

# POWER-NEWS

## A U S T R A L I A

Volume 2. - Edition 2.

WINTER EDITION

Editor: Nick Butler

# POWERLIFTING AUSTRALIA

*The 9th of April 1994 marked an historic day in Australian powerlifting. On that day, a special general meeting of all state powerlifting associations was held in Melbourne, to launch the new governing body of powerlifting in Australia - POWERLIFTING AUSTRALIA INC.*

Powerlifting Australia is the amalgamation of the Australian Powerlifting Federation and the Australian Drug Free Powerlifting Federation, and represents the outcome of five years of negotiations between these two organisations. It had become clear over the years that it was not logical to have two organisations dedicated to drug-free powerlifting in Australia, and so, with the encouragement of the Australian Sports Commission, the process of APF and ADFPF amalgamation was begun. It soon became clear that the creation of a brand new organisation was the best way to signal the new era in Australian powerlifting, and so Powerlifting Australia was incorporated.

The new organisation has a brand new constitution, devised by leading legal firm Mallesons Stephens Jacques. The by-laws adopted are those of the old APF, although these are to be revised by the end of 1994. Elections for new office bearers were held in Melbourne, and the key appointees

are:

**President:** Bob (R.J.) Orr  
**Vice-President:** Dean Bennett  
**Secretary:** Robert Wilks  
**Treasurer/Registrar:** Robert Stanton  
**Record Keeper:** Nick Butler  
**2nd Vice-President/ASDA Liaison:** Glenn Jones

All 1994 members of the APF and the ADFPF have automatically been transferred to Powerlifting Australia, so for most lifters there should be little or no procedures required to continue on with their lifting. However, there have been some important changes to administration, which apply immediately, and which lifters and others should be aware of:

1. Powerlifting Australia has its major anti-doping principles

firmly established in its constitution, rather than just in by-laws. A key aspect of this is that it is a constitutional requirement that all members of Powerlifting Australia who are active as coaches, referees, lifters, life members or office bearers must have an ASDA form lodged, and are in principle liable for testing. No one can take part in any of these capacities unless they are a PA member.

This is no different from the situation in the old APF and ADFPF, but now this fundamental principle is entrenched in the Powerlifting Australia constitution.

2. If a member of Powerlifting Australia wishes to resign, the constitution establishes that he

or she may only do so by written notification, and with three months' notice. This clause was considered essential in light of the sudden "resignations" on the part of some individuals when called for a drug test.

3. The constitution also establishes that a person remains a member, even if he or she has not paid their membership fee, from 1st January to 30th June in any year; however, if unfinancial at 30th June that person's membership of Powerlifting Australia automatically ceases, and he or she would have to reapply if they subsequently wished to again become a member (and thus would have to re-serve the six months wait for national competition eligibility).

This clause thus clears up the past ambiguity as to who is a member and who is not, a loophole that also had created major problems in enforcing an anti-doping policy in the past.

The formation of Powerlifting Australia Inc. is the greatest step forward in our sport since the introduction of the ASDA program in 1989/90. Our sport is now more united and effective in keeping drug use out of powerlifting. The executive of Powerlifting Australia is sure all members will welcome this new era in Australian powerlifting.

ROBERT WILKS

SUPPORTED BY THE AUSTRALIAN SPORTS COMMISSION



# TROPICAL TRIUMPH in Rocky 1994 NATIONAL MASTERS / JUNIOR & UNIVERSITY TITLES

Forty-six lifters eventually made it onto the platform at Rockhampton on the Queen's Birthday weekend, June 11 and 12.

## 52kg Women

Viv Ward, all the way from WA, had balance problems with her squats, and unfortunately did not get to complete a lift.

## U/23 60kg

Ray Hope from Queensland University collected State and Australian Junior records on his way to first place and "Best Lifter" U/23 award, and a 467.5kg total.

## O/40 60kg Men

Fred Litchfield, Queensland, keeps on keeping on, with first place, an Australian deadlift record 210kg, and just being edged out for "Best Lifter Master."

## O/40 60kg Women

Pam Hancock, SA, collected an Australian record for a 125kg squat, and a 292.5 total, to win first place.

## O/40 67.5kg Women

Birthday girl Bev Smith had a day to remember, with new Australian records in bench, deadlift and total, plus Commonwealth records in deadlift and total, and just missing a world record deadlift on her third attempt. This is sure to fall at the National Open in Adelaide in July.

## O/40 67.5kg Men

Come back kid Lyle Chopping showed much bigger totals are on the way, with a competent exhibition to win his class.

## O/50 67.5kg Men

Max Bristow celebrated his

recent 50th birthday with an Australian record in squat and bench, and a 487.5kg total, for first place.

Gary Morrissey put in his usual honest effort for second, with the amazing George Stewart setting over 60 records in the squat, bench, deadlift & total for third. The more he added to his deadlift, the easier it looked.

## U/23 67.5kg Men

Grant Feltham totalled 500kg with some excellent lifting.

John Elliot-Dick was runner-up in this division, with first in the University Titles, but only after heart-stopping third attempts in both squat and bench saving the day. Third place and second in the University Titles went to Jason Christopher after getting home on a third attempt deadlift.

Mark Mutallib was third in the University Titles, and showed potential.

## 75kg Men

Twelve contestants in this division provided the most exciting and closest lifting for many years.

## U/23

Roger Bradford's big bench of 132.5kg for State Junior record got him home from training partner Kieran Dauber, second.

## Uni.

David Smith clearly won the University Titles with an Australian University record. Roger Bradford and Kieran Dauber gained second and third placing.

## "LIFTERS" PROFILE #8

# ROBYN MAY (Victoria)

Age: 29

Occupation:  
Organiser National Union of Wokers

Lifting Career:  
Started in 1987 whilst living in the A.C.T. Previous to this threw discus at National level.

Career Highlights:  
Winning first nationals ever entered in 1987 after travelling 30 hours in a minibus from Canberra to Alice Springs!  
82.5kg National Champion in 1989, 1993.  
Oceania Chamion 1989, 1992.  
Australian Representative 1993, 1994.

Club/Gym: Melbourne Uni

Records:  
82.5kg class, Melbourne Uni and Victorian Records, Australian Deadlift Record.

Coach:  
Robert Wilks



Favourite Training Partner:  
Peter "the mini titan" Rellos

Lifting Ambitions:  
To perform at my best at the Womens Worlds in N.Z. in 1994 and retire gracefully and in one piece at the end of the year.

Favourite Food:  
Any type of cake.

Lifting Philosophy:  
"Don't leave your best performances in the gym!!".

## POWERLIFTING CLUBS AROUND AUSTRALIA

The first in a series about powerlifting clubs around the country. To start off the series, we hear about the Melbourne University Club, arguably Australia's strongest powerlifting club. We invite other clubs to make a contribution about their club.



### MELBOURNE UNIVERSITY POWERLIFTING CLUB

At Club headquarters, a funny little brick building known as the "solar cubes," lodged between the athletic track and the cricket oval of the University's sports complex, many a National Champion has emerged under the watchful eye of coach Rob Wilks. Each year, Club members attempt to lure new recruits at the University's orientation week, and many an unsuspecting young student has been transformed into a powerlifting superstar within months. Unfortunately, the Club has not done so well at recruiting women lifters. This may say something about our longer term male Club members.

Some famous "discoveries" of the club include Adrien Schneir, Sav Grech, Peter Rellos, Louise Doig, Fiore Inglese, Linda Ruggiero and Robyn May. Of course, not all Club members are famous. At the regular training nights of Monday, Thursday and Friday there is always a mixture of talents and standards amongst the 30 to 40 lifters who train on a regular basis. Training is both a physically as well as intellectually stimulating experience. On any night, amongst the groans and shouts of encouragement, vigorous debate can be heard on matters ranging from the state of the nation to the state of Victoria's fastest growing industry - table top dancing. Occupations represented at the Club range from solicitor, doctor, sex therapist and dentist to beach bum, and an answer can be gained on any subject that troubles you, whether you seek it or not!

The Club has existed at the University for over 20 years, and currently faces its biggest battle - our training rooms are to be demolished, and we are negotiating with Sports Centre administrators for suitable alternative facilities. With the spirit that has kept us successful for this long, they won't be rid of us that easily.

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# ALL ROADS LEAD TO...

# ADELAIDE

**The 1994 Adelaide Nationals in July are shaping as the best powerlifting national contest since records were made 'historic' and ASDA drug testing was introduced in 1989/90.**

After the successful Junior and Masters Nationals in Rockhampton, the focus for senior powerlifters has now turned to South Australia.

A collection of class men and women powerlifters from all parts of Australia will assemble in Adelaide on Saturday and Sunday July 23-24 1994 at the Quality Hotel Adelaide, North Adelaide. For the first time for many years, all states and territories will be represented in a truly national championship. The magnificent Grand Banquet Room, on the first floor, will be transformed to a stadium of pure strength and power for Australia's strongest powerlifters to show their style and strength.

The stakes will be high, and the competition tight for all competitors who will be lifting, not only for themselves and their state/territory team shield, but also to try and win the prestigious award of the Best Overall Male and Female Lifter trophy.

The 1994 winners will write their names into the history books, joining recent previous winners: Peter Rellos (Victoria 75kg) and Ellen Stanton (Queensland), 1993; Tony Zappia (South Australia 60kg) and Ellen Stanton (Queensland 67.5kg), 1992. Tony Zappia and Peter Rellos will be lifting in 1994, but Australian Women's Champion lifter Ellen Stanton will be absent this year due to an unfortunate netball accident after her recent New Zealand tour in the Women's Worlds. This

will leave the Women's 1994 Champion trophy up for grabs. Leanne Johnson (Victoria), Julie Holmes (South Australia), Anne Mort (New South Wales) and newcomer Phoebe Woods (Northern Territory) look to be the top contenders now.

Bev Smith (Queensland) just missing a world record masters deadlift record in Rocky will attempt it again on Saturday.

gentle giants Rick Lewis, Michael Pianko (New South Wales) and Victoria's 140kg Saviour Grech & "come back kid." Adrien Shnier (Victoria)

The Australian men's team will be selected after the Nationals, to represent Australia in the upcoming World Championships in South Africa in November. The announcement of the team will be only one of the many highlights at the

clothing from one of SAPA's and Powerlifting Australia's sponsors, S.A. Bodybuilding and Fitness Supplies. All products, equipment and supplements will be on sale at special reduced prices for all Powerlifting Australia members.

Paul and Anne from Vibrant Photography will be present again at these Nationals to capture all the action on film, with the special offer of your Squat, Bench Press and Deadlift in a presentation folder package for only \$29.50 inclusive. I believe that Vibrant Photography set the standard at the 1992 Nationals, which has continued in all national events since. Once again all photos will be available over the weekend, and also at the presentation dinner.

Impressive souvenir t-shirts will be available, in various sizes, for just \$15.00 each. A VHS video of each session will be on sale for you to remember all the highlights from the 1994 Australian Senior nationals (\$TBA). A program will be available at the door for you to record the event as it happens, and to keep as a souvenir.

The South Australian Powerlifting Association would like to thank all those involved in making this event possible. A special thanks must go to our generous sponsors, Foundation SA, Modbury Press and SA Bodybuilding and Fitness Supplies, Tony Zappia at Gold's Gym Adelaide, and Wayne Johns at Fox's Gym.

I'm looking forward to seeing some fantastic powerlifting, meeting old friends and making many new ones on what will be a memorable weekend in Adelaide July 22 - 24 1994.

Nick Butler  
1994 Open National Meet  
Director



The men's section last year was extremely close, full of drama, emotion and excitement, with Peter Rellos just pushing ahead by the smallest possible margin from Satya Agnitotri (New South Wales) and David Alpen (South Australia).

1994 is looking just as close and exciting, if that is possible, with other worthy contenders for the Champion of Champions award being Peter Kyriakos (Victoria), Vince Simmonetta (Victoria) and Western Australian President Kevin Beverley, not to mention 210kg bench presser Marco 'Rusty' Rusterholz (Queensland) or

presentation dinner on Sunday night, which starts with a 'Magical Mystery Tour' of Adelaide on the way to the dinner venue. Other awards that will be there for the taking over the weekend will be the Best Squat, Bench Press and Deadlift trophies for men and women, the State Team shields, and, of course, the prestigious Champion of Champions awards to Australia's Best Senior Men's and Women's Powerlifter for 1994.

Besides the cream of Australia's powerlifters being on show, there will be a large display of powerlifting equipment, accessories and

# SOUTH AUSTRALIAN 1994 RESULTS

## Colossus Bench Press Challenge 1st Qualifier, 13th March 1994

Name	W/Div	Age	Best Lift
Matt Vella	52	u/18	60
Daniel Thomas	56	u/18	67.5
Katie Rausch	56	snr	52.5
Nat Smith	56	o/40	62.5
Antoinette Bennett	60	u/18	55
Sue Travena	60	snr	52.5
Terry Ticehurst	67.5	u/18	65
Michael Ticehurst	67.5	u/18	67.5
Pam Hancock	67.5	o/40	57.5
Jasmin Swinburn	67.5	u/18	40
Chad Muir	67.5	u/18	60
Darren Drewett	75	snr	70
Peter Donhardt	75	snr	67.5
Travis George	75	u/18	72.5
Terry Hunter	75	u/23	100
Ashley Lukey	75	u/18	87.5
Debra Mathews	75	snr	70
Leigh Evans	82.5	snr	120
Shane George	82.5	u/23	117.5
Julie Russell	82.5	o/40	60
Greg Connolly	82.5	o/50	85
Don Juers	82.5	o/50	110
Donna Jaensch	90	u/23	65
Harvey Huxtable	90	o/50	145
John Thompson	90	snr	87.5
Ray Dobbin	90	snr	15
Jim Economou	90	snr	137.5
Burk McCourt	90	u/23	157.5
Eugene Hogarth	90	snr	107.5
Shaun Caruoto	90	u/23	147.5
Robert Harris	100	u/23	142.5
Michael Lukey	110	snr	127.5
Simon Kraljev	110	o/50	130
Dean Bennett	125	o/50	110

## Colossus Bench Press Challenge 2nd Qualifier, 17th April 1994

Name	W/Div	Age	Best Lift
Daniel Thomas	56	u/18	67.5
Liz Evans	60	snr	70
David Graham	60	o/60	60
Michael Venning	60	snr	100
Charlie McMahon	67.5	o/50	85
Peter Donhardt	75	snr	60
Darren Drewett	75	snr	75
Debbie Mathews	75	snr	72.5
David Thistle	75	o/50	105
Greg Connolly	75	o/50	87.5
Allan Colquhoun	82.5	o/50	80
Eugene Hegarth	82.5	snr	100
Dean Allen	82.5	snr	107.5
Nick Koufidis	82.5	snr	80
Eric Howard	90	o/40	125
Julie Holmes	90	snr	100
Donna Jaensch	90	u/23	65
Harvey Huxtable	90	o/50	150
John Thompson	90	snr	85
Jim Economou	90	snr	142.5
Dan Bellon	100	u/23	155
Robert Harris	100	u/23	150
Nick Wood-Brignall	100	snr	95
Barry Grant	110	snr	140
Ross Smith	110	o/40	130
Michael Lukey	110	snr	135
Ron Seesink	125+	snr	125
Bernie Sharp	125+	o/40	100

# SOUTH AUSTRALIAN 1994 RESULTS

Fourth Presses: Dan Bellon 157.5 Australian Record  
Daniel Thomas 70.5 State Record  
Donna Jaensch 67.5 State Record

## Bill Fox Memorial Championships, 10th April 1994 Gold's Gym, Ingle Farm

Name	W/Div	SQ	BP	DL	TL
Daniel Thomas	56	125	67.5	153	345
Antoinette Bennett	60	70	57.5	100	227.5
Romina Sich	60	105	70	133	307.5
Terry Ticehurst	67.5	117.5	67.5	137.5	322.5
Chad Muir	67.5	122.5	57.5	142.5	322.5
S Stojavkhevic f	67.5	85	50	107.5	242.5
Brett Johns	82.5	212.5	115	220	547.5

## Bill Fox Memorial Schoolboy/Schoolgirl, 10th April 1994 Gold's Gym, Ingle Farm

Name	W/Div	SQ	BP	DL	TL
Daniel Thomas	56	125	67.5	153	345
Antoinette Bennett	60	70	57.5	100	227.5
S Stojavkhevic f	67.5	85	50	107.5	242.5
Terry Ticehurst	67.5	117.5	67.5	137.5	322.5
Chad Muir	67.5	122.5	62.5	142.5	322.5

## State Open Championships, 1st May 1994 Gold's Gym, Ingle Farm

Name	W/Div	SQ	BP	DL	TL
Silvana Venditto	52.5	100	<b>67.5</b>	130	295
D Thomas guest	56	120	67.5	145	332.5
Tony Zappia	60	192.5	<b>122.5</b>	<b>237.5</b>	532.5
Pam Hancock	60	<b>120</b>	57.5	<b>125</b>	297.5
Paul King	67.5	200	110	200	510
John Aisworth	75	160	90	180	430
Paul Benson	82.5	182.5	97.5	240	520
John Powell	82.5	230	140	240	610
Ben John	90	185	<b>118.5</b>	190	490
Julie Holmes	90	175	105	172.5	452.5
David Alpin	100	265	170	<b>300</b>	725

Tony Zappia Best Overall Male  
Julie Holmes Best Overall Female

**Bold** = National Record *Italic* = State Record

# NORTHERN TERRITORIES 1994 RESULTS

## Territory Titles, 4th June 1994 Katherine

Name	W/Div	SQ	BP	DL	TL
Kathy Hughes	52	110	50	127.5	287.5
Mick Stone	67.5	155	100	205	460
Tom Opitz	75	147.5	100	205	452.5
Tony Martin	75	142.5	95	185	422.5
Milton Smith	82.5	135	90	210	435
Dave Smith	82.5	180	135	250	565
Peter Savara	82.5	200	145	232.5	577.5
Bernie Welsford	90	180	135	235	550
David Duffield	90	185	115	230	530
John Yates	90	210	110	235	555
Carl Harris	100	160	120	210	490
Matthew Hook	100	170	120	-	-
Carlo Zamolo	100	280	205	300	785
Dale Caverbok	125+	277.5	195	245	677.5

# QUEENSLANDS 1994 RESULTS

## Mount Isa Power Sports Open, Masters and Juniors, April 1994 Suncorp North Queensland Games Results

Name	W/Div	SQ	BP	DL	TL
Kevin Brown	52	85	55	135	275
Ray Hope	60	165	90	200	455
Bev Smith f	67.5	150	67.5	182.5	400
Mick Stone	67.5	150	95	205	460
Chris Hovasapian	67.5	110	50	65	225
Fred Goodwin snr	75	160	110	201	471
Roger Bradford	75	155	130	182.5	467.5
John Brailey	75	180	105	180	465
Kieran Dauber	75	152.5	107.5	185	445
Ward Talty	75	120	100	195	415
Peter Cadman	75	-	75	160	-
Mark Tait	82.5	220	130	225	575
Daryl Richards	82.5	195	135	220	550
Tony Vanderzan	82.5	175	115	225	515
Elio Intill	82.5	190	115	205	510
Ben Russell	82.5	170	115	205	485
Brett Jones	82.5	180	105	190	475
Gordon Smith	82.5	180	100	190	470
Harry Hovasapian	82.5	170	107.5	185	462.5
Simon Jenje	90	225	135	240	600
Les Wellington	90	230	132.5	220	582.5
Derek Croft	90	190	100	200	490
Matthew Brown	90	115	65	155	335
Ralph Aitchison	100	215	150	245	610
Bruno Michaelis	100	220	140	230	590
Daniel Horne	100	160	135	250	545
Fred Goodwin jnr	125	230	140	260	630
Bill Tahaperi	125	207.5	105	240	552.5
John Pitcher	130+	300	190	270	760
George Kokkinos	130+	242.5	140	220	602.5

### Open State Championships, 23rd April 1994

Name	W/Div	SQ	BP	DL	TL
David Clinch	56	100	<i>80</i>	<i>180</i>	<i>365</i>
Raymond Hope	60	167.5	87.5	180	435
Fred Litchfield	67.5	170	115.5	202.5	488
John Elliot Dicks	67.5	162.5	97.5	202.5	462.5
Daniel Walker	75	200	90	210	500
Mark Tait	75	<i>220</i>	<i>120</i>	220	560
Will Grati	82.5	195	142.5	240	577.5
Dan Baker	82.5	210	125	230	565
Ellen Stanton	75	182.5	<b>85</b>	197.5	<b>465</b>

**Bold** = National Record *Italic* = State Record

### Open Championships, 23rd April 1994

Name	W/Div	SQ	BP	DL	TL
John Marsh	125+	260	155	230	645
Rob Robertson	125	-	150	-	-
Shaun Henderson	100	265	160	272.5	690
Trevor ??berman	100	240	135	245	620
Gary Hoffman	100	200	120	200	520
Richard Masding	90	295	155	270	720
Richard Gault	100	215	117.5	210	542.5
Chris Davey	100	195	135	262.5	592.5
Tim Redhead	90	180	115	220	520
Rusty Rusterholz	110	275	210	260	745
Donna Clifford	75	-	80	-	-

# QUEENSLANDS 1994 RESULTS

## University Improvement Competition, 24th April 1994

Name	W/Div	SQ	BP	DL	TL
David Clinch	56	120.5	90	185	395.5
Garrett Liew	67.5	105	70	160	335
Mark Kochaner	67.5	115	60	120	295
Mard Tran	56	117.5	70	115	302.5
Mark Muthaub	67.5	127.5	85	140	347.5
Jason Christopher	67.5	155	105	190	450
Jeff Smith	75	125	75	140	340
Marcus Cush	75	132.5	100	160	392.5
Will Grati	75	180	140	220	540
Kieran Danber	75	155	112.5	190	457.5
Ben Power	82.5	180	105	220	505
Hamish Hamilton	90	180	130	205	515
Brett Jones	82.5	205	120	200	545
Steve Guerin	110	120	90	195	405
John Elliot Dicks	67.5	170	100	205	475
Chris Davey	100	200	140	270	610

## National Junior, Masters & University, 11-12th June 1994 Leichhardt Hotel, Rockhampton

Name	W/Div	SQ	BP	DL	TL
Daniel Thomas SA	52	112.5	-	-	-
Viv Ward WA	56	-	-	-	-
Ray Hope Qld	56	170.5	92.5	205	467.5
Fred Litchfield Qld	60	167.5	115	210	485
Pam Hancock SA	60	125	55	112.5	292.5
Bev Smith Qld	60	137.5	72.5	175	382.5
Lyn Chopping Qld	67.5	150	105	165	420
G Stewart NSW	67.5	145	87.5	150	382.5
Max Bristow NSW	67.5	180	107.5	200	487.5
G Morrissey NSW	67.5	160	82.5	170	412.5
Gt Feltham NSW	67.5	190	120	180	500
J Elliott Dick Qld	67.5	160	92.5	200	452.5
J Christopher Qld	67.5	175	95	175	445
Mark Mutalib Qld	67.5	130	75	127.5	332.5
R Bradford Qld	75	155	132.5	182.5	490
K Dauber NSW	75	155	105	192.5	453.5
David Smith NSW	75	190	110	230	530.5
John Olsen Qld	75	175	105	220	500
A Shinkp?? NSW	75	170	100	230	500
R Hodge NSW	75	180	100	231	502.5
John Brailey Qld	75	175	107.5	185	467.5
Ban Nesian WA	75	160	97.5	200	457.5
Rob Hinchcliffe Qld	75	182.5	167.5	185	475
Fred Goodwin Qld	75	160	115	210	485
Maurie Craggs Qld	75	180	-	-	-
Brett Jones Qld	82.5	180	105	190	475
Ben Russell Qld	82.5	170	110	190	470
Darren Burns Vic	82.5	205	150	215	570
T McDonald NSW	82.5	210	120	255	585
H Hovasapian Qld	82.5	160	112.5	195	467.5
T Davies WA	82.5	145	110	160	415
Norm Jeha Qld	82.5	202.5	120	232.5	555
Matthew Zaba Vic	90	145	105	155	405
H Hamilton Qld	90	200	132.5	225	557.5
Derek Croft Qld	90	180	100	185	465
Les Wellington Qld	90	225	115	220	560
B Roberts Vic	100	250	127.5	245	622.5
Ralph Aitchison Qld	100	215	150	230	595
Robert Wilks Vic	100	228	142.5	253	623.5
Richard Gault Qld	100	210	117.5	210	537.5
B Hawkins NSW	110	215	132.5	250	597.5
Fred Goodwin Qld	125	242.5	150	215.5	608
Bill Tahapehi Qld	125	195	100	230	525
Den Wilson NSW	125	190	105	210	505
Ian Harrison NSW	125+	267.5	137.5	295	580
John Pitcher Qld	125+	320	188.5	260	768.5

# VICTORIAN 1994 CHAMPIONSHIPS REPORT

Saturday 16th April, Goldfields Gym, Ballarat. Only 20 competitors this year - less than half last year's number. Absentees: Phil Kerr, Brett Smartt, Peter Kyriakos, Darren Burns, Shane Rogers, Dianne Kerr, and Jacqui Lamb. Most are eligible to compete, but injuries, and the coming Women's Worlds and Junior Nationals are partly the reason they are not. For Brett Smartt, a temporary change of sport - the Australian Surf Boat Championships, left him short of time to prepare. I think you will find medals easier to come by in Powerlifting, Brett.

The first session: the Women. Only three competitors over three classes. Eva Richards from the Pyramid Club was the sole competitor in the 52kg class. A former Junior Worlds lifter, Eva seemed a bit off form today. She actually totalled well, but her technique and mental application appeared to be a bit astray. A 250kg total and a gold medal, are Eva's, and she is the State Champ for 1994. Christine Henderson, a relative novice, is the new 60kg champion. Christine, from Ballarat, lifted well, and totalled 297.5kg in this, her first State Championships. The last competitor in the Women's section was the perennial Leanne Johnson. Warming up for the Worlds, Leanne lifted conservatively. 190-100-185 for a 475kg total which was enough to win Lean the Best Lifter Trophy.

The Men's section saw three two-lifter "match-ups." In the first, rising Junior Matthew Rumler from Pyramid came up against last year's National Champ, David Kent. The two 67.5's lifted to their limits on the day, although David was down a bit on his best. Like Eva, Leanne and a couple of the more experienced lifters to follow, David could rightly claim he was saving his best for the Nationals, and had not peaked. What concerns me is that none of these lifters seemed overly confident in the attempts they did make. Anyway, Matthew posted a strong 382.5kg total, while David had to be content with 485kg and, of course, first place.

The 75's saw the two Peter R's - Romeo and Rellos. No one expected Peter Romeo to be a serious threat, however he performed strongly for a 495kg total, while Peter Rellos, last year's National Championships Best Lifter, made do with a 615kg tally and the Best Lifter Trophy.

The third match-up was between newcomers Tony Tie and Angelo Xerri, the Master versus the Junior, with the Master just squeaking through for first place, plus a pair of Victorian O/40 records - 392.5kg to 390kg. They don't come much closer. Thanks for the contest, guys.

The second session, the "big" men. Four lifters in the 90kg division. A smaller Vince Simonetta, but still a big total - 690kg. Darren Jones, Melbourne University, was second with 592.5kg, and "old-timers" Kevin Lee, Ballarat, and Tony Sparrow, Monash, placed third and fourth respectively - totals 560kg and 527.5kg. As an aside, I was sorting out my desk the other day, a championship feat in itself - when I came across some paperwork relating to the first Australian Junior and Masters Championships, held in Sydney in 1979. Previous Championships had been postal. Anyway, the only members of the Victorian Team still around are myself, I was Manager and Vince. I think he lifted as an 82.5. This was Vince's first Nationals, and, if memory serves me right, he used that big deadlift to clinch the title. Nothing changes. Today Vince's 300kg gave him the Australian Deadlift record, the only Senior record to be set at these Victorian Championships.

Another "old-timer," Fiore Inglese made a return to competition in the 100kg class. His only competition was Melbourne University teammate Matthew Taylor. Matthew has been a consistent performer over the past two to three years, both in lifts and number of appearances. Fiore "toughed it out" to total 655kg to Matthew, ever improving, with 600kg, including a good 272.5kg deadlift. Welcome back, Fiore. There's still plenty of lifting left in you, but keep your eye on Matthew. I don't think he's prepared to let you have things all your own way.

A four-man line-up took the platform in the 110kg class. In the weigh-in room, I wondered just how serious this class was taking the contest as most of them were only a kilo or two over the 100kg limit. The lifters themselves were in a jovial mood, swapping comments about "fat little piggies," and "an Easter egg or three" too many. Anyway, they took to the platform meaning business, Peter Malic and Bill Ogbourne posting the same weight in the squat - 245kg, while Brook Roberts lifted a Victorian U/23 record - 260kg. Bill Crawford, nursing a back problem, took it easy in the squat and deadlift, but went for broke in the bench. He registered 162.5kg, which was matched by Peter Malic, with the first of two Australian U/23 records. Peter went on to win the class with a 685kg total, including his two National Junior Records - the 162.5 bench and a 278kg deadlift. Not bad for his first State Championships! Brook Roberts, the only Pyramid Club lifter in this class (and session), took second with his 645kg total, and Bill Ogbourne third with 617.5kg. As

usual, the Roberts clan were there to watch Brook perform. A pity more families don't come along to support the lifters and the sport!

Only one lifter in the 125kg division, Jez Mayo. Although on his own, Jez had a feast, with records in all lifts and total. His 260kg squat, 160kg bench and 707.5 total were Victorian U/23 records, his total also the Victorian Senior record, and his 285.5 deadlift the Australian U/23 record.

The Team Shield was won by Melbourne University. Both Ballarat and Pyramid Clubs seemed to be down on numbers this year. It was good to see Peter Beyer up and around after his accident last year.

Till next year.  
LEN SKEEN

## VICTORIAN 1994 RESULTS

### Seniors Results, 16th April 1994 917 Gym, Ballarat

Name	W/Div	SQ	BP	DL	TL
Eva Richards	52	85	52.5	112.5	250
Chris Henderson	60	115	52.5	130	297.5
Leanne Johnson	90+	190	100	185	475
Matthew Rumler	67.5	150	82.5	150	332.5
David Kent	67.5	190	115	145	485
Peter Rellos	75	240	130	248	615
Peter Romec	75	150	95	320	495
Angelo Xerri	82.5	140	90	165	300
Tony Tie o40	82.5	143	75	175	393
Jez Mayo u23	125	260	160	285.5	707.5

Best Male Lifter: Peter Rellos Best Female Lifter: Leanne Johnson

**Bold = National Age Record**

*Italic Underline* = State Record *Italic* = State Age Record

### State Campionships, 16th April 1994 Goldfields Gym, Ballarat

Name	W/Div	SQ	BP	DL	TL
K Lee	90	215	125	216.5	560
V Simonetta	90	250	140	<u>300</u>	690
T Sparrow	90	200	105	225	527.5
D Jones	90	220	130	225	592.5
F Inglise	100	255	135	265	655
M Taylor	100	212.5	122	272.5	600
B Crawford	110	125	162.5	100	387.5
P Malic u23	110	245	<u>162.5</u>	278	685
B Ogbourne	110	245	120	245.5	617.5
B Roberts u23	110	260	135	250	645

**Bold Underline** = National Record **Bold** = National Age Record

Team Shield won by Melbourne University

## VICTORIAN POWERSPORTS ASSOCIATION COMING EVENTS

2nd JULY "C GRADE" CONTEST at BALLARAT  
Entries: Phil KERR, PO BUNGAREE 3352; ph: (053) 34 0519 (H)

20th AUG SCHOOLS CHAMPIONSHIPS (+ OPEN?) at MELBOURNE UNI  
Entries: Bill GENITSARIS, 43 Furneaux Gr., BULLEEN 3105; ph: (03) 85 3713

22nd OCT VIC. COUNTRY CHAMPIONSHIPS + VIC. SECTION = AUST. BENCH CHAMPIONSHIPS  
Entries: Brett SMARTT, 5 Minapre Street, LORNE 3032; ph: (052) 89 1193 (H)

17th DEC "EXTRAVAGANZA" ? CONTEST at CLARKEFIELD  
Entries: Kevin BOATWOOD, Coach and Horses Inn, CLARKEFIELD 3430; ph: (054) 28 5391.

# WESTERN AUSTRALIAN 1994 RESULTS

State Championships Junior/Senior/Masters, 8th May 1994  
Morley Police and Citizens Youth Club

Name	W/Div	SQ	BP	DL	TL
Viv Ward 40+	56	90	37.5	102.5	230
Alison Wells snr	75	150	75	160	385
Jim Ambrose 40+	67.5	187.5	130	235	552.5
Rabih Jneid u23	67.5	170	117.5	222.5	510
Danny Brien 40+	75	215	90	227.5	525
Jim Pearson	75	140	110	190	440
Ron Weston 50+	75	170	97.5	197.5	465
Alan Scherini snr	75	207.5	115	242.5	565
Tom Davies 50+	82.5	160	107.5	150	417.5
Jack Rowley snr	82.5	252.5	152.5	265	662.5
Arran Woolfe snr	82.5	230	155	240	625
Clive Rego u23	90	240	140	265	645
Colin Rego snr	100	275	160	235	670
A Nakamura guest	100	280	180	220	680
Paul O'Prey u23	110	220	140	250	610
Kevin Beverly snr	110	296	175	310	772

**Bold** = National Record *italic* = State Record

# NEW SOUTH WALES 1994 RESULTS

Northern Zone Titles, 19th March 1994  
Warners Bay — Genetics

Name	W/Div	SQ	BP	DL	TL
Jill Walker o35	52	95	70	120	285
Ingrid Cullen	60	127.5	60	165	352.5
Sherie McMahon	67.5	70	70	130	297.5
Anne Mort o35	67.5	150	87.5	162.5	400
Greg Lancaster	56	160	75	187.5	422.5
Engin Mete u18	60	130	97.5	160	387.5
Jagdish Lal	67.5	225	110	215	550
Brad Sutton	67.5	-	-	-	-
A Shinkarenko	75	165	107.5	220	492.5
Robert Corbett	75	180	130	220	530
Mike Thurley	82.5	180	107.5	205	492.5
Les Edmonds o60	82.5	95	75	150	320
Robert Hromek	82.5	-	-	-	-
Ron Birch o40	90	190	110	65	365
John Mort	90	220	-	-	-
Pay Wymark	100	290	175	260	725
Dennis Heap o40	110	165	90	205	460
Murray Wilkinson	110	200	125	210	535
Grant Edwards	125	220	-	220	-
Jamie Flood	125	200	100	200	500

**Bold** = Australian Record

Age and Eastern Zone, 17th April 1994  
Tony's Gym, Brookvale

Name	W/Div	SQ	BP	DL	TL
C Scott-Todd o50	52	95	52.5	117.5	265
Paul Annelsley	52	95	77.5	135	307.5
Engin Mete u23	60	140	95	160	395
Greg Lancaster	60	-	75	190	420
Tont Sarto	67.5	120	95	160	375
Grant Feltham u23	67.5	190	125.5	180	495
Max Bristow o40	67.5	-	110	220	510
G Morrissey o50	67.5	165	92.5	175	432.5
Con Poulos o50	67.5	135	-	-	-
G Stewart o60	67.5	135	85	145	365
Lance Soles	75	167.5	110	187.5	465
A Shinkarenko o40	75	175	95	205	475
T McDonald o40	82.5	205	120	250	575
Lyndon Baker u23	90	200	115	230	545
John Mort o35	90	225	153	250	627.5
Ron Birch o40	90	185	122.5	205	512.5
Peter McGrath	100	250	155	267.5	672.5
Dennis Heap o40	110	187.5	85	215	487.5
B Hawkins o40	110	215	132.5	265	612.5
Jamie Flood u23	125	205	110	205	520
Ian Harrison u23	125+	280	145	292.5	717.5

# NEW ZEALAND 1994 RESULTS

15th Women's World Single Championships  
28th May 1994, Rotorua, New Zealand

Name	W/Div	SQ	BP	DL	TL
A Prinkkala Finland	44	142.5	67.5	152.5	362.5
N Janot France	44	127.5	77.5	155	360
R Joskinen Finland	44	147.5	60	137.5	345
V Viitasaari Finland	48	140	72.5	157.5	370
L-H Chang ChinaT	48	142.5	77.5	147.5	367.5
M Thill Luxembourg	48	135	72.5	155	362.5
I Marx Belgium	52	165	85	160	410
A Hansen Norway	52	147.5	80	162.5	390
G Bierria USA	52	140	80	137.5	357.5
L Doig Australia	52	97.5	57.5	130	285
N Mir Kazakhstan	56	155	87.5	185	427.5
I Pyte Norway	56	167.5	77.5	167.5	412.5
Y-L Chen ChinaT	56	157.5	85	160	402.5
D Kerr Australia	56	100	62.5	135	297.5
B Amdahl Norway	60	210	95	187.5	492.5
I Wohlföhler Gerny	60	170	110	180	460
E Himeno Japan	60	172.5	107.5	180	460
P Woods Australia	60	130	75	170	375
I Cullen Australia	60	117.5	60	152.5	330
E Tanakova Russia	67.5	222.5	112.5	200	535
L Sjöstrand Swede	67.5	195	107.5	212.5	515
N Magula Russia	67.5	210	92.5	207.5	510
A Mort Australia	67.5	152.5	82.5	167.5	402.5
E Suchoruk Ukrain	75	235.5	102.5	240.5	577.5
T Diande USA	75	190	143	222.5	555
H Möller Norway	75	197.5	100	190	487.5
E Stanton Australia	75	175	85	200	460
N Rumyantseva Ru	82.5	225	125	225	575
L Gaiduchenko Uk	82.5	185	135	210	530
M Norberg Swede	82.5	200	105	210	515
J Holmes Australia	82.5	175	100	175	450
C Millen NZ	90	260	162.5	260	682.5
L Johnson Austral	90	205	112.5	205	522.5
A Korshunova Rus	90	200	100	215	515
U Herchenhein Ger	90+	235	155	240	630
A Pavlova Russia	90+	230	120	222.5	572.5
S Corson USA	90+	227.5	142.5	200	570

### Top Three Countries

Lifters  
Russia  
Norway  
Germany  
Australia was ninth

### Top Three Best Overall

Cathy Millen NZ  
Elena Suchoruk Ukraine  
Beate Amdahl Norway

## We need more women lifters

into our sport!

As Women's Affairs Officer, I would also be interested in hearing from any of our current women lifters with any ideas or changes they would like to have put forward to improve powerlifting for women.

contact Bev Smith

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(H) (079) 28 0389

Fax: (079) 28 28

5 Rees Jones Close, Rockhampton 4701

# 1994 WOMENS WORLD POWERLIFTING CHAMPIONSHIPS Rotorua, New Zealand



## **THIS FABULOUS COMPETITION SAW A NUMBER OF FIRSTS AND LASTS IN THE WORLD OF POWERLIFTING.**

We were privileged to witness a traditional Maori welcome during the opening ceremony. We saw more women's world records broken than at any other competition; we saw the closing chapter in the amazing lifting career of New Zealand's Cathy Millen, who announced her retirement after breaking four world records and winning her fifth world title; but most importantly we saw Australia produce its best team performance since 1987 with our 9th place in the final team points standing.

With the withdrawal of Robyn May, we were left with a team of eight lifters, five of whom had not experienced international competition before, so, once all team members had arrived at the meet hotel, we held the first team meeting, where rules and team tactics were outlined, and the coaching roster was established.

The technical meeting brought some interesting points to light with regard to rules relating to lifting apparel. We were fortunate not to have any lifters on the first day of competition, and this gave us the chance to observe the application of the new Bench Press rules and judging of Squat depth, etc. No problems so far. The second day of competition saw our 52kg lifter Louise Doig produce two new personal bests in her first world championship. In the 52kg class, Dianne Kerr also managed to put aside the

nerves to post some good strong lifting, and even made weight without dying in the sauna like she did at the Brisbane Nationals.

The 60kg class saw the phenomenon Phoebe Woods undergo the quickest coaching and sports psychology session ever seen. From the moment she arrived in New Zealand, nothing was right, and it took some quick talking from resident team coach and psychologist Robert Wilks to sort her out. Both Phoebe and Ingrid Cullen, also lifting in the 60kg class, produced some interesting situations for the coaching staff, but both girls lifted extremely well to finish 9th and 10th respectively.

Anne Mort from Sydney produced some fine lifting in the 67.5kg class for her 10th place. Again, Anne was one of our novices when it comes to international competition, but I am sure, with continued training and support, she will improve to a more competitive level.

Despite being ill in the lead up, Ellen Stanton lifted well, to equal her National Bench Press and Deadlift records, and had she got her second or third Squat she would have set a new National Total Record.

Julie Holmes' 5th placing in the 82.5kg class was to her expectations, with strong consistent lifts in each discipline, recording eight from nine lifts in her fifth time at this level of competition. Our best result came from former Junior World Champion and Record Holder Leanne Johnson. Her second place in the 90kg division evolved from a number of lifters changing weight

divisions to get away from eventual winner Cathy Millen, and some judicious coaching tactics to secure her result despite it all coming down to the last Deadlift.

What competition would be complete without the post session debriefing, and each day flowed into the next like Stein Lager from a tap at a place called Brent's Bar. It was here that lifts were relived, training reviewed, tactics planned, and a jolly good time was had by all. For me the highlights of the week had to be Cathy Millen's huge lifts, the German projective vomiting team display at the chief referee, and continuing to complete the lift and getting three white lights. For the new

team members, it was certainly an experience to be remembered for a long time.

A great week's lifting, with team camaraderie, support and the knowledge that all did their best!

Personal thanks must go to Robert Wilks and Phil Kerr for their coaching, Bob Orr as referee and adviser on tactics, Bill Crawford and John Mort for their drinking partnerships, and last but not least Fred Goodwin and John Armstrong from Ansett for their vital assistance in helping me put this team package together.  
(see results in centre pages)

*Thank you to Robert Stanton for this report and photos. Editor.*

## **POWERLIFTER**

### **VIDEO MAGAZINE**

#### **A-4117 POWERLIFTER VIDEO MAGAZINE # 1**

Anthony Clark Bench workout: Interviews with Ed Coan, Lamar Grant, Mary Jeffrey, 1992 USPF Nationals, 1992 NASA Nationals.

#### **A-4118 POWERLIFTER VIDEO MAGAZINE # 2**

Tom Platz squat workout; Jimmy Pellechia's "assisted" 1015 Bench, Coach's corner on the squat and the Deadlift; 1992 ADFPA Masters.

#### **A-4119 POWERLIFTER VIDEO MAGAZINE # 3**

Anthony Clark Squat workout; Clark's fall under a 992lb squat; preview of Ed Coan's squat video; Coach's Corner - the Bench; L.A. Raiders' Strength Coach.

#### **A-4137 POWERLIFTER VIDEO MAGAZINE # 4**

Anthony Clark's 725 Bench and 2460 total; 1993 USPF Nationals, featuring Ed Coan and Kirk Karwoski; Chris Confessore in the gym: Bench workout; preview of Louie Simmons Squat Video.

#### **A-4138 POWERLIFTER VIDEO MAGAZINE # 5**

Chris Confessore's 662lb bench at 220 lbs; Anthony Clark's near miss at a 739lb Bench; in the gym training with Chris Confessore, Scott Werner, Rachel Mathias; interview with Franco Columbu.

#### **A-4141 POWERLIFTER VIDEO MAGAZINE # 8**

Star squat workout with Kirk Karwoski; Anthony Clark's world record 735lb Bench; preview of Ed Coan's Deadlift video; Claudia Wagner.

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## FROM INSIDE COVER

### O/40 75kg

This was fantastic, with Robert Hodge getting his 231kg Australian record deadlift to top off his first place. This was Robert's sixth attempt to possess this record. Four times he has lost his grip after doing all the hard work.

John Olsen was second after having a technical nightmare with the bench press, but showing what he is made of with a strong third attempt success.

Andre Shinkarenko went for a win on his last deadlift. It was to be first or third, with second not even considered. A big effort did not quite get the shoulders back, and he was placed third on body weight.

### O/50 75kg

Fred Goodwin Snr, after depth trouble on his squats, showed his mettle, and finished first with an Australian deadlift of 210kg.

Rob Hinchcliffe was the dark horse, and an Australian record squat 185kg pushed his better-known competitors and finished second.

John Brailey continued to defy his 65 years to finish third with over 60 records in squat, bench and total.

Ron Weston was a great fourth, with an O/60 deadlift record.

Maurie Graggs had an off day with his benches, and bombed on the day, but will be back to his beat.

### U/23 82.5kg Men

Darren Burns put on a great show of lifting, and an Australian record bench was a clear winner with a 570kg total.

Under 18 lifter Brett Jones had a top day, with National records in squat and a near miss with a deadlift record was second, but showed he will be a force in the U/23 division. Ben Russell had to settle for third, and was very disappointed with his result, only making his first bench and deadlift.

### O/40 Men 82.5kg

Tom McDonald was a clear winner, but was not pleased with his lifting by his own standards. He still had an Australian record deadlift on his fourth attempt.

Harry Havasapien lifted well for second place, and continues to improve.

### O/50 Men 82.5kg

Norm Jeha blitzed the field by a big margin with a National record total, and as a valued sponsor of the event. He supplied all the warm-up weights and lifting platform, and Best Lifter trophies for the event. Everyone was pleased by his success.

Norm's Rockhampton Fitness Centre has been one of Queensland's main producers of champion powerlifters for many years, so it is pleasing to see him back in National competition.

Tom Davies was second, with some gutsy effort and a new WA bench record.

### U/23 90kg Uni.

Hamish Hamilton, from the strong University of Queensland team, had an easy win, and pleased the crowd with his displays of Dan Baker funny walking and noise making - top effort.

Matthew Zarbra worked hard for second place.

### O/40 Men 90kg

Derek Croft was not up to his State Titles form, but finished first.

### O/50 Men 90kg

Les Wellington was solid on the day, with a close miss with a National record squat for first place.

### U/23 100kg Men

Brooke Roberts lifted well, to total 622.5kg for a clear win.

### O/40 Men

Robert Wilks had a great day, with Australian records in squat deadlift and total for first place, and entertained the crowd with his vigorous style.

Ralph Atchison had a disappointing day, with only one bench and deadlift completed. The pressure of Robert Wilks'

good effort had much to do with a poor result, but Ralph is looking to get his records back at the Seniors in Adelaide before going down to the 90kg division.

Richard Gault had a good solid effort for third.

### 100kg O/40

Bernie Hawkins equalled his best total, and got a National record deadlift for first place.

### U/23 125kg Uni.

Fred Goodwin Jnr had a great day, with four National University records, and a personal best total in his warm-up for the World Junior Titles in Bali.

### O/40

Bill Tahapehi was not up to his best form, but worked hard for his first place.

### O/50

Don Wilson set the standard, with four O/60 records, and an O/50 deadlift record to round out a great day.

### 125+kg

Under 23 Ian Harrison finished his day with a new record U/23 deadlift, and first place. This young giant trains by himself, with no coach, in country NSW, and has unlimited potential.

### O/40

John Pitcher showed wonderful squatting after head-butting the bar into submission for new National O/40 Open and Commonwealth records, and O/40 and Open

bench records, to top his effort with the O/40 "Best Lifter" award.

On Sunday evening, the competition finalised with a presentation dinner of 75 people, where powerlifting stalwart John "Squizzly" Taylor was honoured by his friends and colleagues from "Powerlifting Queensland" with life membership.

"Squizzly" has been forced to retire from competition due to his battle with skin cancer, but never fails to attend competitions, where his help and enthusiasm continue to rub off on everyone.

The venue was ideal for a powerlifting meet, with wide open spaces in the warm-up area, specially selected to alleviate Robert Wilks' reported claustrophobia at the 1993 Seniors in Brisbane. The organisers and their helpers were gratified by the positive comments regarding the meet and the presentation dinner from all our interstate visitors, and look forward to staging bigger and better meets in the future.

**Best Master Woman Lifter**

**Bev Smith, Qld**

**Best Master Male Lifter**

**John Pitcher, Qld**

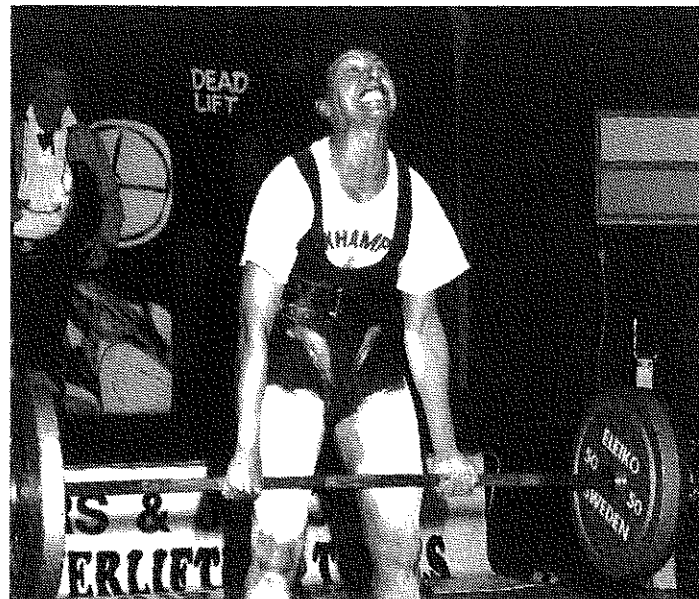
**Best Under 23 Lifter**

**Ray Hope, Qld**

**Best University Lifter**

**Ray Hope, Qld**

RALPH ATCHISON



BEV SMITH - O/40 WOMENS 67.5kg COMMONWEALTH RECORD DEADLIFT - 175kg

## A Note from the Editor

Nick Butler

I have received a few complaints about the accuracy of the last issue of the Summer Edition of Australian Powernews. I would like to apologise to lifters for any errors with their results/lifts, the spelling of their names, or, in some cases, omission of them altogether from results/ranking lists. While I try to publish all results, rankings and reports that I receive as accurately as possible, I would like to point out that my position as newsletter editor is a completely voluntary one. I usually prepare, organise and print our national newsletter late in the evening, in the early hours of the morning, or under pressure on the weekend (missing another important work-out or valuable time with my family).

Each issue can take anything up to 12 weeks of my spare time to chase up information, organise sponsorship/advertising/funding, and prepare and collate poorly written score sheets and results ready for typesetting, artwork, printing and postage. The mailing list seems to change daily. Believe me when I tell you that to produce our newsletter is a big job for basically one person. I receive invaluable help from a handful of SAPA members. Without their support, it would make my 'job' as newsletter editor impossible.

Powerlifting is only a small part of my life, with work (Production Manager at Modbury Press plus my own rubber stamp business) and family commitments (a very understanding wife and three young children) taking up most of my time, not to mention the other five SAPA and Powerlifting Australian Committee positions (SAPA/National Record Keeper, National ranking lists, coordinator for National Schools Bench Press contests, National Development Officer, 1994 Open National Meet Director, and of course National Newsletter Editor).

In my spare time I am a School Council member, School Review Group member, and convenor of a School Review Group subcommittee. I also play hockey for Northern District Hockey Club on the weekend, and in a veterans O/35 competition on Monday nights (hockey training Thursday nights). I support the Adelaide Crows, holding a season ticket, and attend most of their home games.

**So that's my excuse, and I'm sticking to it!**

PS: I have tried some new systems this edition to improve the accuracy of information received. I've got my fingers crossed that all is in order.

# 1995 AUSTRALIAN MASTERS GAMES REPORT

Yes, you read right. This is a report on next year's Masters Games. Held every two years, the Games are scheduled for the first two weeks in October 1995, in Melbourne. Planning is well under way, with a company formed to promote, organise and manage the event. Over 8,000 participants are expected, and we want as many of them as possible to be Powerlifters.

I have been "appointed" to act as organiser for Powerlifting. I am in contact with the Management, and at a recent meeting confirmed our desire to take part. I also gave a commitment to double the number of competitors we have had at our best turnout in the past.

The Organisers are not "mucking about." As I have said, planning is well under way, by both them and us. They expect entry forms to be out by October this year, and all entries to be in some six months before the event. Anyone who has competed in a Masters Games will know this to be the usual way of doing things.

My discussions with the Management have brought out the following points/ideas:

1. They have a venue at the Olympic Park Grandstands/Function Centre that would suit us - indoors, next to the Games Registration and Information Centre (lots of people passing by and hanging around), and at little or no cost.

2. I have requested the venue for two days - Saturday 7th and Sunday 8th October 1995. This will be the busiest period, so I have my fingers crossed that we can have those days.

3. Previous Games have had these numbers competing in Powerlifting: Adelaide 56, Brisbane 42, and Perth 15. With the ONE Federation now, I expect to have many more than this in Melbourne. I have given a commitment to double our best, i.e. have 112+ Lifters.

4. The Organisers would like to see overseas competitors taking part. I have suggested we contact and invite Masters from the Oceania Region. They approve.

5. Another idea for attracting more competitors: We already have in place Bench Press competitions, and by making this a Bench as well as Powerlifting Event we should increase our numbers. HOWEVER, if we allowed competitors to lift in

ANY one or more of the three lifts, i.e. have competition with 1st place medals in the individual lifts as well as the three lift event, we would dramatically increase our numbers.

Competitors would not have to lift in all three to win the Squat, Bench or Deadlift only. The major Title would still be for the Three Lift Total. My reasoning is that the Masters Games format encourages athletes to compete in a number of different sports, whether they regular compete in those sports or not. It is a carnival event, with the emphasis on taking part rather than just winning. To attract athletes from other sports, and so increase our numbers, I believe by offering a choice of events we will encourage them to give us a try. The Games organisers provide the medals for the events, and are prepared to support any sport in increasing its participation.

6. The Games are a "special" event, so why not try something different? Could we increase our numbers by changing the age groups? Why not have Over 35, Over 45 and Over 55 as our Divisions for this event only?

7. The above are simply some ideas I have put forward. The Games Management are not holding us to any commitment regarding them. The only commitments they have from us are that we will take part; and that we will endeavour to have as many competitors as possible. They want to see as large a competition as possible. They provide ALL medals - on a pro rata basis - the number of placings depending on the number of competitors for that Lift or Division.

Finally, do we really need to make this event both the Australian Masters Games AND the Australian Masters Championships? The Games are a Championship event, and the winners can rightly call themselves Australian Champions. Why not hold OUR Australian Masters Championships in non-Games years only. As I have said, the Games Organisers provide the medals for their event, so why "double up," and increase our costs? I shall keep you up-to-date with what is happening in future newsletters.

LEN SKEEN

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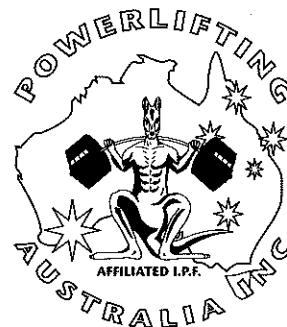


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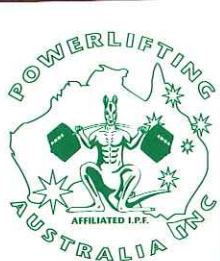


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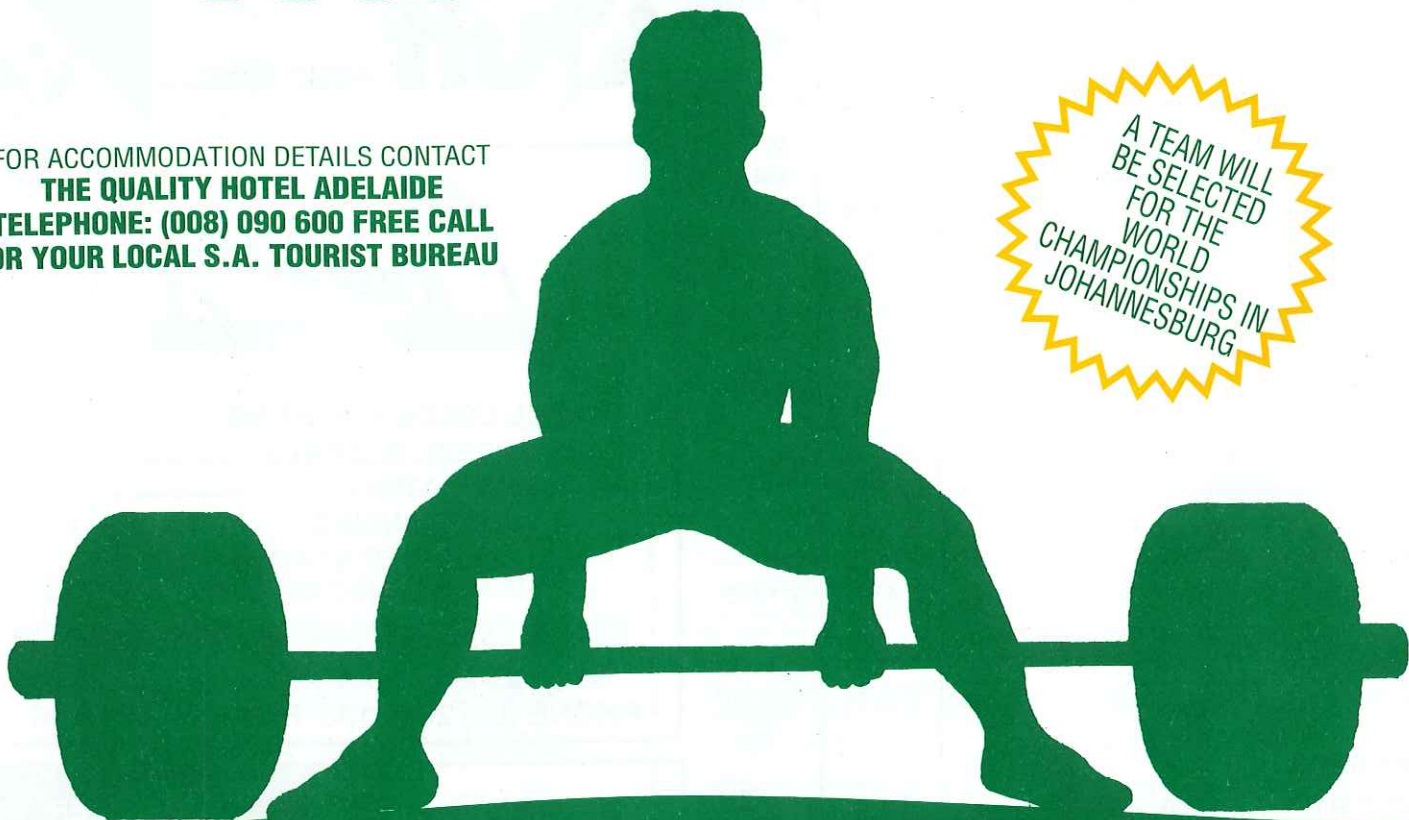


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