

POWER-NEWS

A U S T R A L I A

Volume 2. - Edition 3.

SPRING EDITION

Editor: Nick Butler

1994 Australian Open Powerlifting Championships

July 23 & 24, 1994

Adelaide was once again the venue for the Foundaton SA Australian Powerlifting Championships, and once again Nick Butler and his compatriots put on an excellent show.

The Hotel Adelaide Ballroom stage set the scene for 47 lifters, including five from Papua New Guinea, 1 from Japan, and 21 Australian records were set in two days of excellent lifting.

At 56 kg, Greg Lancaster was solo, but came through with 422' kg, his total being trimmed with two barely high misses on 170 kg.

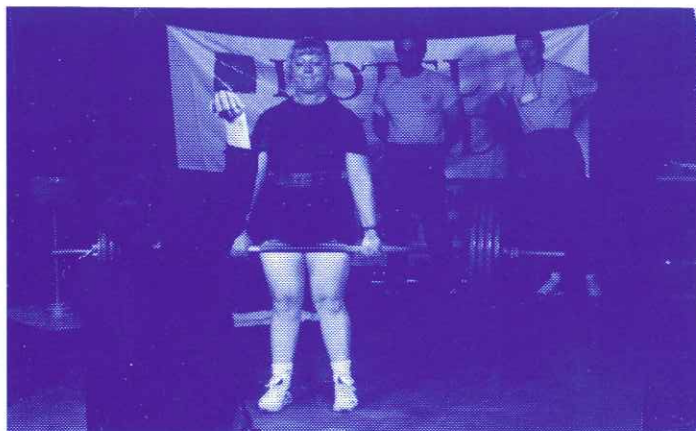
At 60 kg, one of Australia's all-time greats, Tony Zappia, turned on another class effort, coming back from a miss at 195 kg squat to get a limit 200 kg, and repeating the effort to get 225 kg deadlift on his third attempt, after just failing to lock out on his second. Tony was a bronze



PETER KYRIAKOS (Victoria) - Mens Best Overall

medallist way back at the 1978 Worlds, is now 41 years old, but continues to produce outstanding efforts like this, and it is a pity that

he is not seen on the world stage more often. Following Tony, in second place, was junior Ray Hope, whose corkscrew-like back unwound



JULIE HOLMES (South Australia) - Womens Best Overall

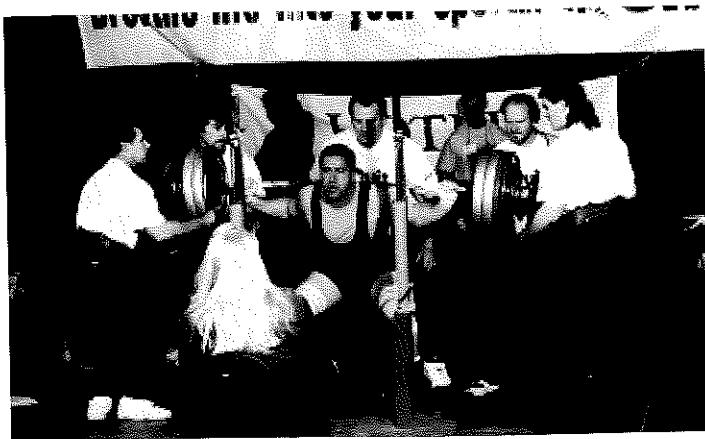
on 170 kg squat and 200 kg deadlift before his recent frequent competition schedule took its toll, and he ran out of gas on 205' kg. Precocious 18-year-old Shane Rogers of Victoria came in third in this class.

At 67' kg, Jagdish Lal was well out in front with his 555 kg total, and, with tighter technique and more successful attempts than his four here, he will march on toward 600 kg. David Kent, last year's winner but having trained only sporadically since, was clearly high twice on 200 kg squat, but came back to sink it on a third, and take out second on 510 kg. Brad Sutton, fresh from his bench press bronze at the World Juniors, lapsed back into his habit of dropping the chest but not his hips on the squat, and exited after three such attempts on 180 kg.

At 75 kg, the disappointment was the No-Show of Satya Agnihotri, that leaving Peter

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KEVIN BEVERLEY (Western Australia) - 10 from 10 for the day

Rellos well out in front. Peter came back from a knee-wobbling miss on 253 kg squat, to get it very deep on his third, and has room for much more on that lift. After surviving some wobbly bench presses, Peter deadlifted an AR 260' kg, and then surprisingly missed 265 kg after getting it to his knees (Peter's sticking point is usually on the floor), to be left with a 650 kg total. Will Grati looked and lifted like a bodybuilder, with high bar squats and a strong bench, but also had a good deadlift to take out second place, whilst fellow Queenslander Alan Scherini was very steady with eight successes and third place.

In the 82' kg class, 100:1 long shot Brett Johns came through by virtue of his steady, controlled nine successes, the only lifter of the 21 in the session to do so. Gangly Dave Smith (NT), brother of Rohan, was wild in the squat, yelling on the way down and twice missing 190 kg, but produced a tremendous effort on 255 kg deadlift, when it was needed, to grab second, and shows promise for higher totals in the future. Dan Baker also plummeted, braked prematurely in the squats, and missed out on some kg he

surely must have wished he had in the bank come deadlift time, but he hung out for third over the stronger than ever but tactically confused Brett Smartt. In this class, favourite Jack Rowley produced three strangely tentative and high attempts at 255 kg squat, and exited at that point, well off his 760 kg total and British title of a few years ago.

1990 World Championship representative Simon Bradstock had plenty of strength for 240 kg squat, but three times leant forward and fell prey to the illusion that your hips are going down when all that is happening is that your chest is dropping, and the result was a high squat. Simon "continued" on with 150 kg bench and 260 kg deadlift in the warm-up room, but, not surprisingly, some of his zest was gone at that point.

At the conclusion of the first session, 56 kg to 82' kg, seven of the 21 lifters had bombed. This included all three PNG lifters and three from NSW. However, it must be said that in this session, in the opinion of those international referees observing, the refereeing was outstanding in its consistency and accuracy by the Rules, and that mani-

fest technique problems were the cause of so many lifters' demises.

The second session of lifting was made up of all the women's classes.

At 48 kg, Silvana Venditto was picture-perfect on her lifts, and produced an AR 295 kg total.

At 52 kg, a close battle saw Kathy Hughes, a newcomer from NT with potential for more, produce 287' kg, to hold off Jill Walker. Jill has been lifting for many years, and this time came tantalisingly close to a national title.

At 60 kg, Phoebe Woods was run surprisingly close by still improving Ingrid Cullen. Ingrid had largely overcome her problem in the squat of bending so far forward that the bar would descend, and so produced three successes and 130 kg, with a good 160 kg deadlift also coming from her very strong back. Phoebe was also steadier than her usual heart stopping style in the squat, but missed a big jump in the deadlift, and her 400 kg potential at 60 kg remains to be tapped.

At 67' kg, Anne Mort was clear on 397' kg, just down on her 402' kg at the

Women's Worlds, and as consistent as ever on all her lifts.

The most drama in the session came from Bev Smith's two agonisingly close attempts at a Masters World Record deadlift of 183' kg, the second nearer than the first. This followed an equally near miss in June, and next time this weight surely must come for Bev.

At 82' kg, Julie Holmes turned in excellent lifting once again, following her outstanding fifth in the Women's Worlds, and is in the best form she has been for many years. She took out the Best Lifter trophy. Robyn May came in second, following a short preparation after a lay-off, but still produced a good 190 kg deadlift.

The third session of lifting was the heavy men, but with competitors concentrated in the 90 kg to 100 kg divisions.

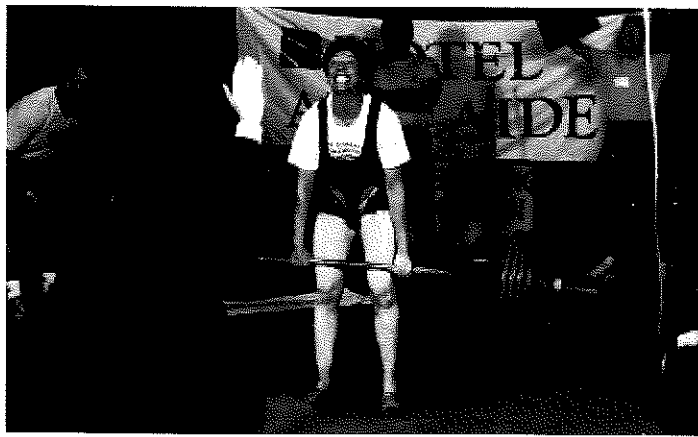
At 90 kg, Peter Kyriakos turned in 775 kg, the outstanding total of the competition. After a very shaky start with a too high 285 kg squat, Peter made 285 kg and 295 kg, with room to spare. The bench press saw Peter come through more



MICHAEL KANE (Papua New Guinea) - Awesome 290kg Squat

steadily, with a 190 kg AR, and a 290 kg deadlift followed, although 295 kg rounded Peter's back out and stopped at the knees. In second place came Vince Simonetta, up 30 kg on his comeback total at the Victorian Championships, and producing an outstanding 315 kg AR deadlift. On his final attempt, Vince called for the monumental 375 kg he needed to win, and, although others were incredulous, he took it seriously and at least produced an impressive bend in the whippy Ivanko bar. Vince has gained much respect in this stage of his lifting career, and his total will continue to climb steadily upwards. In third place came Rohan Smith, just out of the juniors, and on the improve. Forward leaning cost him two attempts in the squat, then 165 kg was solid in the bench press before Rohan's long arms gave out at a high sticking point on two attempts at 175 kg. Rohan's forte is the deadlift, and he came through there with a near stiff-legged 285 kg, powered by his exceptionally strong back. Michael Kane came in fourth, PNG's sole survivor out of five lifters. One only had to see his 290 kg squat, done without a tight suit, to realise the potential he has, and it is hoped that the PNG lifters can gain the technical training they need to capitalise on their obvious great abilities.

At 100 kg, David Alpen was the defending champion, and only succeeded on three attempts, but held on to retake the title. David's big bench of last year had deserted him, but a hard 295 kg deadlift opener secured a

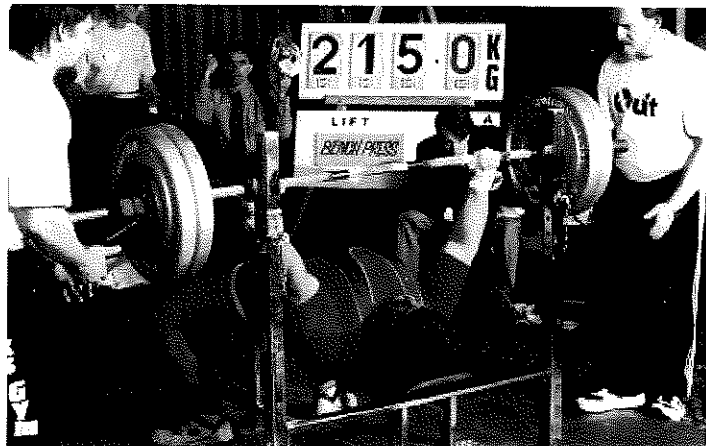


BEV SMITH (Queensland) - World Record Deadlift, Almost!

740 kg total. Forthright Carlo Zamolo showed tremendous strength, but was erratic in the technique throughout. Two misses on depth in the squat were followed by a very strong, what seemed to be AR, 195 kg bench press. Then came the deadlift, a miss when 275 kg was lifted strongly, but not locked out, followed by a controversial miss on 285 kg, possibly for the same reason. However, Carlo then made an enigmatic jump to an impossible 305 kg, 12' kg more than was needed for the win, and he exited with a zero total. Carlo has 780+ kg strength in him, and hopefully that power can soon be tapped. Surprise runner-up was Ralph Atchison, the feisty Queensland Master. Ralph laughed his way through the squats, but showed a chagrin of primeval intensity when narrowly missing a Masters record bench press of 155' kg, and then finished triumphantly with a 253' kg record deadlift, overcoming a record which had haunted him for a long time. John Mort managed to injure himself in the warm-up room, but picked up as the contest went on, and finished with a respectable 260 kg deadlift. At 110 kg, Kevin Beverley returned to his best form,

approaching the 800 kg he had done in his native Scotland. In fact, he produced 10 successful attempts, and will soon be over 800 kg.

The highlight was Kevin's final deadlift of 317' kg, a true maximum effort. Also very promising in this class was Marco Rusterholz, a bench press specialist, but now improving rapidly on the other lifts. Marco took two attempts to get the depth on 260 kg squat, then stood up very strongly with 275 kg, before tragically stumbling backwards. His benches were as impressive as ever, 200 kg, 210 kg and 215 kg all going up in Marco's scary thumbless-grip style, that being followed by a 270 kg deadlift, and the promise of more to come in the future.



MARCO (Rusty) RUSTERHOLZ (Queensland)
Australan Bench Press Record - 215kg at 110kg

Andrew Logan's lifting did not fulfil the promise he showed as a newcomer last year, and, with his subsequent 720 kg total, misses on a big jump in the squat were the key in keeping Andrew's total down, but his stocky build and obvious ability will no doubt see Andrew improving with more seasoning. Colourful Hitoshi Nakamura and bench press technician Bill Crawford rounded out this class.

At 125 kg, Dale Campbell went solo in his first Nationals. Dale was powerful in the bench, but technique problems held him back in the squat and deadlift. He is another lifter with promise for the future who will have benefited from this competition.

Thus concluded the 1994 Australian Championships. Victoria won the men's team title and NSW the women's. Each year since the new era of drug-free Australian powerlifting began in 1990 the standard has gone up a notch, and this year was no exception.

Robert Wilks
(full results page 6 & 7)

1994 OCEANIA CHAMPIONSHIP SYDNEY December 2-4

Further to the information update distributed in Adelaide, note that the closing date for entries is October 28, 1994. The actual Australian team will be picked from entries received by that date.

However, an Open contest will be held in conjunction with the Oceania Championships. Thus, individuals who enter the Oceanias but are not selected for the Australian team will be able to lift in the Open contest.

This should clear up the uncertainty expressed by those who have wished to train for the Oceanias but were not sure if they would make the Australian team, believing that they could not lift unless they were in the team. The actual situation is that all those who enter will be able to lift in Sydney, either in the Australian team in the Oceanias or in the Open contest.

For entry forms & accommodation details contact your state/territory secretary or meet director, Bob Orr on 018 283 342

"LIFTERS" PROFILE #9

R.J. (Bob) Orr

Born: Launceston, Tas, 1/12/44

Schools: St Virgil's College, Hobart, Marist Brothers

Self-employed Management and Sales Consultant - Greater Vending

Favourite Food: Chinese

Favourite Drink: Beer

Sporting Activities:
School: Captain - Aust. Rules 2nd side.

Cycling - 1 year until threatened with being expelled if not continuing football for school

1967-69: Speedway - Driving Stock Rods, Westmead, Windsor, Pit Crew - Morton-May (Eric Morton), Driving/Preparing Speed Cars.

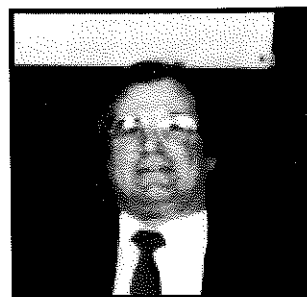
1969-77: 'A' Grade Rugby League - Sutherland RLFC, Loftus RLFC, Woronora RSL RLFC, Sylvania Sports RLFC

1979: Began training in gym, Beverly Hills

1981: Queensland 1st Powerlifting Competition - Maryborough Open, Bombadine

1982: Returned to Sydney - joined NSW

1984-86: Committee - Registrar



1986 to now: President - NSWAPLA.

Hold 4 records O/40 NSW in competition

1989 to now: President - Powerlifting Australia Inc.

1990: Australian Representative, O/40 World Championships, Perth, October 1990

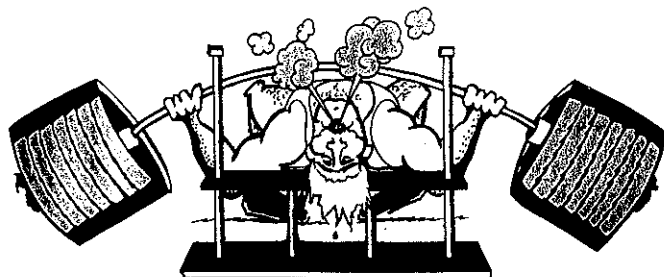
1992: Meet Director, 1992 Inaugural Men's and Women's Juniors and Masters World Championships, Sydney. Category 1 Referee badge

1993: Worked very hard to unite Powerlifting in Australia

1994: Elected President of Powerlifting Australia Inc.

ENAJON NATIONAL

Saturday 22nd. October 1994
Sunday 23rd. October 1994



BENCH PRESS

For entry forms & details contact your state/territory secretary or meet director, NICK BUTLER - Tel. (08) 264 3005 Home,

The contest will be in all I.F.R. bodyweight, sex and age group categories, as well as the under 18 age group. The age groups are thus:

MEN

- Open
- Junior (U23)
- Junior (U18)
- Master (Over 40 & Over 50)

WOMEN

- Open
- Junior (U23)
- Junior (U18)
- Master (Over 40)

Australian Championship medals will be issued to place winners in all categories. All competitors & officials must be current A.P.F. members & have their A.S.D.A. forms lodged with Powerlifting Australia at least 8 months prior to October 22nd, 1994

THE MOUNT ISA POWERLIFTING CLUB



The Mount Isa Powerlifting Club was formed after a meeting at the house of Bill Tahapehi on October 3, 1992.

About 15 interested people attended, and decided to form a powerlifting club and to seek a suitable venue in which to establish a gym.

The club eventually took up residence at the Police and Citizens' Youth Club.

The first competition the club participated in was the State Masters & Juniors & Open Competition in Rockhampton on March 6, 1993.

Mount Isa held its own Improvement Competition on October 16. It was the first ever held in the city, and proved to be a huge success for the club. Members of the club have since travelled to a number of competitions in Darwin, the 1993 State Open Championships on the Gold Coast, and the Masters and Juniors Australian Nationals in Rockhampton in 1994.

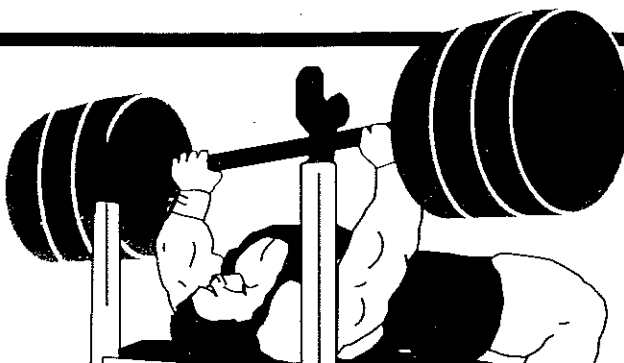
The biggest competition so far held by the club was the Suncorp North Queensland Games Masters & Juniors & Open Titles in April this year. This proved to be a large success, with lifters coming from Brisbane, Darwin, Townsville, Ayr and Cairns.

Competitors were watched and cheered on by more than 200 spectators on the first day, and more than 300 on the second day.

The club has grown from its small beginnings to a strong and functional club, with more than 100 social members and 20 powerlifters, aged from 14 years to older than 40 years.

The Mount Isa Powerlifting Club has promoted, and will continue to promote, the sport in North-West Queensland.

AUSTRALIA'S STRONGEST ATHLETE



1994 SCHOOL BENCH PRESS CONTEST

ENTRY FORMS FROM YOUR SPORTS MASTER
ENTRIES TO A.P.F., Nick Butler, PO Box 244 Ingle Farm SA 5098
ENTRIES CLOSE NOVEMBER 30th 1994

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 # 6

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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Get Well Soon

Dean and Colin

Two of our most valued powerlifters are currently not enjoying the best of health. Dean Bennett (National Senior Vice-President/SAPA President) and Colin Barnett (NSW 75 kg O/40 Champion) have both been hospitalised recently, and it is great to hear they are recovering, slowly but surely, showing great fighting spirit as only powerlifters can. On behalf of all powerlifters Australia wide, we wish Dean and Colin a speedy, full recovery, and send all our best wishes to you and your families.

Editor

Lest We Forget

Many in Australian Powerlifting will remember MR BARRY JAMES HUGHES, Patron of PNGAWLA as well as the PNG Amateur Boxing Association. It is with deep sadness that I inform you that Mr Hughes passed away suddenly last night after being ill from kidney complications for several months. He was in hospital. His services and commitments to sports will be sadly missed by all.

IWILA JACOBS - PNG

SOUTH AUSTRALIAN 1994 RESULTS

Third State Bench Press Golds Gym, 21st August 1994

Name	W/Div	Age	Best Lift
Nat Smith	56	u40	35
Sue Trevence	56	snr	55
Pam Hancock	67.5	o40	50
Debbie Matthews	75	snr	70
Julie Russell	82.5	o40	100
Donna Jaensch	90	u23	70
Julie Holmes	90	snr	100
Antoinette Bennett	60	u18	35
Dave Graham	60	o60	62.5
Michael Venning	60	snr	95
Charlie McMahon	67.5	o50	80
Michael Ticehurst	67.5	u18	62.5
David Thistle	75	o50	110
Terry Ticehurst	75	u18	70
Ashley Lukey	75	u18	80
Darren Drewet	75	snr	80
Travis George	75	u18	72.5
Peter Donhardt	75	snr	67.5
Terry Hunter	75	u23	97.5
Dan Juers	82.5	o50	100
Robert Withers	82.5	o50	110
Eric Howard	82.5	o40	110
Jim Economos	82.5	snr	130
Dean Allen	82.5	snr	115
Eugene Hogarth	82.5	snr	85
John Thomson	90	snr	92.5
Burk McCourt	90	u23	-
Ray Dobbin	90	snr	160
Harvey Huxtable	90	o50	140
Shaun Cavuto	90	u23	150
Robert Marris	100	u23	142.5
Dan Bellon	100	u23	162.5
Ross Smith	100	o40	145
Simon Kraljev	110	o50	135
Michael Lukey	125	snr	152.5
Bernie Sharp	125+	o40	100
Ron Seesink	125+	snr	120

Records Broken: Donna Jaensch u23 85.6 SA 72.5 (4th Press)
Ray Dobbin snr 88.75 SA & Aust 160.5
Don Bellon u23 98.55 SA 162.5
Ross Smith o40 98.5 SA & Aust 145.5

City of Adelaide Championship 11th September 1994, Golds Gym

Name	W/Div	SQ	BP	DL	TL
Michael Venning	60	55	95	70	220
Ron Koglin	67.5	-	80	150	-
Romina Sich	67.5	115	75	-	-
Charlie McMahon	67.5	122.5	-	160	-
Terry Ticehurst	75	132.5	70	145	347.5
Dean Jenkinson	75	185	125	205	515

Italics = SA Record

NORTHERN TERRITORIES 1994 RESULTS

Alice Springs Competition 9th July 1994

Name	W/Div	SQ	BP	DL	TL
Tom Falstron	75	170	110	170	450
Shane Stringer	82.5	190	155	200	545
Tony White	90	200	125	230	570
Brad Bellette	90	210	150	230	590
Bernie Wellsford	90	175	125	235	535
Nick Moody	100	-	150	230	380
Bernie Freidli	100	215	152.5	230	597.5
Norbert Freidli	100	220	-	250	470
Nick Culbert	110	200	210	240	650

NEW SOUTH WALES 1994 RESULTS

NSW State Open Championships, 11th September 1994 Body & Soul, Rutherford

Name	W/Div	SQ	BP	DL	TL
Jill Walker	52	95	70	117.5	282.5
C Scott-Todd o50	56	97.5	55	122.5	275
Ingrid Cullen	67.5	132.5	60	157.5	350
Cherie McMahon	75	120	72.5	135	327.5
Greg Lancaster	56	145	70	170	385
Engin Mete u18	60	160	100	175	435
Max Bristow o50	67.5	182.5	110	220	517.5
Robert Corbett	75	190	135	235	560
Simon Bradstock	75	220	135	220	575
Satya Agnahotri	75	170	112.5	190	472.5
Lane Sales	82.5	240	100	240	580
T McDonald o40	82.5	260	155	260	675
Lyndon Baker	90	205	115	252.5	572.5
R Butterworth o40	100	100	95	150	345
Pat Whymark	100	275	180	260	710
Murray Wilkinson	110	195	115	200	510

Italics = New state records

VICTORIAN 1994 RESULTS

Melbourne University Results

Name	W/Div	SQ	BP	DL	TL
Joanne Borg	82.5	117.5	57.5	115	290
Nighiep Luu	56	102.5	70	158	330
Mathew Rumler	67.5	170	85	162.5	417.5
Chris Shaw	67.5	125	87.5	132.5	345
Jarrold Thomas	75	125	85	175	385
Hamper Delice	75	150	110	220	480
Andrew Pietromar?	82.5	80	52.5	80	212.5
Angelo Xerri	82.5	140	90	190	420
Darren Jones	90	230	150	230	610
Josh Carter	100	140	100	187.5	427.5
Andrew George	100	230	135	252.5	617.5
Kevin Boatwood	110	250	152.5	210	612.5

Second Annual Crawford All-Star Memorial Cup Melbourne University

Name	W/Div	SQ	BP	DL	TL
Adrien Schnier	82.5	190	160	230	580
Bill Crawford	110	225	160	240	625

1994 AUSTRALIAN NATIONAL RESULTS

Open Australian Powerlifting Championship—Adelaide 23rd July 1994

Name	W/Div	SQ	BP	DL	TL
S Venditto SA	48	105	60	130	295
Kathy Hughes NT	52	117.5	50	120	287.5
Mari Beni NT	52	90	-	-	-
Jill Walker NSW	52	95	65	125	285
Phoebe Woods NT	60	135	75	145	355
Ingrid Cullen NSW	60	130	57.5	160	347.5
Anne Mort NSW	67.5	150	85	162.5	397.5
S McMahon NSW	67.5	120	70	132.5	322.5
Bev Smith QLD	67.5	137.5	72.5	175	385
Julie Holmes SA	82.5	175.5	102.5	175	452.5
Robyn May VIC	82.5	150	70	190	410

1994 WORLD JUNIOR RESULTS

G Lancaster NSW	56	160	75	187.5	422.5
Shane Rogers VIC	60	170	75	187.5	432.5
Tony Zappia SA	60	200	110	225	535
Tim Asepe PNG	60	-	-	-	-
Ray Hope QLD	60	170	95	200	465
David Kent VIC	67.5	200	120	190	510
Brad Sutton NSW	67.5	-	-	-	-
Jagdish Lal NSW	67.5	220	115	220	555
Will Grati QLD	75	205	145	240	590
Peter Rellos VIC	75	252.5	137.5	260	650
Dave E Smith NSW	75	-	-	-	-
Alan Scherni WA	75	205	117.5	252.5	575
Eric Yameng PNG	75	217.5	-	-	-
Brett Johns SA	82.5	220	120	235	575
Brett Smart VIC	82.5	190	135	225	550
Daniel Baker QLD	82.5	210	120	230	560
S Bradstock NSW	82.5	-	-	-	-
Dave Smith NT	82.5	180	125	255	560
Shane Stringer NT	82.5	170	150	210	530
Peter Ako PNG	82.5	205	-	-	-
Jack Rowley WAP	82.5	-	-	-	-
Kyriakos VIC	90	295	190	290	775
Michael Kane PNG	90	290	160	260	710
Rohan Smith NT	90	265	165	285	715
V Simonetta VIC	90	260	145	315	720
Steven Ongia PNG	90	-	-	-	-
Carlo Zamolo NT	100	255	195	-	-
David Alpen SA	100	270	175	295	740
R Atchison QLD	100	200	147.5	253.5	600
John Mort NSW	100	190	142.5	260	592.5
A Logan QLD	110	275	155	260	690
H Nakamura WA	110	285	160	200	645
Bill Crawford VIC	110	150	160	150	460
M Rusterholz QLD	110	260	215	270	745
Kevin Beverly WA	110	290	187.5	317.5	795
Dale Campbell NT	125	240	185	245	670

Best Lifter — Men

Peter Kyriakos (VIC)	775 @ 90	= 107.64%	E1+55
Peter Rellos (VIC)	650 @ 75	= 100.78%	E1+5
Kevin Beverly (WA)	795 @ 110	= 100.63%	E1+5
Tony Zappia (SA)	535 @ 60	= 100.00%	E1

Best Lifter — Women

Julie Holmes (SA)	452.5 @ 82.5	= 102.84%	E1+12.5
Anne Mort (NSW)	397.5 @ 67.5	= 99.38%	E2+27.5
Silvana Venditto (SA)	295 @ 48	= 98.33%	E2+15

Best Individual Lifts — Men

Peter Kyriakos	Squat	295 @ 90
Marco Rusterholz	Bpress	215 @ 110
Vince Simonetta	Diift	315 @ 90

Best Individual Lifts — Women

Julie Holmes	Squat	177.5 @ 82.5
Julie Holmes	Bpress	102.5 @ 82.5
Robyn May	Diift	190 @ 82.5 = 115.15%
Bev Smith	Diift	175 @ 67.5 = 112.90%

Women's Team Shield 1994

W/Div	S.A.	VIC	NT	QLD	NSW	WA
48	12	-	-	-	-	-
52	-	-	12	-	9	-
60	-	-	12	-	9	-
67.5	-	-	-	9	12,8	-
75	-	-	-	-	-	-
82.5	12	9	-	-	-	-
Points	24	9	24	9	38	-
Place	2nd	4th	2nd	4th	1st	6th

Men's Team Shield 1994

W/Div	S.A.	VIC	NT	QLD	NSW	WA
56	-	-	-	-	12	-
60	12	8	-	9	-	-
67.5	-	9	-	-	12	-
75	-	12	-	9	-	8
82.5	12	7	9,6	8	-	-
90	-	12,9	8	-	-	-
100	12	-	-	9	8	-
110	-	-	-	9,8	-	12,7
125	-	-	12	-	-	-
Points	36	57	35	52	32	27
Place	3rd	1st	4th	2nd	5th	6th

12th Junior's World Single Championships 25th June 1994, Bali/Indonesia

Name	W/Div	SQ	BP	DL	TL
Male					
A Stanaszek Pol	52	240	162.5	135	537.5
Patar Indonesia	52	200	130	195	525
K Pavlov Russia	52	190	132.5	190	512.5
Komarudin Indon	56	215	105	262.5	582.5
P Richard GB	56	230	132.5	200	562.5
C Hu China	56	220	100	232.5	552.5
Sutrisno Indonesia	60	255	150	235	640
Lance May USA	60	227.5	122.5	232.5	582.5
R Batcelor GB	60	207.5	117.5	237.5	562.5
S Stormdahlshei N	67.5	245	135	250	630
Budiarto Indonesia	67.5	250	120	240	610
Suwarno Indonesia	67.5	255	120	235	610
Brad Sutton Austr	67.5	200	195	195	525
Sharoni Indonesia	75	290	145	300	735
Y Hsieh China	75	270	157.5	270	697.5
B Bekov Kazahk	75	262.5	180	252.5	695
J Germanus Slov	82.5	285	215	270	770
I Zhuikov Russia	82.5	295	162.5	277.5	735
V Samsonenko Ru	82.5	275	175	275	725
R Hromek Austr	82.5	242.5	130	242.5	615
J Kenttälä Fin	90	275	187.5	315	777.5
U Zaharov Kazahk	90	270	190	267.5	727.5
M Kaiter Netherl	90	275	147.5	300	722.5
L Baker Austr	90	180	112.5	237.5	530
R Eucker USA	100	322.5	197.5	327.5	847.5
A Jonsson Iceland	100	310	190	305	805
A Rettedal Norway	100	310	175	285	770
Peter Malic Austr	100	257.5	167.5	262.5	687.5
Bill Ogburn Austr	100	250	132.5	247.5	630
D Midote Japan	110	317.5	225	245	787.5
M Muhr Germany	110	305	162.5	315	782.5
S Oliver NZ	110	275	190	295	760
M Podtynny Russia	125	320	207.5	320	847.5
A Golikov Russia	125	335	210	280	825
D Bowring GB	125	315	202.5	285	802.5
F Goodwin Austr	125	230	150	270	650
E Timofeev Russia	125+	327.5	212.5	300	840
A Havlik Austria	125+	330	210	290	830
C Wu China	125+	357.5	187.5	275	820

Top Three Countries

Indonesia
Russia
USA

Top Three Best Overall

Sutrisno Indonesia
Andrzej Stanaszek Poland
Komarudin Indonesia

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

Ph: (W) (079) 22 1777

(H) (079) 28 0389

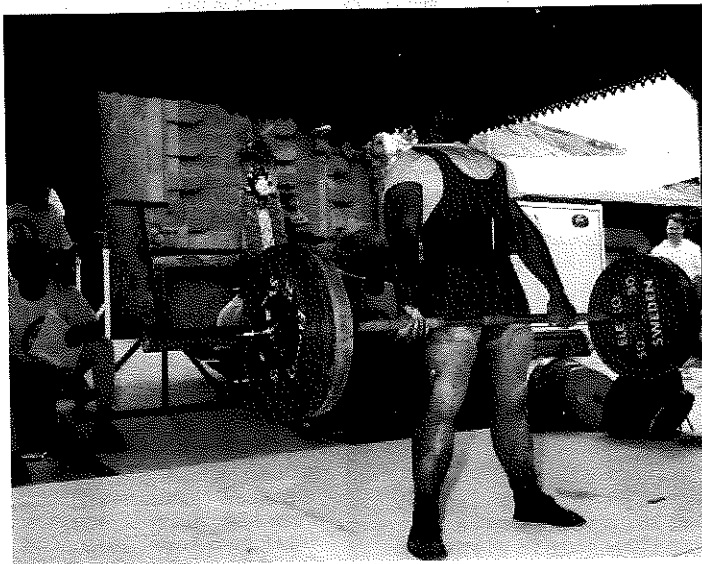
5 Rees Jones Close, Rockhampton 4701

1994 Junior World Powerlifting Championships Bali, Indonesia June 21-26 1994

Tropical retreat Bali was the venue for the first international powerlifting contest ever held in Indonesia, the 1994 World Junior Championships.

The neophyte Indonesian promoting committee faced some challenges in getting this 200 lifter competition off the ground, not the least being when Meet Director Tony Sundijayo unfortunately joined the choir invisible only a month before the contest. However, with Herculean efforts from computer guru Heiner Koberich and referee eminence John Stephenson, who both served in every session of the five day contest, the Championships went off well, within their own somewhat quaint atmosphere.

The surreal stage for the contest was set by the open air venue, the gnarled Indonesian architecture of the stadium being offset by a scoreboard arising out of a moat encircling the lifting platform. The warm-up venue was also open air, leaving some competitors from more temperate climates somewhat jaded in the



BRAD SUTTON (Australia) - Bronze Medal in the Bench Press

heat. The women's divisions were dominated by Russia, Chinese Taipei and Indonesia, with eleven junior world records resulting. Best female lifter was Lamskikh of Russia (400 kg at 48 kg), whilst 52 kg runner-up Belova drew attention as a product of the Stalinist school of Russian dentistry, she and her coach both sporting full sets of gleaming gold teeth.

In the heavier women's divisions, 18-year-old Annes Stiklestad of Norway impressed with 477 kg at 75 kg, whilst the panda-like figure of Chen-Yeh Chao again presided over the 90+ kg division via a 550 kg total.

In the men's divisions, Indonesia took out the team title, with three winners and three other medallists. The imposing Andre Stanaszek took out the 52 kg division, despite being somewhat down on his best. Komarudin of Indonesia took out the 56 kg, while Sutrisno easily took out the 60 kg class and the Champion of Champions trophy with his 640 kg total.

At 67 kg, sensation to dismay when 1993 senior and junior world champion Alexei Sivokon squatted 290 kg very easily, bench pressed 190 kg, and then bombed on 280 kg. Keen-eyed observers noted a slight limp in Sivokon's right leg after his squats, and it was

that limp which splayed out and gave way each time he attempted the 280 kg in sumo style. Nevertheless, this 20-year-old phenomenon would seem to have the freakish total of 800 kg at 67 kg within his grasp in the next few years.

Sivokon's demise (and ineligibility for any medals) opened the door for Brad Sutton to garner a surprise 3rd in the bench press with his 130 kg effort. Brad totalled 525 kg, 25 kg over his previous best, a sterling effort in the circumstances, and he will be improved further by this experience.

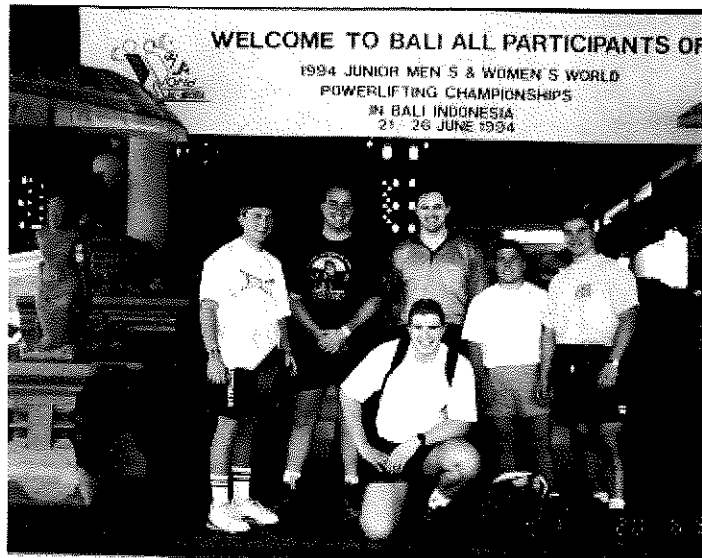
At 75 kg, Sharoni of Indonesia was well out in front, as was Jan Germanus of Slovakia in the 82 kg class. In the 82 kg, Australia's Robert Hromek ran into a very deep, high standard field, but produced a personal best total by 25 kg with 615 kg. This was a courageous effort, with Robert's determination drawing everything out of himself under the afternoon sun of Bali, and hopefully his fire will be channelled through better technique for even

higher totals in the future. At 90 kg, another clear-cut winner was Jukka Kenttinen of Finland, a class exponent of that nation's dour style of lifting. In this division, Lyndon Baker took time out from his busy schedule to post a 530 kg total; however, Lyndon (hopefully) learned much from this event, and will be improved in his two remaining years as a junior.

At 100 kg, Australia had two representatives. Bill Ogburn continued his relentless plodding improvement with every contest by posting 630 kg in a 9 for 9 effort. Bill thrived in the tropics, and will improve on his 9th place in the promised 45, heat of New Delhi, next year's venue.

Peter Malic came in 8th, with a personal best total of 687 kg and three Australian junior records. Peter squatted 257 kg, benched 167 kg with something to spare, but twice came to grief with 275 kg deadlift for resting on the thighs, and thus missed the elusive 700 kg total. Peter has only lifted for one year, and the sobering experience of these Championships will hopefully spur him in the right direction for the future.

At 110 kg, American Larry Brown, with a prior total of 900 kg, exited via three misses on 307 kg deadlift. Daisuke Midote of Japan came through as the winner in this division after drop-



1994 AUSTRALIAN JUNIOR TEAM

left to right:

ping a deadlift on his

foot in the warm-up room, completely crushing a big toe, and leaving a trail of blood as he struggled through one deadlift and was then carried off in a screaming heap.

At 125 kg, Fred Goodwin of Australia came in wearing the albatross around his neck of having competed (at Rockhampton) only two weeks prior, and, as was inevitable, was down on that performance.

As well, the ample frame of Fred tended to wilt in the humid 6 day wait for his division, and he was 4 kg down on his normal body weight, weighing in at 121 kg. However, Fred maintained his determination through a lengthy session, courageously came back from a miss on 230 kg squat, and made an heroic attempt on an AR 287 kg deadlift, this falling short and leaving him with

650 kg total.

Fred is another Australian who will be improved for next year if the right lessons are learned.

In the 125 kg and 125+ kg divisions,

Russia dominated; Maxim Podtynny and Eugene Timofeev taking out the titles. Thus ended a unique Championships, with the promise of more equatorial escapades next year.

The 1995 World Junior Championships will be held in sunny New Delhi, India, June 20-25.

This year's Australian team acquitted itself nobly, with personal best totals by most team members, and hopefully better background preparation over the coming year will see even better performances next year.

Robert Wilks

Womens Results

12th Junior's World Single Championships
22th June 1994, Bali/Indonesia

Name	W/Div	SQ	BP	DL	TL
Female					
S Tesleva Russia	44	140.5	65	130	335
H Chou China	44	112.5	45	125	282.5
D Hridula India	44	110	45	120	275
E Iamshikh Russia	48	142.5	85	172.5	400
S Yang China	48	145	65	135	345
Tumirah Indonesia	48	135	67.5	142.5	345
Minguarti	52	165	70	160	395
Indonesia	52	135	80	155	370
O Belova Russia	52	135	65	152.5	352.5
V Beque France	56	160	75	177.5	412.5
I Orekhova Russia	56	180	75	155	410
Maroah Indonesia	56	160	97.5	150	407.5
E Engskar Norway	60	152.5	87.5	165	405
O Tkachenko Rus	60	165	75	155	395
L Chou China	60	152.5	80	137.5	370
H Tomoe Japan	67.5	190	95	185	470
Augustina Indon	67.5	182.5	97.5	162.5	442.5
H Chen China	67.5	170	90	177.5	437.5
H Jaouleva Russia	75	215	92.5	170	477.5
A Stiklestad Nor	75	180	85	150	415
H Fuji Indonesia	75	145	77.5	140	362.5
S McGire Canada	82.5	210	115	200	525
N Roomeantseva R	82.5	187.5	95	175	497.5
C Lin China	82.5	182.5	85	172.5	440
C Hsu China	90	195	107.5	207.5	510
L Look USA	90	170	120	190	480
I Ross Germany	90	180	82.5	177.5	440
H Feng China	90+	228	128	195	550
C Chao China	90+	157.5	60	165	382.5
K McCiellen USA	90+	130	50	150	330
D Jyothi India					

Top Three Countries
Russia
Indonesia
Chinese Taipei

Top Three Best Overall
Elena Iamshikh Russia
Minguarti Indonesia
Irina Orekhova Russia

"Top 10 Excuses for Bombing Out"

10. Perhaps if I had knocked off the hard stuff by 3am last night instead of 5am.
9. But I always open 50kg better than my best gym lift.
8. I wanted to beat Kyriakos so I changed my opening deadlift to 375kg.
7. This new bench rule really sucks.
6. I've heard better PA Systems at Metallica concerts.
5. Seems like every meet I go in they use plates that are over weight.
4. They keep changing the bar, I was too shaken up by it.
3. "ONE MINUTE" My Ass!
2. Bob Orr has always had it in for me.

And the number one reason....

1. I was just too distracted by the sheila in the front row without the underwear.

Australia Team Open World Championships

MEN'S

Johannesburg, South Africa, November 16-20

75 kg Peter RELLOS (Vic)

82 kg Simon BRADSTOCK (NSW)

90 kg Peter KYRIAKOS (Vic)

90 kg Rohan SMITH (NT)

110 kg Kevin BEVERLEY (WA)

110 kg Marco RUSTERHOLZ (Qld)

125 kg Dale CAMPBELL (NT)

COACH/MANAGER Robert WILKS

WOMEN'S

Chiba, Japan, May 1995

48 kg Silvana VENDITTO (SA)

52 kg Kathy HUGHES (NT)

60 kg Phoebe WOODS (NT)

60 kg Ingrid CULLEN (NSW)

67 kg Ellyn STANTON (Qld)

67 kg Bev SMITH (Qld)

75 kg Allison WELLS (WA)

82 kg Julie HOIMES (SA)

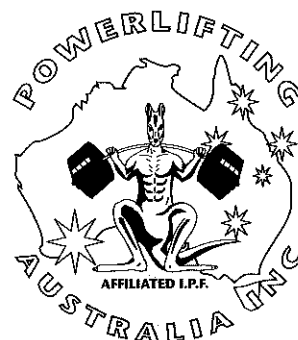
82 kg Robyn MAY (Vic)

90 kg Leanne JOHNSON (Vic)

RES: Jill WALKER (NSW), Louise DOIG (Vic)

COACH/MANAGER Robert STANTON

COACH Robert WILKS



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BENCH PRESS COMPETITION IN TOKYO - JAPAN 1994

This was the second bench press competition in Japan this year to use the newly introduced bench press rule. I went along to see exactly how the competitors would fare under this new rule. For those of you not yet acquainted with the rule, I shall give you a brief description of my interpretation of it. I think my interpretation will be the same as outlined in the international rules.

The lifter must lay on the bench and, with a spotter or by himself, take the weight out of the racks. He must then hold the weight steady, with elbows locked out, wait for the head judge's command "START," and, after receiving the "START" command, lower the weight to his chest, pause for a moment (making sure the weight is motionless on his chest), press the weight up to lock out position, wait for the next command "RACK," then rack the weight.

With the old rule, lifters would lower the weight, and wait for the judge's signal to press the weight up from the chest, but now the lifter must decide for himself whether or not he has paused for the correct amount of time or, should I say, that he has shown to the judges that he has the bar motionless on his chest.

With a big turnout of lifters, it turned out to be a long day. Overall, I think there was a total of about 180 competitors. There were quite a few watching the competition as well. There was some very good lifting by both men and women. I shall give you the top three placings of each particular weight class:

WOMEN	1st	2nd	3rd
44	62.5	55	bombed out at 60kg
48	85	85	82.5
52	65	65	60
56	85	72.5	67.5
60	105	87.5	72.5
67'	107.5	77.5	65
75	50	bombed out at 90kg	
82'	120		

MEN	1st	2nd	3rd
52	120	115	112'
56	140	130	122'
60	165	135	122'
67'	170	167'	167'
75	187'	180	172'
82'	190	187'	185
90	202'	182'	180
100	210	207'	192'

110	215	205	200
125	210	205	205
125+	215	185	

From the above results, you can see that the standard is quite high. This, I have decided, is due to the fact that Japan has a population, I believe, of around 80 million people. Do not take my word as the Gospel on the population, but, believe me, the population is a fairly big one. From this population there would have to be some good benchers, would you not agree? Now, obviously the drug question has to pop up. From witnessing the physiques of some of the lifters, I would have to guess that only about 5% of the lifters may be dabbling in the forbidden fruit of anabolics. But, then again, you never really can tell.

One thing I do not like, and I am sure most of the readers of this newsletter do not like it, is when such and such a person is supposed to know someone who can bench 700 pounds or squat 1000 pounds, etc. Well, people come up with certain claims all the time, as I am sure every reader is well aware of. One guy came up to me, and told me about one guy entering in the 90kg class who just flew from Hawaii and benched 240kg. I then gave him a look of disbelief, and then he came out with his next unbelievable line about the guy being natural. Then I replied that he must be very good, and walked off. When this guy came to bench press, I noticed that he was only going for 150kg, and he struggled to make the lift. Just as I thought. The guy told me how he saw him bench 240kg at his gym, and as usual it was a load of crock. Can any reader out there tell me why there are so many guys out there that get thrills out of these ridiculous claims?

About the new rule: I gathered the opinions of a couple of officials and various lifters. Most said that they are not used to the new rule, and would have to adapt. One guy came out with what I thought was a reasonable idea. He said that, if the lifter does not need the referee's signal to commence lifting, the lifter need not have the signal to commence lowering the bar, and that the lifter could decide himself whether or not he has properly locked the weight out in the beginning part of the lift. The general consensus was that everybody must get used to the rule, and just go out and bench press more tomorrow than they can today.

MICHAEL ABDULLAH