



# POWER-NEWS

## A U S T R A L I A

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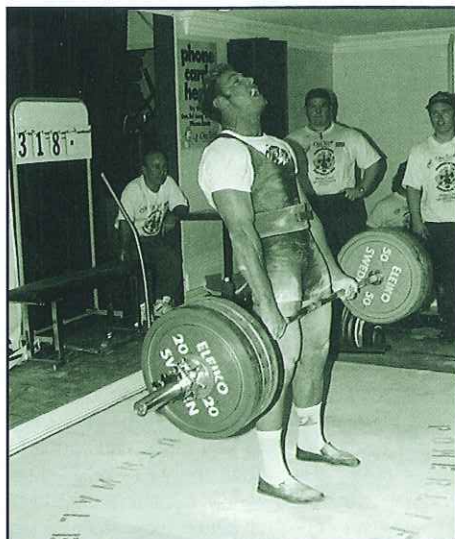
## THE ONE.TEL AUSTRALIAN CHAMPIONSHIPS

**The compact environment of the Rockdale RSL Club created the right atmosphere for a national championship and 48 lifters (including three from New Caledonia) obliged the full house with three sessions of outstanding lifting.**

In the Women's classes, Katrina Robertson stood out again. Squat depth is Katrina's nemesis and she scraped through on 210kg here, with 230 being way high, but 125kg bench was her best ever. In the deadlift Katrina pulled 241kg, less out in front than usual and thus came through with another world record, even though previously jaded and down in strength compared to the Worlds only a month prior. Once the word "periodisation" enters Katrina's vocabulary, 230/130/250/610 will come.

In the 90kg class, Lauren Watson was on target for 410kg plus at 82.5kg in her training, but decided to spasm her back and spend the week before the Nationals in hospital and so could manage only a token 355kg. At 82.5kg, Julie Deakin is a real find, some unstable squats being followed by a deadlift well down on her Mt Isa effort, but the total still being 412.5kg - 450kg plus is a distinct possibility for this talented newcomer. Another promising beginner from Queensland, Donna Clifford, was

all over the top of perennial 400kg totaller Bev Smith at 75kg. In the 67.5kg class, Anne Mort put in another good performance following her 402.5kg at the Worlds with a personal best



*The lift of the meet.....Rohan Smith's fourth attempt deadlift 318kg.*

407.5kg here. Sherie McMahon actually seemed more stable in her technique following her Worlds experience and came through with 377.5kg in second place.

At 60kg, Phoebe Woods at last put together a total commensurate with her ability, two whites on a very proppy 152.5kg squat helping her on to a 407.5kg total. Ingrid Cullen had been through the wringer at the Worlds and looked a little disorientated here with only three successes and a 360kg total. In the lightest classes, muscular Jeanette Gevers was out in front at 56kg and Silvana Verdito was as solid as ever at 52kg.

In the Men's, Bernie Devine came back to the big time at 60kg with a 495kg total, which qualified him for the World Championships and had room for more in the squat and bench press. At 67.5kg, Brad Sutton had a new haircut and a new attitude and went deep on every squat, finishing up with a 562.5kg total for a win over senior citizen Mark Bristow. In the 75kg class, Shawn Condon was left out in front after Franz Bartels came to grief in the squat.

The 82.5kg class is where the high squatters came to boogie, and Simon Bradstock was soon lost in a sea of red, while Jack Rowley got only his opener of

*continued page 2*

## OCEANIA PREVIEW

**December 6th, 7th & 8th are the dates, and Melbourne is the place for this year's Oceania Championships!**

National teams from Australia, New Zealand, Nauru, New Guinea, Tahiti, Tonga and the other island nations will compete in the Open, Junior and Master categories. The venue will be the Nauru-owned Downtowner Hotel, located in the heart of Melbourne's restaurant district, Lygon Street, Carlton and only 5 minutes walk from the City. The competition, accommodation and banquet will thus all be held under the one roof.

Lifters will include Australia's deadlift World Record Holder, Katrina Robertson, who will be heading for 250kg deadlift and 600kg total. Amongst the men, Nauru's Riddel Akua and Russel Kun will continue their battle for the title of the Pacific's Strongest Man, whilst NZ's potential

World Champion, Rodney T. will be let loose upon the 100kg Junior Records and Derek Romana will be back (hopefully) from another World Championships triumph.

Posters and entry forms are included in this issue of Power News. The Australian teams will be selected from those qualified lifters (ie. A-Grade Open, B-Grade Junior) entering by the due date; however an Oceania Invitational will be held in conjunction with the Oceania Championships and those not making the Australian teams will be able to lift in the invitational contest.

Fill in your entry form now for

your chance to rub shoulders with the region's greats. To book your accommodation, call the Downtowner direct on (03) 9663 5555.

**Robert Wilks**



*Oceania's greatest lifter, World 110kg champion, Derek Pomana (NZ)*

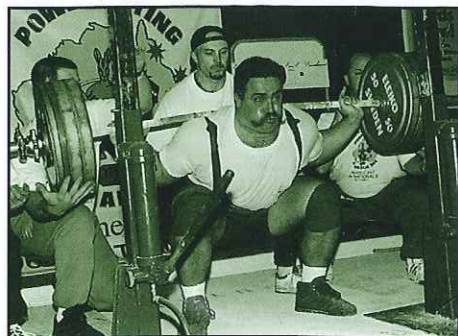




# THE ONE.TEL AUSTRALIAN CHAMPIONSHIPS (CONT.)

250kg. This let Robert Hromek in via a national record 263kg. However, Jack made up ground in the bench and came out way ahead after a fighting 277.5kg deadlift. Dave Smith snuck in for third after another spidery deadlift, whilst Robert Corbett was all the stronger for his move up to 82.5kg and Kelvin Kenny came back from some fear-propelled crash-dive squats to get his best bench.

At 90kg, Australia's best male lifter, Rohan Smith was in a class of his own, but a little rusty after not having lifted since last year's Worlds. Rohan's first squat, on 265kg, was dropped too fast at the top, but fought through for a success; he then over-corrected on the second, started with too slow a descent, and then made too rapid a transition into the rebound at the bottom of that lift but, again, determination saw the lift pulled off. In the bench, Rohan's descents were also a little unsteady, but 177.5 was a strong lift and in the deadlift he was



Abdullah! 320kg with a loose suit....almost!

pushed all the way by Bernie Welsford. Rohan took 295, 305, 310 and then a 4th 318kg all the same way – head down, bar out in front and yelling too early but with a focus and drive that overcame all, for 762.5kg total (770 if the 4th is counted) to put him fourth on the Australian Men's all-time list since drug testing was introduced (compared to:

(1) Kyriakos 812.5 at 100; (2) Kyriakos 775 at 90; (3) Rellos 687.5 at 75).

Back in second place, Bernie Welsford was improved via a 685kg total, and in third, Powerlifting's Jonathon Livingston Seagull, Peter Malic, continued his quest for inner meaning by journeying into the 90kg class and came out the other end with a 670kg total. Dan Barker's dive from the top and then premature brake in the squat problem was worse than ever, but his total will soon fill out in the 90kg class.

At 100kg, Fiore Inglese was slightly less demented than usual and added 15kg to his best total, but a sprinkling of erratic attempts held him back. Robert DeLuio did a limit squat of 255kg, had a bit to spare on a repeated 180kg bench, and was not alone considering himself hard done by when redlighted for dropping a 280kg deadlift, by either returning to his native 90kg or filling out at 100kg, Robert will be improved next time. From third backwards, a weary Kevin Conway found himself the worse for wear after a long night of hospitality at the St George Backpackers, Bill Ogburn continued to defy logic in coming back from impossibly hard second attempts, and Darren Jones improved once more.

At 110kg, Andrew Logan looked the part with a 315kg national squat record and thereafter was solid all the way through to a 785kg total. Andrew needs international competition for the next stage of his development but, sadly, is not available for this year's Worlds. Ted Dean pulled off an excellent second place in his first full year of powerlifting, whilst bench specialist Shane Stringer snared the national record in that lift.

Paul Newman was troubled by sore knees but came through with an 810kg total at 125kg, despite being limited to two squats and having to repeat 300kg deadlift. In the 125+kg, Michael Abdullah was more floridly Byzantine than ever following his repeated bench blow-outs of last

year. This time he checked in six bench shirts and one squat suit and, of course, his solitary squat suit blew out, leaving him to try and squat 320kg in a loose suit – which he would have done had he not dropped his head half-way up. In the bench, Michael followed his usual bizarre warm-up routine, not completed until after his second



Peter Malic looks into 'The Meaning of Life'

attempt on the platform, then put on a bench shirt for his third on 213kg (then why check in six shirts you might ask – don't even try to work it out) which he punched up easily but had turned down 2 to 1 for too short a pause. On to the deadlift, and Michael had to be restrained to the necessary 292.5kg to hold off the improving John March. With the right frame of mind, Michael was capable of at least 320/210/310 on the day, but when will we see the right frame of mind from this powerlifting extremist?

**Robert Wilks**

## RESULTS

Competitor	W/C	SQ	BP	DL	TL	Competitor	W/C	SQ	BP	DL	TL
<b>Women</b>											
1. S. Venditto (SA)	52	105	65	130	300	1. J. Rowley (WA)	82.5	250	165	277.5	692.5
1. J. Gevers (NSW)	56	120	65	135	320	2. R. Hromek (NSW)	82.5	263	145	245	652.5
2. R. Hadley (NSW)	56	90	50	135	275	3. D. Smith (NT)	82.5	200	135	285	620
1. P. Woods (NT)	60	152.5	80	175	407.5	4. R. Corbett (NSW)	82.5	207.5	142.5	250	600
2. I. Cullen (NSW)	60	137.5	62.5	160	360	5. K. Kenny (Vic)	82.5	187.5	145	230	562.5
3. L. Dallas-Morgan (NSW)	60	125	60	145	330	1. R. Smith (NT)	90	275	177.5	310	762.5
1. A. Mort (NSW)	67.5	152.5	90	165	407.5	(4th 318)					
2. S. McMahon (NSW)	67.5	145	80	152.5	377.5	2. B. Welsford (NT)	90	225	152.5	307.5	685
3. E. Toolin (Qld)	67.5	125	72.5	145	342.5	3. P. Malic (Vic)	90	245	150	275	670
1. D. Clifford (Qld)	75	157.5	87.5	170	415	4. D. Baker (Qld)	90	235	130	240	605
2. B. Smith (Qld)	75	152.5	72.5	175	400	1. F. Inglese (Vic)	100	280	150	285	715
1. J. Deakin (Qld)	82.5	157.5	70	185	412.5	2. R. DeLuio (Vic)	100	255	180	270	705
1. L. Watson (Vic)	90	145	65	145	355	3. K. Conway (SA)	100	225	170	282.5	677.5
1. K. Robertson (Qld)	90+	210	125	241	575	4. W. Ogburn (Vic)	100	260	152.5	257.5	670
<b>Men</b>						5. D. Jones (Vic)	100	247.5	157.5	245	650
1. B. Devine (NT)	60	180	125	190	495	6. M. Pastgua (NC)	100	200	147.5	200	547.5
2. M. Kochanek (Qld)	60	BMB				1. A. Logan (Qld)	110	315	172.5	297.5	785
1. B. Sutton (NSW)	67.5	215	145	202.5	562.5	2. T. Dean (NT)	110	240	185	250	675
2. M. Bristow (NSW)	67.5	185	112.5	227.5	525	3. S. Stringer (NT)	110	235	193	230	657.5
3. A. Jones (Qld)	67.5	157.5	107.5	185	450	4. M. Pelenatino (NC)	110	BMB			
1. S. Condon (Qld)	75	200	135	237.5	572.5	1. P. Newman (NSW)	125	310	200	300	810
2. R. Bradford (Qld)	75	195	137.5	200	532.5	2. H. Kumar (NSW)	125	315	200	250	765
3. F. Bartels (Qld)	75	BMB				3. J. Totele (NC)	125	210	150	275	635
						1. M. Abdullah (NSW)	125+	290	180	292.5	762.5
						2. J. Marsh (Qld)	125+	305	185	272.5	762.5
						3. G. Edwards (NSW)	125+	270	170	275	715





# WOMENS WORLD CHAMPIONSHIPS

Australia continued its climb back up the world rankings with a strong 12th place in the Womens World Championships held in the rural township of Kitchener, Canada, from June 29th to July 2nd. The big individual effort for Australia came from Katrina Robertson, with a fabulous World Record of 240.5kg in the 90+kg deadlift.

In the light classes, Russia dominated, that country's lifters easily winning the 44, 48 and 52kg classes. Carrie Boudreau of the US was once again way out in front in the 52kg class, and her 500kg total also took out the Champion of Champions Award.

The first Australian on the platform was Ingrid Cullen in the 60kg class. Unfortunately, Ingrid was struck down by food poisoning and came in at a light 58.6kg. A very low start on 110kg squat was followed by a miss on 125kg and then, mercifully, two whites on 140kg. Ingrid's old habit of a high bar placement causing bar descent on the way up, still haunting her. However, Ingrid stabilised somewhat thereafter and her total of 360kg was creditable under the circumstances.

Also at 60kg, Phoebe Woods gave another hint of the 400kg-plus she has locked away, via a 390kg done with a 145kg squat thrown away with a dip half-way up and 135kg left as her best in that lift. A 77.5kg bench also had a hesitation but was

completed satisfactorily, and a 177.5kg deadlift was a limit effort on the day. The net result was 390kg, an Australian Record total and a terrific fighting performance.

At 67.5kg, Sherie McMahon had also dined à la bucolic and was down in bodyweight and strength, but put out maximum effort nevertheless and will have learned something about meet preparation in this, her first Worlds. Veteran Anne Mort came through with her strongest performance for some time, 402.5kg being just 2.5kg below her best ever. The standout winner of this class was the muscular Sjöstrand of Sweden.

The 75kg class is the domain of none other than Bev Smith, who confounded the pundits with yet another 400kg total, despite her nomadic preparation. 47-year old Vicki Steenrod, a World Champion in the early 1980's, has made the transition to modern lifting conditions and came through to win with an outstanding 580kg.

In the heavier classes the fields were thinner (metaphorically, that is) and the only lifter of real distinction was Chao of Taipei, again World Champion and again carried off clutching her back. However, the big news for Australia was Katrina Robertson, coming in 5th, but throwing down the gauntlet for the future. Squat depth is Katrina's bugbear, but she got down with 222.5kg and a shaky 117.5kg bench had room to spare. In the



Katrina Robertson came back from her World Record 240.5kg in Canada with another Record 241kg in Sydney.

deadlift, Katrina was out on her own, pulled the bar a good 2" out in front and still hauled up 240.5kg for a World Record and the first appearance on the victory dais for an Australian for a long time. If Katrina's ability can be channelled through good technique and planned preparation, she will be a contender in the total within the next two years.

Robert Wilks

## RESULTS

Competitor	W/C	SQ	BP	DL	TL					
1. S. Tesleva (Rus)	44	145	80	155	375					
2. A. Prinkkala (Fin)	44	140	67.5	155	362.5					
3. N. Janot (Fra)	44	127.5	83	152.5	362.5					
1. E. Yamskich (Rus)	48	147.5	90	175	412.5					
2. R. Koskinen (Fin)	48	162.5	80	157.5	400					
3. L. Chang (Tai)	48	145	82.5	155	382.5					
1. O. Belnova (Rus)	52	176	100	190	465					
2. L. Lin (Tai)	52	167.5	97.5	170	435					
3. B. Street (USA)	52	160	77.5	160	297.5					
1. C. Boudreau (USA)	56	182.5	107.5	210	500					
2. S. Poplavskaya (Ukr)	56	175	105	172.5	452.5					
3. Keilii (USA)	56	167.5	102.5	172.5	442.5					
1. B. Altizer (USA)	60	195	115	177.5	487.5					
2. M. Kudinova (Rus)	60	192.5	102.5	187.5	482.5					
3. E. Himeno (Jap)	60	165	116	190	470					
10. P. Woods (Aus)	60	135	77.5	177.5	390					
12. I. Cullen (Aus)	60	140	60	160	360					
1. L. Sjöstrand (Swe)	67.5	215	115	230	560					
2. E. Tanakova (Rus)	67.5	200	112.5	200	512.5					
3. A. Ikeya (Jap)	67.5				205	105	197.5	507.5		
9. A. Mort (Aus)	67.5				152.5	85	165	402.5		
11. S. McMahon (Aus)	67.5				140	75	140	355		
1. V. Steenrod (USA)	75	217.5	142.5	220	580					
2. M. Zhguleva (Rus)	75	210	140	215	565					
3. A. Stiklestrad (Nor)	75	235	110	210	555					
10. B. Smith (Aus)	75	147.5	70	182.5	400					
1. N. Rumyantseva (Rus)	82.5	225	130	220	575					
2. S. Corson (USA)	82.5	227.5	127.5	202.5	557.5					
3. C. Lin (Tai)	82.5	205	115	192.5	512.5					
1. A. Korshunova (Rus)	90	217.5	122.5	240	580					
2. J. Ferrere (Fra)	90	227.5	120	220	567.5					
3. S. Ku (Tai)	90	207.5	115	182.5	505					
1. C. Chao (Tai)	90+	245	158.5	215	617.5					
2. U. Herchenhein (Ger)	90+	220	155	232.5	607.5					
3. C. Lee (Tai)	90+	235	132.5	230	597.5					
5. K. Robertson (Aus)	90+	222.5	117.5	240.5	580					
<b>Teams</b>										
1. Russia	69								2. USA	61
3. Chinese Taipei	53								12. Australia	12

## THANK YOU - ANSETT AUSTRALIA

Powerlifting Australia has been fortunate enough to enter into an arrangement with Ansett Australia for special rates on domestic air-travel with Ansett.

Any Powerlifting Australia member travelling for sport-related reasons can now book through Powerlifting Australia and travel for 40% off the standard full fare, eg. Melbourne-Sydney return is \$518 full fare, but only \$310 through Powerlifting Australia and Ansett.

Such tickets are treated as full fare tickets, ie. they have no restrictions as to time of travel, length of stay, change of flight, refund on cancellation, etc.

Sometimes there are cheaper priced tickets than 40% off available on Ansett, but these generally have major restrictions, eg. require a Saturday stopover, are non-refundable, flight times are not changeable, 21 days advance purchase required, etc. The fares through Powerlifting Australia and

Ansett are thus readily available, more flexible and much cheaper for mid-week travel.

Bookings are available to all members of Powerlifting Australia. At this stage, bookings must be made through either John Mort (ph/fax 04 937 4382) or Robert Wilks (ph 0418 366 416, fax 03 9826 5844).

All our international teams will now also travel by Ansett or its affiliated international airlines and Ansett signage will be at all major Powerlifting Australia events.

Robert Wilks



ANSETT AUSTRALIA



# OCEANIA NEWS

## PAPUA NEW GUINEA CHAMPIONSHIPS - 7TH JULY 1996

The 1996 PNG Championships were held at the Port Moresby Travelodge and attracted a bumper field of 32 lifters.

Outstanding performers included newcomer Donald Katwi, whose 792.5kg total featured a

200kg bench. Michael Kane returned to action after a two year absence following an unfortunate incident involving the PNG Association car and came in slimmed down at 77.7kg, yet totalled 685kg. Chief John Anis, who lifted in Mt Isa, was in charge again at

90kg, whils formerly high-squatting Wilson Wandiria (a bomber on 260kg at the 1993 Australian Championships) came through with a 600kg total, but was out-totalled at 75kg by Tony Lua.

**Robert Wilks**

### RESULTS

Competitor	W/C	SQ	BP	DL	Total	Competitor	W/C	SQ	BP	DL	Total
<b>Women</b>											
1. Boge Ovia.....	56	80	25	100	205	3. Kevin Komora.....	75	215	130	240	585
1. Kgia Lou.....	60	90	35	100	225	4. Lenda John.....	75	155	120	170	445
1. Janet Chan.....	67.5	125	60	135	320	1. Michael Kane.....	82.5	260	160	265	685
1. Doris Mamo.....	75	102.5	60	120	282.5	2. Simson Ori.....	82.5	260	145	235	645
1. Riku Miria.....	90+	130	55	120	305	3. Peter Ako.....	82.5	230	130	265	625
<b>Men</b>						4. Philip Kau.....	82.5	210	137.5	235	582.5
1. Gale Maraga.....	52	90	50	120	260	5. Tobias Swine.....	82.5	190	120	200	510
1. Gaudi Mea.....	56	105	55	120	280	6. Joe Dape.....	82.5	150	92.5	170	412.5
1. Tim Asepe.....	60	200	105	190	495	7. Ronny Longru.....	82.5	115	75	170	360
2. Masalat Wan.....	60	142.5	85	175	402.5	1. John Anis.....	90	265	165	280	710
1. Henry Kelo.....	67.5	230	110	225	565	2. Steven Ongia.....	90	250	140	215	605
2. Amos Wak.....	67.5	215	120	220	555	3. Paul Enuki.....	90	190	120	240	550
3. John Simbu.....	67.5	157.5	70	182.5	410	4. Larson Gerry.....	90	180	127.5	190	497.5
4. Dogado Mase.....	67.5	130	70	150	350	1. Frank Robby.....	100	260	150	255	665
1. Tony Lua.....	75	230	155	235	620	2. Nasi Maon.....	100	230	145	245	620
2. Wilson Wandiria.....	75	240	130	230	600	3. Naime Vagi.....	100	210	120	200	530
						1. Donald Kaiwi.....	125	302.5	200	290	792.5

## POWERLIFTING AUSTRALIA 1996 ANNUAL GENERAL MEETING

The Annual General Meeting of Powerlifting Australia was held in Sydney on 26th July, immediately prior to the national championships. The main outcomes were:

- The previous Board members were re-appointed for the next two years  
National Executive Director/Coaching Director - Robert Wilks, Finance Director - John Mort, Administration Director - Harry Hovasapian, Promotions Director - Brett Smartt, Officials Director - Glenn Hogue. The position of President is up for re-election in 1997.
- It is a requirement that all special groups who have powerlifting events run by Powerlifting Australia have every individual taking part be Powerlifting Australia members prior to participation, eg. the disabled, intervarsity, firemen, etc.
- Australian Records do not require individual claim forms, as State Associations will be required to pre-register weight sets and scales.
- Qualifying standards for teams to international events (Elite II to Worlds, A Grade to World Juniors, A Grade to Oceansias) must be achieved within the 12 months prior to team selection without exception, ie. medical certificates to "explain" non-achievement of totals will no longer be accepted; however, medical or foreign absence reasons for not fulfilling the selection criteria of competing in the Australian Championships may be accepted at the discretion of the Board.
- Teams to the World and Oceania Championships held outside Australia will travel together from a common point within one flight sector from Australia and will fly on Ansett or an Ansett partner airline; from the time of departure until the end of the competition only the appointed full team coaches or other officials will administer, coach or otherwise manage the team.
- Drug test appeals may now be heard in the Court for Arbitration in Sport.

## JOHN "SQUIZZY" TAYLOR

It is with deep regret that I inform Australian Powerlifting that one of the lovable characters of our sport, John "Squizzy" Taylor, has died at the age of 58 after a long battle with cancer.

After an active, and distinguished career in surf lifesaving spanning over 20 years, John "Squizzy" Taylor, along with friends Bob Linthorne and Richie Matthews, turned his attention to weight training in 1981, when a small gym was established at Tugun Surf club on the Gold Coast.

Over the next 10 years, "Squizzy" went on to win in the sport of powerlifting, countless Queensland titles, several Australian titles, placed 2nd in the World Masters Championships twice, and on two occasions became World Masters Champion.

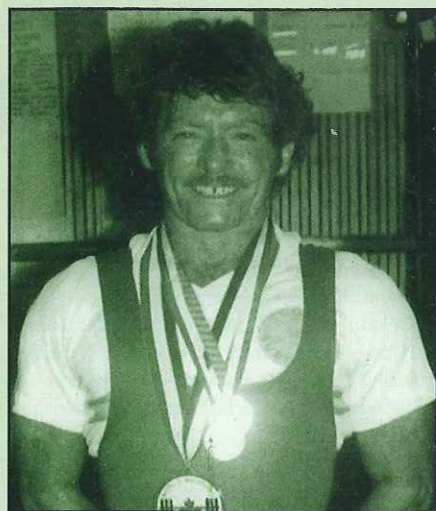
"Squizzy" always had time to offer words of encouragement and advice to the dozens of athletes who ventured into the gym. He will be sadly missed in the sport of powerlifting, and such was his popularity that a large contingent of Queensland powerlifters were among the several hundred mourners at his funeral service.

On behalf of his many Powerlifting friends from throughout the world, we salute you.

**John William Taylor  
1938-1996**

**Body of Steel  
Heart of Gold**

*Written by Bob Linthorne*







# WORLD JUNIORS - FINLAND AUGUST 7-11

Downtown sunny Vassa, Finland, was the location for the 1996 Junior Men's and Women's Worlds. Australia had six lifters competing and even though the competition standard was high, everyone lifted well and gained invaluable international experience.

Our only female lifter, Donna Jaensch got the ball rolling on Day 2 and after lengthy discussions decided to compete as a 82.5kg lifter. This was a wise decision as there was a better chance of a deadlift medal in this division. Donna was professional in her approach and produced a 115kg squat, a 70kg bench and a 182.5kg deadlift and was capable of somewhere near 190kg. However, she secured a bronze medal in the deadlift and finished an excellent 4th place.



'The Team' for the World Juniors

Day 4 was a busy day. First up was our best men's medal prospects Ray Hope and Nghiep Luu. Ray was the more experienced of the two and this was

reflected in his total, as he could focus for the duration of his lifting. However, inexperience and nerves saw Nghiep waste a few lifts before finally settling down. Ray squatted and benched well and gave his deadlift everything he had. However, a slight technical problem with a hitch in his deadlift cost Ray a bronze medal and even though he lifted the necessary 225kg twice, he was red-lighted both times. Coach Dan Baker was the only one dismayed, but I'm sure with the correct guidance from Dan, Ray will resolve this problem in the future. Ray totalled 492.5kg and placed a credible 9th. The lifter of the meet, according to the US team, was the legendary Nghiep. He got one squat and one bench before finally settling down to pulling a massive 232.5kg for his second attempt deadlift. The crowd's jaws hit the ground as they witnessed the world's skinniest powerlifter win gold in the deadlift. Nghiep gained invaluable experience from this meet, and with a bit more body weight will impress for years to come.

The 67.5kg division featured Jonathon Elliott. I thought Jonathon performed quite well as this was a very tough division to be in. His determination was good, and I'm sure Jonathon will be back again next year much improved. His total of 485kg, included 175kg squat, 110kg bench and 200kg deadlift, and was creditable considering the depth in this class.

Day 5 saw our next competitors Lyndon Baker and Mark Taylor. Again, this was a tough division and the depth in the field was endless. Lyndon got the honour of opening before Mark and squatted 3 from 3 to produce a 215kg. Mark's opener looked hard and only squatted a second time to produce his 215 kg. Again Lyndon lifted 3 from 3 on the bench for



The Aussie Deadlift 'King & Queen'

117.5kg. Mark benched 135kg easily and 145kg was looking like a piece of cake. Unfortunately, Mark rushed his attempt and after a bounce on his chest, lost control and settled for 135kg. In the deadlift Lyndon came out of his shell and exploded with a 262.5kg second attempt. Alas, the 270kg third attempt was just too heavy, but nonetheless he lifted 8 from 9 and produced Australia's most consistent lifting, totalling 595kg. Mark pulled 230kg easily, but faltered on 242.5kg twice, however he should be happy with his total and the experience he gained was invaluable.

Best overall male lifter was Hu Chiu Hsiung from Chinese Taipei who, at 56kg, totalled a new Junior World Record of 615kg, squatting a World Junior Record of 255kg. The most impressive lift of the meet was from the Ukrainian Alexey Soloviov, who easily squatted 350kg at a bodyweight of 97.4kg and is only 21 years old. Best overall female lifter was Oksana Belova from Russia who totalled 452.5kg at a bodyweight of 51.8kg.

Rohan Smith

## RESULTS

Competitor	W/C	SQ	BP	DL	TL
<b>Women</b>					
1. L. Chang (Tai)	44	130	65	147.5	342.5
2. S. Yang (Tai)	44	135	67.5	125	327.5
3. D. Ganga (Ind)	44	100	52.5	122.5	275
1. E. Yamskich (Rus)	48	145	85	170	400
2. B. Bharati (Ind)	48	135	62.5	145	342.5
3. T. Eltsova (Rus)	48	137.5	67.5	132.5	337.5
1. O. Belova (Rus)	52	177.5	95	180	452.5
2. H. Hsu (Tai)	52	150	80	142.5	372.5
3. A. Miroshnitchenko (Ukr)	52	127.5	72.5	150	350
1. E. Engskar (Nor)	56	170	100	155	425
2. D. Sidorova (Rus)	56	170	77.5	162.5	410
3. D. Matejova (Slo)	56	157.5	92.5	147.5	397.5
1. M. Kudinova (Rus)	60	197.5	110	185	492.5
2. Y. Huang (Tai)	60	175	97.5	180	452.5
3. V. Sherban (Ukr)	60	162.5	90	170	422.5
1. T. Fozanova (Rus)	67.5	195	108	197.5	500
2. V. Iskandarova (Kaz)	67.5	202.5	95	190	487.5
3. C. Chang (Tai)	67.5	185	100	180	465
1. M. Zhguleva (Rus)	75	212.5	135	210	557.5
2. E. Yurik (Rus)	75	190	130	212.5	532.5
3. C. Hsieh (Tai)	75	200	122.5	170	482.5
1. N. Payusova (Rus)	82.5	200	140	195	535
2. V. Fedorova (Kaz)	82.5	170	90	200	460
3. S. Zvarich (Ukr)	82.5	160	95	170	425
4. Donna Jaensch (Aus)	82.5	115	70	182.5	367.5
1. I. Lugonvaya (Rus)	90	217.5	120	217.5	555
2. S. Ku (Tai)	90	210	120	192.5	522.5
3. C. Lin (Tai)	90	202.5	120	192.5	515
1. C. Lee (Tai)	90+	260	137.5	241	637.5
2. A. Ganenko (Ukr)	90+	210	130	170	510
3. A. Torskaya (Ukr)	90+	160	70	160	390
<b>Men</b>					
1. H. Singh (Ind)	52	167.5	92.5	192.5	452.5
2. F. Wu (Tai)	52	155	97.5	192.5	445
3. R. Twarong (Pol)	52	177.5	87.5	180	445
1. C. Hu (Tai)	56	255	110	250	615
2. A. Sehlberg (Swe)	56	200	147.5	180	527.5
3. S. Bandre (Ind)	56	195	102.5	215	512.5
1. J. Airio (Fin)	60	200	145	220	565
2. Y. Hu (Tai)	60	230	100	217.5	547.5
3. S. Burte (Ind)	60	190	120	230	540
9. Ray Hope (Aus)	60	180	102.5	210	492.5
10. Nghiep Luu (Aus)	60	160	82.5	232.5	475
1. S. Gauf (Rus)	67.5	265	170	247.5	682.5
2. C. Chiu (Tai)	67.5	255	130	270	655
3. J. Olech (Pol)	67.5	247.5	142.5	260	650
20. John Elliot (Aus)	67.5	175	110	200	485
1. P. Thuresson (Swe)	75	272.5	172.5	267.5	712.5
2. I. Lappi (Fin)	75	225	145	300	670
3. L. Strache (Cze)	75	225	155	250	630
1. A. Kharasov (Rus)	82.5	302.5	182.5	280	765
2. A. Nazarov (Rus)	82.5	305	180	270	755
3. S. Rashidov (Kaz)	82.5	280	165	297.5	742.5
1. A. Geeas (Lit)	90	320	207.5	280	807.5
2. A. Knutzen (Nor)	90	325	165	307.5	797.5
3. D. Fedenko (Rus)	90	297.5	195	300	792.5
13. Lyndon Baker (Aus)	90	205	117.5	262.5	585
14. Mark Taylor (Aus)	90	215	135	230	580
1. A. Soloviov (Ukr)	100	350	227.5	290	867.5
2. R. Shepelev (Rus)	100	325	200	330	855
3. C. Sjoqvist (Swe)	100	315	190	300	805
1. B. Evgeny (Rus)	110	327.5	197.5	327.5	852.5
2. J. Kusminski (Pol)	110	310	225	315	850
3. J. Nilsson (Swe)	110	352.5	175	310	837.5
1. J. Ramstedt (Fin)	125	335	240	325	900
2. M. Guryanov (Rus)	125	350	200	327.5	877.5
3. D. Bowring (GB)	125	330	227.5	297.5	855
1. R. Ukrainsev (Rus)	125+	342.5	217.5	320	880
2. P. Muhonen (Fin)	125+	320	215	290	825
3. P. Brath (Slo)	125+	337.5	205	280	822.5
<b>Mens Teams</b>					
1. Russia	66				
2. Finland	55				
3. Sweden	51				
19. Australia	5				
<b>Womens Teams</b>					
1. Russia	72				
2. Chinese Taipei	60				
3. Finland	35				
14. Australia	7				





# THE 1996 AUSTRALIAN JUNIORS AND MASTERS

The Australian National Juniors and Masters as well as the South Pacific Challenge were held at Mount Isa over the Queen's birthday weekend the 8th and 9th of June 1996.

Forty seven competitors from most States as well as PNG took part. There were 12 National and 1 Commonwealth record set, as well as a host of State records and personal bests.

For a good number of competitors, Mount Isa was the first time they had to lift in front of a crowd of 100 to 200 spectators, who cheered every lift and encouraged all lifters by getting right behind them.

The first to start the ball rolling was the South Australian Junior woman under 23, 75kg class Donna Jaensch, who pressed a 71kg bench press and followed it up with a 181.5kg deadlift. What an effort - very well done, Donna.

Next came Fred Goodwin of Queensland in the over 50, 75kg class, after complaining that there were too many spectators, and that he wanted to send them all home so he can lift in peace and quiet, not to mention disconnecting our overhead TV screen, etc, etc, he managed to almost kick the spotter in the head and press 115.5kg bench press, notching up another record to his name - terrific stuff (If you have watched Fred set himself for a bench press, you know what we are talking about).

And who's next? Father timeless himself himself, Mr John Brailey from Queensland, over 60 and setting four National records in the 82.5kg class, squat 152.5kg, bench press 95kg, dead lift 170kg and a total of 417.5kg. Talk about good technique, simply brilliant (John, we still haven't quite worked out why you look sideways when you execute your squat).

This is when Junior Men under 23 lifters took over, one from the bottom part of Australia in the shape of

Alan Mihaljevic of Victoria, the other from the top part in the shape of Mike Pikos of the Northern Territory. When Alan and his coach Robert Wilks got off the plane, the most important question was where can we find a sauna - yep, you guessed it, Alan was a little overweight, so he had his sauna and did very well to make the 90kg class on the day. But his brilliance was not in making the weight, it was in his tremendous effort of pulling 270kg in the deadlift and setting a National Junior Record, to watch this young man get himself ready was really something. Might have something to do with the man coaching him. (By the way, Robert Wilks, if you get a bill from Coca Cola, it's for the fridge Alan was kicking at the back while you were telling the officials what to do at the front). Where Alan made weight, Mike was not so lucky, he missed out and had to lift in the next class the 110kg, but this did not slow down the youngster, going ahead and setting a National Junior Record in the bench press of 168kg. Not bad at all for your first major. Well done to both lifters.

At this stage, a certain gentleman from Ballina was ready, a record setter from way back Mr Ron Birch, a very steady 215kg squat gave him yet another National Record. Ron has dominated this weight and age class for some time and no doubt will continue to do so. What an excellent effort.

Another man from the Northern Territory, Shane Stringer who has been improving his bench press almost every time he lifts. I watched Shane set a 200kg National bench press record at Alice Springs last year and again had the pleasure of watching him increase that record to 200.5kg. Hows that at a body weight of 95.8kg! Good one Stringy, hope to see you at the Nationals this year.

When big John Pitcher of Queensland took to the platform for his first attempt at the Commonwealth record in the squat of 341kg, well, you had to be

there to see and hear it, the roar was deafening, the crowd was yelling encouragement, he approached the bar and in a classic Pitcher style grabbed hold of the 341kg and shook the living daylight out of it. He then proceeded to head-but the bar, duck under and take the weight of it on his massive shoulders; he stood waiting for the command while blood trickled down his forehead. On the command squat he descended, down - down - down and up he came to the delight of the 200-odd spectators still screaming encouragement at the top of their voices. When he racked the bar and those mean judges gave him three red lights, the crowd went wild with booing. However, this minor setback did not daunt the big man, for on his second attempt at the record he got three white lights which put a very large smile on his face and brought the house down. What a fitting end to the Championships.

Now, if you think that only the record breakers got all the glory, think again. The six-person team from PNG had the crowd jumping with almost all their lifts. Australian lifters might have style, technique, equipment, etc, etc, but if you're looking for raw strength you have to watch these people. I first met them in Townsville in last year's South Pacific Challenge and they are the same happy, smiling but very strong and determined bunch of sports people. They can lift great weights and make them look so easy. What a tremendous group of people.

John Anis was the best male lifter for the South Pacific Challenge. Julie Deakin of Queensland was the best female lifter.

There were other National Record attempts but sadly not successful. Better luck next time.

Harry Hovasapian

## RESULTS

Competitor	State	Age	B/W	SQ	BP	DL	TL									
<b>Women</b>																
Helen Hovasapian	Qld	U/18	52	75	35	85	195		Peter Ako	PNG	Open	82.5	225	120	260	605
Amanda Tallentire	Qld	U/18	60	70	30	85	185		Elio Intili	Qld	Open	82.5	215	125	205	545
Kelli Semour	Qld	U/18	67.5	100	45	75	220		Paul Omanski	Qld	Open	82.5	165	140	185	490
Donna Jaensch	SA	U/23	75	115	71	181.5	365		Sueni Tobias	PNG	Open	82.5	190	-	-	-
Janet Chan	PNG	Open	60	115	50	125	290		Alan Mihaljevic	Vic	U/23	90	217.5	125	270 AJR	612.5
Julie Deakin	Qld	Open	82.5	130	60	197.5	387.5		Robert Hovar	NSW	U/23	90	225	130	235	590
<b>Men</b>																
Kevin Brown	Qld	Open	52	90	57.5	130	277.5		Lyndon Baker	NSW	U/23	90	205	117.5	255	577.5
Iwila Jacobs	PNG	Open	60	125	80	160	365		John Anis	PNG	Open	90	255	150	265	670
Jonathon Elliott	Qld	U/23	67.5	175	107.5	180	462.5		Daryl Richards	Qld	Open	90	220	147.5	235	602.5
Matthew Rumlir	Vic	U/23	67.5	172.5	95	160	427.5		Greg Phillips	Qld	Open	90	195	110	240	545
Ben Barry	Qld	U/23	75	175	107.5	210	492.5		Matthew Brown	Qld	Open	90	145	77.5	157.5	380
Terry Hunter	SA	U/23	75	180	102.5	202.5	485		Ralph Atchinson	Qld	O/40	100	205	235	585	
Kieran Dauber	Qld	U/23	75	180	120	180	480		Ron Birch	NSW	O/50	100	215	135	210	560
Peter Cadman	Qld	O/40	75	130	82.5	165	377.5		Shane Stringer	NT	Open	100	230	200.5	240	670
Fred Goodwin	Qld	O/50	75	167.5	115.5	207.5	490		Bruno Michaelis	Qld	Open	100	210	130	215	555
Tony Lua	PNG	Open	75	220	137.5	225	582.5		Mick Pikos	NT	U/23	110	235	163/168 AJR	230	627.5
Grant Taylor	Qld	Open	75	187.5	117.5	182.5	487.5		Bill Tahapehi	NT	O/40	110	180	80	220	480
Justin Keogh	Qld	U/23	82.5	195	110	210	515		Nick Moody	NT	Open	110	225	-	-	-
Andrew Lulham	Qld	U/23	82.5	182.5	110	200	492.5		Ed Zvaigzne	Qkd	O/40	125	-	-	-	-
Harry Hovasapian	Qld	O/40	82.5	175	117.5	205	497.5		Alex Ibbotson	Vic	O/50	125	167.5	122.5	175	465
Ross Arkey	NSW	O/40	82.5	-	-	-	-		Peter Langdon	Qld	Open	125	227.5	145	215	587.5
John Brailey	Qld	O/60	82.5	152.5	92.5	170	417.5		Jamie Flood	NSW	U/23	125+	220	132.5	240	592.5
									Glenn Roberts	Vic	U/23	125+	220	135	215	570
									John Pitcher	Qld	O/40	125+	341 AMR	185	200	725
									Kym Henderson	Qld	Open	125+	270	170	245	685

## DRUG TEST RESULTS

As a result of out-of-competition drug testing procedures, Richard Masding (Qld) has been suspended for three years from 19th April 1996 from competing, officiating, coaching, promoting or otherwise participating in the activities of Powerlifting Australia.





# RESULTS

Following are the official results of competitions held in Australia over the last few months.

ALL official Powerlifting Australia contest results will be published in Power News. If you lift in a "contest" and the results do not appear on Power News, that means:

1. Your "result" has no status at all – it does not count for records, rankings, qualifying, anything – it is a big zip;
  2. You should direct your ire at your State Association for failing to send the original contest sheet to Powerlifting Australia within 14 days, thus rendering your efforts void.
- Remember also, you must present your current Powerlifting Australia membership card at the weigh-in to lift (or referee or coach) at a competition.

## NSW NORTHERN CHAMPIONSHIPS - 31ST MARCH 1996

Competitor	W/C	SQ	BP	DL	TL
<b>Women</b>					
Rachael Hadley.....	56	95	47.5	125	267.5
Lisa Dallas-Morgan.....	60	100	55	135	290
Keron Schmidt.....	60	90	37.5	110	237.5
Jannette Gevers.....	60	0	0	0	0
Anne Mort.....	67.5	150	89 (AR)	160	397.5
<b>Men</b>					
Matthew Johnson.....	82.5	175	120	200	495
Matthew Morgan.....	90	195	90	230	515
John Mort.....	100	210	160	245	615
Lyndon Baker.....	100	210	125	250	585
David Vaughan.....	100	200	140	235	575
Matti Tikka.....	110	250	155 (AMR)	230	635
Terrance Gibbs.....	110	142.5	110	190	442.5
<b>Bench Press Only</b>					
Tony Feltham.....	67.5	-	92.5	-	92.5
John Myers.....	75	-	125	-	125
Grant Feltham.....	75	-	125	-	125
Peter Antonis.....	90	-	140	-	140
Patric Whymark.....	100	-	160	-	160

## LORNE FIESTA COMPETITION - VICTORIA, 13TH JUNE 1996

Competitor	W/C	SQ	BP	DL	TL
<b>Women</b>					
1. Fab Johnson.....	56	110	75 (AR)	125	310 (AMR)
2. Eva Richards.....	56	80	50	95	235
1. Clair Daly.....	67.5	80	40	90	210
1. Leanne Johnson.....	75	-	97.5	-	-
1. Fleur Stewart.....	82.5	95	45	115	255
<b>Men</b>					
1. Mario Attard.....	56	155	75	192.5	422.5
				4th 200 (AR)	

1. David Kent.....	67.5	205	120	190	515
2. Len Skeen.....	67.5	150	110	200	460
1. Ian Stokes.....	75	120	92.5	142.5	355
2. Michael McLean.....	75	120	75	145	340
1. Jim Dart.....	82.5	157.5	110	195	452.5
Angelo Xerri.....	82.5	-	107.5	-	-
1. Andrew Robert.....	90	230	122.5	260	612.5
2. Merv Kennedy.....	90	40	100	130	270
Brett Smartt.....	90	-	130	-	-
1. Kevin Boatwood.....	100	227.5	147.5	230	605

## SINGLETON TRIATHLON NSW - 16 JUNE 1996

Competitor	W/C	SQ	BP	DL	TL
<b>Women</b>					
Jeanette Gevers.....	56	120	65	130	315
<b>Men</b>					
John Myers.....	67.5	-	130	-	130
Tony Feltham.....	67.5	-	90	-	90
Gurmet Ram.....	75	180	110	200	490
Grant Feltham.....	75	-	120	-	120
Robert Corbett.....	82.5	200	135	240	557
John Hassett.....	82.5	150	120	200	470
Tom Hamilton.....	82.5	-	130	-	130
Ken Whiting.....	82.5	-	102.5	-	102.5
Bret Alison.....	90	142.5	100	200	442.5
John Bray.....	90	-	102.5	-	102.5
Gordon Thorogood.....	90	-	100	-	100
John Mort.....	100	225	152.5	250	627.5
David Vaughan.....	100	220	152.5	250	622.5
Lyndon Baker.....	100	200	122.5	262.5	585
Ray Butterworth.....	100	165	105	200	470
Bernie Hawkins.....	110	230	130	255	615
Glen Hogue.....	110	-	110	-	110
Harjinder Kumar.....	125	270	195	250	715

# ASDA SAYS "WARNING, WATCH THE MEDICATIONS AND HERBAL PRODUCTS YOU TAKE - THEY MAY CONTAIN MORE THAN YOU BARGAINED FOR!"

The Australian sporting communities' most avoidable drug problem stems from athletes who do not realise they have taken a banned substance when taking medications for various ailments.

ASDA would like to issue a warning to all elite athletes: take care when choosing medications for illness or injury. Statistics show that in Australia, inadvertent (accidental) drug taking of banned substances is the most common problem with elite sports people, particularly in winter and early spring with athletes using medication to combat cold and flu.

A number of high-profile athletes are known to have fallen victim to inadvertent doping, including world champion breaststroker Samantha Riley. Last year, 14 Australians returned positive drug tests for stimulants found in medications. These could have been avoided had the athletes sought advice from:

- ASDA's Drugs in Sport Hotline (1 800 020 506)
- ASDA's Drugs in Sport Handbook
- Team doctor or sports medicine doctor

## Herbal products and health food supplements - a risk

Athletes in this day and age are opting to use herbal products and health food supplements instead of traditional medicines. The problem with this is that

herbal products are not as strictly controlled as prescription and over-the-counter drugs. This means that the ingredients on the label of health food and herbal products may not be fully accurate or all-inclusive.

One Canadian Commonwealth Games representative found this out the hard way – Jim-Dan Corbett (weightlifter) tested positive to a banned stimulant in the 1994 Commonwealth Games in Victoria, Canada. He was totally shocked by the result of his drug test and, while virtually all athletes who test positive claim to be similarly shocked, Corbett's surprise was genuine.

After being stripped of his three bronze medals won at the Games, he faced a possible four year ban from

his sport. Corbett's surprise came from the fact that he thought he had followed the correct procedure to ensure that nothing he was taking contained banned substances. He had asked the team's medical staff to check with the Canadian Centre for Drug-Free Sport (CDDS). The CDDS stated that none of the ingredients listed were banned.

However, eventually laboratory analysis of the product, manufactured in the USA, revealed that it contained at least three ingredients that were not listed on the label. These were the three stimulants found on Corbett's positive test, sephedrine, pseudoephedrene and N-methylephedrine.

## This means the following points should be noted by athletes:

- ASDA can provide information about the status of the listed ingredients of health foods and herbal products, but cannot guarantee that the product does not contain other ingredients. As such, ASDA cannot give an "all-clear" to health food and herbal products.
- All the Agency can do is to state whether or not a particular ingredient is on the banned list. In some cases these products contain ingredients that the ASDA has little or no information on and therefore cannot provide information on its status.



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