



POWER-NEWS

A U S T R A L I A

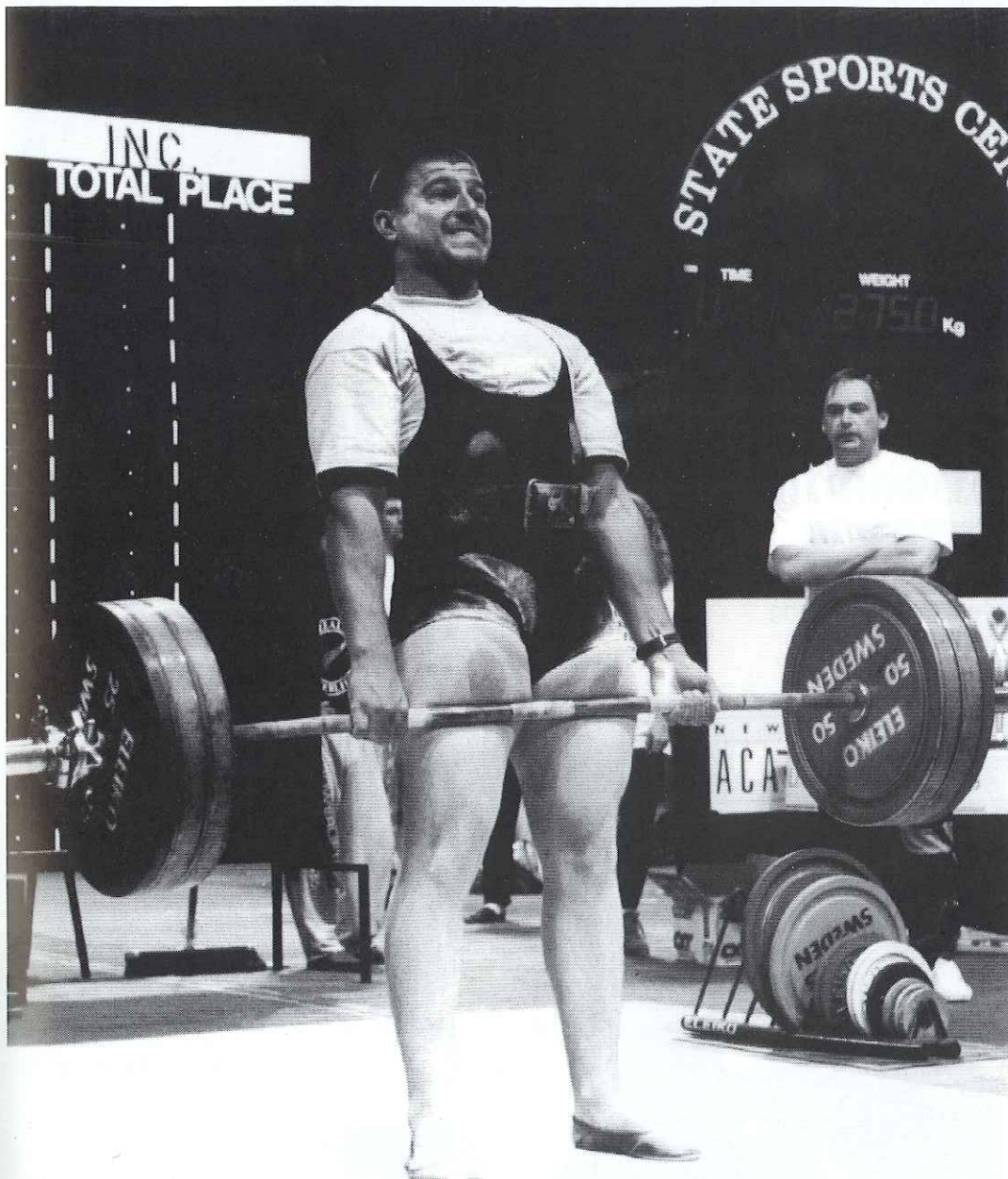
Volume 2. - Edition 4.

SUMMER EDITION 94/95

Editor: Nick Butler

1994 Oceanias

SYDNEY, AUSTRALIA



PETER MALIC, Australia (Coach: Robert Wilks keeping an eye on technique)

3rd December 1994 Homebush Sports Centre New South Wales

After the high-powered lifting of the World Championships, only two weeks later some of the region's second-string lifters had the chance to gain international experience with the holding of the Oceania Championships in Sydney.

All told, 50 lifters from five countries went through their paces, and a number of national records resulted.

In the women's divisions, Melanie Johnston of New Zealand stood out, with an excellent 352.5 kg at 52 kg. Anne Mort turned in another good performance with 397.5 kg at 67.5 kg, and only a too-big jump on her last deadlift prevented her from achieving a personal best total.

Ingrid Cullen continued with her high-bar squats and inevitable forward lean, and only a charitable repeat due to "spotter error" allowed her to salvage 132.5 kg; however, Ingrid's total was an excellent 352.5 kg at 60 kg, and her first miss on 170.5 kg deadlift was excruciatingly close.

SUPPORTED BY THE AUSTRALIAN SPORTS COMMISSION



1994 Oceanias

SYDNEY, AUSTRALIA

The most promising woman lifter was undoubtedly Junior Nicole Goffin of New Zealand, whose 442.5 kg under the eagle eye of her father-coach was a portender of things to come, and put her 55 kg ahead of hardy perennial Bev Smith.

In the men's divisions, Greg Lancaster came back from his Worlds efforts with an improved total of 437.5 kg at 56 kg, but was 60 kg behind Steven Howlett of New Zealand.

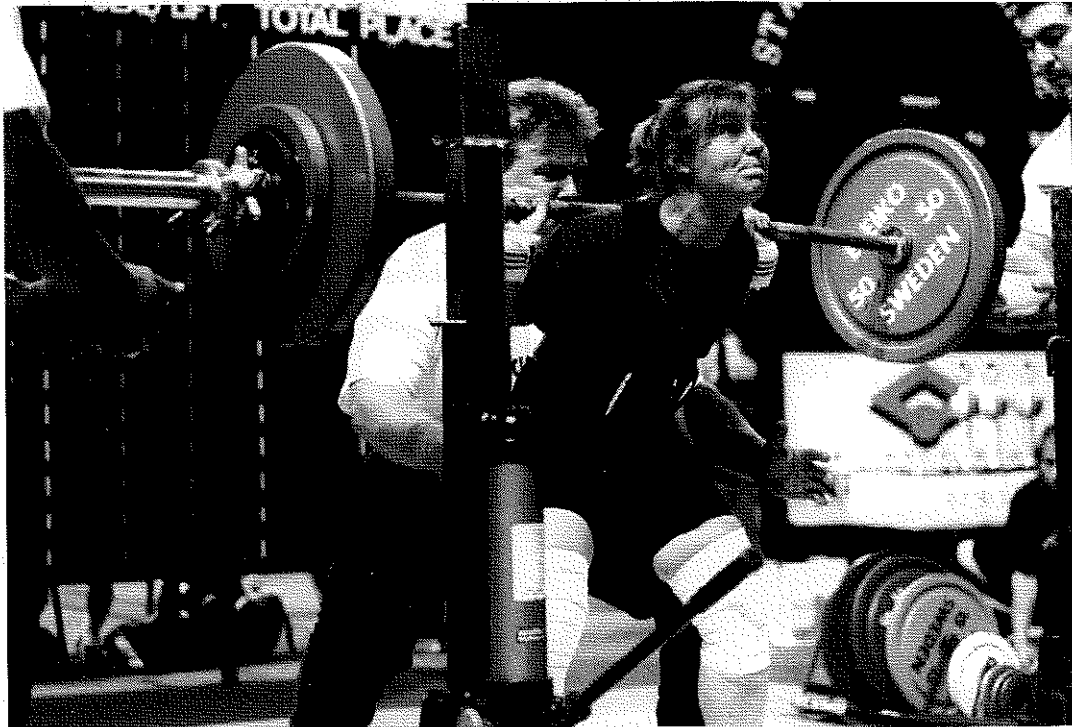
Ray Hope improved his total at 60 kg, as did Jagdish Lal at 67.5 kg.

Satya Agrahotti produced a better total than he has for some time, but was still down on his best in taking out the 75's.

At 82' kg, Robert Hromek was erratic and controversially missed a too-big jump of 30 kg when he replaced the bar too early (or did he?) on 250 kg squat, and the 630 kg total he is capable of was put on hold for next time.

Simon Bradstock battled his way through some forward learning squats and uneven benches before producing 270 kg on his forte, the deadlift, to take out the 90 kg class.

The 100 kg class had the greatest depth of any division, with four lifters over 700 kg. Manu Bichin of Tahiti was impressive on 715 kg, whilst Pat Whymark was down on his best to just hold off Peter Malic, who set four national Junior records. At 100 kg, Wayne Pomana, brother of World Championships silver medallist Derek,



MELANIE JOHNSTON - NEW ZEALAND

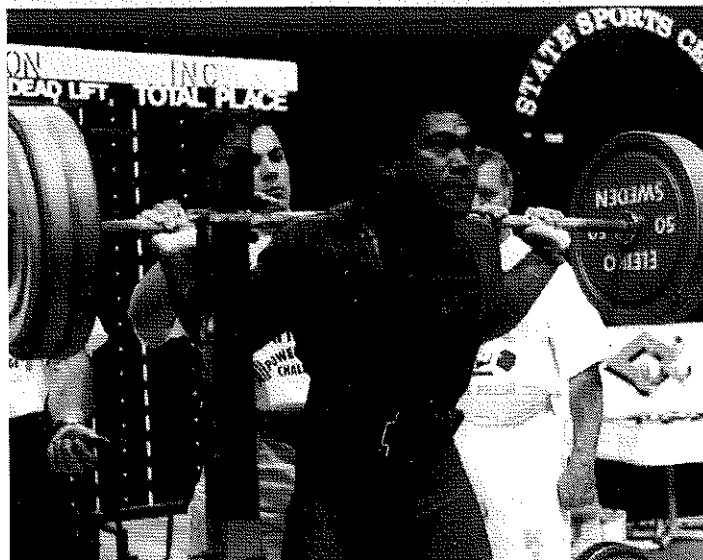
won the Best lifter award with his 820 kg total, whilst Andrew Logan came through some very erratic squats and benches to produce what was actually his best ever total.

In the 125 kg class, an outstanding contest saw Pody Pakete just pip laughing

Russell Kun of Nauru and improving Paul Newman. In the 125+ kg class, Michael Pianko continued to present himself as Australia's most-promising-but-most-erratic lifter, with one successful squat and a desperate survival attempt on a 300 kg, third deadlift. Michael desperately needs exposure :

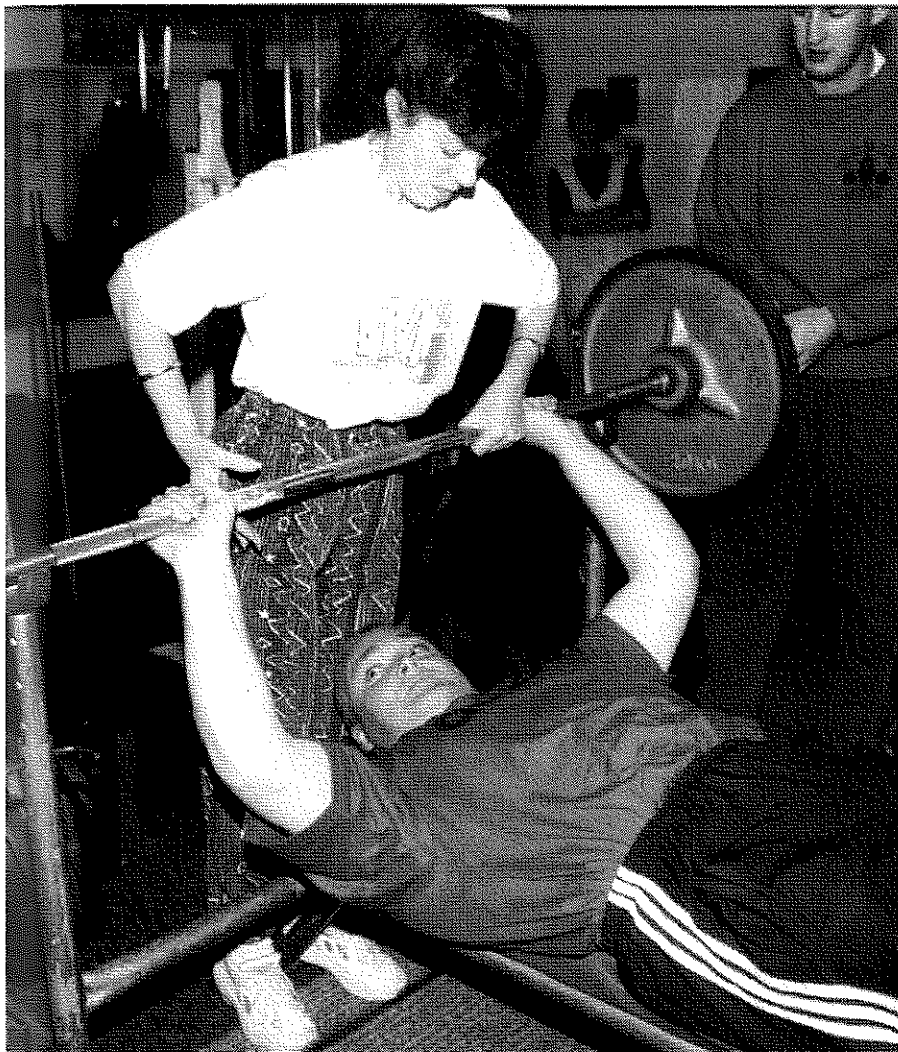
to World Championship competition to develop his platform skills, and to fulfil his enormous talent. Here he held off also improving Riddell Akua of Nauru, and Matt Rossiter of New Zealand, now recovered from the anorexia that saw him lift at 100 kg in the World Junior's a few years ago.

When the chalk settled, Australia was the winner of the team title, on a count-back from New Zealand. However, it was promising to see nations such as Nauru, Cook Islands and Tahiti involved in these Championships. In 1995, the region will have two big events - the South Pacific Games in Tahiti in August, and the Oceanias in Auckland in December and the standard of Oceania lifting should continue to rise.



MANU BUCHIN - TAHITI

ROBERT WILKS
FULL RESULTS PAGE 7



1994 SCHOOLS BENCH PRESS COMPETITION

Over the past few weeks, the three local high schools have been participating in Australia's Powerlifting National Schools Bench Press Competition.

The competition is being conducted at the YMCA, under the supervision of Pam Cutjar. Ms Cutjar is Gym Manager, and an Australian National Lifter and Referee.

The competition saw 42 students, male and female, from Years 7 to 11, testing their strength. Of those who have taken part, Ms Cutjar was especially impressed with Year 11 student Tony Doubtfire, who has proven that disability is no barrier.

"Tony shows more courage than most able-bodied persons, with his determination to succeed. His training has gained him more strength and coordination over the past few weeks," she said.

Tony yesterday managed to lift his heaviest weight yet, despite performing under the pressure of being watched by several other students, being photographed, and lifting increasingly heavier weights without a break.

16 schools competed in the 1994 Schools Bench Press nationally with 529 students going through the paces. Certificates and full results are being written & posted over the school holidays.

POWERLIFTER VIDEO MAGAZINE

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.

A-4145 POWERLIFTER VIDEO MAGAZINE # 7

"Insane" bench workout with Ron Fedkiw; also squats with Kirk Karwoski, Tamara Grimwood world record & Chris Confessore contest action.

A-4153 POWERLIFTER VIDEO MAGAZINE # 8

Back in the gym with Ted Arcidi, contest action from ADFPA, USPF & APF Nationals, star workouts with Harold Collins and Bettina Altizer.

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"LIFTERS" PROFILE #10

Antoinette Bennett (SA)



LIFTING CAREER

(Colossus) 1992 56 kg Junior State Bench Press Champion
(Colossus) 1993 60 kg Junior State & National Bench Press Champion
1994 60 kg U/18 State Junior Champion
1994 60 kg State School Girl Champion
(Colossus) 1994 60 kg State Bench Press Champion
1994 SAPA Junior Lifter of the Year
1994 SAPA Most Improved Lifter of the Year (Women)

RECORDS

56 kg State & Australian Colossus Bench Press Record
60 kg State & Australian Colossus Bench Press Record
60 kg Holds state records for all lifts, including total
60 kg Australian Bench Press Record

GYM - Bernie's Gym, Henley Beach

COACH - Bernie Sharp

AMBITIONS - To compete and lift well in the National Junior Championships in Adelaide on April 22nd & 23rd 1995

Mens World Championships 1994

19th November, Johannesburg South Africa

Exotic South Africa was the venue for the 1994 Men's World Powerlifting Championships.

This event was quite an experience for the six Australian lifters and two officials who represented their country, but all came through well, and five out of the six lifters did their best ever totals, quite a feat at a World Championship.

Also quite a feat was the fact that no Australians were mugged in the seedy environment of downtown Johannesburg, where the official hotel was located.

The World Snooker Championships were held in the same hotel, and the local gangs found the more pencil-necked snooker players easier pickings than the powerlifters, with seven known muggings in the first two days and the advice being for no one to leave the hotel without a security guard thereafter.

Although the lifting venue was modestly laid out, the standard of lifting was high. The 52 kg and 56 kg classes were thin in number, but produced two good winners in the 1.3 m tall Stanaszek and veteran Isagawa. Greg Lancaster, the Billy Idol look-alike from Singleton, held on for fourth place, with personal bests in the squat and bench press, and an outstanding third place in the deadlift.

With the demise of Gerard McNamara at a doping control earlier this year, Elyn of Holland was out in front at 60 kg.

At 67 kg, Sivokon of Kazakhstan was the inevitable winner, setting a new total world record of 765 kg, although actually less impressive than in his performances of six to twelve months ago.

A too-frequent competitive schedule, including a surprise defeat in the Asian Champi-

onships, may have taken some edge off him, but Sivokon still stands second only to Coan as a freakish talent in powerlifting.

At 75 kg, David Ricks turned in his most controlled and impressive performance for a number of years, with an 807.5 kg win. Australia's Peter Rellos, in his first Worlds, showed much strength, but many technical flaws, to battle through three "through the bottom," leant forward squats and deadlifts, with a consequently exhausted back, but still produced 642.5 kg for eleventh place.

Veteran Walter Thomas took out the 82 kg title with 807.5 kg, and one of his classic on-platform pass-outs. Muscular Frank Schramm of Germany, many times a placegetter, came through to win the 90 kg class. Most promising performance by an Australian was the 745 kg for tenth place by Rohan Smith, only one year out of the Juniors. He will be capable of more as he fills out physically, and curbs the youthful over-exuberance that has led to such faults as overtraining and yelling at the bottom of the deadlift.

At 100 kg, Ed Coan was in a class of his own, 145 kg ahead of the runner-up, the friendly Vladimir Markovsky of Russia. A 423 kg world record squat was capped off with a 377.5 kg deadlift, done in conventional (rather than Ed's usual Sumo) style due to an injury, but easy enough to suggest that he may actually do better that way compared to his awkward narrow-stance Sumo. In seventh place came Peter Kyriakos, narrowly missing the weight for 90 kg, but producing easy national records of 315 kg squat and 190 kg bench press, before faltering on 295 kg deadlift. At a full 100 kg next year, Peter should be well over 800 kg total, and rewrite the Australian record books.

Another outstanding Australian performance was Kevin Beverley's 812.5 kg total for eighth place in the 110 kg class. Kevin missed a 322.5 deadlift only through a lapse in attention at the top, causing a slight hitch, but a year's consistent training will see him as a major contender in this class. On top was Kirk Karwoski, who had the 352.5 kg deadlift he needed to break John Kuc's longstanding 1000 kg total record twice fall from his podgy grasp.

The 125 kg and 125+ kg classes were something of an anticlimax after the excellent lifting of the lighter classes, and the two-group format had the numbing effect on the audience that such lengthy sessions inevitably do. However, Naleikin of the Ukraine was as brutally strong as ever, and came through for his first win in the 125's, while 1992 World

Junior Champion Karl Saliger was a picture of control to win the 125+ kg title. In so doing, he held off the diving-bombing squatter Shane Hamman, who set a world record of 447 kg in the US Nationals, but was all over the place twice with 430 kg here. In twelfth place in the 125's was Australian Dale Campbell. A connoisseur of African culture in its many forms, Dale gave his all to produce his best total at 695 kg, and will improve further in years to come.

The team scoring saw Australia in the middle of the field, in sixteenth place, a big improvement on last year's near wooden spoon twenty-sixth. With our best lifters in attendance, Australia can break into the top ten by next year's Worlds, to be held in Pori, Finland.

ROBERT WILKS
FULL RESULTS PAGE 7



**BEST OVERALL LIFTER "ED COAN" (USA)
with Australian 75kg lifter
PETER "meet my friend" RELLOS**



★★ Top Ten ★★

AUSTRALIA WOMEN RANKING BY GRADE 1994

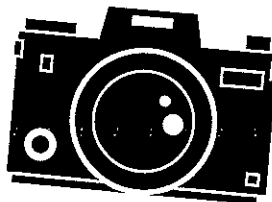
| | State | B/W Div | Total | Grade | Plus (Kg) |
|------------------|-------|---------|-------|-------|-----------|
| Leanne Johnson | VIC | 90 | 522.5 | E1 | 67.5 |
| Ellen Stanton | QLD | 75 | 465.0 | E1 | 45.0 |
| Julie Holmes | SA | 82.5 | 452.5 | E1 | 12.5 |
| Anne Mort | NSW | 67.5 | 402.5 | E2 | 32.5 |
| Bev Smith | QLD | 67.5 | 400.0 | E2 | 30.0 |
| Julie Holmes | SA | 90 | 452.5 | E2 | 27.5 |
| Phoebe Woods | NT | 60 | 375.0 | E2 | 25.0 |
| Silvana Venditto | SA | 48 | 295.0 | E2 | 15.0 |
| Ingrid Cullen | NSW | 60 | 352.5 | E2 | 2.5 |
| Robyn May | VIC | 82.5 | 410.0 | E2 | 0.0 |

AUSTRALIA MEN RANKING BY GRADE 1994

| | | | | | |
|-----------------|-----|------|-------|----|------|
| Peter Kyriakos | VIC | 90 | 775.0 | E1 | 55.0 |
| Carlo Zamolo | NT | 100 | 785.0 | E1 | 30.0 |
| Rohan Smith | NT | 90 | 745.0 | E1 | 25.0 |
| Kevin Beverley | WA | 110 | 812.5 | E1 | 22.5 |
| Peter Rellos | VIC | 75 | 650.0 | E1 | 5.0 |
| Tony Zappia | SA | 60 | 535.0 | E1 | 0.0 |
| Vince Simonetta | VIC | 90 | 720.0 | E1 | 0.0 |
| Michael Pianko | NSW | 125+ | 825.0 | E2 | 45.0 |
| David Alpen | SA | 100 | 740.0 | E2 | 40.0 |
| Satya Agnahotri | NSW | 75 | 630.0 | E2 | 35.0 |

Nick Butler - Australian Record Keeper 21-12-1994

PHOTOGRAPHS & VIDEOS
ARE NOW AVAILABLE FROM THE
1994 OCEANIA CHAMPIONSHIPS
THERE ARE STILL GREAT VIDEOS & PHOTOS
OF THE 1992 WORLD'S HELD I N SYDNEY



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MICHAEL WRIGHT
P.O. BOX 98, SANS SOUCI 2219
SYDNEY, AUSTRALIA

1994 Australian Bench Press Championship **OFFICIAL** Results 31/12 94

All States - October 22nd. 23rd. 1994

Womens Results

| | 52kg | 56kg | 60kg | 67.5kg | 75kg | 82.5kg | 90kg |
|------|--|-----------------------------|--|------------------------------------|--|--|---------------------------------|
| U/18 | | | | 1st. Antionette Bennett(SA) - 55kg | | | |
| U/23 | | | 1st. Alice Barret(QLD) - 60kg | | | 1st. Leanne Johnson(Vic) - 107.5kg | 1st. Donna Jaenchi(SA) - 73.0kg |
| OPEN | 1st. Jill Walker(NSW) - 70kg 2nd. Nat Zacharko(SA) - 55kg | 1st. Sue Trevena(SA) - 50kg | 1st. Alice Barret(QLD) - 60kg 2nd. Christine Henderson(Vic) - 52.5kg 3rd. Pam Hancock(SA) - 52.5kg | 1st. Antionette Bennett(SA) - 55kg | 1st. Ellen Stanton(QLD) - 80kg 2nd. Debra Matthews(SA)-75kg | 1st. Leanne Johnson(Vic) - 107.5kg 2nd. Julie Russell(SA)-102.5kg | 1st. Donna Jaenchi(SA) - 73.0kg |
| O/40 | 1st. Nat Zacharko(SA) - 55kg | | 1st. Pam Hancock(SA) - 52.5kg | | | 1st. Julie Russell(SA)-102.5kg | |

1994 Australian Bench Press Championship **OFFICIAL** Results - 31/12/94

All States - October 22nd. 23rd. 1994

Mens Results

| | 52kg | 56kg | 60kg | 67.5kg | 75kg | 82.5kg | 90kg | 100kg | 110kg | 125kg | 125+kg |
|------|---|--|---|---|---|---|--|---|---|---|--|
| U/18 | | 1st. Michael Tcehurst(SA) 75kg | | 1st. Terry Tcehurst(SA) 72.5kg | | | | | | | |
| U/23 | | 1st. Ray Hope(QLD) 100kg | | 1st. Jon Elliot-Dick(QLD) 105kg 2nd. Matthew Rumlert(VIC) 90kg | 1st. Roger Bradford(QLD) 130kg 2nd. Grant Feltham(NSW) 120kg 3rd. Terry Hunter(SA) 105kg | | 1st. Darren Burns(VIC) 147.5kg 2nd. Sean Cavato(SA) 147.5kg 3rd. Andrew Arducat(VIC) 135kg | 1st. Dan Belloni(SA) 165kg 2nd. Bill Ogburn(VIC) 140kg | | 1st. Glen Roberts(VIC) 125kg | |
| OPEN | 1st. Paul Amesley(NSW) 82.5kg Kevin Rogers(NSW) bombed | | 1st. David Clinch(QLD) 85kg 2nd. Paul Waters(NSW) 60kg 3rd. Malcolm Richards(SA) 45kg | 1st. Max Brislow(NSW) 112.5kg 2nd. Jon Elliot-Dick(QLD) 105kg 3rd. Matthew Rumlert(VIC) 90kg 4th. Charlie McMahon(SA) 87.5kg 5th. Michael Tcehurst(SA) 75kg | 1st. David Beanes(SA) 130kg 2nd. Roger Bradford(QLD) 130kg 3rd. Grant Feltham(NSW) 120kg 4th. Fred Goodwin(QLD) 110kg 5th. Terry Hunter(SA) 105kg 6th. Ron Weston(WA) 92.5kg 7th. Peter Donham(SA) 70kg | 1st. A. Woolie(WA) 152.5kg 2nd. Brett Smartt(VIC) 132.5kg 3rd. Daniel Baker(QLD) 125kg 4th. J. Pearson(WA) 125kg 5th. Eugene Hogarth(SA) 117.5kg 6th. Bob Withers(SA) 115kg 7th. Andrei Shinkarenko(NSW) 110kg 8th. C. Leary(WA) 90kg 9th. G. Youngson(WA) 85kg | 1st. Darren Burns(VIC) 147.5kg 2nd. Sean Cavato(SA) 147.5kg 3rd. Jim Economos(SA) 145kg 4th. Richard Masnie(QLD) 135kg 5th. Andrew Arducat(VIC) 135kg 6th. Harvey Huxtable(SA) 130kg 7th. Kevin Leep(VIC) 130kg 8th. John Thompson(SA) 92.5 | 1st. G. Riego(WA) 170kg 2nd. Dan Belloni(SA) 165kg 3rd. Ross Smith(SA) 155kg 4th. Trevor Ludeman(QLD) 150kg 5th. Ralph Achison(QLD) 147.5kg 6th. Chris Davey(QLD) 145kg 7th. Robert Wilks(VIC) 142.5kg 8th. Bill Ogburn(VIC) 140kg | 1st. Bill Crawford(VIC) 167.5kg 2nd. Michael Luey(SA) 145kg 3rd. Simon Krajciv(SA) 135kg 4th. Murray Willingson(NSW) 125kg | 1st. Alan Bray(QLD) 187.5kg 2nd. Glen Roberts(VIC) 125kg | 1st. John Savage(NSW) 190kg 2nd. Bernie Sharp(SA) 140kg |
| U/40 | | 1st. Fred Litchfield(QLD) 115kg | | 1st. Andrei Shinkarenko(NSW) 110kg | | | | 1st. Ross Smith(SA) 155kg 2nd. Ralph Achison(QLD) 147.5kg 3rd. Robert Wilks(VIC) 142.5kg | | | 1st. Bernie Sharp(SA) 140kg |
| U/50 | | 1st. Max Brislow(NSW) 112.5kg 2nd. Charlie McMahon(SA) 87.5kg | | 1st. Fred Goodwin(QLD) 110kg 2nd. Ron Weston(WA) 92.5kg 3rd. Tony Feltham(NSW) 85kg Don Juers(SA) Bombed | 1st. J. Pearson(WA) 125kg 2nd. Bob Withers(SA) 115kg 3rd. T. Davies(WA) 110kg | 1st. Harvey Huxtable(SA) 130kg | | | 1st. Simon Krajciv(SA) 135kg | | |
| U/60 | | 1st. David Graham(SA) 62.5kg | | 1st. John Bray(NSW) 85kg | | | | | | | |

1994 MEN'S WORLD CHAMPIONSHIPS

19th November 1994
Johannesburg, South Africa

22nd Men's World Single Championships
19th November 1994, Johannesburg

| Name | W/Div | SQ | BP | DL | TL |
|--------------------|-------|-------|-------|-------|--------|
| A Stanaszek Pol | 52 | 270.0 | 177.5 | 130.0 | 577.5 |
| H Inaba Japan | 52 | 240.0 | 95.0 | 230.0 | 565.0 |
| Hu C-H Taipei | 52 | 225.0 | 105.0 | 230.0 | 560.0 |
| H Isagawa Japan | 56 | 205.0 | 162.5 | 225.0 | 592.5 |
| J Francis India | 56 | 195.0 | 115.0 | 225.0 | 535.0 |
| C Klein Germany | 56 | 175.0 | 115.0 | 170.0 | 460.0 |
| G Lancaster Austr | 56 | 172.5 | 77.5 | 175.0 | 425.0 |
| W Elyn Belgium | 60 | 247.5 | 145.0 | 252.5 | 645.0 |
| T Taylor USA | 60 | 225.0 | 145.0 | 257.5 | 627.5 |
| G Simes GB | 60 | 240.0 | 145.0 | 235.0 | 620.0 |
| A Sivokon Kazakh | 67.5 | 290.0 | 190.0 | 285.0 | 720.0 |
| R Hypolite GB | 67.5 | 290.0 | 150.0 | 280.0 | 765.0 |
| D Sardo USA | 67.5 | 260.0 | 170.0 | 257.5 | 687.5 |
| D Ricks | 75 | 305.0 | 190.0 | 312.5 | 807.5 |
| P Berglund Swede | 75 | 290.0 | 192.5 | 270.0 | 752.5 |
| J Laine Finland | 75 | 290.0 | 180.0 | 270.0 | 740.0 |
| P Rellos Austr | 75 | 252.5 | 137.5 | 252.5 | 642.5 |
| T Walter USA | 82.5 | 315.0 | 182.5 | 310.0 | 807.5 |
| P Theuser Czech | 82.5 | 315.0 | 187.5 | 297.5 | 800.0 |
| R Szykowiak Pol | 82.5 | 292.5 | 175.0 | 330.0 | 797.5 |
| F Schramm Germ | 90 | 362.5 | 225.0 | 295.0 | 882.5 |
| A Lekontsev Rus | 90 | 325.0 | 225.0 | 312.5 | 862.5 |
| J Toivanen Finland | 90 | 310.0 | 190.0 | 335.0 | 835.0 |
| R Smith Austr | 90 | 275.0 | 170.0 | 300.0 | 745.0 |
| E Coan USA | 100 | 423.0 | 235.0 | 377.5 | 1035.0 |
| V Markovsky Rus | 100 | 360.0 | 210.0 | 320.0 | 890.0 |
| A Rajala Finland | 100 | 342.5 | 207.5 | 310.0 | 860.0 |
| P Kyriakos Austr | 100 | 310.0 | 190.0 | 285.0 | 785.0 |
| K Karwoski USA | 110 | 412.5 | 237.5 | 330.0 | 980.0 |
| D Pomana NZ | 110 | 380.0 | 240.0 | 310.0 | 930.0 |
| A Turtainen Fin | 110 | 340.0 | 217.5 | 342.5 | 900.0 |
| K Beverley Austr | 110 | 310.0 | 192.5 | 310.0 | 812.5 |
| V Kaleikin Ukraine | 125 | 370.0 | 230.0 | 360.0 | 960.0 |
| S Smith USA | 125 | 370.0 | 250.0 | 320.0 | 940.0 |
| S Davidsen Norw | 125 | 360.0 | 225.0 | 337.5 | 922.5 |
| D Campbell Austr | 125 | 255.0 | 190.0 | 250.0 | 695.0 |
| K Saliger Austria | 125+ | 395.0 | 270.0 | 335.0 | 1000.0 |
| M Patro Slovakia | 125+ | 385.0 | 217.5 | 362.5 | 965.0 |
| S Hamman USA | 125+ | 410.0 | 227.5 | 327.5 | 965.0 |

Top Three Countries

USA
Finland
Russia

Top Three Best Overall

Ed Coan USA
Andrzej Stanaszek Poland
Alexei Sivokon Kazakhstan

1994 OCEANIA CHAMPIONSHIPS

3rd December 1994
New South Wales, Australia

1994 Oceania Championships
3rd December 1994, Homebush Sports Centre NSW

| Name | W/Div | SQ | BP | DL | TL |
|--------------------|-------|-------|-------|-------|-------|
| M Johnston NZ | 52 | 150.0 | 62.5 | 140.0 | 352.5 |
| Joy Stokes Aus | 52 | 100.0 | 55.0 | 120.0 | 270.0 |
| Kate Luck Aus | 56 | 85.0 | 52.5 | 107.5 | 107.5 |
| Ingrid Cullen Aus | 60 | 132.5 | 62.5 | 157.5 | 352.5 |
| J Wheeler Aus | 60 | 95.0 | 52.5 | 120.0 | 267.5 |
| Ann Mort Aus | 67.5 | 155.0 | 87.5 | 155.0 | 397.5 |
| Nicole Goffin NZ | 75 | 170.0 | 100.0 | 172.5 | 442.5 |
| Bev Smith Aus | 75 | 140.0 | 70.0 | 177.5 | 387.5 |
| S McMahon Aus | 75 | 132.5 | 77.5 | 140.0 | 350.0 |
| Steve Howlett NZ | 56 | 200.0 | 110.0 | 185.0 | 495.0 |
| G Lancaster Aus | 56 | 165.0 | 77.5 | 195.0 | 437.5 |
| Ray Hope Aus | 60 | 170.0 | 100.0 | 210.0 | 480.0 |
| S Thompson NZ | 60 | 137.5 | 92.5 | 162.5 | 392.5 |
| Jagdish Lal Aus | 67.5 | 220.0 | 115.0 | 225.0 | 560.0 |
| Norman Tapa NZ | 67.5 | 205.0 | 127.5 | 222.5 | 550.0 |
| Barry Lee NZ | 67.5 | 217.5 | 107.5 | 220.0 | 545.0 |
| Max Bristow Aus | 67.5 | 185.0 | 107.5 | 225.0 | 517.5 |
| S Agnihotri Aus | 75 | 240.0 | 140.0 | 250.0 | 630.0 |
| Robert Hodge Aus | 75 | 182.5 | 110.0 | 220.0 | 512.5 |
| Greg Bahler NZ | 75 | 205.0 | 115.0 | 190.0 | 510.0 |
| A Shinkarenko Aus | 75 | 160.0 | 110.0 | 205.0 | 475.0 |
| Steve King NZ | 82.5 | 247.5 | 127.5 | 272.5 | 647.5 |
| R Hromek Aus | 82.5 | 220.0 | 135.0 | 240.0 | 595.0 |
| S Bradstock Aus | 90 | 245.0 | 145.0 | 270.0 | 660.0 |
| Lyndon Baker Aus | 90 | 212.5 | 117.5 | 257.5 | 587.5 |
| A Arduca Aus | 90 | 202.5 | 137.5 | 240.0 | 580.0 |
| Nigel Thomas NZ | 90 | 205.0 | 127.5 | 221.5 | 547.5 |
| Steve Oliver NZ | 100 | 270.0 | 170.0 | 292.5 | 732.5 |
| Manu Buchin Tahiti | 100 | 260.0 | 185.0 | 270.0 | 715.0 |
| Pat Whymark Aus | 100 | 275.0 | 175.0 | 260.0 | 710.0 |
| Peter Malic Aus | 100 | 267.5 | 157.5 | 275.0 | 700.0 |
| W Pomana NZ | 110 | 325.0 | 215.0 | 280.0 | 820.0 |
| Andrew Logan Aus | 110 | 290.0 | 162.5 | 270.0 | 722.5 |
| Steve Lousich NZ | 110 | 280.0 | 180.0 | 240.0 | 700.0 |
| B Hawkins Aus | 110 | 235.0 | 135.0 | 260.0 | 630.0 |
| Pody Rakete NZ | 125 | 300.0 | 180.0 | 292.5 | 772.5 |
| Russell Kun Nauru | 125 | 320.0 | 205.0 | 245.0 | 770.0 |
| Paul Newman Aus | 125 | 275.0 | 185.0 | 300.0 | 760.0 |
| M Pianko Aus | 125+ | 330.0 | 195.0 | 300.0 | 825.0 |
| Riddel Akua Nauru | 125+ | 335.0 | 210.0 | 270.0 | 815.0 |
| Mat Rossiter NZ | 125+ | 320.0 | 212.5 | 280.0 | 812.5 |

VICTORIA RESULTS

Victorian Bench Press Championships 22nd October 1994

Victorian Bench Press Championships
Lorne, 22nd October 1994

| Name | W/Div | Age | Best Lift |
|------------------|-------|--------|-----------|
| C Henderson | 60 | op | 52.5 |
| Leanne Johnson | 82.5 | u23/op | 107.5 |
| Matthew Rumler | 67.5 | u23 | 90.0 |
| Guillame Stginer | 67.5 | u23 | 75.0 |
| A Pietromartire | 82.5 | u18 | 55.0 |
| Marcus Chiado | 82.5 | u23 | 67.5 |
| Ron Diamond | 82.5 | o40 | 100.0 |
| Brett Smart | 82.5 | op | 132.5 |
| Kevin Lee | 90 | op | 130.0 |
| Darren Burns | 90 | u23/op | 147.5 |
| David Mez | 90 | op | 160.0 |
| Andrew Arduca | 90 | u23/op | 135.0 |
| Rob Wilks | 100 | o40/op | 142.5 |
| Bill Ogburn | 100 | u23/op | 140.0 |
| Josh Carter | 100 | u23 | 110.0 |
| Bill Crawford | 100 | op | 167.5 |
| Tony Braut | 125 | u23 | 145.0 |
| Glen Roberts | 125 | u23 | 125.0 |
| Paul Braut | 125+ | u18 | 125.0 |

Victorian Juniors Results Lorne, 22nd October 1994

| Name | W/Div | SQ | BP | DL | TL |
|------------------|-------|-------|-------|-------|-------|
| Matthew Rumler | 67.5 | 170.0 | 90.0 | 155.0 | 415.0 |
| Guillame Stginer | 67.5 | 132.5 | 75.0 | 147.5 | 355.0 |
| Marcus Chiado | 82.5 | 90.0 | 67.5 | 130.0 | 287.5 |
| A Pietromartire | 82.5 | 90.0 | 55.0 | 100.0 | 245.0 |
| Darren Burns | 90 | 170.0 | 147.5 | 170.0 | 487.5 |
| Andrew Arduca | 90 | 200.0 | 135.0 | 242.5 | 577.5 |
| Bill Ogburn | 100 | 252.5 | 140.0 | 252.5 | 645.0 |
| Josh Carter | 100 | 195.0 | 110.0 | 195.0 | 450.0 |
| Glen Roberts | 125 | 140.0 | 125.0 | 120.0 | 385.0 |

Victorian Country and Open Championships Pacific Hotel, Lorne, 22nd October 1994

| Name | W/Div | SQ | BP | DL | TL |
|---------------|-------|-------|-------|-------|-------|
| C Henderson | 60 | 127.5 | 52.5 | 130.0 | 310.0 |
| Ron Diamond | 82.5 | 120.0 | 100.0 | 150.0 | 370.0 |
| Brett Smart | 82.5 | 200.0 | 132.5 | 235.0 | 567.5 |
| Darren Burns | 90 | 170.0 | 147.5 | 170.0 | 487.5 |
| Kevin Lee | 90 | 215.0 | 130.0 | 220.0 | 565.0 |
| Andrew Arduca | 90 | 200.0 | 135.0 | 242.5 | 577.5 |
| Rob Wilks | 100 | 222.5 | 142.5 | 255.0 | 620.0 |
| Bill Ogburn | 100 | 252.5 | 140.0 | 252.5 | 645.0 |

QUEENSLAND RESULTS

Northwest Queensland Open Championships 15th October 1994

Northwest Queensland Open Championships
Mount Isa, 15th October 1994

| Name | W/Div | SQ | BP | DL | TL |
|------------------|-------|-------|-------|-------|-------|
| Bryant Shelly | 60 | 60.0 | 35.0 | 85.0 | 180.0 |
| Kevin Brown | 52 | 95.0 | 55.0 | 145.0 | 295.0 |
| Chris Hovasapian | 67.5 | 120.0 | 70.0 | 120.0 | 310.0 |
| Galvin Shewan | 75 | 145.0 | 90.0 | 165.0 | 400.0 |
| Rick Johnston | 75 | 145.0 | 80.0 | 155.0 | 380.0 |
| Dave Smith | 82.5 | 205.0 | 135.0 | 260.0 | 600.0 |
| Harry Hovasapian | 82.5 | 180.0 | 120.0 | 210.0 | 510.0 |
| Elio Intili | 82.5 | 205.0 | 130.0 | 215.0 | 550.0 |
| Peter Marten | 82.5 | 65.0 | 155.0 | 65.0 | 285.0 |
| Adam Price | 82.5 | 180.0 | 150.0 | 200.0 | 530.0 |
| Daryl Richards | 90 | 220.0 | 140.0 | 232.5 | 592.5 |
| Matthew Brown | 90 | 120.0 | 70.0 | 160.0 | 350.0 |
| Ed Zvaigzne | 100 | 165.0 | 105.0 | 195.0 | 465.0 |
| Bruno Michaelis | 100 | 222.5 | 150.0 | 237.5 | 610.0 |



Eastcoast Challenge 12th November 1994

East Coast Challenge
Golds Gym, Townsville, 12th November 1994

| Name | W/Div | SQ | BP | DL | TL |
|-------------------|-------|-------|-------|-------|-------|
| Amb Singh | 48 | 70.0 | 45.0 | 75.0 | 195.0 |
| Michele Bryant | 56 | 60.0 | 40.0 | 75.0 | 175.0 |
| Gabriela Antonine | 56 | - | 60.0 | - | - |
| Diane Ware | 60 | 55.0 | 25.0 | 65.0 | 145.0 |
| Chrissy Dean | 67.5 | 75.0 | 50.0 | 110.0 | 235.0 |
| Anna Girone | 67.5 | 110.0 | 90.0 | 145.0 | 345.0 |
| Elen Stanton | 75 | 155.0 | 85.5 | 180.0 | 420.0 |
| Bev Smith | 75 | 130.0 | 70.0 | 175.0 | 345.0 |
| Katrina Robertson | 90+ | 110.0 | 85.0 | 180.0 | 375.0 |
| Kevin Brown | 52 | 105.0 | 57.5 | 145.0 | 307.5 |
| Mark Tait | 75 | 210.0 | 117.5 | 210.0 | 537.5 |
| John Brailey | 75 | 170.0 | 95.0 | 170.0 | 435.0 |
| Lyle Chopping | 75 | 180.0 | 115.0 | 170.0 | 465.0 |
| Roger Bradford | 75 | 160.0 | 130.0 | 185.5 | 475.0 |
| Gavin Shewan | 75 | 155.0 | 95.0 | 150.0 | 400.0 |
| Mick Ellis | 75 | 205.0 | 100.0 | 190.0 | 495.0 |
| Ricki Johnston | 75 | 145.0 | 87.5 | 160.0 | 392.5 |
| Paul Omanski | 75 | - | 132.5 | - | - |
| Brett Jones | 82.5 | 200.0 | 110.0 | 200.5 | 510.0 |
| Harry Hovasapian | 82.5 | 170.0 | 125.0 | 212.5 | 507.5 |
| Elio Intili | 82.5 | 200.0 | 115.0 | 190.0 | 505.0 |
| Derek Croft | 82.5 | 175.0 | 100.0 | 185.0 | 460.0 |
| David Smith | 82.5 | 205.0 | 130.0 | 270.5 | 605.0 |
| Les Wellington | 90 | 230.0 | 130.0 | 230.0 | 612.5 |
| Simon Jenje | 90 | - | 130.0 | 220.0 | - |
| Matthew Brown | 90 | 135.0 | 72.5 | 170.0 | 372.5 |
| Jason Harrison | 90 | 215.0 | 137.5 | 200.0 | 552.5 |
| Trevor Luder | 100 | 255.0 | 145.0 | 255.0 | 655.0 |
| Ralph Atchison | 100 | 210.0 | 150.0 | 245.0 | 605.0 |
| Keith Wright | 100 | - | - | - | - |
| Paul Offord | 100 | 230.0 | 140.0 | 237.5 | 607.5 |
| Mark Camilleri | 100 | 180.0 | 150.0 | 200.0 | 530.0 |
| Ed Zvaigzne | 125 | 160.0 | 105.0 | 200.0 | 465.0 |
| Bill Tahapehi | 125 | 215.0 | 110.0 | 240.0 | 560.0 |
| Nick O'Day | 125 | - | 140.0 | - | - |
| John Peacock | 125 | - | 100.0 | - | - |
| Frank Pitcher | 125+ | 330.0 | 190.0 | 270.0 | 790.0 |

SOUTH AUSTRALIA RESULTS

Renmark Open Championships 19th November 1994

Renmark Open Championship
19th November 1994, Renmark Bowling Club

| Name | W/Div | SQ | BP | DL | TL |
|--------------------|-------|-------|-------|-------|-------|
| Pam Cutjar | 52 | 65.0 | 40.0 | 65.0 | 170.0 |
| D Breckenridge | 56 | 80.0 | 45.0 | 115.0 | 240.0 |
| Pam Hancock | 60 | 105.0 | 52.0 | 105.0 | 262.0 |
| Antoinette Bennett | 67.5 | 80.0 | 60.0 | 102.5 | 242.5 |
| Donna Jaensch | 82.5 | 110.0 | 70.0 | 150.0 | 330.0 |
| Julie Holmes | 90 | 175.0 | 103.5 | 170.0 | 448.0 |
| Angela Sharp | 90 | 70.0 | 45.0 | 110.0 | 225.0 |
| Charles McMahon | 67.5 | 132.5 | 90.0 | 160.0 | 382.5 |
| Dean Johnson | 75 | 135.0 | 82.5 | 150.0 | 367.5 |
| David Manhire | 75 | 160.0 | 100.0 | 200.0 | 460.0 |
| Darren Drewett | 75 | 110.0 | 85.0 | 150.0 | 345.0 |
| Nick Butler | 75 | 195.0 | 125.0 | 195.0 | 515.0 |
| Sean Pualic | 75 | 160.5 | 90.0 | 185.0 | 435.0 |
| Terry Ticehurst | 75 | 140.0 | 75.0 | 155.0 | 370.0 |
| Graeme Hay | 90 | 145.0 | 110.0 | 197.5 | 452.5 |
| Steve Borlace | 90 | 140.0 | 95.0 | 195.0 | 430.0 |
| David Alpen | 100 | 260.0 | 175.0 | 300.0 | 735.0 |
| Neville Hahn | 110 | 25.0 | 25.0 | 25.0 | - |

NEW SOUTH WALES RESULTS

Brookvale Open Championships 30th October 1994

Brookvale Open Championships, 30th October 1994
Tony's Gym, Brookvale

| Name | W/Div | SQ | BP | DL | TL |
|-----------------|-------|-------|-------|-------|-------|
| Joy Stokes | 52 | 100.0 | 55.0 | 115.0 | 270.0 |
| Kit Hannah | 67.5 | 100.0 | 55.0 | 120.0 | 275.0 |
| Toni Santo | 60 | 135.0 | 90.0 | 165.0 | 390.0 |
| Jagdish Lal | 67.5 | 230.0 | 115.0 | 230.0 | 575.0 |
| Robert Sanati | 82.5 | 140.0 | 90.0 | 195.0 | 425.0 |
| Shane Kallogh?? | 82.5 | 100.0 | 150.5 | 200.0 | 450.0 |
| Robert Hromek | 90 | 250.0 | 140.0 | 220.0 | 610.0 |
| Ray Butterworth | 100 | 130.0 | 105.0 | 170.0 | 405.0 |
| Paul Newman | 125 | 282.5 | 175.0 | 275.0 | 732.5 |
| Michael Planko | 125 | 300.0 | 190.0 | 305.0 | 795.0 |
| Rick Lewis | 125 | 300.0 | 160.0 | 280.0 | 740.0 |

1995 NATIONAL/INTERNATIONAL CALENDAR

Following are confirmed dates for national/international events in 1995;
note change of date for Senior Nationals (due to clash with World Juniors):

NATIONAL

| | | |
|-----------------|--------------------------------------|-----------|
| 22-23 April | Australian Junior Championships | Adelaide |
| 4-6 August | Australian Championships | Melbourne |
| 22-23 September | Australian Bench Press Championships | Postal |
| 7-8 October | Australian Masters Championships | Melbourne |

INTERNATIONAL

| | | |
|---------------------|---------------------------------|-----------------------|
| 26 February-2 March | World Police and Fire Games | Melbourne, Australia |
| 4-7 May | Women's World Championships | Chiba, Japan |
| 24-25 June | Bench Press World Championships | Czech Republic |
| 24-29 July | Junior World Championships | New Delhi, India |
| 4-10 October | Masters World Championships | Copenhagen, Denmark |
| 15-19 November | Men's World Championships | Pori, Finland |
| 2-3 December | Oceania Championships | Auckland, New Zealand |

Renmark Open '94

"Let's do this again next week" was one of the comments made following the highly successful Renmark Open Championships on 19th November 1994, held at the picturesque Renmark Club on the banks of the River Murray.

Hats off to Dave Alpen, Ben John, John Ashworth, and all concerned at the venue. Seven female and eleven male competitors journeyed to the Riverland to contest this annual event. The capacity crowd was rewarded with some quality lifting as fifteen state and three national records tumbled. Five novice lifters enjoyed their first time on the platform, and all displayed considerable promise.

Evergreen Pam Cutjar (52 kg) made only one attempt at each lift due to coaching commitments. She totalled 170 kg, to win this class. Broken Hill novice Denise Breckenridge put together a fine 240 kg total, to win the 56 kg class.

Veteran Pam Hancock lifted with great control, making nine of nine, and totalling 262 in the 60 kg class.

Sixteen-year-old Antoinette Bennett made 242 kg, to win the 67.5 kg class, and along the way set a new Australian Record Bench Press.

Donna Jaensch from Murray Bridge set two U/23 national records, winning the 82.5 kg class with 330 kg total.

Just another day at the office for Julie Holmes (90 kg) -



DAVID ALPEN (100kg) A MASSIVE 300kg DEADLIFT - It took 3 years and 6 attempts to achieve this record.

eight of eight, and four state records to total 447.5 kg.

Good to see Angela Sharp back after a four year lay off due to a car accident. She set four state U/23 records on the day.

In the men's classes, Charlie McMahon, 58 years young and a relative newcomer to the sport, displayed determination and control, setting four state records in the 67.5 kg class.

Seven lifters made the 75 kg class, the most hotly contested of the day. Despite a very long day, Nick Butler was a clear winner, totalling 515 kg, showing the benefits of some regular training and great technique. Promising novice David Manhire came a good second with 460 kg. Sean Pualic, U/23, set four state records, even with his back injury. Terry Ticehurst was the best U/18, with a 370 kg total, ahead of Broken Hill novice Dean

Johnson, both young men going nine of nine. Dean Drewett produced an excellent deadlift of 150 kg.

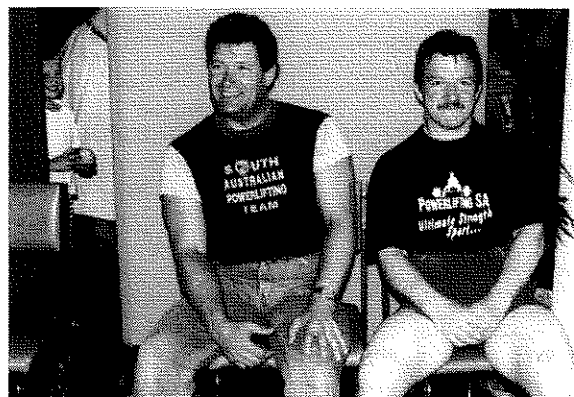
Two Broken Hill novices fought out the 90 kg class, Graham Hay eventually triumphant with 452.5 kg to Steve Borlace's 430 kg.

Dave Alpen (100 kg) had promised a national record in the local press beforehand. He made good the promise with a stunning 300 kg deadlift, even more impressive when you consider he missed his second and third

squats and second bench press due to being dehydrated.

Evergreen Pam Cutjar (52 kg) invented a new sport, something between cross-country running, powerlifting and pinball. After her first squat, she hurdled the side ref., getting into the warm-up room to help one of her four novice lifters prepare for a lift, then weaved through the crowd (smiling all the way), still in knee wraps, to put in their next lift.

JAMES HARRAP



JAMES "THE COACH" HARRAP WITH NICK BUTLER 75KG WINNER (RIGHT)

VICHEALTH 5TH AUSTRALIAN MASTERS GAMES

MELBOURNE 5-14 OCTOBER, 1995

If you're an over 35 powerlifter who enjoys the rewards of participation, you've got what it takes to be a part of one of the biggest multi-sport events ever held in Melbourne... the VicHealth 5th Australian Masters Games.

Join at least 10,000 other participants in over 50 sports, and using some of Melbourne's world class venues and facilities.

In the spirit and tradition of previous masters games, Melbourne's Welcome and Closing Ceremonies, Masters Challenge event and social program of activities will make this an event not to miss.

You don't need to be a registered member of any particular sporting association or club to participate in the Games. They are open for one and all, from beginners to ex-Olympians.

POWERLIFTING COMPETITION

A program of events over 2 days, from 7 to 8 October, at the Olympia Room, Olympic Park,

Swan Street, Melbourne, will make for a full and exciting competition. Age divisions for competition are 35-39, 40-44, 45-49, 50-54, 55-59 and 60+ for both males and females. There are two events to enter - the Powerlifting Contest, consisting of Combined Squat, Bench

Press and Deadlift, and the Bench Press Contest, involving Bench Press only. Bodyweight divisions for both events range from 52kg to over 125kg for males and 44kg to over 90kg for females.



HOW TO ENTER

If you would like further information about competing in the Games, send the mailer below to us as an expression of interest and we will give you priority status in our communications. You will receive newsletter updates, details of travel and accommodation packages and an entry form.

Enquiries may be directed to the Games office:
Phone: (03) 666 4260, Fax: (03) 666 4232.

EXPRESSION OF INTEREST

Please complete this coupon and post or fax to:
VicHealth 5th Australian Masters Games
GPO Box 2392V, Melbourne Vic 3001
Phone: (03) 666 4214 Fax: (03) 666 4232

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Postcode _____

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Sports _____

Travel and Accommodation Requirements

Will you be travelling: alone accompanied

How will you be travelling?
aeroplane train bus car

What are your likely accommodation requirements
(if not staying with friends)?
hotel motel apartment homestay

How did you obtain this coupon? _____

Log Pulling Race.



Log Pulling Team Members:- HUNTER, SOBU, ROSIER, ABDULLAH & HARUTA

The powerlifting team was given another chance to show the television viewing public that we were not the easy-beats we have been of late. Due to the Japanese powerlifting nationals falling on the same weekend as the scheduled T log pulling race, I had to put together a makeshift team.

The team consisted of myself, Wayne "What's next to eat?" Hunter, Mark Rosier, and two Japanese guys, Sobu and Haruta. Now, this was a very surprising combo all up.

Wayne, who cannot tell us his real weight because we have not had scales that go up that high (even at powerlifting competitions), is beginning to

make a name for himself as a bench presser. Mark is a former 10,000 metre top class runner. Sobu is an all-rounder, doing everything from powerlifting and bodybuilding to marathons.

Haruta is into getting drunk, and sweating out the alcohol on the stairmaster.

We were flown away to a remote part of Japan for this event. We were pretty confident about doing well. A 560 kg log had to be pulled over a hilly 100 metre course. Believe me, it was not as easy as we thought it would be. We had as much teamwork as the Sydney Swans football team, although we did have a race strategy worked out before the race began. Where

that plan went to, only Harold Holt would know because it disappeared just like old Harry.

Out of the six teams, we ended up finishing, at least. In fact, we came in fourth. The powerlifting team could not finish the gruelling course, and ended up untying the log from the rope, tying up one of their own team and dragging him instead.

The team did well, despite our fourth place finish, as it was the first time they all had to do something as punishing to their bodies as that. We all agreed that we could have done much better had we all worked in unison. We had a top weekend away, all expenses paid.

A note to you young guys who want to put on a bit of bulk. I had the opportunity to see a human vacuum cleaner dispose of ten jugs of beer, a whole sheep and more, burp, then say "What's next?" All this was done in less than one hour.

After this monstrous feed, Wayne turned and said to me that a few Big Macs and a couple of thickshakes wouldn't hurt. Next thing, Wayne was headed in the direction of the big M sign.

I do not advocate Wayne's approach, but eating big, and training regularly and hard, works all the time.

M ABDULLAH

1995 AUSTRALIAN U18 & U23 JUNIOR POWERLIFTING CHAMPIONSHIPS

in conjunction with

1995 INTERVARSITY POWERLIFTING CHAMPIONSHIPS

ADELAIDE, APRIL 22-23

ENTRY FORMS AND DETAILS AVAILABLE

EARLY 1995 FROM YOUR STATE

SECRETARY OR MEET DIRECTOR, NICK BUTLER

WE WANT NEW MEMBERS

IF YOU ARE INTERESTED IN POWERLIFTING PLEASE CONTACT YOUR RESPECTIVE STATE ASSOCIATION FOR FURTHER DETAILS

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