

# POWER-NEWS

## A U S T R A L I A

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SUMMER/AUTUMN EDITION 95

Editor: Nick Butler

# POWERLIFTING AUSTRALIA 1995 IN PREVIEW

**1995 AUSTRALIAN  
NATIONAL JUNIORS &  
INTERVARSITY  
SATURDAY APRIL 22nd**

Once again the South Australian Powerlifting Association is proud to be conducting a National Championship. After running two successful Senior Championships in 1992 and 1994, SAPA is busy preparing for a history-making Junior National Championship. In what is considered to be a "first" in modern powerlifting history in Australia, Powerlifting Australia Committee has decided to split the junior section into an under 18 (i.e. under 18 on 31st December 1995) and under 23 (i.e. under 23 on 31st December 1995) competition, to give Australia's "young champions of the future" an early opportunity to gain valuable National experience. There is no qualifying standard for the under 18 championships. Under 23 women will need a D grading, and the under 23 men halfway between B and C grade. All details are on the enclosed entry forms. In the past, under 18 lifters were not regarded as "National lifter material," but could have lifted against their older junior brothers and sisters at a huge disad-

vantage. If you are 14 to 18 years old, and can squat, bench press and deadlift, this is your chance to represent your State in your own National Contest, run in conjunction with the normal under 23 Junior Championships.

The 1995 winners will be writing their names into the history books. The participants in these juniors will also be put forward to the National selection committee for selection into our National team to represent Australia at the upcoming Worlds in New Delhi, India, 24-29th July 1995. Team announcement will be at the presentation dinner on Saturday night following the exciting day's lifting.

After the success of last year's "Magical Mystery Tour" presentation night at the Seniors, the format will be similar, but with a new surprise venue. Coach transfer will take all lifters, friends and officials for a night to remember before the return trip to the Quality Hotel Adelaide.

Australia's University students will also be competing alongside our best junior lifters in the 1995 Australian Intersity Powerlifting Championships to complete a memorable day in Adelaide. A large team from Melbourne

University is expected to lay down the challenge to Queensland, New South Wales and Adelaide/Flinders University powerlifters. Once again, the spacious surroundings of the Quality Hotel Adelaide Grand Banquet Room will be the meet venue. This excellent venue has passed the test of time, and is perfect for a powerlifting contest. The management of the hotel has once again given powerlifting the reasonable room rate of \$75.00 per night per room, single, twin or double. Your entry form has all the details. Besides the cream of Australia's powerlifters being on show, there will be a large display of powerlifting equipment, accessories and clothing from one of SAPA's sponsors, SA Bodybuilding and Fitness Supplies. All products, equipment and supplements will be on sale at special reduced prices for all Powerlifting Australia members.

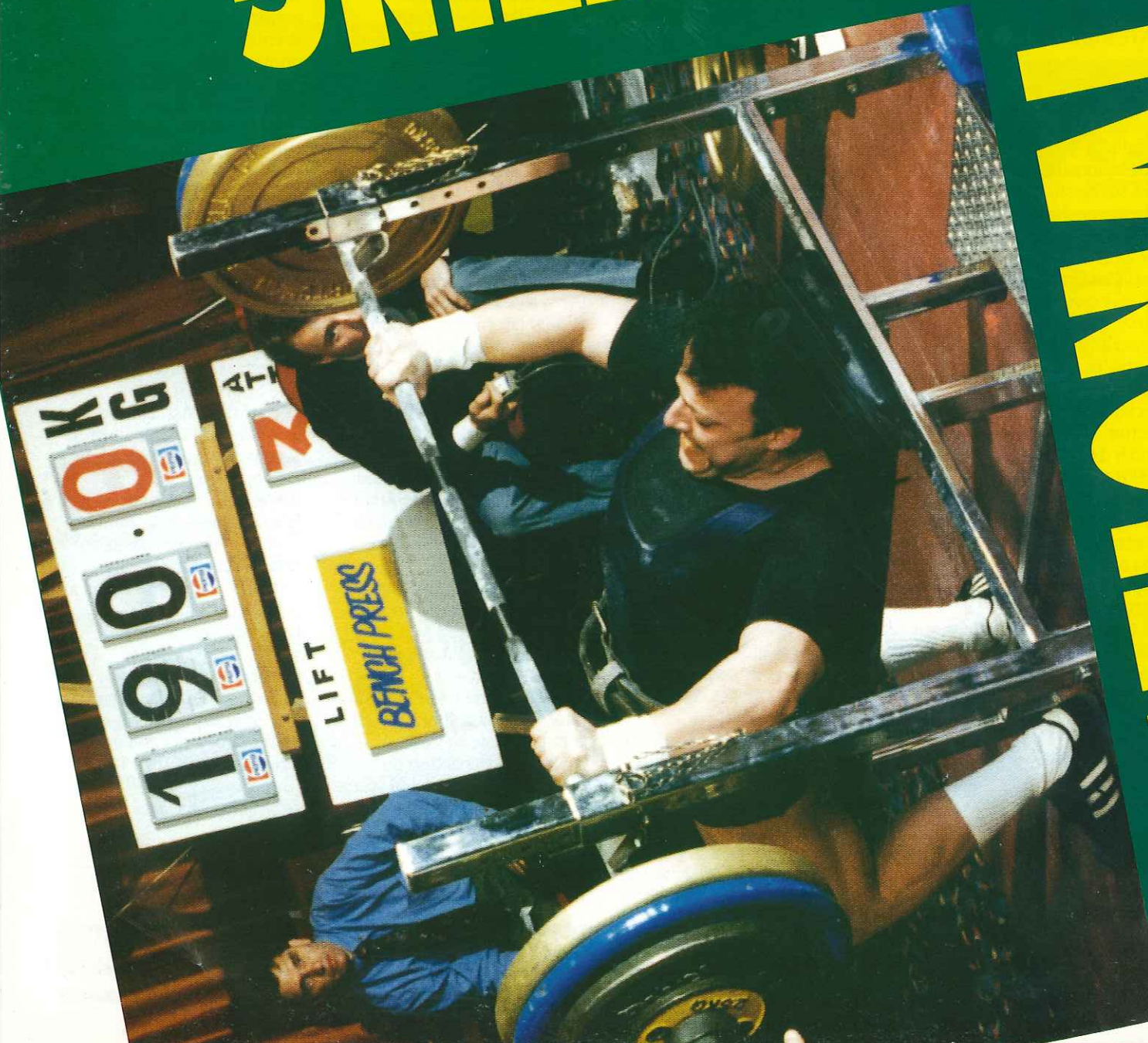
Paul and Anne from Vibrant Photography will be present again at these Nationals to capture all the action on film, with the special of your squat, bench press and deadlift in a presentation folder package for only \$29.50 inclusive. I believe that Vibrant Photography set

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 your to remember all the highlights from the 1995 Australian Junior National (\$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, SA Bodybuilding and Fitness Supplies, and Tony Zappia at Gold's Gym Adelaide. I am looking forward to seeing some fantastic powerlifting, meeting old friends, and making many new ones on what will be a memorable weekend in Adelaide, 22nd April 1995.

*Nick Butler*  
1995 Junior National Meet  
Director

**SUPPORTED BY THE AUSTRALIAN SPORTS COMMISSION**

# POWERLIFTING CHAMPIONSHIPS



190.0 KG

# 1995 SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS

The 1995 Australian Men's and Women's Championships will be held in the Novotel Hotel in Melbourne. This will be the biggest event of the year, in the most luxurious venue ever for an Australian powerlifting contest.

The Novotel is a five star hotel located in the absolute centre of Melbourne. It is part of the huge Australia-On-Collins shopping complex, with over 100 high quality shops and more than 20 cafes and restaurants. The room rate for such a hotel is typically over \$200; however for the Championships a special rate of \$110 per room per night has been arranged (i.e. \$55 per person twin share). Full meals can be obtained for \$7-10 in the Australia-On-Collins food court.

The Novotel's central location puts those attending the championships within walking

distance of Melbourne's biggest attractions - the new Casino, Southgate, Melbourne Centre and Daimaru, the nightclubs of King Street, and so on.

The contest venue within the Novotel is in the Australia Room, seating 300 spectators in front of a raised platform. The warm-up room is only a partition away behind the platform, and a large screen Video Wall will transmit live to the warm-up room and replay attempts to spectators. Bars and weights will be ELEIKO, and an electronic digital display will show the weight on bar, lifter's name and the Australian record for each attempt. The big Powerlifting Australia scoreboard will be the main backdrop, just behind the platform.

Digital electronic scales will be available 24 hours per day, as will a sauna. The warm-up

room will have at least four full platforms, bars and weight sets, whilst the weigh-in room will be only a few metres away from the contest room. Drug testing will be carried out by ASDA in a secure upstairs suite.

Session times for the Championships will be:

**Saturday 5th August**

11.00 am

Men — 52-90 kg

2.00 pm

Women — 44-90+ kg

**Sunday 6th August**

2.00 pm

Men — 100-125+ kg

These times and distributions may change slightly according to final entry numbers.

A sumptuous, all-you-can-eat buffet banquet will be held at 7.00 pm on the Sunday night, when the Best Lifter and team trophies will be presented. The official Powerlifting Australia medals will be presented after

each session. The whole Championships will be professionally videotaped, and copies available for purchase. All this should make the 1995 Australian Powerlifting Championships the best nationals ever in our history. All lifters who have qualified (i.e. halfway between A and B for men, between B and C for women, six months ASDA registered) should take this opportunity to experience the atmosphere of a major competition.

Entry forms and final details for the Championships will be mailed direct to you with the next Powerlifting Australia Newsletter (provided you are properly registered for 1995!) in late May. Entries will close soon thereafter. Don't miss out!

*Robert Wilks*



NOVOTEL HOTEL - MELBOURNE

## POWERLIFTER VIDEO MAGAZINE

### 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.

### A-4119 POWERLIFTER VIDEO MAGAZINE # 9

Star workouts with Anthony Clark, Betsy Ojanen & C.T. Fletcher. The WPC Championships. Preview of "Bull" Stewart deadlift video. Coaches corner on the Bench Press.

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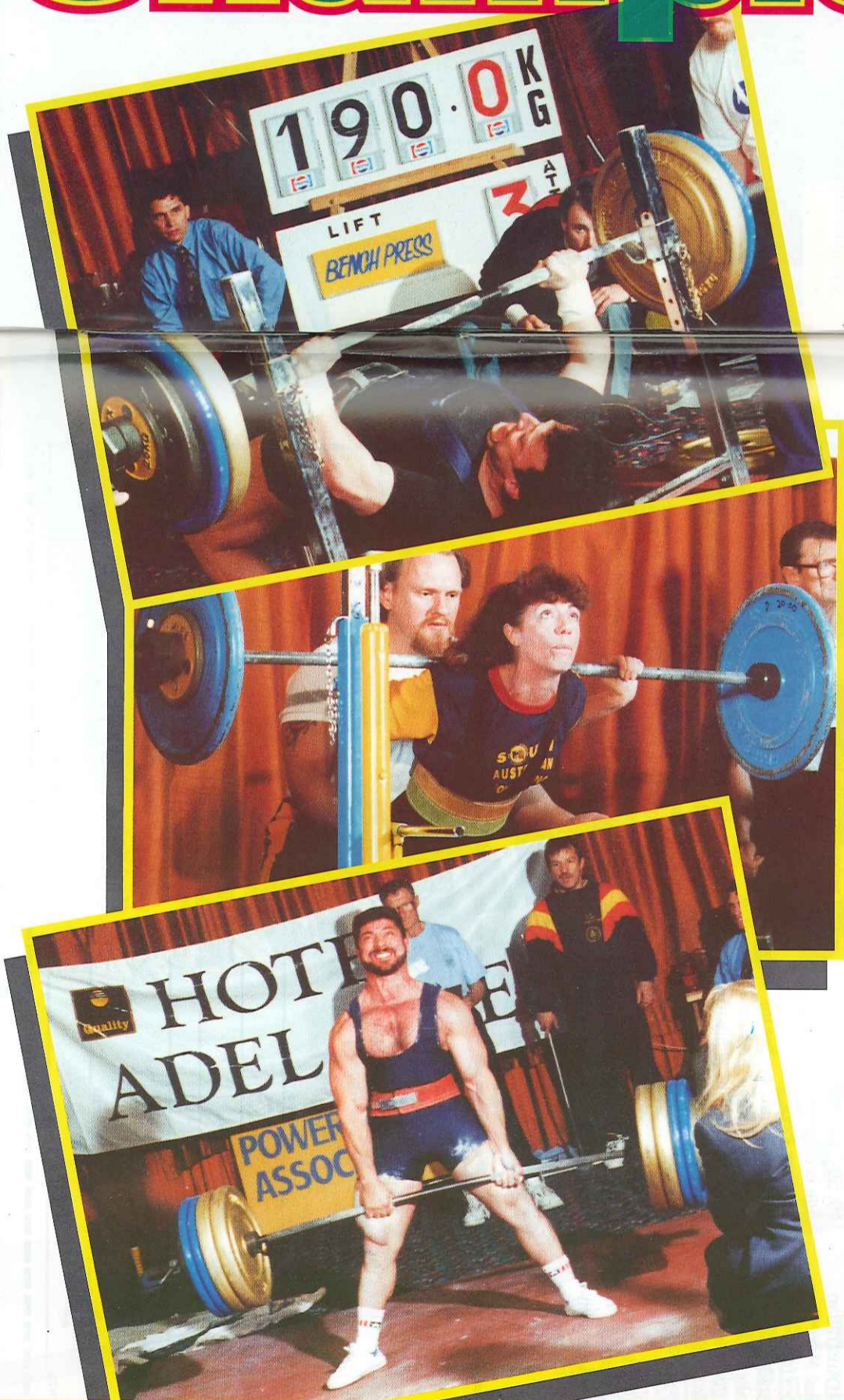
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# 1995

1995  
Australian  
Powerlifting  
Championships

# Australian Powerlifting Championships



**AUSTRALIA'S  
STRONGEST MEN  
& WOMEN  
IN ACTION!**

Sunday 6th August  
**THE BIG MEN!**  
2pm - Men 100kg to 125+kg

Saturday 5th August  
11am - Men 52kg to 90kg  
2pm - Women 44kg to 90+kg

**TICKETS:- SATURDAY & SUNDAY - \$5 ALL DAY  
WEEKEND PASS \$10 INCLUSIVE ALL SESSIONS**

Enquiries to:- MEET DIRECTOR, ROBERT WILKS  
P.O. Box 160, South Yarra, Victoria 3141  
Phone 018 366 416 - Fax (03) 629 5648

**NOVOTEL HOTEL, 270 Collins St, MELBOURNE - AUGUST 5th & 6th 1995**

# 1995 AUSTRALIAN MASTERS GAMES UPDATE



MASTERS LIFTER - DOUG FLYNN (SA), an overseas trip to England for international competition experience and then on to the Masters Games in Melbourne.

Powerlifting is one of 53 sports participating in the Vic Health 5th Australian Masters Games. More than 10,000 athletes from Australia and overseas are expected to take part in the Games. This gives us a great opportunity to let the people of Australia know about powerlifting. We are conducting two events, a powerlifting competition and a bench press competition over the weekend of 7th and 8th October 1995.

Age groups for both competitions are: 35-39, 40-44, 45-49, 50-54, 55-59 and 60+. Age is determined as at 5th October 1995. Both competitions are for men and women, and the above age groups apply to both. Bodyweight classes will be as per normal. Please note: 1995 Australian Masters Championships These will be run in conjunction with the Masters Games. Normal age group and bodyweight classes will apply. All registered members of

Powerlifting Australian Inc. who enter the Masters Games will automatically be entered in the Masters Championships. Just mark on the entry form, after your name, "P.A. Reg." You must enter the Masters Games to be eligible to compete in the Masters Championships. We have a great venue at the Olympic Park complex. This is the hub of the Masters Games, with the registration desk, information centre, etc.

This is also the competition venue for the weightlifting and the athletics. Both will be taking place at the same time as the powerlifting. Anyone who is interested in taking part in both the powerlifting and the weightlifting should note that we intend arranging the age groups so that your competitions do not clash. Olympic Park is easily accessed by public transport, and is close to the city centre. A great many of the other sports in the Games will be at venues within walking distance. Please send off an "Expression of Interest" coupon as soon as possible. You will then be sent an entry form, and a lot of information about the Games, including accommodation details. You will also receive the Games Newsletter and updates.

If you have any queries that are not covered in the entry booklet, please contact me at PO Box 649, Sale 3850 or on (051) 44 4105. I look forward to seeing you in October.

Len Skeen

## 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

Surname Mr/Mrs/Ms \_\_\_\_\_

Given Names \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_

Phone \_\_\_\_\_ (h) \_\_\_\_\_ (w) Fax \_\_\_\_\_

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? \_\_\_\_\_

# MAJOR JUNIOR

# APRIL 22nd 1995

## Adelaide, South Australia

### U/18 & U/23 JUNIOR NATIONALS in conjunction with INTERVARSITY CHAMPIONSHIPS

AUSTRALIAN INTERVARSITY CHAMPIONSHIPS  
to be held at the **QUALITY HOTEL ADELAIDE**  
Brougham Place, North Adelaide  
Tickets \$5 at the Door

## LIFTING COMMENCES 10.00 am

