World and Australian records were at stake.

Malcom stunned all officials with a perfect attempt, giving him the World Record. Nobody knows the hours he trained, trying to get his technique right. His efforts were rewarded by not only the records but also selection in the Australian Team for Canada in October.

The only other team selection was Tasmanian heavyweight Anthony Young,



who totalled 630 kg (125 kg weight division) on the day, a great effort.

The South Australian Powerlifting Association Encouragement Trophy was won by David Hall of South Australia, who continues to improve with every competition. Keep it up, David, and keep smiling.

National Blind Executive Director, Ian Fowler, thanked Meet Director Don Juers, and all members of the South Australian Powerlifting Association, for running a smooth, trouble-free championship.

Foundation SA was the major sponsor of the competition, which could not have been the great success it was without their generous support. Sport in South Australia owes the Foundation a great deal.

Any ablebodied lifters who would like to see what true guts and determination is all about should do themselves a favour and attend a blind or wheelchair powerlifting/weightlifting competition.

These brave and dedicated athletes are worth watching and supporting.

← Thanks to Dean Bennett (President, S. A. Powerlifting Association - Vice President A.P.F.) for this report. - Ed.

Dean thinks he is a "top" Cat 11 referee? "Was that squat deep enough Fido?" "Yes Dean"

**AUSTRALIAN BLIND SPORTS FEDERATION
AUSTRALIAN POWERLIFTING TEAM
4th WORLD BLIND POWERLIFTING CHAMPIONSHIPS
OTTAWA, ONTARIO, CANADA
29th and 30th OCTOBER 1993**

Malcolm Richards	South Australia	52 kg	Open Class
Jim Pearson	Western Australia	75 kg	Open Class
Anthony Young	Tasmania	110 kg	Open Class
Leigh Andrews	Victoria Manager/Coach		

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WESTERN AUSTRALIAN 1993 RESULTS

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

Records: 14 Aust, 5 Aust Open, 29 State, 7 State Open

Name	W/Div	SQ	BP	DL	TL
J Ambrose o/40	67.5	185.0	130.0	235.0	550.0
D Brien o/40	75.0	205.0	77.5	205.0	487.5
R Weston o/50	75.0	155.0	100.0	192.5	447.5
H Perryman o/60	75.0	135.0	72.5	160.0	367.5
P Buswell o/40	82.5	135.0	115.0	160.0	410.0
T Davies o/50	82.5	155.0	107.5	160.0	422.5
L Russell u/18	90.0	190.0	115.0	195.0	500.0
C Rego u/23	90.0	215.0	140.0	250.0	605.0
J Connell o/50	90.0	170.0	110.0	220.0	500.0
W Hills o/40	100.0	150.0	80.0	180.0	410.0
R Ismail u/23	110.0	230.0	125.0	225.0	580.0
R Davidson o/40	125.0	140.0	145.0	195.0	480.0
H Bach o/40	125 +	300.0	185.0	327.5	812.5

1993 Newcomers/Senior Qualifier Warehouse Gym, 6th April 1993

Name	W/Div	SQ	BP	DL	TL
N. Sadlier	60.0	-	-	-	-
J. Pearson	75.0	160.0	112.5	210.0	482.5
D. Hill	75.0	200.0	120.0	200.0	520.0
C. Lacey	82.5	145.0	82.5	190.0	417.5
L. Russell	90.0	215.0	110.0	202.5	527.5
D. Rego	100.0	250.0	160.0	240.0	650.0

1993 Masters Games/Australian Masters Championships Freemantle, 1st May 1993

Name	W/Div	SQ	BP	DL	TL
P Cutjar SA	48.0	95.0	47.5	115.0	257.5
B Divine NT	67.5	175.0	140.0	195.0	510.0
G Morrissey NSW	67.5	167.5	85.0	170.0	422.5
D Brien WA	67.5	170.0	80.0	195.0	450.0
J Ambrose WA	67.5	180.0	130.0	232.5	547.5
D Flynn SA	67.5	117.5	75.0	155.0	347.5
R Hodge NSW	75.0	190.0	100.0	220.0	510.0
F Goodwin QLD	75.0	150.0	110.0	202.5	462.5
R Weston WA	75.0	165.0	97.5	200.0	462.5
H Perryman WA	75.0	145.0	82.5	145.0	372.5
T Davies WA	82.5	160.0	107.5	170.0	437.5
K George HKG	82.5	102.5	77.5	140.0	320.0
P Benson SA	82.5	180.0	95.0	237.5	512.5
J Connell WA	90.0	155.0	112.5	223.0	492.5
A Hosking NSW	90.0	200.0	132.5	205.0	537.5
R Atcheson QLD	100.0	205.0	152.5	240.0	597.5
B Hawkins NSW	110.0	210.0	105.0	250.0	565.0
W Hills WA	110.0	167.5	90.0	195.0	452.5
J Patterson WA	125.0	220.0	110.0	240.0	570.0
R Davidson WA	125.0	160.0	140.0	190.0	490.0
H Bach WA	125 +	305.0	187.5	335.0	827.5

1993 West Australian State Championships Warehouse Gym, 6th April 1993

Name	W/Div	SQ	BP	DL	TL
Jim Ambrose	67.5	192.5	130.0	230.0	550.0
Aaron Wolf	82.5	215.0	142.5	230.0	587.5
Clive Rego	90.0	240.0	147.5	240.0	627.5
Barrie Seldon	90.0	200.0	100.0	230.0	530.0
Luke Russel	90.0	205.0	112.5	200.0	517.5
Colin Rego	100.0	265.0	150.0	230.0	645.0
Glenn Farrell	110.0	245.0	145.0	225.0	615.0

Australian Record:
192kg SQ
Jim Ambrose o/40
205.0 SQ
112.5 BP
200.0 DL
517.5 TL
Luke Russell u/18

SOUTH AUSTRALIAN 1993 RESULTS

1993 Foundation SA Grading Competition
Golds Gym, 18th April 1993

Name	W/Div	SQ	BP	DL	TL
Romina Sich	60.0	75.0	55.0	95.0	225.0
Charlie McMahon	67.5	85.0	65.0	105.0	255.0
John Ashworth	75.0	140.0	85.0	180.0	405.0
Tony Sutherland	82.5	160.0	90.0	180.0	430.0
Scott Morris	82.5	200.0	135.0	210.0	545.0
Wayne Johns	90.0	230.0	130.0	217.5	577.5
Steve Little	110.0	190.0	150.0	220.0	550.0
Chris Niarros	110.0	275.0	140.0	295.0	710.0

Australian Record: 295kg SQ
SA Records: 275kg SQ
295kg DL
140kg BP
710kg TL
Chris Niarros 110kg W/Div

1993 Foundation SA Open Powerlifting Championships Golds Gym, 30th May 1993

Name	W/Div	SQ	BP	DL	TL
Silvana Venditto	48.0	105.0	65.0	125.0	295.0
Alison Clarke u/23	52.0	117.5	62.5	135.0	315.0
Pam Hancock o/40	67.5	130.0	62.5	130.0	322.5
Julie Holmes	82.5	155.0	105.0	160.0	420.0
Charlie McMahon	67.5	120.0	77.5	150.0	347.5
Graham Sims	75.0	145.0	105.0	165.0	415.0
John Ashworth	75.0	145.0	80.0	180.0	405.0
Nick Butler	75.0	185.0	130.0	200.0	515.0
James Harrap	82.5	200.0	125.5	252.5	577.5
Wayne Johns	90.0	240.0	135.0	230.0	605.0
John Powell	90.0	260.0	155.0	260.0	675.0
David Alpen	100.0	265.0	175.0	280.0	720.0

Best Overall Lifter: Female Alison Clarke
Male David Alpen

RECORDS BROKEN

Name	W/Div	SQ	BP	DL	TL
S Venditto open*	48.0	105.0	65.0	-	295.0
A Clarke jnr*	52.0	117.5	62.5	135.5	315.0
A Clarke open*	52.0	117.5	62.5	135.5	315.0
P Hancock o/40*	67.5	130.0	62.5	130.5	322.5
P Hancock open*	67.5	130.0	62.5	130.5	322.5
J Holmes*	82.5	-	105.5	-	-
J Harrap	82.5	-	-	252.5	-
J Powell	90.0	260.0	155.0	260.0	675.0
D Alpen	100.0	-	175.0	-	-

* Australian as well as SA record broken

1993 Bill Fox Memorial Championships 1993 Foundation SA Schoolboy/Schoolgirl Championships Golds Gym, 4th July 1993

Name	W/Div	SQ	BP	DL	TL
Malcolm Richards*	52.0	50.0	51.0	90.0	190.0
Dan Thomas u/18	52.0	115.0	62.5	140.0	317.5
C. McMahon o/40	67.5	115.0	80.0	145.0	340.0
David Hall*	67.5	70.0	60.0	115.0	245.0
Romina Sich u/23	67.5	90.0	67.5	105.0	262.0
Nick Butler	75.0	200.0	132.5	207.5	540.0
Jodie Ganna* u/18	75.0	47.5	30.0	70.0	147.5
James Harrap	82.5	180.0	122.5	250.0	552.5
Stephen John	82.5	150.0	80.0	150.0	380.0
Tony Sutherland	82.5	150.0	95.0	175.0	420.0
Ben John u/18	90.0	155.0	102.5	175.0	432.5

Best Overall Lifter: Female Romina Sich (Bill Fox)
Jodie Ganna (Schoolgirl)
Male Nick Butler (Bill Fox)
Daniel Thomas (Schoolboy)

RECORDS BROKEN

Name	W/Div	SQ	BP	DL	TL
SA Records					
D Thomas u/18	52.0	115.0	62.5	140.0	317.5
D Thomas open	52.0	115.0	62.5	140.0	317.5
C McMahon o/50	67.5	-	82.5	-	-
R Sich u/23	67.5	90.0	67.5	105.0	262.5
J Ganna u/18	75.0	47.5	30.0	70.0	147.5
B John u/18	90.0	155.0	102.5	175.0	432.5

SOUTH AUSTRALIAN 1993 RESULTS

continued...

Aust Records

D Thomas u/18	52.0	115.0	-	140.0	317.5
J Ganna u/18	52.0	47.5	-	-	-

Blind Records

M Richards snr*	75.0	-	51.0	-	-
J Ganna u/18		47.5	30.0	70.0	147.5

*World, Australian and SA record!

QUEENSLANDS 1993 RESULTS

1993 Queensland State Titles — Southport, 19th June 1993

Name	W/Div	SQ	BP	DL	TL
Fred Litchfield	60.0	167.5	115.0	207.	490.0
Ray Hope	60.0	132.5	90.0	160.0	382.5
Stephen Wright	67.5	180.0	100.0	210.0	490.0
Mick Fry	75.0	190.0	117.5	195.0	502.5
Ward Telfy	75.0	130.0	100.0	195.0	425.0
Maurie Craggs	75.0	177.5	87.5	190.0	455.0
Bev Smith	67.5	142.5	70.0	172.5	385.0
Ellen Stanton	75.0	190.5	82.5	190.0	460.0
Kate Hall	82.5	137.5	70.0	155.0	362.5
Daniel Baker	82.5	215.0	120.0	230.0	565.0
Glen Wagzkziel	82.5	250.0	147.5	270.0	667.5
Richard Gorey	82.5	205.0	135.0	222.5	562.5
Darryl Richards	82.5	190.0	130.0	210.0	530.0
Brett Jones	82.5	160.0	95.0	178.0	425.0
Barry Humphris	82.5	210.0	130.0	220.0	560.0
Mark Dewar	90.0	275.0	160.0	260.0	695.0
Chris Davey	90.0	165.0	117.5	230.0	512.5
Paul Hayes	100.0	230.0	140.0	240.0	610.0
Lindsay Waddell	100.0	222.5	117.5	222.5	552.5
Mick Lazelle	100.0	212.5	122.5	250.0	585.0
Shaun Henderson	100.0	260.0	155.0	255.0	670.0
Bill Tahaperi	110.0	175.0	100.0	225.0	500.0
Andrew Logon	110.0	270.0	150.0	252.5	672.5
Tim Caderford	110.0	250.0	150.0	270.0	670.0
Dale Lovell	110.0	250.0	160.0	275.0	685.0

NORTHERN TERRITORIES 1993 RESULTS

Northern Territory Results — Berrimah Hotel, 13th March 1993

Name	W/Div	SQ	BP	DL	TL
Lartete Rosas	60.0	65.0	30.0	110.0	205.0
P. Myerscough	67.5	125.0	80.0	185.0	390.0
Lyall Rosas	67.5	65.0	55.0	145.0	305.0
S. Brine	67.5	100.0	92.5	165.0	357.5
G. Tanonef	75.0	100.0	75.0	-	-
R. Lim	75.0	160.0	110.0	190.0	460.0
T. Martin	75.0	105.0	90.0	150.0	350.0
J. Yates	82.5	175.0	95.0	205.0	475.0
R. Smith	82.5	227.5	137.5	270.0	635.0
T. Van Der Zwey	90.0	185.0	120.0	225.0	515.0
D. Duffield	90.0	162.5	107.5	212.5	482.5
P. Karlhuber	90.0	215.0	130.0	215.0	560.0
C. Zamolo	100.0	200.0	145.0	-	-
J. Wessels	100.0	215.0	140.0	230.0	585.0
M. Thomas	100.0	135.0	60.0	155.0	350.0

NEW SOUTH WALES 1993 RESULTS

1993 New South Wales Championships Pace Gym, Maroubra, 13th June 1993

Name	W/Div	SQ	BP	DL	TL
Lisa watts	52.0	90.0	57.5	95.0	242.5
Jill Walker	52.0	100.0	67.5	117.5	285.0
C. Scott-Todd	56.0	95.0	52.5	120.0	267.5
Jo-Anne Wheeler	60.0	92.5	50.0	120.0	262.5
Catherine Hannah	60.0	85.0	50.0	120.0	255.0
Ingrid Cullen	60.0	115.0	52.5	155.0	322.5
Anne Mort	67.5	140.0	85.0	160.0	285.0

NEW SOUTH WALES 1993 RESULTS

continued...

Paul Waters	56.0	130.0	95.0	155.0	280.0
Greg Lancaster	60.0	180.0	82.5	185.0	447.5
Grant Feltham	67.5	190.0	110.0	180.0	480.0
Max Bristow	67.5	190.0	110.0	225.0	525.0
Brad Sutton	67.5	180.0	125.0	195.0	500.0
David Clark	67.5	190.0	107.5	217.5	515.0
Robert Corbett	75.0	180.0	127.5	230.0	537.5
Robert Hodge	75.0	180.0	97.5	220.0	500.0
Satya Agnihotri	75.0	225.0	145.0	255.0	625.0
Tom McDonald	82.5	220.0	115.0	250.0	585.0
Michael Dolly	82.5	190.0	120.0	230.0	540.0
Robert Hromek	82.5	200.0	115.0	230.0	543.0
D. Lombardo	90.0	220.0	130.0	245.0	595.0
Lyndon Baker	90.0	210.0	115.0	240.0	565.0
Simon Bradstock	90.0	240.0	150.0	280.0	670.0
Phillip Karlhuber	90.0	215.0	125.0	220.0	560.0
Justin Wessels	100.0	215.0	145.0	235.0	595.0
John Mort	100.0	232.5	150.0	242.5	625.0
Patrick Whymark	100.0	275.0	150.0	250.0	675.0
Jeff Belamy	100.0	240.0	147.5	250.0	637.5
Bernard Hawkins	110.0	220.0	115.0	255.0	590.0
Paul Newman	110.0	270.0	153.0	275.0	697.5
Joseph Zofrea	110.0	250.0	140.0	277.5	667.5
Rick Lewis	125.0	330.0	170.0	310.0	810.0
Brad Richards	125.0	270.0	-	-	-
John Savage	125.5	225.0	170.0	-	-
Michael Pianko	125.5	320.0	180.0	280.0	780.0
Keith Falle	125.5	270.0	162.5	265.0	697.5

Best Overall: Female Anne Mort
Male Rick Lewis

1993 National Under 23 Championships — Sydney Pace Gym, Maroubra, 13th June 1993

Name	W/Div	SQ	BP	DL	TL
J Wheeler NSW	60.0	92.5	50.0	120.0	262.5
N Delima VIC	75.0	110.0	45.0	135.0	290.0
L Ruggiero VIC	75.0	145.0	65.0	162.5	372.5
J Bugg VIC	82.5	120.0	50.0	132.5	312.5
G Feltham NSW	67.5	190.0	110.0	180.0	480.0
B Sutton NSW	67.5	180.0	125.0	195.0	500.0
P King SA	67.5	205.0	110.0	200.0	515.0
P Romeo VIC	75.0	170.0	90.0	218.0	477.5
S Fletcher QLD	75.0	215.0	130.0	210.0	555.0
S Morris SA	75.0	195.0	142.5	205.0	542.5
R Hromek NSW	82.5	200.0	115.0	230.0	545.0
S Irvin VIC	82.5	165.0	120.0	185.0	470.0
R Smith NT	82.5	220.0	140.0	270.0	630.0
D Lombardo NSW	90.0	220.0	130.0	245.0	595.0
L Baker NSW	90.0	210.0	115.0	240.0	565.0
L Russell WA	90.0	207.0	117.5	207.5	532.5
B Roberts VIC	100.0	250.0	127.5	242.5	620.0
W Ogburn VIC	100.0	227.5	125.0	227.5	580.0
J Belamy NSW	100.0	240.0	147.5	250.0	637.5
P Newman NSW	110.0	270.0	153.0	275.0	697.5
J Zofrea NSW	110.0	250.0	140.0	277.5	667.5
F Goodwin QLD	125.0	205.0	130.0	225.0	560.0
M Pianko NSW	125.0	320.0	180.0	280.0	780.0
T Harrison NSW	125 +	262.5	137.5	280.0	680.0

Best Overall: Female Linda Ruggiero VIC
Male Michael Pianko NSW

RECORDS BROKEN

Name	W/Div	SQ	BP	DL	TL
L Ruggiero u/23	75.0	-	-	162.5	372.5
A Mort open	67.5	-	85.0	-	-
C Scott-Todd o/40	56.0	-	-	120.0	267.5
J Walker open	52.0	-	67.5	-	-
B Sutton u/23	67.5	-	125.0	-	-
P King u/23	67.5	205.0	-	-	-
S Fletcher u/23	75.0	215.0	-	220.0	555.0
S Morris u/18	75.0	195.0	142.5	205.0	542.5
S Agnihotri open	75.0	-	-	255.0	-
R Smith u/23	82.5	227.5	140.0	270.0	630.0
R Smith open	82.5	-	140.0	270.0	630.0
T McDonald o/40	82.5	220.0	-	-	585.0
S Irwin u/18	82.5	-	120.0	-	-
L Russell u/18	90.0	207.5	117.5	207.5	532.5
M Pianko u/23	125.0	320.0	-	280.0	780.0
R Lewis open	125.0	330.0	-	310.0	810.0
I Harrison u/23	125 +	-	-	280.0	-

VICTORIAN 1993 RESULTS

1993 Victorian Championships — Lorne, 7th May 1993

Name	W/Div	SQ	BP	DL	TL
Nicole Delima	75.0	120.0	42.5	142.5	305.0
A. Borg	82.5	112.5	55.0	132.5	300.0
Robyn May	82.5	152.5	75.0	197.5	425.0
Leanne Johnson	90.0	65.0	112.5	190.0	367.5
Steve Altheide	75.0	120.0	90.0	175.0	385.0
Paul Delice	75.0	160.0	105.0	200.0	465.0
Peter Remeo	75.0	180.0	95.0	210.0	485.0
Peter Rellos	75.0	245.0	132.5	253.0	630.0
S. Crough	82.5	170.0	95.0	205.0	470.0
S. Irvin	82.5	175.0	110.0	200.0	485.0
Brett Smart	82.5	195.0	132.5	225.0	552.5
K. Lee	82.5	220.0	137.5	232.5	590.0
T. Sparrow	90.0	200.0	97.5	227.5	525.0
C. Gaffa	90.0	190.0	115.0	230.0	535.0
V. Simmonetta	90.0	250.0	145.0	270.0	665.0
A. George	90.0	200.0	120.0	235.0	555.0

1993 Victorian Championships — Lorne, 8th May 1993

Name	W/Div	SQ	BP	DL	TL
Louise Doig	52.0	92.5	56.0	127.5	275.0
E. Richards	52.0	102.5	52.5	120.0	275.0
A. Johnson	56.0	70.0	40.0	95.0	205.0
J. Lamb	56.0	102.5	45.0	130.0	277.5
Dianne Kerr	60.0	105.0	60.0	130.0	295.0
T.K. Kaai	67.5	107.5	47.5	150.0	305.0
S. Rogers	56.0	142.5	60.0	157.5	360.0
M. Kunler	60.0	115.0	67.5	130.0	312.5
Phil Kerr	60.0	200.5	107.5	210.0	517.5
David Kent	67.5	207.5	115.0	185.0	507.5
S. Whitehead	67.5	97.5	55.0	120.0	272.5
Peter Kyriakos	100.0	300.0	182.5	287.5	770.0
Bill Crawford	100.0	200.0	160.0	222.5	582.5
Brooke Roberts	100.0	250.0	130.0	245.0	625.0
Mark Taylor	100.0	210.0	117.5	252.5	580.0
Jez Mayo	110.0	240.0	155.0	230.0	625.0
Glen Roberts	125.0	125.0	102.5	160.0	407.5
Peter Fowler	125.0	200.0	112.5	210.0	522.5
Peter Beyer	125.0	257.5	157.5	247.5	662.5
Colin Knights	125.0	235.0	170.0	257.5	662.5
Saviour Crech	125 +	325.0	182.5	295.0	802.5

1993 Novice Open — Ballarat, 3rd July 1993

Name	W/Div	SQ	BP	DL	TL
David Solly	67.5	127.5	85.0	167.5	380.0
Frank Camarelli	67.5	120.0	110.0	180.0	410.0
Tony Tie	82.5	132.5	72.5	147.5	352.5
Andrew Arduca	90.0	160.0	110.0	208.0	480.0
Declan Deasey	90.0	150.0	95.0	185.0	415.0
Matthew Taylor	100.0	200.0	120.0	230.0	550.0

Australian Record:

208kg

Andrew Arduca u/18 DL, 90kg W/Div

HISTORY WAS MADE AT SAPA CONTEST

History was made in South Australia on Sunday 4th July 1993 when three blind powerlifters competed as able-bodied lifters with the SAPA. Under 23 lifter David Hall set the pace with some outstanding lifting in the 67.5 kg weight division, especially in the deadlift. Malcolm Richards (52 kg weight division) just missed a national blind squat record, but set a new State, Australian and world blind record in the bench press. Malcolm also had two attempts at a new blind world deadlift record (122.5 kg), but had trouble with his balance. Jodie Gauna won the best overall schoolgirl lifter, and set four new under 18 SAPA records in the 75 kg women's weight division. All who were present on Sunday were inspired, and very impressed with their lifting performances.

1993 VICTORIAN CHAMPIONSHIPS REPORT

This year Vic's were held at the beautiful seaside town of Lorne, on the Great Ocean Road, at the Pacific Hotel, which proved a very good venue, drawing a large and enthusiastic local crowd. The weekend saw 36 lifters over three sessions, and plenty of hot competition.

The highlight of the women's lifting was Leanne Johnson's World Junior Bench Press record of 112.5 g. Unfortunately for Leanne, a knee injury meant she could only perform a token squat, so best female lifter went to Robyn May with an E2 + 15 kg total in the 82.5 kg division. Other good performances were recorded by Louise Doug, with a Victorian Record 127.5 kg deadlift, to take the 52 kg division on body weight. Jacqui Lamb posted a new Victorian record of 130 kg in the deadlift in winning the 56 kg division, and Dianne Kerr, in what she said was her last competition, totalled a credible 295 kg, to take out the 60 kg division. Local T K Ka'ai posted a 305 kg total, winning the 67.5 kg class, and Ballarat's Nicole Delima won the 75 kg division. Ballarat took out the women's team trophy, with four winners, and the Victorian Women's team looks good for the Nationals in August.

The men's highlight was the big performance of our own number 1 ranked Australian lifter, Peter Kyriakos, with a huge 770 kg total in the 100 kg division (weighing only 96 kg!!). Peter set new national records with practically every attempt, in a very controlled and professional display of lifting, setting a great example to younger lifters. Other fine performances were registered by Sav Grech, with an Australian record squat of 325 kg. Sav was a little unlucky with his deadlift, but still totalled a massive 802.5 kg, to win the 125 kg division.

The 125 kg division was a great battle between Colin Knights and Peter Breyer, with Colin winning on body weight with his final deadlift. Peter put in a great display of lifting and sportsmanship, loudly cheering his rival on to the winning deadlift. The 110 kg's saw new lifter Jez Mayo set a number of Australian and Victorian Junior records, with a solid 625 kg total. Jez looks like a lifter to watch in the future.

The 90 kg division saw a welcome return to lifting by Vince Simonetta, with a great 660 kg total. We look forward to seeing Vince lift more often in the future.

The 85 kg class was taken out by Kevin Lee, with local favourite and competition coordinator Brett Smartt placing second. Third place, Simon Irvine, set a number of Australian U/18 records in a fiery and entertaining performance.

Peter Rellos looked strong in winning the 75 kg class, with a PB 630 kg total, and a big 253 kg Australian record in the deadlift. David Kent won the 67.5 kg class easily, and the 60 kg class was won by evergreen and ever busy Phil Kerr, with a Victorian record total of 517.5 kg. Young Shane Rogers set two Australian U/18 records in winning the 56 kg division.

The men's team trophy was again won by Melbourne University, all University lifters being ably handled by master knee wrapper and hair puller Rob Wilks.

A big thanks goes to Brett Smartt for organising a successful and very profitable Victorian Championship. Thanks also to the Pacific Hotel for being great hosts. A great weekend was had by all, and we hope Lorne is a regular venue (the 6 am swim works wonders on sore muscles!).

"Thanks to Robyn May for this report. - Ed."

ALL RESULTS AND RECORDS THAT HAVE BEEN RECEIVED HAVE BEEN PUBLISHED IN THIS EDITION. Ed

1/ THE ROUND SYSTEM

1. At the weigh-in, the lifter or his coach must declare a starting weight for all three lifts. These must be entered on the appropriate first attempt card, signed by the lifter or his coach and retained by the official conducting the weigh-in. The lifter will then be given eight blank attempt cards for use during the competition. Two for the Squat, two for the Benchpress and four for the deadlift. Each lift distinguished by using a different coloured card. Having made his first attempt at a lift, the lifter or his coach must decide upon the weight required for the second attempt. This weight must be filled in where indicated on the card and submitted to the competition secretary or other appointed official before the one minute time allowance has elapsed. The same procedure is to be used for second and third attempts within the time limit rests solely with the lifter or his coach. Under the round system the need for numerous marshals is eliminated, the attempt card must be handed directly to the designated official. Examples of attempt cards are illustrated below.

Squats		
1st	2nd	3rd
Signed _____		
Name Lifter _____		
Nation _____		Category _____

Benchpress		
1st	2nd	3rd
Signed _____		
Name Lifter _____		
Nation _____		Category _____

Deadlift		
1st	2nd	3rd
Signed _____		
Name Lifter _____		
Nation _____		Category _____

- Where 10 or more lifters are 'competing in a session' groups may be formed consisting of approximately equal numbers of lifters. However, groups must be formed when 15 or more lifters are competing in the same session. A session can be composed of a single bodyweight class or any combination of bodyweight classes at the discretion of the organizer for purpose of presentation.
- Grouping shall be determined by examining the lifter's best totals achieved at national or international level during the previous 12 months. The lifter's with the lowest totals will form the first group to lift with progressively higher totals forming further groups as necessary.
- Each lifter will take his first attempt in the first round, his second attempt in the second round and his third attempt in his third round.
- The bar must be loaded progressively during each round on the principle of a rising bar. At no time will the weight of the bar be lowered within a round except for errors as described in item 8, and then only at the end of the round.
- Lifting order within each round will be determined by the lifter's choice of weight for that round. In the event of two lifters choosing the same weight, the lifter with the lowest lot number drawn at the weigh-in, will lift first.

- If unsuccessful with an attempt, the lifter does not follow himself, but must wait until the next round before he can attempt that weight again.
 - If in any round an attempt is unsuccessful due to a wrongly loaded bar or spotter error, the lifter will be granted a further attempt at the correct weight. However, the extra attempt can only be taken at the end of the round in which the error occurred. If the lifter also happens to be the last lifter in the round, he shall be granted a three minute rest prior to making his attempt.
 - A lifter is permitted one change of weight on the first attempt of each lift. If he is in the first group, this change may take place at any time up to within five minutes before the start of the first round of that lift. The following groups are accorded a similar privilege up to within five attempts from the end of the previous group's last round of that lift. Prior notice of these deadlines shall be announced by the speaker. **x)** below.
 - A lifter must submit his second and third attempts within one minute of completing his preceding attempt. If no weight is submitted within the one minute time allowance, the lifter will forfeit his next round attempt
 - Weights submitted for second and third round attempts upon the squat and benchpress can not be changed.
 - In the third round of the deadlift, two weight changes are permitted. **xx)** below. However, these are only permitted provided that the lifter has not been called to the bar already loaded to his previously submitted weight.
 - If deadlifting session consists of a single group, i.e. up to a maximum of 14 lifters, an interval of not less than 10 and not exceeding 15 minutes shall be allowed between the lifts. This is to ensure adequate time for warm-up and platform organisation.
 - When two or more groups take part in a session upon a single platform, lifting will be organised on a group repetition basis. No time interval will be allowed between rounds other than that necessary for arranging the platform.
 - For example, if there are two groups taking part in a session, the first group will complete all three rounds of the squat. They will be followed immediately by the second group who will complete all three rounds of the squat. The platform will then be set for the benchpress and the first group will complete their three rounds of the benchpress, immediately followed by the second group who will similarly complete their three rounds of benchpress. The platform will then be set up for the deadlift and the first group will complete their three rounds of deadlift. This system thus eliminates any time waste other than that necessary for arranging the platform between the lifts.
- x)** The change of weight may be higher or lower than that originally submitted and the order of lifting in the first round will be changed accordingly.
- xx)** The change of weight may be higher or lower than the lifter's previously submitted third attempt.

The **Top Ten**

ALL AUSTRALIA MEN BY GRADE

			B/W Div	Grade	Plus(Kg)
Peter	Kyriakos	VIC	90	E1	27.5
Peter	Kyriakos	VIC	100	E1	15.0
Tony	Zappia	SA	60	E1	5.0
Satya	Agnihotri	NSW	75	E1	5.0
Leigh	Wisbey	VIC	125+	E2	60.0
Rick	Lewis	NSW	125	E2	50.0
Henning	Bach	WA	125+	E2	47.5
Saviour	Grech	VIC	125+	E2	40.0
David	Alpen	SA	100	E2	37.5
Peter	Rellos	VIC	75	E2	35.0

ALL AUSTRALIA WOMEN BY GRADE

Ellen	Stanton	QLD	67.5	E1	60.0
Leanne	Johnson	VIC	90	E1	47.5
Julie	Holmes	SA	82.5	E1	5.0
Anne	Mort	NSW	67.5	E2	25.0
Silvana	Vendito	SA	48	E2	15.0
Beverly	Smith	QLD	75	E2	15.0
Robyn	May	VIC	82.5	E2	15.0
Alison	Clark	SA	52	E2	10.0
Joanne	Edwards	NSW	67.5	E2	10.0
Julie	Holmes	SA	90	E2	7.5

Nick Butler - Australian Record Keeper 06-07-1993

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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THE PSYCHOLOGY OF WINNING

What Makes a Champion Tick?

by Robert Wilks

Connors and McEnroe in tennis, Killy in skiing, Barassi in football, Ali in boxing, De Castella in marathoning - these people all have one thing in common. They are winners in the world of sport.

What is that sets these people apart from their opposition? Physical qualities way above the average are no doubt key qualities amongst winners in sport. However, at the very top level in most sports, where the limits of human strength, speed, stamina and skill are being approached, the physical attributes of the competitors are in fact often quite closely matched. Rather, it appears that there is something else that sets the winner apart from his or her contemporaries, some winning streak in his or her mental make-up that gives the champion the edge with which to triumph over physical equals.

Just what is this winning streak?

Is it some magical inner force with which the superstars are born and which directs their life achievements almost like an automatic pilot? Or is it the case that these sports winners have learnt and applied some specific, highly effective, psychological skills that have set them apart in their sport?

For a long time sports psychologists have been seeking to define the winning streak. Initially, researchers took the first of the above-mentioned approaches, assuming that there must be some particular personality "traits" that lay behind successful sporting performance. These traits were thought to have been inborn, or have to become relatively fixed from an early age. Study after study poured out, comparing superior to lesser athletes on their results on a number of personality tests. Is it "aggression," "extroversion," "toughness" or "stability," these studies asked; what about "determination," "confidence" and

"drive"? In the end the net result of all this effort was disappointing. What few differences were found were general in the extreme, "intelligence" and "emotional stability" being the only qualities showing up with any consistency as being associated with better rather than lesser sports performance.

Eventually, sports psychologists realised that with this approach they were chasing ghosts. Nebulous labels such as "stability" just weren't enough to explain what it was that set the winner apart from the loser. The emphasis in research changed, as psychologists began to look for the specific ways of thinking and behaving that winners were consciously or intuitively using to program their superiority. Soon a picture began to emerge of some of the psychological skills elite performers were applying, skills that could equally be applied to virtually all areas of life.

Some of these psychological hallmarks of winners were as follows:

Winners Set Goals for Themselves

Dick Hannula, one of the most successful high school swimming coaches in the US, summed up the essence of goal-setting when he said: "Motivation depends in a very large part on goal-setting. The coach must have goals. Each individual swimmer must have goals - real, vivid, living goals . . . Goals keep everyone on target. Goals commit me to the work, time, pain and whatever else is the price of achieving success." (Seattle Times February 14, 1983)

A goal is a commitment, a statement by the individual that he or she is going to strive for some specified target. However, rather than just stating "I want to be a winner," the athlete who comes out on top will tend to be the one who uses goal-setting in a systematic way. Some of the features which will influence how effective the tool of goal setting

will be include:

Long-term goals can be achieved through short-term goals. Goals which are many years in the future can often be too remote to have real motivation power in the present. The winner will attempt to maintain his or her own motivation by setting a number of short-term sub-goals which will lead to achievement of the long-term goal. 1976 Olympic goal medallist John Naber, for example, has told how in 1972, then an unknown, he watched East German Roland Mattkes win the Olympic 100m backstroke in 56.3 seconds, compared to Naber's best time of 59.5. Naber had the thought that probably a thousand other swimmers had - "wouldn't it be great to wind a gold medal." However, what set him apart was that he broke this long-term goal down into achievable short-term goals. "I've got four years to train," said Naber, "so it's only one second a year . . . 1/300th of a second a day . . . 1/1200th of a second every training hour . . . For me to stand on a pool deck and say 'during the next 60 minutes I'm going to improve that much,' that's a believable dream." (New York Times, September 25, 1983)

Goals are most useful when they are challenging, but realistic. By setting goals that are easily achieved the athlete is failing to use the power of goals to extract maximum effort from him or herself. Often the fear of failure holds the average athlete back from setting challenging goals. The winning athlete will take the risk of setting a performance goal that makes him or her stretch to the absolute limit of their own current abilities, without setting such a high target that the goal becomes meaningless. Only by successively stretching him or herself to reach progressively higher levels will the athlete eventually reach the top.

Goals can be set in terms of what you plan to do, rather than just in terms of outcomes. As

well as setting him or herself goals in terms of number of games won, improvement in times etc., i.e. in terms of the outcomes he or she desires, the sportsperson with the true winning streak will take goal-setting that one step further. The winners set for themselves goals for all aspects of their training competing. For example, the golfer might set out in a particular practice session to take 20 drive shots and have a minimum of 18 of these exceed 180 metres, rather than just going out saying, "I'm going to practice driving." The distance runner might set a target of 120km per week in training, knowing that if this is achieved, the outcome (reduced marathon time) will tend to look after itself.

Winners Crave Feedback about Their Performance

As well as setting goals, the sportsman or woman who is building that winning streak into him or herself will purposely seek out information as to how well goals have been achieved. Rather than shrink from evaluation, the winner craves statistics, comments and reports as to just what he or she has done in virtually every training session and competition. This feedback is used by the sportsperson in comparison with the goals that have been set to gauge what has to be changed to get back on target, if goals are not being reached, and to determine the levels of new goals, if current goals are being achieved.

The athlete with a winning approach will arrange for feedback to be provided from a number of sources. Others can provide information for the athlete by observing performance and reporting back to the competitor. The winning sportsperson, no matter how high a level of achievement he or she has reached, will usually still require the services of a coach to provide them ongoing feedback as to training and competition performance. Ivan

Lendl, for example, although now established as the number one tennis player in the world, has recently acquired the services of Tony Roche as a coach. No doubt Lendl was aware that, no matter what extreme degree of excellence he had achieved, a source of ongoing evaluation of his game was necessary to avoid complacency, to maintain that constant striving for the marginal edge which will keep him on top.

As well, however, the winner learns to provide feedback for him or herself. After every game, contest or training session the athlete determined to acquire the winning streak will think through what has been achieved in that contest or session. The winning athlete often keeps a diary in which each training day is recorded as to mileage covered, sets played etc., along with comments as to how well conditioning and technique goals were achieved and in which thoughts as to what can be done to attain improvement are recorded. The winner may also keep feedback charts, such as graphs of progressive improvements in time, which he or she will keep in a prominent place as constant reminders of what has been achieved and what remains to be conquered. This intense mental input and evaluation of performance is a characteristic lacking in most lesser athletes. **Winners Plan Everything**

We have already noted how part of the winning streak is simply the skill of being methodical in setting goals and providing feedback for one's self. However, the winner in sports often goes much further in establishing objective control, over his or her performance, particularly when it comes to preparation for competition.

Canadian sports psychologist Brent Rushall has been a pioneer in this area. Working with national teams in the sports of swimming, rowing and wrestling, he has helped many athletes refine written plans of how they were going to think and act before and during competition. By planning precisely what to do and think the winning athlete can ensure that he is programmed to execute the optimal thoughts and behaviours for his or her particular event.

For example, in planning the

pre-competition day, the athlete would write out precisely what time he or she would awaken, plan some positive self-affirmations as the first things he or she would think for the day, determine when and where to eat, plan when mental rehearsal and relaxation periods would be carried out, when to travel to the contest venue and so on. The winning athlete will go so far as to pre-plan how he will handle distractions. For example, prior to the 1978 Commonwealth Games in Edmonton, the Canadian swimming team were each issued with a booklet of typical questions asked by the media, with part answers which could be rehearsed. Thus reporters' questions such as "How do you think you will perform in the meet?" which could easily trigger anxious thoughts in the unprepared athlete, were swept aside with the pre-planned answer "We have done an excellent preparation so I look forward to doing my best."

Similarly, during the contest itself, the athlete with a winning approach will pre-plan the structure of his or her thinking. To establish that winning streak the athlete will sit down and evaluate just what thoughts are appropriate for his or her sport. Mood words such as "flick," "whip," "quick" in sports requiring speed, and "crush," "haul," "crunch" in events largely requiring strength, are thoughts which encapsulate the physical qualities the athlete desires. All sports require that the athlete concentrate on technique and thoughts of key points of technique are important to virtually all athletes. Relaxing thoughts are appropriate in some sports, whilst arousing thoughts are essential in others. To program him or herself to think optimally during the competition, the winning athlete will write out in advance just what thoughts he or she will use during a competition. This may involve different thought patterns at different stages of an event, e.g. relaxing thoughts during the early stages of a marathon and arousing mood words in the latter stages, when fatigue has to be combated, as well as the preparation of alternative thought patterns according to how the contest develops. In this way the athlete has a tight set of productive thought scripts,

allowing virtually no chance of negative thoughts intruding.

Winners Rehearse Their Performance

Not content with just planning in precise detail how he or she is going to think and behave when performing, the winning athlete also ensures that this plan becomes an automatic way of functioning for them. To attain the winning edge the athlete will consciously spend time visualising him or herself in the competition environment, carrying out his or her plan for the competition and literally seeing a successful outcome. These visualisation sessions will be included as parts of the overall training program and given just as much importance as physical training for the sport.

It is important that as well as rehearsing straightforward successes, the athlete visualise coping with any difficult circumstances that could arise. Four time Olympic gold medallist in the discus Al Oerter, for example, is quoted as saying that he would mentally rehearse every one of a number of possible situations in a major competition. "It's the final round, I'm in fifth place and it's raining - what do I do, what do I think?" Oerter would ask him himself, and rehearse the answer. Once again meticulous planning is the hallmark of the winner.

Winners Learn How to Tolerate Frustration

As we have seen then, there is nothing mysterious about the winning streak in the psychological make-up of top athletes. No inborn qualities which mere mortals can never hope to be blessed with, but rather a set of psychological skills, probably simple enough to be learnt by almost anyone. Why then are there so few people actually applying these skills? Because they take effort, intense effort, that's why.

The majority of sportspeople, all human beings for that matter, have a tendency to be irrational in their thinking. They will focus on what is easiest in the short-run, ignoring the possible long-term gains of doing things which might initially be difficult. Thus the athlete who is prepared to establish a goal-setting system, provide feedback for him or her-

self, plan competition strategies and consistently rehearse these things, has learned to tolerate the short-term frustration of the effort involved in all this. He or she is focussing on the long-term benefit of the immense rewards of feelings of satisfaction and achievement that come with maximising one's potential. For most people, however, the immediate effort involved is defined as not just "hard," but "too hard" only the very few are prepared to think through this irrationality and realise that nothing is "too hard," there is only the difficult and that nothing is so difficult as to outweigh the joy of achievement and fulfilment.

The example of athletes who have attained for themselves the winning streak of excellence thus serves as a guide for achievement in all areas of life. The salesman, perhaps, who despairs that he was not born with the "gift" of salesmanship can just as easily apply these principles, setting goals in terms of number of prospectings, calls, follow-ups and sales, providing him or herself with quantitative feedback as to these goals, planning his or her presentations, closes etc., rehearsing these till automatic and thinking his or her way clear to tolerate the short-term frustration of all that effort in return for long-term satisfaction and financial reward. I am sure virtually everybody can find some way to apply the principles of winners in their lives.

RECOMMENDED READING

"Psyching in Sport"

by Brent Rushall

"New Guide to Rational Living"

by Albert Ellis and Robert Harper

Robert Wilks is a practising clinical and sports psychologist at the

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He has an M.A. in clinical psychology and is the current national coach in powerlifting and a former World Championships competitor in that sport and a state champion in athletics.

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NATIONAL TEAM SELECTED FOR WORLD JUNIORS/MASTERS HAMILTON, CANADA 27th-31st OCTOBER 1993

JUNIOR WOMEN

Linda Ruggiero Victoria 75 kg

MASTERS WOMEN

Pam Cutjar South Australia 48 kg

JUNIOR MEN

Peter Meyerscough Nthn Territory 60 kg

Paul King South Australia 67.5 kg

Grant Feltham N.S.W. 67.5 kg

Scott Fletcher Queensland 75 kg

Rohan Smith Nthn Territory 82.5kg

Phillip Karthuber Nthn Territory 90 kg

Justin Wessells Nthn Territory 100 kg

Paul Newman N.S.W. 110 kg

MASTERS MEN

Bernard Devine Nthn Territory 60 kg

Andrei Shinkarenko N.S.W. 82.5 kg

Henning Bach West Australia 125+ kg

Coach/Manager - Robert Wilks

"GET TO KNOW YOUR COMMITTEE" PROFILE #1



ROBERT "The Guru" WILKS

Age: 39.

Occupation: Psychologist (specialising in sex therapy and powerlifting).

Qualifications: Bachelor of Economics, Monash University, 1975; Bachelor of Arts (Honours), Melbourne University, 1982; Master of Arts (Clinical Psychology), Melbourne University, 1985.

Lifting Career: Rob started powerlifting in 1977. He was also throwing the discus competitively at that time. Best lifts were 302.5/170/302.5, weighing 110 kg. Rob retired in 1990, when a number of injuries (and old age) caught up with him.

Official Position: Rob has been actively involved with the APF since 1983, and secretary since 1990. He has been active in Victorian Powerlifting since 1978, and was instrumental in setting up the Victorian Powersports Association in 1991.

Coaching Highlights: Except in 1989, Rob has coached the Australian team at every World Powerlifting Championships since 1984. He has coached lifters at Melbourne University, arguably Australia's premier powerlifting club, since 1980. Rob has coached in excess of 20 lifters to Australian representative standard.

Best Lifter Ever Coached: Peter Kyriakos.

Favourite All Time Lifter: Linda Ruggiero.

Most Difficult Lifter Ever Coached: Peter Rellos.

Craziest Lifter Ever Seen: Robert Ruler.

Most Memorable Lifting Performance Ever Seen:

Alex Kapica (WA) benching 230 kg as a 125+ kg in Cairns, then ripping a peck on 240 kg. Lars Noren (Norway), 125+ kg, squatting 405 kg easily with literally one second on the clock.

Best Australian Performance: Ray Rigby, 3rd in 1984 Worlds in Dallas; Peter Kyriakos 3rd in 1986 World Juniors, Luxembourg.

Training Approach: Applying a few simple principles over a long period of time instead of looking for a magic answer.

Coaching Philosophy: "If you can breath, you can squat."

Favourite Food: Snakes, chocolate, double chicken pizzas, jelly beans.
Favourite Drink: Lemonade.

Rob on Powerlifters: They're all Head Cases!!

Despite his eccentricities, Rob's contribution to the sport of powerlifting as a lifter, coach and official is one unequalled in this country, and is very much appreciated by all lifters!!



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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