



1993

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

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SPRING EDITION

Editor: Nick Butler

1993 AUSTRALIAN CHAMPIONSHIPS & SOUTH PACIFIC CHALLENGE

Compact was the word for the 1993 Australian Championships and the South Pacific Challenge, featuring Nauru and Papua New Guinea.

Originally scheduled for the wide open spaces of the Brisbane mall, a last minute change of meet promoter saw the contest venue changed to the 10th floor lounge of the Gazebo Hotel. A record must have been set for the world's smallest warm-up room, that being a minuscule hotel suite on the 9th floor. However, claustrophobics aside, most people managed to adapt to the Lilliputian conditions, and the atmosphere was a positive one for the 57 lifters and many spectators who took part in the Championships.

Lifting kicked off on Saturday morning with the 56 kg class. Newcastle lifter Paul Waters put in another best effort to get 9 out of 9 lifts, and take the Australian 56 kg title. However, he was no match for Papua New Guinea's Timothy Asepe, well ahead in the South Pacific Challenge with 465 kg.

At 60 kg, Phil Kerr put in the most graphic display of bar headbutting since the heyday of Joe MacGowan, but was rewarded for his forthright approach with an Australian record squat and a personal best total of 525 kg. Fred Litchfield had some trouble with squat depth, but settled thereafter to produce a good 485 kg total; while Papua New Guinea little men Johnson Hawali and evergreen enthusiast Irwila

Jacobs rounded out the field.

The 67.5 kg division saw a showdown between David Kent, up from 60 kg, and the venerable Max Bristow, a stalwart of weightlifting and powerlifting since the glorious days of Newcastle Olympic lifting in the 1960's and 1970's. David came back from a high 212.5 kg squat to courageously stagger up with the same weight, and take the Australian record in that lift, whilst Max laboured away with his high bar Olympic style squats to register 175 kg. The gap widened in the bench, but long-backed David remained vulnerable in the deadlift, Max's forte. David missed 192.5 kg on his second attempt, whilst Max was saved by a score table seemingly unenthusiastic, he got 220 kg on a bonus second attempt after confusion in the NSW camp, and the hair-free master looked to be gaining the upper hand. However, David came back for a desperation success on 192.5 kg, and Max was forced to abandon the chase, leaving David the winner. Michael Fry was steady enough to hold off the promising NSW junior Brad Sutton, who missed two squats on depth.

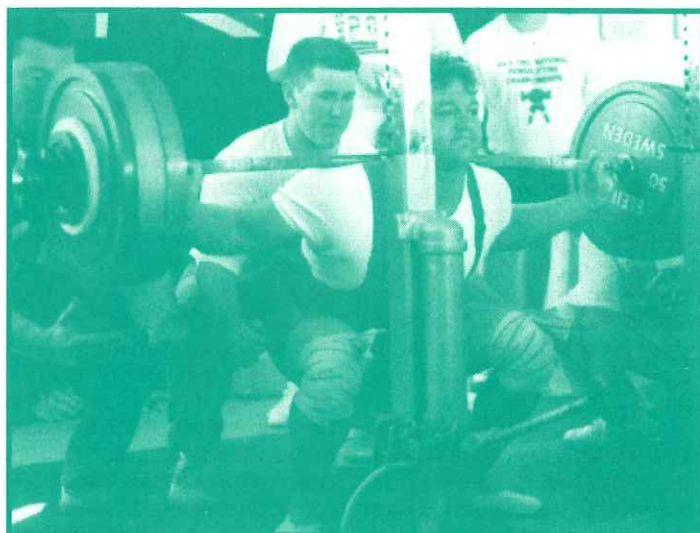
The afternoon session saw the much anticipated battle between Peter Rellos and Satya Agnihotry. Peter looked the cleaner in depth and technique

during the squats, but after that lift the gap was only 2.5 kg, 252.5 kg (Australian Record) by Peter to 250kg by Satya. Wilson Sandiria looked strong, but hit the showers early after three high attempts at 240 kg.

In the bench press, Satya survived a 2 to 1 decision on his third attempt to get 152.5 kg, and put himself 10 kg plus bodyweight ahead of Peter at sub-total time. After Satya's Australian Record deadlift in June, he appeared odds on to hold or extend his margin, and thus take the title. However, Satya cryptically missed 240 kg, but mad good at 247.5kg on his second. Peter then made the judgement to jump to the winning weight, and this paid off with an Australian Record 260 kg. This seemed to throw the NSW camp from overexcited confusion into some form of stunned torpor, and the bar was loaded and Satya called for the 252.5 kg he needed, but with no one apparently bothering to mention this to Satya. With some 15 seconds left, he was roused, and sent out, but missed this rushed attempt. Peter was the winner, 652.5 kg to 650 kg, and the squat, deadlift and total

Australian Records also went to Peter. As it turned out, Satya's missed deadlift cost him not only the 75 kg title, but the Best Lifter, Best Deadlift & team trophy for NSW. Thereafter, it was a long weekend for Satya.

In the 82.5 kg division, an equally close contest was fought out between John Powell and newcomer Simon Bradstock. John again was the master of technique and steadiness, and came through with his usual reliable total of 642.5 kg. Simon, perhaps feeling the effects of having to compete and make weight to qualify as an 82.5 kg only two weeks earlier, and also being in his first Nationals, was like a rag doll in the squat, being squeezed out from under 210 kg, coming back with a fast 220 kg and going under on a big jump to 250 kg. Come deadlift time, Simon needed 282.5 kg to pick off John, but on that weight his hips drifted backward, and so did his gold medal hopes, the weight stalling on his thighs. However, overshadowing both John and Simon was the massively built Papua New Guinean Michael Kane, only 19 years old. A 255 kg squat without supersuit was



DAVID ALPEN (S.A.) - on line for a 760 total & 1st place in the 100's

followed by 160 kg bench press, and a 250 kg deadlift for the potentially outstanding junior.

Further down the line, master lifter Tom McDonald was much improved in setting four over 40 records, while Dan Baker was the only one dismayed that his squats were ruled high. Shane Stringer's 160 kg bench press of only two weeks disappeared mysteriously, and Adrian Shrier's Australian Record remained intact.

Saturday night saw a small but high standard field of 12 women compete. In the 48 kg division, Silvana Vendito continued her steady improvement, with steady technique and records in the squat, deadlift and total. In the 52 kg class, Louise Doig was also out alone, and had a very near miss on an Australian Record 136 kg deadlift. At 60kg, Phoebe Woods of Northern Territory is a real find, her erratic technique limiting her total to a good 362.5 kg, but with 400 kg waiting to be unlocked from her powerful frame.

At 67.5 kg, Ellen Stanton was no doubt feeling the effects of having lifted in the World Games just two weeks prior, and also in an Olympic lifting contest that afternoon, but she lifted with her usual outstanding class for eight successes and a 445 kg total.

In the 75 kg division, Bev Smith, weighing just 69.3 kg, squeezed out eight successes, and a very good 390 kg. Junior Linda Ruggiero was steadier on the squat than in the past, but pushed 65 kg bench press forward twice before producing a Junior Record deadlift of 165 kg and a record total of 377.5 kg.

At 82.5 kg, the one true battle of the women's divisions was fought out between Robyn May and Julie Holmes. An Australian Record, and personal best by 7.5 kg, 165.5 kg squat by Robyn was countered with a 167.5 kg by Julie but, alas, this was on a fourth attempt, and so added nothing to her total, yet took precious energy away from her total. In the bench press, Julie went no less than 30 kg in front, but then faltered on 175 kg deadlift. Robyn responded with a magnificent 202.5 kg Australian Record deadlift, and thus edged Julie out of the title.

At 90 kg, Doris Maimu of Papua New Guinea was all at sea in the bench press, and exited at that point. The revelation of this class was Leanne Johnson's top form after

almost one year off with injury. She came through with 212.5 kg squat, 110 kg bench press and 192.5 deadlift, to total 515 kg, and just edge Ellen Stanton for Best Lifter.

Come Sunday morning, a rare non-event occurred, with there being no entrants in the Australian 90 kg title. Peter Kyriakos had been the sole entrant in this class, and his presence had perhaps contributed to the exodus from the division. However, in his often lackadaisical style, Peter tired of the chore of making weight when 92.4 kg at 5.00 am, and decided to pursue what he thought would be the leisurely task of taking the 100 kg title. Unfortunately, Peter had his fingers burnt when David Alpen came through with an improved 760 kg total to produce an Australian Record 187.5 kg bench press. That was capped off with an excellent record 297.5 kg deadlift, and Peter, whose total was sabotaged by a sloppy miss on 300 kg squat, could not make up the necessary ground. Patrick Whymark came in third, with a solid 670 kg, whilst Shaun Henderson showed disappointingly erratic technique, and no great advance in realising the potential he showed as a junior in last year's World Championships.

In the 110 kg class, cherubic Dale Lovell squatted a good 290.5, and went through to 702.5 kg total and a win in the Australian Championships over the feisty Tim Comerford. Anthony Young produced Blind World Records in third place, and, mercifully, spared the assembled through his party piece of removing his glass eye, a trick with which he wreaked havoc in a number of Brisbane places of hospitality over the weekend. However, surpassing even Anthony's showmanship was Russel Kun's joyous lifting at 110 kg in the South Pacific Challenge. The Nauruan powerlifting impresario breezed through 280, 300 and 320 kg squats, and also found 190 kg bench press to his liking. The chunky Nauruans do not like the deadlift, and simply do not warm up on that lift, but Russel was persuaded to do one warm-up set on 140 kg, and then to plough all the way through to a successful 245 kg third attempt. At 125 kg, the improving Rick Lewis was alone. A 335 kg record squat was strong, but 350 kg was not quite there. A solid 180 kg bench press was followed by a 300 kg deadlift opener. However, two attempts at 315

kg, which would have given Rick the Best Lifter trophy, were pulled from a good 2" in front of his shins, and, not surprisingly, were no gos.

In the 125+ kg division, Saviour Grech was also alone, but probably down in strength on the last year or two. However, despite a couple of missed attempts, Sav was steadier in this contest than his usual mercurial style, and, at least on the squat and the bench press, he got the most out of himself. After dropping his chest and falling forward on 325.5 kg squat, Sav, uncharacteristically but encouragingly, came back to make it with a near perfect effort. He then benched 188 kg, an Australian Record, but still down on the 190 kg done on a narrow bench in meltdown heat in Nauru last year (when he bombed on the deadlift), before a jump from 290 kg to 317.5 kg on the deadlift was lost at the top after a big effort. Looming over both Sav and Rick Lewis was the spirit of

NSW lifter Michael Abdullah, recently recovered from injury, resident in Japan and attaining 792.5 kg at 126.2 kg a week prior in the Japanese Championships, but threatening 850 kg when he lifts in the World Championships for Australia in December. Thus concluded the Championships, with Victoria taking both the men's and women's team titles, and Australia the South Pacific title. Peter Rellos won the men's Best Lifter title, and Ellen Stanton the women's.

The 1993 Australian Championships features the best standard of lifting and the tightest competitions since the new era of fully drug-tested competition began in 1991. With the drug bogey hopefully behind us now for good, the sport can only continue to go forward in terms of participation, standard and acceptability.

Robert Wilks

Name	W/Div	SQ	BP	DL	TL
Paul Waters NSW	56.0	135.0	95.0	175.0	405.0
Fred Litchfield QLD	60.0	165.0	115.0	205.0	485.0
Phillip Kerr VIC	60.0	207.5	107.5	210.0	525.0
Brad Sutton NSW	67.5	180.0	120.0	195.0	495.0
Max Bristow NSW	67.5	175.0	115.0	220.0	510.0
David Kent VIC	67.5	212.5	122.5	192.5	527.5
Michael Fry QLD	67.5	195.0	120.0	185.0	500.0

Name	W/Div	SQ	BP	DL	TL
R. Corbett NSW	75.0	190.0	130.0	225.0	545.0
S. Agnihotri NSW	75.0	230.0	152.5	247.5	650.0
Nick Butler SA	75.0	190.0	125.0	190.0	505.0
Peter Rellos VIC	75.0	252.5	140.0	260.0	652.5
David Smith NSW	75.0	185.0	105.0	230.0	520.0
S. Bradstock NSW	82.5	220.0	140.0	280.0	640.0
Dan Baker QLD	82.5	205.0	120.0	230.0	560.0
B. Humphires QLD	82.5	215.0	125.0	225.0	565.0
T. McDonald NSW	82.5	230.0	122.5	260.0	612.5
John Powell SA	82.5	240.0	150.0	252.5	642.5
S. Stringer NT	82.5	160.0	140.0	205.0	505.0

Name	W/Div	SQ	BP	DL	TL
S. Venditto SA	48.0	105.5	62.5	125.5	292.5
Louise Doig VIC	52.0	100.0	57.5	125.0	282.5
Phoebe Woods NT	60.0	132.5	70.0	160.0	362.5
Ingrid Cullen NSW	60.0	120.0	57.5	162.5	340.0
Ellen Stanton QLD	67.5	180.0	80.0	185.0	445.0
Bev Smith QLD	75.0	147.5	67.5	180.0	395.0
L. Ruggiero VIC	75.0	152.5	60.0	165.0	377.5
Julie Holmes SA	82.5	165.0	100.0	170.0	435.0
Robyn May VIC	82.5	165.0	70.0	202.5	437.5
L. Johnson VIC	90.0	212.5	110.0	192.5	515.0

Name	W/Div	SQ	BP	DL	TL
Paul Hayes QLD	100.0	225.0	152.5	240.0	617.5
P. Kyriakos VIC	100.0	290.0	180.0	280.0	750.0
David Alpen SA	100.0	275.0	187.5	297.5	760.0
P. Wymark NSW	100.0	260.0	155.0	255.0	670.0
S. Henderson QLD	100.0	245.0	150.0	255.0	650.0
W. Crawford VIC	100.0	202.5	155.0	197.5	555.0

Name	W/Div	SQ	BP	DL	TL
Dale Lovell QLD	110.0	-	-	-	-
A. Logan QLD	110.0	290.5	152.5	260.0	702.5
T. Comerford QLD	110.0	257.5	145.0	275.0	677.5
A. Young TAS	110.0	240.0	143.0	262.5	645.0
Rick Lewis NSW	125.0	335.0	180.0	300.0	815.0
Saviour Grech VIC	125 +	325.5	188.0	290.0	802.5

POWERLIFTERS ON TELEVISION!

Hello once again. In my last article I mentioned how I was leading a group of top Japanese powerlifters into battle on a TV game show. This particular show is very popular with the TV viewers. It goes to air every Tuesday night from 7 pm to 8 pm. My team consists of 4 weight class winners from the July 3 and 4 Nationals, a third place getter and a sixth place getter. The lightest of us comes from the 90 kg ranks.

So, as you can imagine, we're not a small team. Although I've been on this TV show a few times as an individual competitor, and will continue to compete individually from time to time, my last three TV competitions have been in the powerlifting team. In our first outing, we went up against a karate team, a pro-wrestling team, brickie labourers, and other physical teams.

We had to roll a van over a 50 metre obstacle course that included a 10 metre long bridge which was just as wide as the van. If we lost control of the van it would fall down into a trench 10 metres long and 1 metre deep. The van would then have to be lifted out of the trench, which was on both the left and right side of the bridge. We'd then have to get the van back onto the bridge, and keep on rolling. This outing saw the powerlifting team manage second place to a team that worked on the docks in Yokohama.

Although we completely out-powered all the other teams, we didn't have the finesse to control the van over the bridge. We fell into the trench on left and right sides far too often. The top two teams qualified for the final, which was held a month later. We had to compete against the side from the Yokohama dockyards again.

Also in the final were a team of sumos, an American military team, and a team from the lumberyards. The sixth and final team consisted of the men that dug the trenches - the grave digger team!!!

We got off to a pretty good start in the final. We showed a lot more control, and

we had a good strategy. We were always going to be the most powerful of all the teams, but power alone would not win us the final. We needed to roll the van over the bridge without falling into the trenches like we did on numerous occasions in the heat. We got to the bridge, and we fell in only once this time. But this fall cost us in the end as we were run down from behind. It was the team from the docks. But, with a last ditch effort, we heaved our van out of the trench, and, as fate would have it, we crossed the finish line together with the Yokohama dockyard team.

After viewing the video several times in this photo finish race, it was declared that we had a tie.

Our next race was a disaster. It was a complete fiasco, to say the least. This time we had to stand on two logs. Each log was 4 metres long and 100 kg in weight. There was a place where we could put our feet in, and strap them down with velcro. It looked like we had two enormous skis.

This was an obstacle race, the distance once again 50 metres. Timing and balance was the name of the game. Do you think a team of big powerlifters could work in together and balance together nicely? If you're not sure, let me put it this way — there's no hope in the world that any of us will get scouted to perform as acrobats for Barnum and Bailey's Circus. We got flogged well and truly.

The other five teams had crossed the finish line whilst we were still around halfway, tripping over, and all out of sync. But we finished the course, and gave plenty of entertainment. Although we had a disappointing result in the "ski" race, I'm sure we'll be back on the show.

The show has guest celebrities come on, and they bet on the team they think will win the race. There are all types of events, for example, how long someone can hang from a chinning bar, who can crawl 100 meters the fastest, etc.

So, until next time, stay tuned. Michael Abdullah



• Abdullah • Midote • Ozawa • Hiragushi • Mukai • Miyamoto

“Ask The Guru”!

Dear Guru

I have been training for two years. For the first year all went well and my total improved steadily. However, then my performances stagnated for months. In desperation I decided to follow a program I saw written up in "Powerlifting U.S.A." The article was written by a world champion who said that it resulted in him totalling a world record.

I followed this program to the letter for 12 weeks and found that my total no longer was stagnating. It had gone backwards! How can this be, when the same program produced a world record?

Confused
Balaclava

Dear Confused

There are plenty of reasons why following a program written in a magazine would produce negative results, even if it is supposed to be a world champion's program.

1. The program may be a complete fabrication. Do you really think a World Champion still lifting would want to give out his secrets.
2. The lifter who wrote the article may be more talented than you. As in all sports, a powerlifter's success may be due in large part to the fact that he or she was genetically endowed with the attributes necessary to be extremely strong.
3. The lifter who wrote the program may be using steroids or other drugs and can handle bigger weights and longer workouts more often without overtraining.
4. The lifter who wrote the programme would have set it up to his own advantage, i.e. relative to his lifting technique and weaknesses.

The Guru

If you have any questions you would like answered (Questions about drugs will not be answered) please write to: **ROBERT "THE GURU" WILKS**
P.O. BOX 160
SOUTH YARRA
VICTORIA 3141

NEW BODYWEIGHT CLASSES?

Over the last few years, the IPF has considered the question of new bodyweight classes for powerlifting competition. At the 1992 IPF Congress, the IPF Medical Committee was instructed to look into the possibility of both new bodyweight classes (and hence a restarting of the World Record lift) and the organisation of a world-wide testing-in-training anti-doping program.

In turn, as a member of the IPF Medical Committee, I am overseeing the examination of bodyweight classes, whilst Dr Richard Herrick is attempting to make progress on the testing-in-training issue, with the Medical Committee to report back to the IPF Congress in November. Hence, I have asked the various national powerlifting bodies around the world to forward information on appropriate new bodyweight classes.

If anyone in Australia has relevant information on such

things as bodyweight distribution in athletic and non-athletic populations, strength performance relative to bodyweight, data bases that would allow location of research articles on the distribution of bodyweight, etc. I would be grateful if such information could be forwarded to:

Robert Wilks
PO Box 160 SOUTH YARRA
VICTORIA 3141
Fax: (03) 629 5648

The IPF is not likely to change bodyweight classes and world records until comprehensive testing-in-training program is in place, and this may still be some time away. In the shorter term, the information gained may also allow a review of the formulae used for comparing powerlifting performances.

Robert Wilks

94' AGE NATIONALS

ROCKHAMPTON 11/12 JUNE 1994

Chandelier Ballroom, Duthies Leichardt Hotel,
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Special rates have been arranged
\$30 per person, twin share
Family rooms and rates can be arranged.

Restaurant, Bar & Cafeteria facilities are available

ALL BOOKINGS SHOULD BE MADE
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ENTRY FEE:
\$40 including presentation dinner

PRESENTATION DINNER:
To be held at Duthies at 7.30pm Sunday 12th June
Accompanying persons = \$25 each

TRAINING VENUE:
The Rockhampton Fitness Centre

MEET DIRECTOR:
ROBERT STANTON
3 Barry Street, Gracemere 4702
Phone (079) 33 1911 or (079) 27 8880

"LIFTERS" PROFILE #5

ELLEN STANTON (Queensland)

Age: 28

Occupation:
Head of Recreation Dept.
North Rockhampton Nursing Centre

Qualifications:
Assoc. Diploma in Community
Recreation. Currently studying for B.A.

Lifting Career:
Ellen started lifting in 1985. She has always been involved in sport, representing Central Queensland in Softball, Netball, Basketball and Track & Field.

Career Highlights:
Australian Champion
1986, 89, 90, 91, 92, 93

Oceania Champion
1990, 91, 92

Best Lifter Oceania
1990, 91, 92

World Championship Results
Perth 1989 = 6th
Nova Scotia 1990 = 6th
New Delhi 1991 = 3rd

World Games
The Hague, Holland = 5th

Current Gym:
Rockhampton Fitness Centre



Proudest Moment in Powerlifting:
Being selected to represent Oceania at the World Games this year.

Favourite Lifter:
Sylvester Anderson (USA)

Favourite Supplements:
Over the years Ellen has had her best results using Musashi Amino Acids.

Most Memorable Lifter Seen:
Ed Coan squat 410kg at the World Championships in Canada.

Training Approach:
Dedication and total commitment for a purpose while having fun at the same time.

Favourite Food:
Lasagne, Cheesecake and Japanese Slipper (Drink)

Ambition:
To break the 500kg total barrier.

"Vending machines bring in income while you spend time with other ventures"

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PHONE 07, 288 4482 or fax 02 699 4853

1993 WORLD GAMES THE HAGUE, HOLLAND

The Hague, Holland was the scene for the 1993 World Games on the 24th of July which drew the very best Powerlifting had to offer from all over the world.

You just knew that you were in for something special when weights of 250 kilograms plus were being lifted by a certain someone at a bodyweight of only 59.5 kilograms.

Presentation of athletes at the Opening Ceremony was performed in order of sport participating. Each country provided representatives for their respective sports. A gala night of entertainment was to be seen, with a laser light show, dance, musical and giant Earth ball in the design of the world.

The Earth ball was lowered to the centre of the arena, and passed over the athletes' heads and through the crowd. It was all a very spectacular sight. Great hospitality and friendliness was extended throughout the games from the host country.

Some of the highlights from the womens competition saw a tiny Spanish girl Squat a World Junior Record 157.5 kilograms at only 51.5 kg bodyweight. A few other outstanding achievements were executed by Beate Arndahlat 59.9 kilograms Squatted 205 kg for a new world record.

Ingeborg Marx gave a scream of joy when she successfully attempted a World Junior Record Squat of 177.5 kilograms and Carrie Boudreau set the highest Malone points total ever recorded.

Cathy Miller of New Zealand completed a huge total of 637.5 kilograms for a new World Record at 81.8 kilograms. Cathy won her division as Oceania's Representative with the guidance of coach Graham Fong.

In the men's division there were only 12 lifters entered, which reduced to 11 with the surprise disqualification of Isagawa of Japan for missing all

three Bench Press attempts at 152.5 kilograms. He had only recorded one squat attempt, so things were not going well.

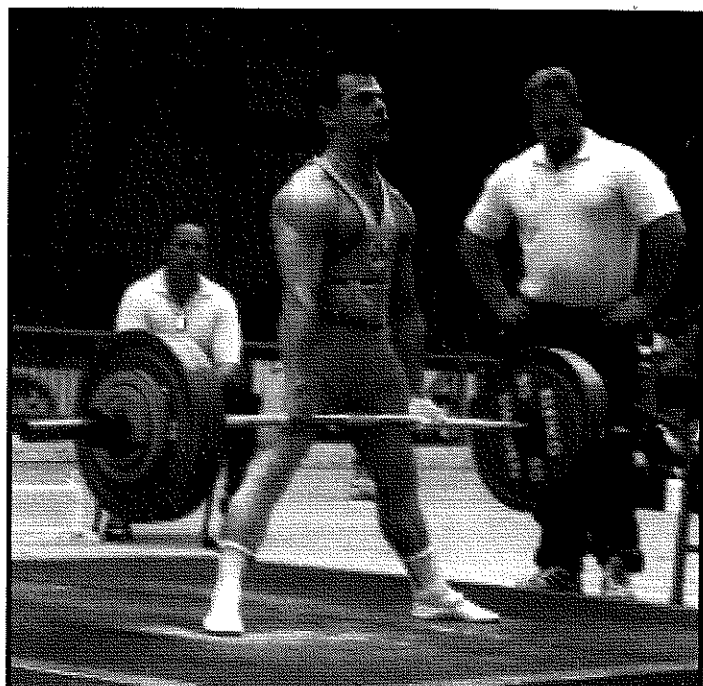
Second and Third place in the lightweight division were separated by the closest of margins. All three remaining competitors in this division only recorded their first attempt Deadlifts.

In the middle-weight class, Sly Anderson of the USA elected not to attempt his second Deadlift, and give it his all on the final attempt, but a failure at this weight saw him relegated to second place.

Gene Bell showed great control to outlift Victor Naleikin of the Ukraine. Victor's total of 947.5 kg, including a Deadlift attempt at 370 kg, this still was not sufficient to compensate for his heavier bodyweight over Gene Bell.

The crowd were part of every lift that took place on the platform, and motivated many to personal best lifts and record attempts. The chance to compete at a World Games in power lifting only comes around every four years, and it was great to be selected to represent Australia and Oceania at this championships. Support from other athletes of all sports, and within powerlifting was very comforting and helpful.

Ellen Stanton



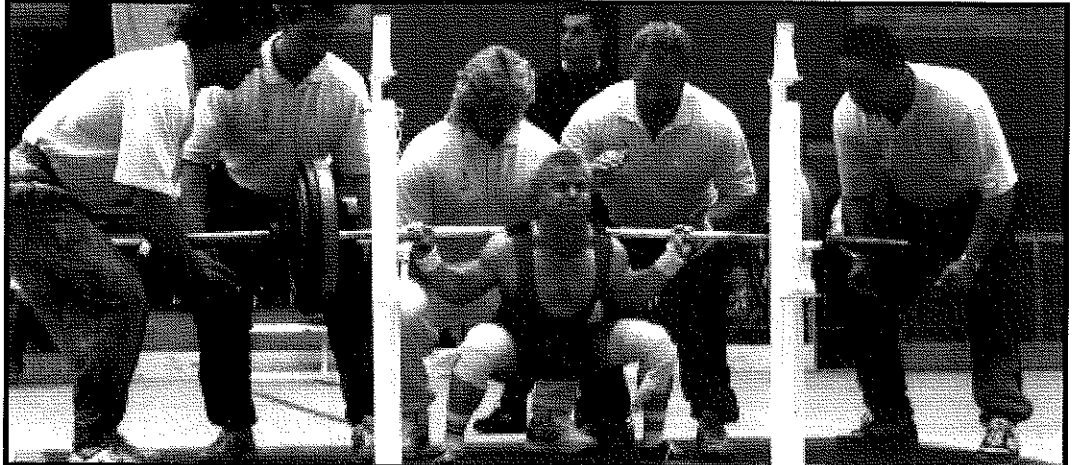
GERARD McNAMARA (Ireland) - at 59.5 kg, lifting a 250 kg Deadlift

Women's Finals, The Hague, 25th July

Name	Weight	SQ	BP	DL	TL
C. Cognacq Fr	48.7	142.5	67.5	167.5	377.5
R. Koskinen Fi	45.1	150.0	62.5	137.5	350.0
G. Cristobal Sp	51.5	157.5	67.5	162.5	387.5
A. Leverett USA	46.5	130.0	75.0	147.5	352.5
N. Janot Fr	46.3	130.0	72.5	147.5	350.0
L. Lin ChT	51.0	155.0	75.0	142.5	372.5
C. Boudreau USA	56.3	185.0	102.5	195.0	482.5
B. Arndahl No	59.9	205.0	95.0	182.5	482.5
i. Marx Be	55.6	177.5	85.0	180.0	442.5
H. Chen ChT	59.1	182.5	75.0	162.5	420.0
E. Stanton Aust	67.0	175.0	77.5	185.0	437.5
C. Millen NZ	81.8	230.0	150.0	257.5	637.5
T. Diande USA	71.3	195.0	125.0	220.0	540.0
S. Corson USA	90.4	245.0	135.0	200.0	580.0
U. Herchenhein Ge	96.8	215.0	142.5	225.0	582.5
M. Norberg Sw	78.6	185.0	95.0	197.5	477.5
C. Chao ChT	94.2	220.0	112.5	185.0	517.5

Men's Finals, The Hague, 25th July

Name	Weight	SQ	BP	DL	TL
G. McNamara Ir	59.5	240.0	155.0	250.0	645.0
R. Hypolite GB	65.4	255.0	135.0	285.0	675.0
S. Zhuravliev Ru	51.2	205.0	115.0	200.0	520.0
H. Isagawa Ja	55.7	200.0	-	-	-
F. Schramm Ge	88.5	355.0	227.5	305.0	887.5
S. Andersen USA	88.1	322.5	197.5	322.5	842.5
Y. Hsieh ChT	75.9	277.5	152.5	270.0	700.0
W. Forsey Ca	81.0	265.0	127.5	272.5	665.0
G. Bell USA	90.1	340.0	215.0	315.0	870.0
V. Naleikin Uk	123.4	370.0	217.5	360.0	947.5
B. Reynolds GB	100.2	307.5	230.0	320.0	857.5
J. Jorkevold Ne	135.4	350.0	225.0	330.0	905.0



SERGEY ZHURAVLIEU - 205 kg Squat at a bodyweight 51.2 kilograms went on to total 520 kg