



1994

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

Volume 2. - Edition 1.

SUMMER EDITION

Editor: Nick Butler

1993 MENS & WOMENS WORLD CHAMPIONSHIPS

**Jonkoping, Sweden
27th November to 5th December**

Once again a massive World Championship was held in 1993 and once again it was the resolve of all concerned that in future years men's and women's events will be held as separate events.

Irrepressible meet director Jarmo Nouivanen oversaw 279 lifters taking part in these Worlds over nine days, and the depth of standard and range of countries participating demonstrated powerlifting's growth into a true world-wide sport.

Distance and financial uncertainties limited Australia's participation to four lifters. Our only woman competitor, Robyn May, suffered the frustration of incurring a hamstring injury four weeks prior to the Championships. However, she got the most out of herself on the day, despite her sabotaged preparation, came in 11th at 82' kg, and just missed the bronze medal in the deadlift.

The outstanding male lifter for Australia was Peter Kyriakos, who totalled 770 kg at 90 kg, and added 22' kg to the Australian total record. Peter squatted 280 kg, 290 kg and then 300 kg, and was equally steady on the bench, three successes finishing on 182' kg. No Kyriakos contest is complete without Peter having at least one mental shutdown, and non-movement of 287' kg on a second attempt deadlift was followed by berating, improved alertness and a success on the same weight.

Peter's 770 kg would have to stand as the best performance by a male lifter since the "new era" in Australian powerlifting, and is all the more creditable for being done at a World Championship.

At 82' kg, Simon Bradstock came in light at 81.8 kg, and had his total savaged by missing a large jump from 220 kg to 252' kg in the squat. However, his bench and deadlift were more solid, and he finished with 630 kg for 14th. Simon made the mistake of competing between the Nationals and the Worlds, and will be much improved for the future by his experience in 1993.

Michael Abdullah was dramatic and impressive with his 805 kg for 9th in the 125 kg class. In the squat, a 305 kg success was followed by a befuddlement, and timing out when he could not get set on 315 kg; however, Michael came back with a hard success on 317' kg. Three good benches finished on an Australian Record 200 kg, and 287' kg deadlift, completed a successful day for Michael.

Amongst the other nations, there was some truly outstanding lifting. Polish midget Andrzej Stanaszek had

muscled up to a massive 51.5 kg bodyweight this year (47 kg in 1992), and improved his total to 567' kg and his bench to 172' kg. Indonesia took out a double via Thios and Narda in the relatively thin 56 kg and 60 kg classes. At 67' kg, Sivokon was not quite as impressive as he had been in winning the World Juniors only a month prior, but comfortably took the World Senior title he had so obviously given notice to in Canada.

David Ricks once again scraped by on one squat, but then settled down to take the 75 kg class, whilst Jarmo Virtanen was once more outstanding in again winning the 82' kg class. At 90 kg, Gene Bell just held off improving former East German Frank Schramm, whilst Jon Gunnarson still showed the effects of his torn pec from 1992 in 3rd place.

At 100 kg, Ed Coan lifted cautiously, by his standards, to take the title with a still massive 1017' kg. This was the highest total of the meet, 135 kg ahead of the runner-up, and of such magnitude that it overcame the mysteries of the Schwarz Formula to win the Champion of Champions trophy for Ed. In third place came Derek Pomana of New Zealand, fulfilling the huge promise he showed as a virtual beginner at the 1988 Worlds in Perth.

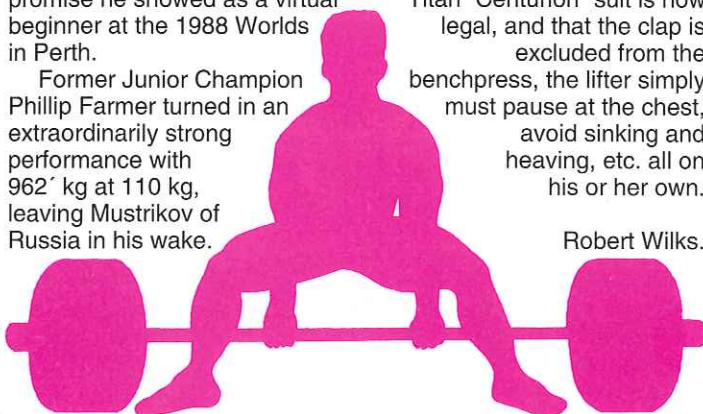
Former Junior Champion Phillip Farmer turned in an extraordinarily strong performance with 962' kg at 110 kg, leaving Mustrikov of Russia in his wake.

Haarakangas showed typical Finnish determination to get 340 kg squat after four attempt at it (three misses, and then an upheld appeal at the jury) whilst lifting with a broken wrist, and ended up coming in fourth. Kirk Karusoski was pressed hard this year by his Ukrainian nemesis, Naleikin, but held on for a 7' kg win. In the 125+ kg class, Hans Zerhoch finally had his moment atop the victory dais, holding off Karl Saliger and "Chief" Harold Collins. Zerhoch had, in both 1991 and 1992, initially been placed second, and subsequently been elevated to first after the drug test results.

In the women's lifting, Cathy Miller's 655 kg at 90 kg (actual bodyweight 83.2 kg) stood out as a phenomenal performance, although the Malone Formula indicated otherwise, Champion of Champions going to Carrie Graffan of the US for 500 kg at 56 kg. Although not all of the women's lifting was witnessed by myself, it was in these classes that larger fields and the contribution of the former Soviet countries to the depth of standard was evident.

At the IPF Congress, held in the middle of the Championships, many rule changes were considered. However, the two changes of note were that the Titan "Centurion" suit is now legal, and that the clap is excluded from the benchpress, the lifter simply must pause at the chest, avoid sinking and heaving, etc. all on his or her own.

Robert Wilks.



1994 in Preview

1994 will be the busiest year yet on the national and international calendar for Australian powerlifting. The big events will be: Women's World Championships, Rotorua, New Zealand, 24th to 28th May.

The Australian team has already been selected for this event, which will be a chance for our team to achieve a high international placing. The tourist resort of Rotorua will provide a scenic backdrop to the first Women's World Championship in the Southern Hemisphere since Perth in 1987.

Australian and South Pacific Juniors and Masters Championships, Rockhampton, 11th and 12th June. Sunny Rockhampton will host these combined championships, with Australia's Masters and Juniors against the Pacific's best. Entries must be made through your State association by mid-May.

World Junior Championships, Bali, Indonesia, 21st to 26th June

Another relative nearby World Championship gives Australia a further opportunity to perform well. The Australian Men's and Women's Junior (under 23 on 1/1/94) team will be picked from nominations forwarded to Robert Wilks by 9th March (PO Box 160, South Yarra VIC 3141).

Australian Championships, Adelaide, 22nd to 24th July
Australia's premiere event will return to Adelaide, and the capable hands of Meet Director Nick Butler. Entries through your State association by mid-June.

World Masters Championships, Bratislava, Slovak Republic, 18th to 23rd October

Deep into central Europe will travel those hardy Masters lifters (men and women, over 40 and over 50) who represent Australia in this event. Contact Robert Wilks for further details.

Australian Bench Press Championships, 22nd and 23rd October

Once again this event will be held in each capital city, with results collated to determine the best bench pressers in all age group and bodyweight categories. Details from State associations.

Men's World Championships, Johannesburg, South Africa, 15th to 20th November

South Africa continues its return to world sport by holding powerlifting's biggest event. The tourist resort of Sun City will be the venue for the 200 lifters and 40+ nations likely to take part. The Australian team will be selected immediately after the Australian Championships, from lifters who nominate to Robert Wilks by then.

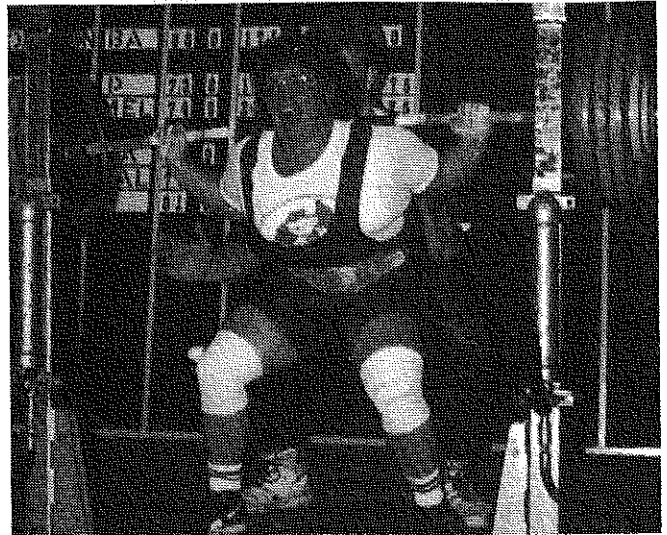
World Bench Press Championships, Javanpaa, Finland, 2nd to 4th December

Intrepid bench pressers selected in the national team will venture to icy Finland for the World Championships in that discipline. The team will be determined after the Australian Bench Press Championships.

Oceania Championships, Sydney, 2nd to 4th December 1994 sees the return of the Oceania Championships to Australia. This event will give many lifters the chance to gain international competition against those from New Zealand, Nauru, Papua New Guinea, and other Pacific nations. Details will follow later in the year.

"LIFTERS" PROFILE #6

LEANNE JOHNSON (Victoria)



Age: 22

Occupation: Gym Instructor

Lifting Career:

Started lifting in 1985 after winning 2 Vic. Schools Weightlifting Titles in 1984 & 1985 without any training. Competed in weightlifting in 1985-86 and started Powerlifting in 1986.

Career Highlights:

4 times Australian Junior Champion
7 times Australian Senior Champion
4 times Oceania Champion
1992 World Junior Champion

World Championship Results:

Belgium 1988
- 6th place at 16 years of age
New Delhi 1991
- 3rd place
Sydney 1992
- 1st World Champion

Records:

Holder of Australian, Oceania, and Commonwealth records.
World Junior Back Squat, Benchpress and Total record holder.

Other Achievements:

3 time winner of the Ballarat Sportswoman of the year.

Coach:

Phill Kerr (Lucky Phil)

Current Gym:

Ballarat Health Studio

Ambitions:

To win a world senior title. To total over 550 kg's. To coach lifters (when retired)

Favourite Food:

Lasagne and Cheesecake

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PHONE (02) 567 7886 or fax (02) 599 4853

THE AUSTRALIAN MASTERS & JUNIORS AND AUSTRALIAN UNIVERSITIES POWERLIFTING TITLES 11th and 12th June 1994

For all those contemplating a trip to the tropics for a long weekend of good lifting, presentation dinner and a chance to meet old friends & foes on and off the lifting platform, mid June is the ideal time to visit our city on the Tropic of Capricorn. It is right in the middle of our dry season with pleasant cool nights and perfect sunny days in the mid 20's range.

The competition is to be staged in an excellent hotel venue with plenty of room for both warm ups and lifting.

The entry fee includes of only \$40.00 which includes your meal at the presentation dinner which is catered for at \$25.00 per head. Making this a very reasonable charge, compared to many contests. Please fill in the accompanying entry form nominating the number of additional diners with you on the night.

Rockhampton is a large provincial city of approximately 70,000 people & is the gateway to tropical Queensland. Anyone wishing to extend their stay is welcome to contact the writer on (079) 34 8152 phone/fax & I will arrange our visitors bureau to send you a promotional tourist package of brochures. Rockhampton is near the coast adjacent to Great Keppel Island with Heron Island nearby.

These titles offer all you partly frozen southerners a good excuse to fly north in the winter to defrost & lift to your real potential. A strong contingent of Queenslanders have their sights set on the team trophies & a contingent of Northern Territorians are looking to keep additional titles up here in the tropics.

For all you well matured lifters this will be the first Australian Titles for the new over 60 division & although it is officially a record only division we will be awarding trophies to all place getters & all records are up for grabs.

RALPH ATCHINSON
President
Queensland Power Sports Association

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THE SQUAT

by Ken Fougere (Canada)

(extracted from.. The Platform, Canadian Powerlifting Magazine)

When I was starting out as a powerlifter many years ago I did squats in singles, doubles and triples like everybody else. I went to my first competition and tried a 385 squat. I was bent over so much that I dumped the weight forwards, knocking over the racks and sending the bar off the four foot stage and into the audience. Pretty embarrassing. I knew that this type of routine was not for me.

I now do mostly high-bar squats, that is with the bar high on the back, and always maintain perfect form. This means that my knees are never forward of my toes, which forces my back to stay straight, and do not let my knees come together.

During the off season my squat routine consists of sets of 16 reps. That's right, 16 reps!

Start out light in your cycle and work up slowly to about 60% of your max, doing 5 sets of 16's. This means about 385 lbs for me. Guaranteed to make you heave your guts out.

Make sure to bury every rep and no belt, suit or wraps until the peaking cycle starts.

At 8 weeks to go to a meet, my peaking cycle starts. I squat twice a week, once heavy and once light. The light work out is 4 sets of 8 at 50% of max, and this stays the same right through. On the heavy day the bar goes lower on the back and starts at 70% to 75% for 3 sets of 5, after warmups. This continues for three weeks, going up 22lbs per week. The next three weeks are done 3 sets of 3 at 80% to 85%, again going up every week. This brings me to the last two weeks for doubles.

The most important points are perfect form, burying every lift, and not overestimating what you can lift.

I know many will not agree with what I do but after 20 years of totally drug free lifting, I have been national champion for 5 years, been to the worlds four times and in Holland four years ago I had the best squat in my weight class (75kg).

Ken Fougere

VAN ROLLING EVENT!

The total combined weight of the 5 men in the van was 530kg. Photograph was taken on 24th August 1993 prior to the van rolling event on Japanese television. In this event we totally dominated all opposition teams. *There were no tricks involved in this particular lift. No jacks, cranes, cables etc. Just fair dinkum power.

Recently the powerlifting team has been on TV, and gaining a fair bit of popularity. One of the reasons for this is that we are bigger and stronger than the other teams that enter the races on the very popular TV show called SANMA NO NANDEMO DERBY (translated into English as Sanma's Anything Goes Races.) Sanma is a very popular TV celebrity, and a very experienced compere. Another reason why the powerlifting team is gaining popularity is that we always make an impact on the show in some way.

Each race always consists of six teams. Sometimes there is a handicap involved, although so far we have not entered a race where there has been a handicap. The guest gamblers on the show are all leading television celebrities. After they have been introduced to each of the six teams, and have received the odds for the race, the gamblers then have a bet on the race. But picking the winner is not that easy.

The races are designed so that it is possible for any of the teams to win. Not only that, but the gamblers must choose first and second place finishers. Each race needs an element of power and endurance, and a good strategy, as well as teamwork.

To date, our race history goes like this:

2nd in the car roll over a 50 metre obstacle course
1st (photo finish) in the car roll over a 50 metre obstacle course
6th (last by 10 furlongs) in an obstacle course race with logs

tyed to our feet to look like skis. Then, in an autumn TV special, we made a memorable comeback to obliterate all the other teams in the main event. It was important that we redeem ourselves for the fiasco in our last race, where we were heavily favoured to win but got a heavy flogging instead.

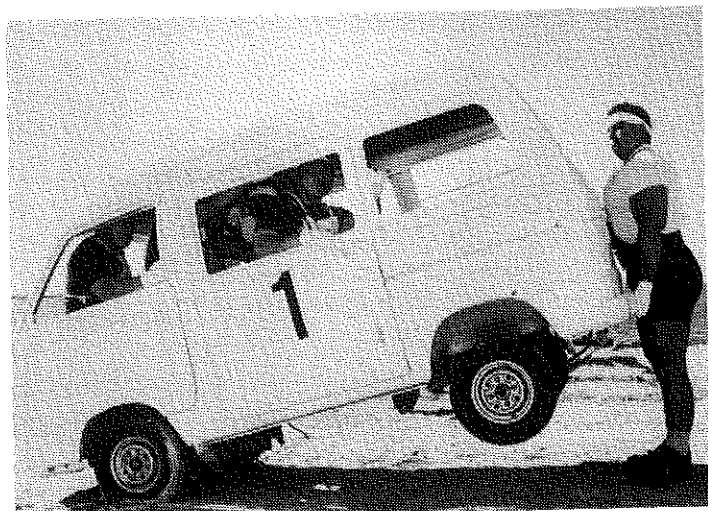
I think the stewards were called in because it was thought that we were all drugged (can't use that word any more without throwing all kinds of negative connotations up into the air). I think the stewards were going to call ASDA to run a drug test on us!!!

Anyway, the autumn special had us firm favourites to win yet another car roll, this time over a 70 metre obstacle course. We did not let anybody down as we won, running away.

Our next race is going to be a tough one. Usually we have a 6 man team. The next race is a 4 man team pulling a 200 kg rock by rope over a 100 metre course. The racecourse will probably be on sand, and on an uphill course. Actually, this will be like play for us, not because I think it will be like a romp in the park, but because the race will be held on Japan's northern island, called Hokkaido.

Airfares, hotel and all food will be paid for, not forgetting all the fun we shall be having, and the prize money if we can win. The life of a powerlifter in Japan is starting to be fun not just killer squats, benches and deadlifts.

Michael Abdullah



Hope you like the photo. — Michael Abdullah.

“Ask The Guru”

Dear Guru

I have been training and competing in powerlifting for a year now. I have made reasonable progress and have almost reached B Grade. However I see some competitors in Australia, and, especially, results from overseas with lifters doing totals that I can't conceive of ever achieving (even with drug-testing). I know that powerlifting requires years of training to reach the top, but I can't help but wonder if I have the potential to succeed in this sport. How can I tell if I have the basic ability to get anywhere in powerlifting?

Distraught, Ballarat

Dear Distraught

It would seem that a sad reality of life is that not all people are born equal in their physical and psychological potentialities. When it comes to strength performance, some of the genetic variables that will largely determine an individual's ultimate strength performance are:

A. PHYSICAL

(i) Somatotype, i.e. the bone structure and degree of muscularity of the body. For powerlifting, someone who is naturally a “mesomorph” (i.e. large bones, thickset, muscular) will have an advantage over an “ectomorph” (i.e. linear build, small bones, thin muscles) or an “endomorph” (i.e. round, relatively fat).

(ii) Length of bone levers. The longer an individual's bones (i.e. generally the taller he or she is), the greater the mechanical disadvantage in attempting to lift heavy weights, e.g. a longer spine will mean that a deadlift weight will be effectively multiplied by a greater leverage disadvantage, and will also simply be pulled a longer distance, thus requiring more work (i.e. greater muscular strength) to lift than would be the case for a lifter with a shorter spine.

(iii) Points of insertion of muscles. The points of “insertion” of muscles vary with each individual. The further away from a joint that a muscle inserts, the greater the mechanical advantage in attempting to lift a weight with that muscle-bone complex. The further the insertion is from the elbow, the shorter the forearm lever, and the less force the biceps has to overcome.

(iv) Neuromuscular efficiency. Strength performance is greatly influenced by the ability of the individual's central nervous system to recruit “motor units” in muscle, which in turn signal groups of muscle fibres to contract. The greater the number of motor units that can be recruited by a central nervous system impulse, the greater the number of muscle fibres which are recruited and the greater the strength performance.

(v) Muscle composition. Although it has not been conclusively established, it is possible that a greater innate proportion of “white” (i.e. supposed “fast twitch”) fibres rather than “red” (i.e. supposed “slow twitch”) fibres will enhance ability to perform maximum strength feats.

(vi) Muscle belly length. The cross-section area of a muscle can be increased by training, but its length is set at birth, and cannot be change. Thus, a person who is born with long muscles bellies (the muscle “belly” is the actual area of a muscle, as distinct from tendons attaching that muscle to the bone) will have the potential to create a large total muscle size by making that muscle thicker, as width x length = total muscle area. The bigger muscle will, of course, be stronger.

B. PSYCHOLOGICAL

Many aspects of an individual's psychological functioning are subject to the influence of environment, mental skills training, belief system, etc. However, it seems to be the case that some broad aspects of personality are in place from birth. Of possible relevance to powerlifting performance are the large innately determined qualities of:

(i) “Intelligence.” Despite what might seem to be some evidence to the contrary, powerlifting (as to virtually all other sports) requires a level of planning, analysis of feedback, self-regulation, input of information, etc. for maximum performance to be achieved for any given individual. This necessitates high levels in at least some intellectual capacities.

(ii) Nervous system arousability. Liability (i.e. changeability) and peak level of nervous system activation seem to be basic characteristics largely set at birth. Powerlifting is one of the few sports in which very high nervous system arousal is appropriate, and so individuals with labile and/or tonically highly aroused nervous systems may be at an advantage in that sport. Thus, whether you have any great potential in powerlifting will be determined by the above factors; whether you achieve that potential which nature has allowed you is more in your own hands. Long-term application of correct training principles will see you make the most of yourself, whatever that level may be.

(Questions about drugs will not be answered)
please write to: **ROBERT “THE GURU” WILKS**
P.O. BOX 160
SOUTH YARRA
VICTORIA 3141

SOUTH AUSTRALIAN 1993 RESULTS

South Australian Results — Colossus Bench Press Challenge 1st Qualifier, 28th February 1993

Name	W/Div	Age	Best Lift
Al Couch	52.0	sen/m	60.0
Catherine Brimage	56.0	sen/f	40.0
Terry Ticehurst	56.0	u/18m	52.5
Antoinette Bennett	60.0	u/18f	60.0
Michael Ticehurst	67.5	u/18m	70.0
Ashley Lukey	67.5	u/18m	-
Stephen Pope	67.5	sen/m	85.0
Graham Sims	67.5	o/40m	107.5
David Beames	75.0	sen/m	130.0
Pam Hancock	75.0	o/40f	60.0
Debra Matthews	75.0	sen/f	50.0
Geoff King	75.0	o/40m	95.0
Alan Woods	82.5	sen/m	155.0
Harvey Huxtable	90.0	o/50m	140.0
Glen Mount	90.0	u/23m	130.0
Dan Bellon	90.0	u/23m	130.0
Donna Jaensch	90 +	u/23f	52.5
Michael Lukey	110.0	sen/m	140.0
Dean Bennett	125.0	o/50m	150.0
Bernie Sharp	125 +	o/40m	130.0

South Australian Results — Colossus Bench Press Challenge 2nd Qualifier, 20th June 1993

Name	W/Div	Age	Best Lift
Silvana Venditto	48.0	sen	62.5
Katie Rauschl	56.0	sen	50.0
Dianne Ram	56.0	sen	57.5
Elizabeth Evans	60.0	sen	70.0
Antoinette Bennett	60.0	u/18	63.5
Nat Smith	60.0	o/40	65.0
Debra Matthews	67.5	sen	60.0
Pam Hancock	67.5	o/40	62.5
Leanne Baldock	75.0	u/23	47.5
Julie Holmes	82.5	sen	105.0
Donna Jaensch	90 +	u/23	57.5
Daniel Thomas	52.0	u/18	60.0
Michael Venning	56.0	sen	80.0
David Graham	60.0	o/60	62.5
Chris Gillies	67.5	u/23	90.0
Ashley Lukey	67.5	u/18	77.5
Paul King	67.5	u/23	110.0
Michael Ticehurst	67.5	u/18	67.5
Ricky Harker	67.5	u/18	80.0
Travis George	67.5	u/18	70.0
Charlie McMahon	67.5	o/50	80.0
David Beames	67.5	sen	130.0
Nick Butler	75.0	sen	130.0
Geoff King	75.0	o/40	95.0
Michael Arbon	75.0	sen	105.0
Michael Harrington	75.0	u/23	135.0
Thomas Coote	75.0	sen	120.0
Doug Flynn	75.0	o/60	85.0
Frank Friesiello	82.5	u/23	110.0
Don Juers	82.5	o/50	110.0
David Benson	82.5	o/40	95.0
Shaun Cavuoto	82.5	u/23	132.5
Brett Page	82.5	u/23	110.0
Kym Ogilvie	82.5	sen	142.5
David Foureur	82.5	sen	120.0
Dean Allan	82.5	sen	100.0
Leigh Evans	82.5	sen	130.0
Alan Woods	82.5	sen	155.0
Allan Colquhoun	90.0	o/50	100.0
Mick Arbon	90.0	sen	85.0
Harvey Huxtable	90.0	o/50	150.0
Jim Economos	90.0	sen	140.0
Ross Smith	100.0	o/40	145.0
Ken Smith	100.0	o/40	125.0
Dam Bellon	100.0	u/23	132.5
Vince Calabrese	100.0	sen	150.0
Robert Harris	100.0	u/23	155.0
Barry Grant	110.0	sen	155.0
Simon Kraljev	110.0	o/50	135.0
Dean Bennett	125.0	o/50	162.5
Ron Seeslah	125 +	sen	110.0



SOUTH AUSTRALIAN 1993 RESULTS

1993 South Australian Colossus Bench Press Championships Golds Gym, 15th August 1993

Name	W/Div	Age	Best Lift
Katie Rauschl	56.0	sen	52.5
Catherine Brimage	56.0	sen	42.5
Antoinette Bennett	60.0	u/18	60.0
Nat Smith	60.0	o/40	65.0
Debra Matthews	75.0	sen	62.5
Leanne Baldock	75.0	u/23	47.5
Pam Hancock	67.5	o/40	60.0
Julie Holmes	82.5	sen	100.0
Donna Jaensch	90 +	u/23	57.5
Al Couch	52.0	sen	60.5
Michael Venning	60.0	sen	95.0
David Graham	60.0	o/60	65.0
Ashley Lukey	67.5	u/18	80.0
Paul King	67.5	u/23	112.5
Michael Ticehurst	67.5	u/18	67.5
David Beames	67.5	sen	135.0
Charlie McMahon	67.5	o/50	85.0
Chris Gillies	67.5	u/23	90.0
Stephen Pope	75.0	sen	102.5
Doug Flynn	75.0	o/60	82.5
Michael Harrington	75.0	u/23	140.0
Thomas Coote	75.0	sen	112.5
Michael Arbon	75.0	sen	107.5
Geoff King	75.0	o/40	97.5
Allan Woods	82.5	sen	160.0
Dean Allan	82.5	sen	110.0
Paul Benson	82.5	o/40	90.0
Don Juers	82.5	o/50	105.0
Mick Arbon	90.0	sen	85.0
Jim Economoc	90.0	sen	135.0
Brett Page	90.0	u/23	117.5
Alan Colquhoun	90.0	o/50	100.0
Harvey Huxtable	90.0	o/50	155.0
Shaun Cavuoto	90.0	u/23	140.0
Robert Harris	100.0	u/23	150.0
Dan Bellon	100.0	u/23	147.5
Simon Kraljev	110.0	o/50	132.5
Ross Smith	110.0	o/40	160.0
Dean Bennett	125.0	o/50	170.0
Bernie Sharp	125 +	o/40	140.0

South Australian Results, 19th September 1993 City of Adelaide Power Lifting Championships Golds Gym

Name	W/Div	SQ	BP	DL	TL
Natalie Smith	60.0	65.0	65.0	80.0	210.0
Charlie McMahon	67.5	125.5	82.5	157.5	365.0
John Ashworth	75.0	155.0	90.0	180.0	425.0
James Harrap	82.5	200.0	122.5	250.5	572.5
Ben John	90.0	170.0	105.0	185.0	460.0
Colin Sussa	125.0	140.0	100.0	180.0	420.0

South Australian Results, 14th November 1993 Golds Classic — Golds Gym

Name	W/Div	SQ	BP	DL	TL
Romana Sitch	67.5	100.0	65.0	107.5	270.0
Pam Hancock	67.5	127.5	60.0	120.0	297.5
Trudi Carter	67.5	85.0	40.0	85.0	210.0
Judy Holmes	90.0	170.5	103.0	170.5	442.5
Michael Venning	60.0	50.0	95.0	100.0	245.0
Ron Coglin	60.0	80.0	82.5	120.0	282.5
Sean Paulich	67.5	150.0	95.0	190.0	435.0
Travis George	67.5	120.0	70.0	142.5	332.5
Charlie McMahon	67.5	122.5	87.5	150.0	360.0
Daniel Morrison	75.0	110.0	105.0	170.0	385.0
Nick Butler	75.0	185.0	125.0	185.0	495.0
Doug Flynn	75.0	125.0	85.0	160.0	370.0
John Ashworth	75.0	140.0	90.0	180.0	410.0
James Harrap	82.5	200.5	117.5	252.5	570.0
Paul Benson	90.0	175.0	90.0	230.0	495.0
Ben John	90.0	175.0	110.0	175.0	460.0
David Alpen	90.0	255.0	165.0	290.0	710.0
Tony Curtis	90.0	162.5	115.0	182.5	460.0
Colin Scutter	125.0	155.0	100.0	185.0	440.0

QUEENSLANDS 1993 RESULTS

Queensland Results, October 1993 Mt Isa Power Sports Open Championships

Name	W/Div	SQ	BP	DL	TL
M Darcy	67.5	75.0	45.0	110.0	230.0
K Brown	48.0	85.0	50.0	125.0	260.0
N Douthett	67.5	135.0	75.0	165.0	375.0
D Cranston	75.0	110.0	60.0	145.0	315.0
P Kagelaris	75.0	100.0	90.0	195.0	385.0
W Talty	75.0	115.0	100.0	185.0	400.0
P Myerscough	75.0	135.0	80.0	200.0	415.0
S Dunban	75.0	150.0	90.0	195.0	435.0
F Goodwin Snr	75.0	160.0	112.5	205.0	477.5
H Hovasapian	82.5	155.0	95.0	197.5	447.5
E Intila	82.5	165.0	117.5	180.0	462.5
N Moody	82.5	160.0	137.5	215.0	512.5
D Riches	82.5	200.0	132.5	220.0	562.5
F Stringer	90.0	189.0	170.0	225.0	575.0
D Horne	100.0	90.0	120.0	235.0	445.0
B Michaelif	100.0	190.0	125.0	210.0	525.0
R Atchison	100.0	205.0	155.0	250.0	610.0
M Lazell	100.0	227.5	132.5	262.5	622.5
W Tahapehi	125.0	200.0	105.0	235.0	540.0
F Goodwin Jnr	125.0	222.5	137.5	252.5	612.5
G Kokinos	125 +	227.5	130.0	200.0	557.5
D Campbell	125 +	205.0	180.0	235.0	620.0

Queensland Results, 27th November 1993 Queensland Open Championships Beenleigh Tavern

Name	W/Div	SQ	BP	DL	TL
Richard Grey	82.5	210.0	132.5	220.0	562.5
Dan Baker	90.0	210.0	130.0	235.0	575.0
Kevin McCann	100.0	200.0	120.0	225.0	545.0
Trevor Vladerman	100.0	210.0	130.0	240.0	580.0
Garry Hoffman	100.0	205.0	120.0	215.0	540.0
Sean Henderson	100.0	262.5	155.0	270.0	687.5
Ralph Acheson	100.0	210.0	145.0	250.5	605.0
Rusty Rusterholz	110.0	255.0	205.0	265.0	720.0
Chris Graham	125.0	160.0	130.0	190.0	480.0



★ Top Ten ★

ALL AUSTRALIA MEN BY GRADE

Name	State	B/W Div	Grade	Plus (Kg)
Peter Kyriakos	VIC	100	E1	15.0
David Alpen	SA	100	E1	5.0
Peter Rellos	VIC	75	E1	7.5
Peter Kyriakos	VIC	90	E1	50.0
Simon Bradstock	NSW	82.5	E1	2.5
Henning Bach	WA	125+	E2	47.5
Phil Kerr	VIC	60	E2	30.0
Simon Bradstock	NSW	90	E2	0.0
J Powell	SA	90	E2	5.0
Michael Pianko	NSW	125	E2	45.0

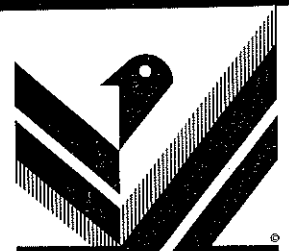
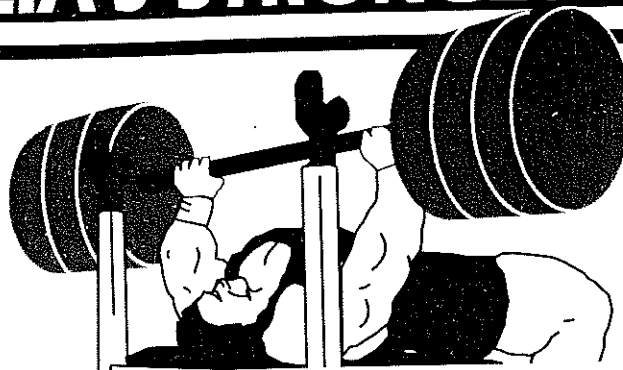
ALL AUSTRALIA WOMEN BY GRADE

Ellen Stanton	QLD	67.5	E1	60.0
Ellen Stanton	QLD	75	E1	15.0
Leanne Johnson	VIC	90+	E1	65.0
Julie Holmes	SA	90	E2	17.5
Beverly Smith	QLD	75	E2	25.0
Silvana Vendito	SA	48	E2	15.0
Alison Clark	SA	52	E2	10.0
Ingrid Cullen	NSW	60	E2	0.0
Robyn May	VIC	82.5	E2	27.5

Nick Butler - Australian Record Keeper 20-01-1994

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SOUTH AUSTRALIAN 1993 - 1994 RESULTS

continued...

South Australian Results, 13th February 1994 Foundation SA Grading — Golds Gym

Name	W/Div	SQ	BP	DL	TL
Micheal Venning	60.0	50.0	90.0	70.0	210.0
T Ticehurst u/18	67.5	107.5	65.0	120.0	292.5
Chad Muir u/18	75.0	97.5	62.5	132.5	292.5
James Harrap	82.5	190.0	120.0	250.0	560.0
Eugene Hogarth	82.5	132.5	105.0	177.5	415.0
David Alpen	100.0	260.0	165.0	295.0	720.0
Rakesh Sikand	100.0	195.0	120.0	240.0	555.0
Steve Little	110.0	200.0	160.0	240.0	600.0

VICTORIAN 1993 RESULTS

Victorian Results — Bench Press 3rd July 1993

Name	W/Div	Age	Best Lift
Shane Rogers	60.0		67.5
David Kent	67.5		122.5
David Solley	67.5		85.0
Frank Smarelli	67.5		110.0
John Aqualina	75.0		125.0
Adrian Shnier	82.5		155.0
Brett Smart	82.5		130.0
Tony Tie	82.5		72.5
Colin Russell	90.0		155.0
Declan Deasey	90.0		95.0
Andrew Aduca	90.0		110.0
Jez Mayo	110.0		140.0
Mat Taylor	100.0		120.0

Victorian Results, 24-25th September 1993 Australian Intersarsity — Melbourne University

Name	W/Div	SQ	BP	DL	TL
Julie Coute	56.0	90.0	50.0	100.0	240.0
Rebecca Berriman	90.0	117.5	47.5	122.5	487.5
Pat O'Brien V	56.0	90.0	55.0	130.0	275.0
Garet Lien Q	60.0	150.0	80.0	182.5	377.5
Ray Hope Q	60.0	140.0	85.0	192.5	417.5
John Elliot Q	67.5	135.0	97.5	157.5	390.0
Frank Smarello V	67.5	155.0	115.0	195.0	465.0
J Christopher Q	67.5	155.0	105.0	190.0	450.0
Chris Shore V	67.5	110.0	77.5	110.0	297.5
David Sully V	67.5	147.5	90.0	170.0	407.5
Brian Harvey W	70.0	-	90.0	175.0	
Andrew Staples Q	75.0	125.0	102.5	170.0	397.5
Kerrin Dambo Q	75.0	130.0	112.5	165.0	407.5
Roger Bradford Q	75.0	132.5	122.5	170.0	425.0
David Smith NSW	75.0	190.0	112.5	230.0	532.5
John Conte NSW	75.0	180.0	160.0	200.0	540.0
Tony Sparrow Vg	90.0	207.5	102.5	227.5	537.5
Adrian Shnieo Vg	90.0	160.0	160.0	200.5	520.5
Ben Russell Q	82.5	170.0	115.0	225.0	510.0
Michael List Q	82.5	137.5	82.5	150.0	370.0
Ben Power Q	82.5	180.0	100.0	210.0	490.0
Andrew Raduca V	90.0	185.0	118.0	222.5	525.5
H Hamilton Q	90.0	170.0	125.0	200.0	495.0
Darren Jones Vg	90.0	205.0	140.0	225.0	570.0
Peter Malic V	100.0	287.5	150.0	230.0	587.5
Doug Anderson V	100.0	175.0	120.0	222.5	517.5
E Graham NSW	100.0	160.0	130.0	210.0	500.0
Bill Ogburn V	100.0	235.0	125.0	245.0	600.0
Matthew Taylor V	100.0	210.0	117.5	225.0	552.5
J Hefferman NSW	100.0	240.0	135.0	230.0	605.0
Michael Fry Q	110.0	220.0	130.0	250.0	595.0
Paul Macarthy Q	110.0	190.0	112.5	245.0	547.5
Fred Goodwin Q	125.0	210.0	130.0	246.0	586.0

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VICTORIAN 1993 - 1994 RESULTS

continued...

Victorian Results, 30th October 1993 Victorian Country Titles — Ballarat

Name	W/Div	SQ	BP	DL	TL
Jackie Lamb	56.0	105.0	47.5	142.5	295.0
Dianne Kerr	60.0	105.0	62.5	145.0	312.5
Matthew Rumler	60.0	137.5	80.0	145.0	362.5
Shane Rogers	60.0	62.0	75.0	180.0	417.5
David Holtz	75.0	155.0	85.0	220.0	460.0
Peter Romeo	75.0	175.0	95.0	220.0	490.0
Tony Ties	82.5	137.5	77.5	172.5	387.5
Steven Crough	82.5	167.5	105.0	200.0	472.5
Kevin Lee	90.0	215.0	132.0	220.0	565.0
Brett Smart	90.0	200.0	135.0	215.0	550.0
Kevin Boatwood	100.0	222.5	150.0	210.0	522.5

Victorian Results, 18th December 1993 Metropolitan Championships Coach and Horses Inn, Clarkefield

Name	W/Div	SQ	BP	DL	TL
Leanne Johnson	90 +	222.5	112.5	200.0	535.0
Chris Holt	82.5	140.0	77.5	160.0	377.5
Darren Jays	90.0	210.0	147.5	212.5	570.0
Chris Gafa	90.0	210.0	120.0	242.5	572.5
Andrew Arduca	100.0	200.0	125.0	220.0	545.0
Peter Malic	100.0	227.5	155.5	265.0	647.5
Matthew Taylor	100.0	200.0	122.5	220.0	542.5
Mark Taylor	100.0	205.0	120.0	255.0	580.0
Bill Jubao	100.0	240.0	127.5	242.5	610.0

Victorian Results, 19th February 1994 Junior Titles — Melbourne University

Name	W/Div	SQ	BP	DL	TL
E Richards	52.0	100.0	47.5	105.0	252.5
D Henderson	60.0	112.5	50.0	125.0	287.5
L Dolg	52.0	97.5	55.0	122.5	275.0
S Johnson	60.0	75.0	35.0	90.0	200.0
T O'Brien	56.0	100.0	63.0	127.5	285.5
M Rummler	67.5	140.0	82.5	142.5	365.0
R Wilks	100.0	25.0	150.5	251.0	426.5
A Schnier	82.5	175.0	160.5	220.0	555.5
F Smarelli	75.0	180.0	117.5	207.5	505.0
A Ngelo Xerri	75.0	110.0	142.5	140.0	320.0
D Van	82.5	205.5	100.0	205.0	552.5
J Rupic	100.0	150.0	125.0	190.0	440.0
A Arduca	100.0	215.0	105.0	232.5	472.5
R Collins	100.0	130.0	142.5	183.5	417.5
A George	100.0	242.5	-	250.0	635.0
T Braut	110.0	172.5	127.5	210.0	627.5
V Roberts	110.0	250.0	110.0	245.0	460.0
C Braut	125 +	165.0	-	185.0	-

WESTERN AUSTRALIAN 1993 RESULTS

West Australian Results, 27th October 1993 Claremont Open Championships

Name	W/Div	SQ	BP	DL	TL
Cherie McMahon	67.5	107.5	75.0	130.0	312.5
Barrie Sheldon	100.0	230.0	110.0	220.0	560.0
Maurice Shafer	100.0	225.0	160.0	250.0	635.0
Murray Alexander	100.0	179.0	135.0	220.0	525.0
Doug Imhoss	100.0	155.0	135.0	170.0	460.0
Peter Smith	125.0	70.0	70.0	130.0	260.0
Grant Edwards	125.0	230.0	150.0	230.0	610.0

WESTERN AUSTRALIAN 1993 RESULTS

West Australian Results, 28th November 1993 Novice Open Championships The Warehouse Fitness Gym

Name	W/Div	SQ	BP	DL	TL
Viv Ward	60.0	82.5	37.5	100.0	220.0
Ron Weston	75.0	155.0	97.5	190.0	442.5
Allan Stherini	75.0	200.0	117.5	250.0	567.5
Danny James	75.0	177.5	85.0	202.5	465.0
Adam Ruchotzke	82.5	155.0	92.5	162.5	410.0
Clive Lacy	82.5	150.0	85.0	205.0	435.0
Kevin Beverly	110.0	270.0	175.0	275.0	720.0
Warren Hills	110.0	180.0	100.0	207.5	487.5

NEW SOUTH WALES 1993 RESULTS

New South Wales Results, 17th October 1993 Novice and Open Competition Tony's Gym, Brookvale

Name	W/Div	SQ	BP	DL	TL
Antellia Panain	44.0	55.0	35.0	80.0	170.0
Anne Durham	56.0	60.0	40.0	90.0	190.0
Kit Hannaa	60.0	105.0	60.0	120.0	285.0
Rube Wyllie	67.5	90.0	60.0	125.0	275.0
Gregg Lancaster	56.0	140.0	65.0	160.0	365.0
Jagish Lal	67.5	220.0	110.0	220.0	550.0
Tony Sarto	67.5	140.0	100.0	170.0	410.0
Con Pouloso	67.5	135.0	65.0	202.5	402.5
Mike Thurley	75.0	155.0	105.0	210.0	470.0
Peter Kennedy	82.5	205.0	140.0	230.0	575.0
Shane Kaloghlian	82.5	140.0	142.5	180.0	462.5
Simon Bradstock	82.5	250.0	158.5	280.5	487.5
Robert Hromek	90.0	220.0	130.0	-	-
Corey Stoplehan	90.0	100.0	95.0	180.0	375.0
Pat Spillane	90.0	-	-	-	-
Pat Daisy	90.0	165.0	120.0	235.0	520.0
Steve Rawlinson	100.0	150.0	100.0	190.0	440.0
H Brettschneider	100.0	200.0	120.0	215.0	535.0
Michael Landy	100.0	180.0	120.0	210.0	510.0
Rick Lewis	125.0	320.0	182.5	290.0	795.0

New South Wales Results, 4th November 1993 Hunter Valley Open and Novice

Name	W/Div	SQ	BP	DL	TL
Leanne Ogburn	52.0	100.0	50.0	135.0	285.0
Max Bristown	67.5	175.0	110.0	220.0	505.0
Peter Manion	75.0	130.0	77.5	215.0	422.5
Andrew Lambkin	75.0	160.0	110.0	210.0	480.0
Les Edwards	82.5	105.0	77.5	142.5	325.0
John Ogburn	82.5	170.0	85.0	182.5	437.5
Murray Wilkinson	110.0	195.0	120.0	200.0	515.0
John Savage	125.0	220.0	187.5	215.0	622.5

New South Wales Results, 5th December 1993 Mattitikka Challenge — Penrith Fitness Centre

Name	W/Div	SQ	BP	DL	TL
Carol Scott-Todd	56.0	100.0	52.5	125.0	275.0
Joanne Wheeler	56.0	95.0	50.0	130.0	275.0
Ingrid Cullen	60.0	127.5	60.0	162.5	350.0
Anne Mort	67.5	147.5	85.5	160.0	392.5
Cherie McMahon	67.5	105.0	75.0	130.0	310.0
Paul Walters	56.0	140.0	97.5	170.0	407.5
Max Bristow	67.5	190.0	115.0	225.0	530.0
David Clark	67.5	200.0	105.0	222.5	527.5
Satya Agnihotri	75.0	245.0	150.0	252.5	647.5
Robert Hodge	75.0	200.0	107.5	220.0	527.5
Michael Dolly	82.5	180.0	115.0	215.0	510.0
Robert Hromek	90.0	230.0	130.0	230.0	590.0
Darryl Kelly	100.0	250.0	145.0	250.0	645.0
Pat Wymark	100.0	295.0	175.0	260.0	525.0
Murray Wilkinson	110.0	195.0	130.0	205.0	530.0
Bernard Hawkins	110.0	215.0	127.5	260.0	602.0
Michael Bianco	125.0	340.0	180.0	285.0	805.0

NEW SOUTH WALES 1993 RESULTS

New South Wales Results, 1st August 1993 Intermediate Team Shield

Name	W/Div	SQ	BP	DL	TL
George Stuart	67.5	140.0	90.0	145.0	375.0
Michael Morgan	75.0	145.0	102.5	180.0	427.5
Lance Olds	75.0	170.0	117.5	180.0	467.5
Mario Locampo	82.5	152.5	97.5	185.0	435.0
Robert Hromek	82.5	220.0	120.0	230.0	570.0
Simon Bradstock	82.5	250.0	120.0	270.0	640.0

NORTHERN TERRITORIES 1993 RESULTS

Northern Territory Results, 10th July 1993 Open/Novice Competition — Yates Gym, Katherine

Name	W/Div	SQ	BP	DL	TL
Marie Beni	52.0	70.0	30.0	110.0	210.0
Phoebe Woods	60.0	125.0	65.0	150.0	340.0
Larteta Rosas	60.0	65.0	35.0	115.0	215.0
Raelene Wing	67.5	75.0	35.0	130.0	240.0
Mick Stone	67.5	120.0	85.0	180.0	385.0
Damien Williams	67.5	100.0	115.0	165.0	380.0
Peter Myerscough	67.5	135.0	75.0	205.0	412.5
Lyall Rosas	75.0	85.0	55.5	160.0	300.0
Stephen Brine	75.0	145.0	100.0	185.0	430.0
David Smith	75.0	120.0	92.5	190.0	402.5
Tony Martin	75.0	115.0	-	-	-
Tony van der Zwan	82.5	165.0	120.0	225.0	510.0
John Yates	82.5	195.0	100.0	217.5	512.5
Nigel Dyer	90.0	195.0	132.5	215.0	535.0
Carlo Zanido	100.0	230.0	175.0	280.0	685.0
Ray Church	100.0	240.0	140.0	235.0	615.0
Damien May	110.0	135.0	80.0	165.0	380.0
Chris Walker	110.0	165.0	107.5	210.0	482.5
Dale Campbell	125.0	200.0	170.0	230.0	600.0
Bill Lewis	125.0	205.0	80.0	205.0	490.0

Northern Territory Results North Australian Open Championships

Name	W/Div	SQ	BP	DL	TL
Cathy Hughes	52.0	80.0	47.5	112.5	240.0
Fiona De Graaf	60.0	70.0	30.0	95.0	195.0
Megan Darcy	60.0	-	45.0	115.0	-
Roland Priestly	60.0	105.0	40.0	130.0	275.0
Mick Stoner	67.5	130.0	90.0	195.0	415.0
Damian Williams	67.5	135.0	120.0	175.0	430.0
Tony Martin	75.0	120.0	80.0	180.0	380.0
David Smith	75.0	130.0	105.0	225.0	460.0
Elio Intilio	75.0	160.0	112.5	185.0	457.5
Tony Vanderzwan	82.5	170.0	125.0	230.0	525.0
Harry Hovasapian	82.5	165.0	105.0	190.0	460.0
Nick Moody	82.5	140.0	135.0	200.0	475.0
Shane Stringer	90.0	200.0	175.0	230.0	605.0
Rowan Smith	90.0	262.5	165.0	265.0	470.0
John Yates	90.0	175.0	110.0	215.0	500.0
David Duffield	90.0	170.0	107.5	225.0	502.5
Carlo Zamolo	100.0	272.5	205.0	300.0	730.0
Matthew Hook	100.0	110.0	120.0	170.0	400.0
Daniel Horne	110.0	135.0	125.0	237.5	497.5
Dale Campbell	125.0	227.5	187.5	245.0	660.0
Bill Tahapehi	125.0	205.0	112.5	250.0	562.5

Northern Territory Results, 24th July 1993 Alice Springs Regional Contest — Alice Springs YMCA

Name	W/Div	SQ	BP	DL	TL
T. White	90.0	192.5	110.0	200.0	502.5
Shane Stringer	82.5	195.0	160.0	205.0	555.0
G Davidson	90.0	200.0	110.0	195.0	505.0

CONGRATULATIONS - IT'S A GIRL

Congratulations to Mr and Mrs Rick Lewis (NSW) on the safe arrival of a beautiful baby girl, Casey Rebecca (7lb 9oz) on Christmas Day 1993 at 12.30 pm.

SOUTH AUSTRALIAN POWERLIFTING ASSOCIATION INC.

1994 Australian Senior Nationals

Entry Form

Friday July 22nd. - Sunday 24th. 1994

Lifters Name

Address

..... Postcode.....

Telephone (Home).....(Work)

State

Best total (since 8/8/93).....kgs Date..... Weight Class.....kg weight division

ENTRIES STRICTLY CLOSE JUNE 30th 1994

I fully understand that I shall compete under the rules laid down by the International Powerlifting Federation. I also understand that the equipment used in the Competition is governed by the rules of the International Powerlifting Federation, which means that it is of sufficient standard to meet the requirements of normal use.

Whilst the South Australian Powerlifting Association Incorporated shall use all care possible in making the sport safe, I am aware that unforeseen incidents may occur, and wish to exempt the South Australian Powerlifting Association Incorporated from any possible legal action. I understand that my entry fee only allows me to be weighed-in, have my equipment checked, warm up facilities provided, to participate in the competition, and to submit to an A.S.D.A. supervised drug test. If I go beyond these limitations I understand that the South Australian Powerlifting Association Incorporated obligations towards me shall be waived. I shall make my coach aware of these conditions and he/she shall sign the competition entry form to acknowledge that they agree to abide by the above conditions.

Parent or Guardian sig. (u/18 yrs)..... Sig. of State Ass. Sec.....

Lifters signature..... Todays date...../...../.....

Coachs signature.(if no coach write "no Coach")..... Todays date...../...../.....

QUALIFYING TOTALS TO BE ACHIEVED BETWEEN 8/8/93 & 22/7/94 (in A.P.F. OR A.D.F.P.A. competition)

	<u>MEN</u>	<u>WOMEN</u>
	44KG	180KG
	48KG	200KG
QUALIFYING	52KG	220KG
TOTALS TO BE	56KG	235KG
ACHIEVED	60KG	250KG
BETWEEN 8/8/	67.5KG	265KG
93 & 22/7/94 (in	75KG	280KG
A.P.F. OR	82.5KG	290KG
A.D.F.P.A.	90KG	300KG
competition)	90+KG	305KG
	100KG	-
	110KG	-
	125KG	-
	125+KG	670KG

SEND COMPLETED REGISTRATION FORMS ALONG WITH BANQUET, COACH & 1994 ENTRY FEE OF \$40.00 TO

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C/O-P.O. BOX 244, INGLE FARM SOUTH AUSTRALIA 5098

CHEQUES ARE MADE PAYABLE TO - S.A.P.A. INC.

1994 Australian Senior National Powerlifting Championships Friday July 22nd. - Sunday 24th.1994

- Sanctioned by: Australian Powerlifting Federation
- Organised by: South Australian Powerlifting Association Incorporated
- Meet Director: Nick Butler
- Correspondence: All correspondence must be addressed to:
THE MEET DIRECTOR - 1994 AUSTRALIAN SENIOR NATIONALS
P.O. BOX 244 INGLE FARM, SOUTH AUSTRALIA 5098
PHONE: (08) 264 3005(HOME) FAX: (08) 260 5296
(PLEASE CONTACT YOUR STATE SECRETARY IN THE FIRST INSTANCE WITH ANY QUESTIONS)
- Host City: Adelaide, South Australia
- Date: Friday July 22nd. - Sunday 24th.1994
- Annual General Meeting: Friday 24th July in the Quality Hotel Adelaide boardroom at 7.30pm.)
- Trophy Presentation Dinner: Sunday 26th July - "Magical Mystery Tour"
departs Hotel Adelaide 7.00pm.Coach transfer, 4 course meal,
return trip to Hotel Adelaide all included IN \$40.00 ENTRY FEE..
- Meet Venue: Quality Hotel Adelaide - "The Grand Ballroom"
62 Brougham Place, North Adelaide, S.A. 5006
- Hotel: Quality Hotel Adelaide.(your state secretary has colour brochures)
- Hotel Rates: \$75 per night, per room Single Twin Double -please quote powerlifting room rate-
(book direct with the Hotel - Reservations Free Call (008) 090 600)
- Training: Golds Gym, Ingle Farm.
- Transport: Airport to Hotel, Hotel to Training (bus - taxi - car)-please send to meet
director, in writing,arrival times flight numbers.
- Entries: Must be received by 30th June 1994 with full payment of \$40.00 all inc.
- A.S.D.A. ASDA forms with passport photos must have been sent 6 months prior
(ie: 24th. January 1994).
- Grading See entry form over

1994 WORLD JUNIOR & MASTERS POWERLIFTING CHAMPIONSHIPS HAMILTON (ONTARIO) CANADA

This gargantuan event saw 360 lifters from 40-odd countries compete over six days. Weigh-ins typically began at 6 or 7 am, and the lifting would finish anywhere between 10 pm and 1 am. This marathon spelled the end of combined world championships, and it was universally agreed after this that Junior and Masters will be held as separate events in the future. Promoter Bill Jamison deserves a courage and stamina award for taking on the 1993 Championships at short notice, and putting on such a successful event. Australia had ten lifters in the championships, and came back with three medals.

Bernie Devine overcame a shoulder injury, to take the bronze medal setting a new Commonwealth Bench Press record of 120kg.

Henning Bach wasted away 10 kg in the tense few days leading up to the over 40 125+ kg, and came in at an anorexic 146 kg, but was able to come through for third. The winner's total of 807 kg was within Henning's best, and he should do even better next year.

Linda Ruggiero scored a surprise second in the Junior Women's 75 kg. The two Ukrainian contenders in that division had recently both totalled 500+ kg, and this prompted a mass exodus to the 82 kg class; however, no one seemed to appreciate the group-think involved in this, and great was the angst in some quarters when it was realised, after the weigh-in had closed, that most of the 75 kg field had gone up. This left Linda in a good position, and she produced her best ever total of 382 kg to take the silver in a session that ended 10 hours after the weigh-in.

The Junior men from

Australia sometimes struggled in the great depth of standard in their fields, but everyone lifted creditably, and many produced personal bests in difficult conditions.

Team Lothario, Rohan Smith produced a very promising 650 kg for sixth place in the 82 kg, with one of the best efforts produced by our junior lifters. His third attempt squat had to be seen to be believed. He took home most of the Senior and Junior National records with him.

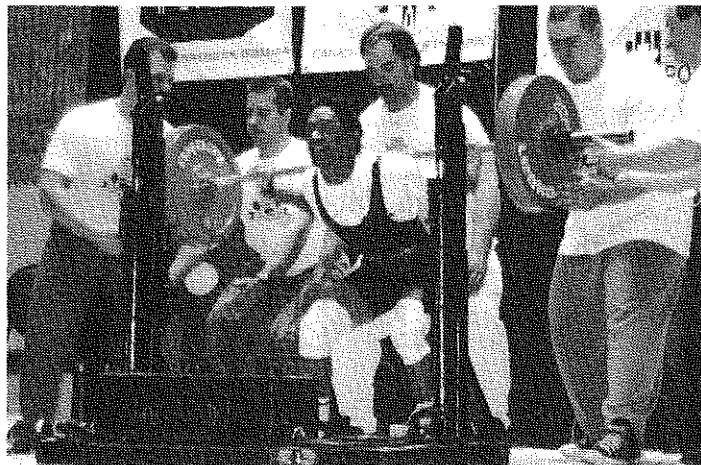
Paul Newman came through after a very edgy start to produce a personal best of 707 kg in the 125 kg class.

Scott Fletcher had the most professional approach of our Juniors setting new National Squat and Total records, and can expect to place higher in 1994 than his 18th here in a very tough 75 kg division.

Paul King was also solid, with 515 kg for tenth in the 67 kg class, setting a new junior national squat record of 210 kg's.

Philip Karlhuber showed great determination to come through after a knee injury in the squat, to produce a best ever total for ninth in the 100 kg class, hope to see him in Adelaide for the Nationals in '94.

After struggling to loose weight for three days and missing out by a kilogram 17-year-old Peter Myerscough gained invaluable experience for the future in the 75 kg



BERNIE DEVINE (N.T.) - Bronze Medal in the 60kg weight division

TEAM AUSTRALIA



PHIL KARLHUBER, PETER MYERSCOUGH, ROHAN SMITH, SCOTT FLETCHER, HENNING BACH PAUL KING, PAUL NEWMAN, LINDARUGGIERO & (PAM CUTJAR, BERNIE DEVINE) -missing

class.

In a class of her own was our only Masters woman lifter, evergreen Pam Cutjar. Many and varied were Pam's experiences in Canada, but she officiated, lifted, coached and gave support to all from Australia (and sometimes from Canada). Her own lifting was as nerve-racking as ever, but her eighth place was another creditable performance.

Overall, the standard of lifting continues to march forward with depth to high quality totals in every division. The outstanding lifter was 20-year-old Aleksey Sivokon from Kazakhstan, whose 747 kg at 67 kg, smashing world records in the bench press, deadlift and total by 50 kg's was effortless to say the least, and served notice that he will be the next World Senior Champion. Sharoni and

Triharyanto completed a double for Indonesia in the Junior 75 kg and 82 kg, whilst Olaf Nimmerfroh was impressive in the Junior 100 kg at least he thought so. Ingeborg Marx and Elena Soukhorouk stood out in the Junior Women's classes, whilst Juni Faamausili, from the US but looking to be of Pacific Island origin, was the outstanding Men's Masters lifter.

PAM CUTJAR - 8th
S-90 B-42.5 D-115 T-247.5

LINDA RUGGIERO - 2nd
S-155 B-65 D-162.5 T-382.5

BERNARD DEVINE - 3rd
S-165 B-120 D-182.5 T-467.5

HENNING BACH - 3rd
S-275 B-160 D-280 T-715

PAUL KING - 10th
S-210 B-105 D-200 T-515

SCOTT FLETCHER - 18th
S-220 B-130 D-210 T-560

PETER MEYERSCOUGH - 19th
S-145 B-85 D-182.5 T-412.5

ROHAN SMITH - 6th
S-240 B-145 D-265 T-650

PHILLIP KARLHUBER - 9th
S-210 B-132.5 D-225 T-567.5

PAUL NEWMAN - 7th
S-265 B-167.5 D-275 T-707.5