

# POWER-NEWS

## A U S T R A L I A

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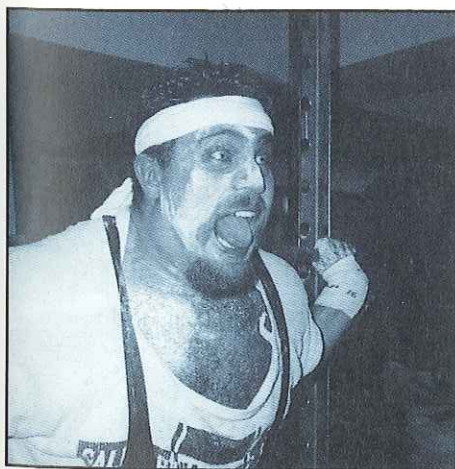
Editor - Nick Butler

## AUSTRALIAN CHAMPIONSHIPS PREVIEW

**All is ready for this year's Australian Championships, what should be the biggest event for some years in Australian powerlifting.**

The highlight of the meet should be the lifting of 1994 World Championships silver medallist Derek Pomana of New Zealand. Derek has a best of 930kg at 110kg and will be lifting as a special guest. Opposing him in the 125kg class (Derek probably weighing in at 115kg) will be none other than Japanese resident but New South Wales citizen Michael Abdullah. Michael is one of nature's special people, his near-demented psych routine likely to squeeze high 800kg out of his adonis-like (he thinks so anyway) frame. Also in a talent packed 125kg class will be ever promising Michael Pianko, capable of 850+ and former WDFPF "World" Championships competitor Derek Boyer of Victoria.

In the other men's divisions Kevin Beverly stands out at 110kg following his excellent 812 1/2kg at the 1994 Worlds. Against good advice Kevin emaciated himself down to 100kg at the recent WA Championships and was good for



*This is the face of Australian Powerlifting! Michael Abdullah in training at Cult Headquarters in Tokyo, in preparation for his battle against.....*

only an enfeebled 737 1/2kg but will be back as a real heavyweight by August. Behind Kevin will be promising newcomer Paul Anderson, 717 1/2kg in his first contest, due for much more in Melbourne and headed towards 800kg before long, but probably neck and neck with 745kg credentialled Andrew Logan this time.

At 100kg the depth is enormous, Mercurial Carlo Zamolo has the highest 1995 total of 745kg but still has to adjust to national level competition. Shaun Henderson appears to at last be realizing some of the potential he showed 3 or so years ago and has done 725kg this year. There follows numerous 690 - 720kg types: Peter Malic, Clive Rego, Trevor Luderman, Fiore Inglese, Patrick Whymark, etc and skill on the day will determine the minor medallists.

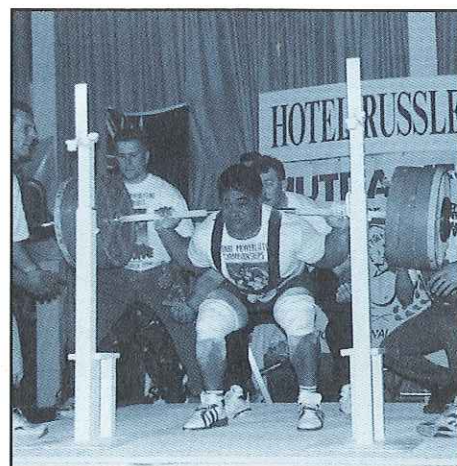
The 90kg class will produce similarly good lifting. Rohan Smith, only two years out of juniors and with 750kg to his credit, will be attacked by both David Alpen, down from 100kg and Vince Simonetta, building back up towards his massive totals of the past. At 82 1/2kg Jack Rowley looks well ahead, but the depth of his squats will tell the story there. Veteran John Powell with be waiting in the wings as ever, along with strong-backed Simon Bradstock.

At 75kg matters have been thrown open with the absence in England of Peter Rellos and the injury of Satya Agnihotry. Newcomer John Stanton's 597 1/2kg will be up against crock Adrien Shrier's recent 600kg, well down from his 647 1/2kg pre a major back injury. At 67 1/2kg Jagdish Lal's ability will most likely see him hold off evergreen Jim Ambrose, but the more dependable technique of Jim may see an upset. In the very light divisions, if he can be coaxed away from his beloved Adelaide, Tony Zappia should dominate ahead of Greg Lancaster and, if he survives the rigours of the World Juniors in India, Ray Hope. Junior Nghiep Luu could be a dark horse in the 60kg class.

The women's classes may be relatively lightly populated, but gargantuan Katrina Robertson is an intriguing newcomer at 90+kg, following her AR deadlift of 205kg in her second only contest. Leanne Johnson has trimmed down to 82 1/2kg and will be ahead of semi-retired Robyn May in that class. Allison Wells, on the basis of her 407 1/2kg at the Worlds in May should be well ahead at 75kg over the strong backs of junior Donna Jaensch and Master Bev Smith. With Ellen Stanton due to give birth at about the same time as the squats in her division start, Anne Mort should be well in front in the 67 1/2kg class. From 60kg down the titles appear to be up for grabs to newcomers, with the exception of dependable Silvana Venditto at 48kg and sociable Phoebe Woods at 60kg.

Enclosed with this newsletter are entry forms for the Nationals. Enter and book your accommodation direct with the Novotel now to take part in the big event of the year.

**Robert Wilks**



*gentleman Derek Pomana, 380kg squat, 930kg total and a whole lot more class!*



# VICTORIAN CHAMPIONSHIPS 15TH APRIL 1995

The 1995 Victorian Championships were held at the State's Olympic lifting headquarters, Hawthorn Weightlifting Club. Under the steely gazes of the weightlifting champs of yesteryear (many perhaps rolling over in their graves) captured in the many photos and posters around the club walls, 22 powerlifters performed on the main platform.

In the women's classes exotic Kate Luck improved to total 270kg and take the 56kg division, while Christine Henderson set an

Australian Record of 136kg in the 60kg squat. Ever-injured Leanne Johnson effectively only benched but set an Australian Record of 110kg at a trim 82 1/2kg. Semi-retired Robyn May dusted off the cobwebs to total 410kg as a light 90kg.

In the men's classes perennial tryer David Kent was over A Grade with 525kg at 67 1/2kg whilst newcomers David & Robert Appleby took out the 82 1/2kg and 90kg titles. At 100kg mercurial Fiore Inglise show relative stability to produce his best performance for many years,

710kg which was sufficient to take the out the Best Lifter award. The 110kg class was won by Paul Anderson, totalling 717 1/2kg in his second ever contest. Paul is the son of legendary Australian strongman Paul "The Mighty Apollo" Anderson and has the potential for near 800kg before long. 110kg runner-up was Australian Junior representative Peter Malic, recovering from knee surgery earlier this year, whilst Kevin Boatwood came in third with a good Masters total of 637 1/2kg.

**Robert Wilks**

## RESULTS

Women	56kg	SQ	BP	DL	TL
1. LUCK Kate .....	55.9	100	50	120	270
	60kg				
1. HENDERSON Christine..	59.00	136	52.5	130	317.5
	75kg				
1. LIVINGSTONE Mandy...	74.4	117.5	42.5	137.5	297.5
	82.5kg				
1. JOHNSON Leanne .....	82.0	145	110	145	400
	90kg				
1. MAY Robyn.....	83.5	150	70	190	410
<b>Men</b>	56Kg				
1. O'BRIEN Patrick.....	52.7	90	55	122.5	267.5
	60Kg				
1. LUU Nghiep.....	59.5	120	BMB	-	-
	67.5Kg				
1. KENT David .....	67.2	215	115	195	525
	75Kg				
1. DELICE Hampa .....	73.2	175	102.5	200	477.5
	82.5Kg				
1. APPLEBY David .....	79.5	130	100	180	410

Men	90kg	SQ	BP	DL	TL
1. APPLEBY Robert.....	86.9	205	135	250	590
2. MILALJEVIC Alan .....	89.5	180	115	250	545
3. SPARROW Tony .....	88.1	190	100	220	510
4. SPITERI Ralph.....	89.0	130	120	200	450
	100kg				
1. INGLISE Fiore.....	97.8	277.5	142.5	290	710
2. YOUNG Fraser.....	98.2	252.5	137.5	230	620
3. COLLINS Richard.....	97.2	165	110	240	515
	110Kg				
1. ANDERSON Paul .....	104.8	262.5	176.5	281	717.5
2. MALIC Peter .....	100.7	245	160	265	670
3. BOATWOOD Kevin....	108.1	253.5	155	230	637.5
4. BOXAL Russell .....	108.6	225	120	265	610
5. COOK Peter .....	103.7	150	115	205	470

### Teams

Men	Women
1. Melb. Uni 66	1. Melb. Uni. 24
2. Kyneton 32	2. Ballarat 24
3. Pyramid 25	3. Pyramid 12
4. Ballarat 16	
5. Monash 8	

## KYRIAKOS CONTEST, MELBOURNE UNI, 14TH APRIL 1995

In what may well be Peter Kyriakos' last testament, he lifted in a solo contest on Good Friday.

Peter lifted in this way as his ill-fated trip to Bali the next day precluded him from lifting in the Victorian Championships on that day. In front of three referees, in freezing cold in the outback

gym at Melbourne University, late at night, with no opposition and little rest time between lifts Peter went squat 300, 320, pass; bench 185, 192.5, 200 miss; deadlift 280, 300, pass. His total of 812.5kg at 100kg rates Elite 1 + 57.5, the best ever performance in Australian powerlifting since the introduction of drug-

testing and something which will not be surpassed for a long time.

### RESULT

	100kg	SQ	BP	DL	TL
1. Peter Kyriakos ...	97.1	320	192.5	300	812.5

**Robert Wilks**



# PETER KYRIAKOS

**Australian powerlifting may well have suffered a tragic loss. Peter Kyriakos, our best men's lifter has gone missing, feared drowned, in Bali. Peter was last seen heading towards rough surf on Kuta Beach on April 16th, with no confirmed sign of him thereafter.**

Peter's record in the last few years in Australian

Powerlifting has been unparalleled. With the introduction of year-round drug testing in 1991 he came into his own, set numerous Australian records and was Best Lifter at the 1994 Australian Championships. Peter's last three competitive performances were 775kg at 90.0kg, 785kg at 93.5kg, for 7th place in the 1994 World Championships and one day before his departure for Bali, 812.5kg at

97.1kg, Elite 1 + 57.5kg and the best single performance by an Australian male lifter since the 1991 new system.

At this stage Peter's fate cannot be definitely stated. However, the situation appears grim and the support of all in Australian powerlifting goes out to his family.

**Robert Wilks.**

## AUSTRALIAN JUNIOR CHAMPIONSHIPS AND INTERVARSITY, ADELAIDE, 22ND APRIL

**The venerable Adelaide Hotel was once again the venue for a national championship with the holding of the Juniors and Intersarsity on 22nd April.**

31 lifters took part, plus guest Peter Rellos. Peter set national 75kg records in the squat, deadlift and total. The squats were a wild ride, with the archaic IVANKO bar used whipping savagely as Peter battled through 245, 255 and 260kg. On the deadlift he did 262.5kg well and had 270kg up easily until his right hand opened at the top; on this showing Peter has a 670-680kg total in him for his next outing. That will be on 1st July, after which Peter goes to England, to work at Cambridge for up to two years, but will still be lifting for Australia.

In the contest proper Ramona Sich was the outstanding female lifter, with 342.5kg at 67.5kg; followed by strong-backed Donna

Jaensch's 337.5kg at 75kg. Amongst the men Ray Hope stood out with 465kg at 60kg; somewhat down on his best of 487.5kg. The biggest gap for Ray was in the deadlift where novel attempts at a double-knee-bend all resulted in the inevitable red lights for supporting on the thighs. Novice Nghiep Luu came in second in this class, but will make up the 80kg gap to the winner this time rapidly over the coming months.

In the heavier divisions Lyndon Baker was well ahead at 90kg; his 595kg total including a very good 265kg deadlift. At 100kg hardy perennial Bill Ogburn came through with his usual painfully hard squats and deadlifts to equal his best ever total at 645kg. This put him ahead of Brooke Roberts, down on his best and still yet to realize his potential as a 100kg lifter. The biggest total of the day was posted by zany

David Modra, back after some years off, 20kg heavier in bodyweight, down 150kg in total but hopefully headed for better things.

After this event the team for the World Championships to be held in sunny New Delhi, India July 23-29 was named, as follows:

### Women

75kg Donna Jaensch

### Men

60kg Ray Hope

82.5kg Darren Burns

90kg Lyndon Baker

100kg Bill Ogburn

### Coch/Manager

Leigh Wisby

**Robert Wilks**

## RESULTS

Competitor	W/C	SQ	BP	DL	TL
BENNETT Antoinette.....	56	65	55	102.5	222.5
STOJSAVLJEVIC Sarah.....	60	115	50	127.5	292.5
SICH Romina.....	67.5	120	77.5	145	342.5
JAENSCH Donna.....	75	107.5	70	160	337.5
SHARP Angela.....	90	85	30	110	225
O'BRIEN Patrick.....	56	92.5	50	125	267.5
THOMAS Daniel.....	60	130	67.5	167.5	365
HOPE Ray.....	60	175	95	195	465
LUU Nghiep.....	60	130	70	185	385
ELLIOTT Jonathon.....	67.5	-	-	-	-
RUMLER Matthew.....	67.5	162.5	87.5	157.5	407.5
EAVES Glen.....	67.5	115	90	115	320
SHAW Christopher.....	67.5	110	87.5	135	332.5
TICEHURST Terry.....	75	147.5	75	160	382.5
DAUBER Kieren.....	75	172.5	110	175	457.5

Competitor	W/C	SQ	BP	DL	TL
STEINER Guillau.....	75	150	77.5	162.5	395
HUNTER Terry.....	75	150	105	167.5	422.5
JOHNSON Dean.....	75	150	-	-	-
BARRY Benjamin.....	75	152.5	87.5	187.5	427.5
RELLOS Peter.....	75	260	135	262.5	657.5
ROSE Jay.....	82.5	130	80	190	400
HAMILTON Hamish.....	90	180	120	215	515
BAKER Lyndon.....	90	215	115	265	595
JOHN Ben.....	90	170	110	190	470
MIHALJEVIC Alan.....	90	170	110	250	530
O'SHEA Peter.....	90	110	-	-	-
OGBURN William.....	100	252.5	140	252.5	645
ROBERTS Brooke.....	100	250	130	245	625
ROBERTS Glenn.....	125+	225	135	230	590
MODRA David.....	125+	245	150	270	665



## QUEENSLAND STATE OPEN & BENCH PRESS 27 MAY 1995

Competitor	W/C	SQ	BP	DL	TL
<b>Men</b>					
ROGERS Kevin	60	-	90	-	90BP
KOCHANEK Mark	60	135	80	182.5	397.5
LITCHFIELD Fred	60	-	100	-	100BP
WALKER Daniel	67.5	-	95	-	95BP
ANDRSON Anthony	67.5	120	117.5	145	382.5
ELLIOTT Jonathon	67.5	170	107.5	208	485
BROWD Brian	67.5	-	120	-	120BP
DAWBER Kieran	75	180	110	190	480
CUNDON Shawn	75	195	120	215	530
BRADFORD Roger	75	190	135	195	520
CRAGGS Maurie	75	180	87.5	200	467.5
FLETCHER Scott	82.5	235	150	220	605
TAIT Mark	82.5	230	135	230	595
BAKER Daniel	82.5	230	120	235	585
RUSSELL Ben	82.5	195	122.5	215	532.5
MASDING Richard	90	235	132.5	230	597.5
DAVEY Chris	100	207.5	142.5	267.5	617.5
RUSSELL Chris	100	200	150	220	570
HAMBLING Mark	100	225	135	212.5	572.5
LUDERMAN Trevor	100	270	150	270	690
HENDERSON Shaun	100	260	170	275	725
GAULT Richard	100	227.5	117.5	215	555
ATCHISON Ralph	100	215	150	240	605
BRUCE Ivan	100	-	125	-	125BP
BRAY Allan	110	235	177.5	255	67.5
LOGAN Andrew	110	300.5	165	280	745
SMITH Peter	110	240	155	270	665
SINGH Tes	110	-	110	-	110BP
ROBERTSON Robert	125	95	190	150	435
MANAGHAN Alan	125	220	130	250	580
MARSH John	125+	280	175	255	710
KOKKINOS George	125+	280	152.5	230	662.5

### Women

PHILLIPS Nancy	60	80	47.5	122.5	250
WHALON Kate	60	92.5	45	127.5	265
CLIFFORD Donna	75	125	86.5	160	370
ROBERTS Katrina	90+	170	105	205	480

## NT CHAMPIONSHIPS 6TH MAY 1995

Competitor	W/C	SQ	BP	DL	TL
STONE Mick	75	175	102.5	200	477.5
JOHNSTON Rick	75	160	87.5	160	407.5
SMITH David	82.5	190	132.5	260	582.5
DUFFIELD David	90	190	117.5	220	527.5
STRINGER Shane	90	205	185	220	610
WELLFORD Bernie	90	220	140	290	650
ZAMOLD Carlo	100	245	200	300	745
MOODY Nick	110	160	165	235	590
GATRUAC Tony	110	220	185	220	625
PIKOS Michael	125	110	110	160	380



## TOWNSVILLE COMPETITION 29TH APRIL 1995

Competitor	W/C	SQ	BP	DL	TL
<b>Men</b>					
SINGH A	48	80	50	92.5	222.5
ASEPE Timothy	60	190	110	190	490
JACOBS Iwita	60	120	70	150	340
AKUBOR Andrew	67.5	140	115	170	425
LUA Tony	67.5	215	135	220	570
GOODWIN Fred (o'50)	75	155	110	210.5NR	475
BRAILEY John (o'50)	75	170	97.5NR	160NR	427.5
JEREMIAH Michael	75	135	95	160	390
YAMENG Eric	75	210	110	250	570
TAGILI Peter	75	-	-	-	-
TAIT Mark	82.5	227.5	135	225	587.5
HOVASAPIAN Harry	82.5	185	122.5	200	507.5
McKERGON Ray	82.5	150	90	180	420
INTILI Elio	82.5	185	115	185	495
AKO Peter	82.5	205	130	240	575
ODGER William	90	195	102.5	185	482.5
WELLINGTON Les	90	250	130	220	600
CROFT Derek	90	182.5	112.5	190	485
BAOE Rick	90	200	130	210	540
INGIA Steven	90	232.5	125	215	572.5
BROWN William	90	175	155	185	515
ATCHISON Ralph	100	215	152.5	240	607.5
LEMS William	100	160	100	180	420
WRIGHT Keith (o'40)	100	228NR	110	210	547.5
DABWIDE Ian	100	230	-	-	-
ROBBY Frank	100	235	150	252.5	637.5
OHL Allan	110	235	140	240	615
DABWILDO Robert	110	275	182.5	235	692.5
SMITH Peter	110	225	152.5	255	632.5
ZVAIGZNE Ed	125	280	110	215	535
KUN Russell	125	330	195	240	765
KEPEA Chris	125	240	160	235	635
AKUA Riddell	125+	340	215	270	825
KOKKINOS George	125+	262.5	150	225	637.5
PITCHER John	125+	320	190	270	780

### Women

HOVASAPIAN Helen	56	70	35	85	190
TALLENTIRE Amanda	56	60	25	70	155
MICHAEL Janet	56	100	50	110	260
SIRONE Anna	60	-	70	-	-
PHILLIPS Nancy	60	70	47.5	115	232.5
DEAN Chrissy	67.5	85	50	122.5	257.5
TOOLIN Elizabeth	67.5	100	50	125	275
SMITH Bev (o'40)	75	142.5NR	72.5AR	157.5	372.5
SMITH K	82.5	75	45	105	225
ROBERTSON Katrina	90+	170	115NR	202.5NR	487.5

## NSW COMPETITION 9TH APRIL 1995

Competitor	W/C	SQ	BP	DL	TL
<b>Men</b>					
HANNESLEY Paul.....	52	90	87.5	145	322.5
STEWART George.....	67.5	135	85	145	380
FELTHAM Tony .....	67.5	-	85	-	85BP
BRISTOW Maxwell.....	75	187.5NR	110	200	497.5
CORBETT Robert .....	75	180	140	240	560
SHINKARENKO Andrei ...	75	150	100	190	440
McDONALD Tom .....	82.5	210	110	250	570
HAMILTON Tom.....	82.5	-	130	-	130BP
BRAY John .....	82.5	-	85	-	85BP
BIRCH Ron.....	90	185	115	190	490
BAKER Lyndon (u'23).....	90	215	117.5	265.5NR	597.5
CHRISTENSEN Eric .....	90	167.5	100	195	462.5
BURNS Jeremy.....	90	-	120	-	120BP
DIDGEN Oliver.....	100	-	90	-	90BP
PALMER Greg.....	110	-	107.5	-	107.5BP
WADE Doug.....	110	-	127.5	-	127.5BP
HAWKINS Bennie.....	110	230	135	270	635
PHILLIPS Andrew .....	110	115	55	145	315
DIDDY Teddy.....	125	-	160	-	160BP
<b>Women</b>					
WHEELER Jo-Anne.....	56	85	52.5	120	257.5
HADLEY Raechael.....	56	80	35	112.5	227.5
MORT Anne.....	75	147.5	82.5	167.5	400

## WESTERN AUSTRALIA STATE CHAMPIONSHIPS 14TH MAY 1995

Competitor	W/C	SQ	BP	DL	TL
AMBROSE Jim .....	67.5	192.5	127.5	240	560
ANDREWS Len .....	75	185	120	212.5	517.5
SCHERINI Alan.....	75	215	117.5	242.5	575
BRIEN Danny .....	75	227.5	97.5	210	535
STANTON John .....	75	180	155	262.5	597.5
LAMPATHAKIS Paul .....	75	185	117.5	235	537.5
ROWLEY Jack.....	82.5	255	152.5	270	677.5
JONES Danny.....	82.5	187.5	80	205	472.5
VANDERZWAIN Tony .....	90	180	115	225	520
BEVERLY Kevin .....	100	260	175	302.5	737.5
ANDRETTA Carlo .....	100	262.5	130	265	657.5
SNOW Lee .....	100	-	225	-	-
REGO Clive.....	100	265	160	270	695
HILLS Warren.....	110	175	97.5	215	487.5

### ARS

K.BEVERLY .....	310DL (4th attempt)
J.AMBROSE .....	240DL
J.ROWLEY .....	262.5SQ (4th attempt)
J.ROWLEY .....	162.5BP (4th attempt)

## QUEENSLAND COMPETITION 26TH FEBRUARY 1995

Competitor	W/C	SQ	BP	DL	TL
<b>Junior</b>					
ELLIOTT Jonathon.....	67.5	175	102.5	182.5	460
DAVIER Kieran.....	75	140	110	185	442.5
DUCE Brett.....	75	170	100	200	470
TAYLOR Mark.....	90	195	110	210	515
GOODWIN Fred .....	125	230	150	200	580
<b>Novice</b>					
KODA Tony .....	75	125	120	170	415
LEE Keith .....	75	130	80	185	395
DAVIS Ken .....	100	170	110	205	485
<b>Open</b>					
KOCHANEK Mark.....	60	130	70	180	380
CRAGGA Maurice .....	75	170	85	190	445
BRADFORD Roger.....	75	175	135	185	495
FLETCHER Scott.....	75	225	140	217.5	582.5
BAKER Dan .....	82.5	220	125	215	560
MASDING Richard .....	90	240	130	240	610
HAMBLING Mark.....	100	205	130	200	535
RUSSELL Chris .....	100	185	-	-	-
HENDERSON Shaun .....	110	272.5	170	275	717.5
LUDERMAN Trevor.....	100	260	150	260	670
MONAGHAN Alan.....	125	205	130	230	565
<b>Bench Press</b>					
RODERICK Kate.....	56F	-	60	-	60
CLIFFORD Donna.....	75F	-	82.5	-	82.5
LITCHFIELD Fred .....	67.5	-	112.5	-	112.5
ANDERSON Anthony .....	67.5	-	117.5	-	117.5
GOODWIN Fred .....	75	-	112.5	-	112.5
PEDERSON Luke .....	82.5	-	100	-	100
VAN NIM WEGAN Theo .....	82.5	-	125	-	125
BRUCE Ivan.....	100	-	120	-	120
ROBERTSON Robert .....	160	-	172.5	-	172.5

## NSW STATE CHAMPIONSHIPS 4TH JUNE 1995

Competitor	W/C	SQ	BP	DL	TL
<b>Men</b>					
ANNERSLEY Paul .....	52	90	82.5	140	312.5
LAL Jagdish .....	67.5	235	115	230	580
SUTTON Brad .....	75	200	140	200	545
CORBETT Robert .....	75	195	137.5	230	562.5
MANNION Peter .....	GUEST	140	75	205	420
HROMEK Robert.....	82.5	250	135	250	635
WHYMARK Pat.....	100	265	172.5	255	692.5
NEWMAN Paul.....	125	290	182.5	302.5	775
EDWARDS Grant .....	-	255	150	270	675
<b>Women</b>					
SCOTT-TODD Carol .....	56	80	47.5	100	227.5
CULLEN Ingrid.....	67.5	137.5	62.5	172.5	372.5
McMAHON Sherie.....	75	140	80	140	360

# WOMEN'S WORLD CHAMPIONSHIPS

Women's powerlifting continued to march ahead with the conducting of the 14th World Championships in Chiba, Japan May 3rd to 6th.



Opening Ceremony

This was possibly the best-organised Women's Worlds ever, with a massive stage, a huge video replay screen at both ends of the stadium and efficient execution of all aspects of the contest. The only disappointment was the small crowds at many sessions, with rumour having it that most of the spectators were undercover police in pursuit of sarin-bearing cultists. The major M.C. for the contest was the inimitable Michael Abdullah, the pride of Sydney Australia and an inspirational voice on the microphone.

Australia had but two representatives in these Worlds. In the 52kg class Kathy Hughes battled against a back injury to total 247.5kg for 16th

place. After a good 100kg squat Kathy was very proppy on 110kg and all at sea in the deadlift, where her 100kg opener was her only good lift,

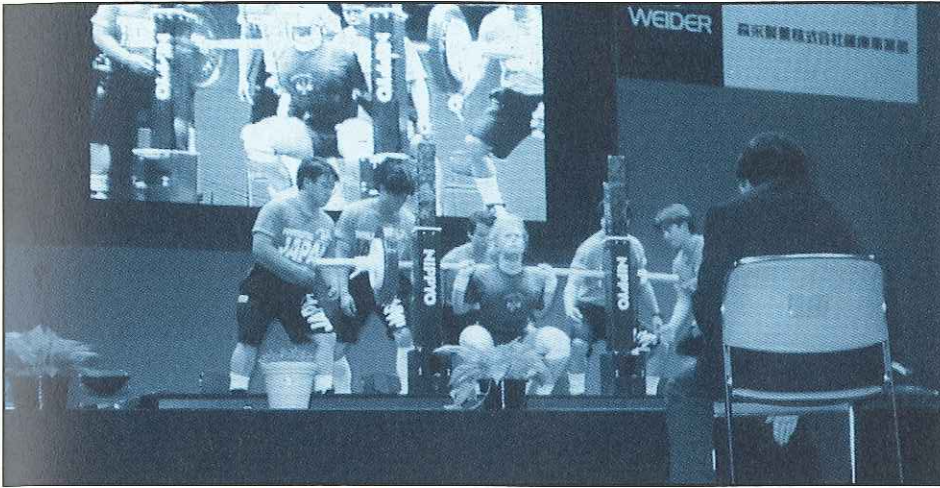
## RESULTS

Women	44kg	SQ	BP	DL	TL
1. KOSKINEN Raja.....Finland	156	65	145	365	
2. TESLEVA Svetlana.....Russia	137.5	67.5	150	355.1	
3. PRINKKALA Anna-Li.....Finland	140	62.5	150	352.5	
	48kg				
1. YANSKICH Elena.....Russia	145	85	165	395	
2. THILL Malou.....Luxembourg	140	77.5	162.5	380	
3. VIITASAARI Vuokko.....Finland	145	77.5	157.5	380	
	52kg				
1. MIR Nadejda.....Kazakhstan	157.5	80	180	417.5	
2. COGNACQ Claudine...France	152.5	77.5	182.5	412.5	
3. MINGUARTI.....Indonesia	165	70	172.5	407.5	
16. HUGHES Kathy.....Australia	100	47.5	100	247.5	
	56kg				
1. BOUDREAU Carrie.....USA	187.5	110	220.5	517.5	
2. OREKHOVA Irina.....Russia	155	80	192.5	427.5	
3. HAGERSAND Suzanne...Sweden	165	82.5	170	417.5	
	60kg				
1. HIMENO Eriko.....Japan	170	115	190	475	
2. MARX Ingeborg.....Belgium	180	100	190	470	
3. HUANG Ya-Ching.....Chinese Taipei	165	87.5	170	422.5	
	67.5kg				
1. SJOSTRAND Lisa.....Sweden	207.5	107.5	217.5	532.5	
2. TANAKOVA Ekatarin....Russia	200	107.5	220	527.5	
3. CHEN Hsiu-Chiung.....Chinese Taipei	192.5	95	185	472.5	
	75kg				
1. SOUKHOROUK Elena....Ukraine	240.5	112.5	252.5	605	
2. ODENDAAL Liz.....Switzerland	200	120	230	550	
3. ZHGULEVA Marina.....Russia	195	122.5	202.5	520	
7. WELLS Allison.....Australia	160	77.5	170	407.5	

	82.5kg				
1. RUMYANTSEVA Natal...Russia	215	120	222.5	557.5	
2. STEENROD Vicky.....USA	202.5	132.5	212.5	457.5	
3. SCHUMACHER Doris...Germany	192.5	127.5	192.5	512.5	
	90kg				
1. KORSHUNOVA Alla....Russia	205	112.5	235	552.5	
2. CORSON Shelby.....USA	220	130	202.5	552.5	
3. VENCATACHELLUM...France	222.5	115	215	552.5	
	90+kg				
1. CHAO Chen-Yeh.....Chinese Taipei	235	145	210	590	
2. PAVLOVA Anastasia.....Russia	230	140	210	580	
3. LEE Chia-Shan.....Chinese	235	120	215	570	

### Nationpoints

1. Russia.....63pts.	6lifters	=12-12-12-9-9-9-
2. Chinese Taipei.....49pts	6lifters	=12-8-8-7-6-
3. USA.....48pts	6lifters	=12-9-9-7-6-5-
4. Japan.....39pts	6lifters	=12-7-7-5-4-4-
5. France.....34pts	6lifters	=9-8-7-5-3-2-
6. Finland.....31pts	4lifters	=12-8-8-3-
7. Germany.....28pts	5lifters	=8-7-6-6-1-
8. Sweden.....27pts	3lifters	=12-8-7-
9. Kazakhstan.....24pts	4lifters	=12-6-5-1-
10. India.....23pts	6lifters	=6-5-4-4-3-1-
11. Ukraine.....19pts	3lifters	=12-6-1-
12. Great Britain.....15pts	3lifters	=7-5-3-
13. Belgium.....11pts	3lifters	=9-1-1-
14. Indonesia.....10pts	2lifters	=8-2-
15. Luxembourg.....9pts	1lifter	=9-
16. Switzerland.....9pts	1lifter	=9-
17. Norway.....9pts	2lifters	=6-3-
18. Netherlands.....9pts	2lifters	=5-4-
19. Austria.....7pts	1lifter	=7-
20. Canada.....6pts	1lifter	=6-
21. Australia.....5pts	2lifters	=4-1-
22. Rep S Africa.....2pts	2lifters	=1-1-
23. New Zealand.....1pts	1lifter	=1-



Alison Wells - doing her personal best squat.

warmups included. Kathy's effort was valiant in the circumstances and she has the potential to return to her 287.5kg best and beyond.

At 75kg Allison Wells was most impressive with 407.5kg for 7th place, an improvement of 22.5kg on her best total. Allison had nine successful lifts and came through to get the best from herself in each discipline. She has only

been lifting for two years or so and, with the right guidance, has the potential for mid high 400's at 75kg.

Otherwise the lifting was notable for the continuing increase in depth of standard as the sport of Women's Powerlifting grows. Fields are bigger than ever and in many classes last place was 50kg up on what it was just a few

1995 WOMEN'S WORLD POWERLIFTING CHAMPIONSHIPS						
NO.	NAME	NATION	W.V.	SQUAT	BENCHPRESS	TOTAL
1	WELLS A.	AUS	75	407.5	105	512.5
2	ZHUKOVA R.	U.S.S.R.	75	395	105	500
3	SOUKHROUK E.	U.S.S.R.	75	385	105	490
4	WELLS A.	AUS	75	385	105	490
5	WELLS A.	AUS	75	385	105	490
6	WELLS A.	AUS	75	385	105	490
7	WELLS A.	AUS	75	385	105	490
8	WELLS A.	AUS	75	385	105	490
9	WELLS A.	AUS	75	385	105	490
10	WELLS A.	AUS	75	385	105	490
11	WELLS A.	AUS	75	385	105	490
12	WELLS A.	AUS	75	385	105	490
13	WELLS A.	AUS	75	385	105	490
14	WELLS A.	AUS	75	385	105	490
15	WELLS A.	AUS	75	385	105	490

Score Board at end of session.

years ago. The outstanding lifter once again was Carrie Boudreau of the U.S, whose 517.5kg at 56kg was well ahead of Elena Soukhrouk's 605kg at 75kg; although the latter total was the highest of the meet. The team title went to Russia, with Chinese Taipei in second place, USA third and Australia in 21st place.

**Robert Wilks**

# WORLD CHAMPIONSHIPS 1995

**The 1995 Mens World Championships will be held in Pori Finland, November 15-19.**

This will be a huge event, both in number of competitors and size of audience - 6000 watched the World Bench Press Championships there last December. As usual team selection will be on the basis of, primarily, nationals performance of those who have made themselves available for selection. You can make yourself so available by lodging \$200 deposit toward travel, accommodation, etc. expenses and two passport size ID photos, with Robert Wilks;

P.O. Box 160, South Yarra, VIC., 3141 by 5p.m. Friday 4th August.

This year qualifying standards have been set for eligibility for the team.

The standard is Elite II i.e.

52kg	430kg
56kg	465kg
60kg	495kg
67.5kg	550kg
75kg	595kg
82.5kg	635kg
90kg	670kg

100kg	700kg
110kg	730kg
125kg	760kg
125+kg	780kg

The men's team will be announced at the Nationals banquet, Sunday 6th August in Melbourne.

The next Women's World Championships will be June 23-26 1996 in Kitchener, Canada. Team selection procedures will be announced following the Nationals; Women's Elite II will also be the minimum standard.

**Robert Wilks**

# ADAMS COMMEMORATIVE OPEN, 20TH MAY 1995

**In this tiny contest Derek Boyer, former two time competitor in WDFPF "World" Championships, made his debut with Powerlifting Australia.**

After a two year layoff Derek was shaky on the squat and pitched forward on 280kg but was able to save it, before benching 170kg. On the

deadlift Derek was most impressive with 312.5kg, in excess of the Australian Record (no scale certificate so no official record) and done with something to spare.

Derek's total qualified him for the World Championships and hopefully he will again be seen on the Worlds platform. Fellow Albury lifter Paul Braut provided support with 440kg.

## • RESULT •

	125kg SQ	BP	DL	TL
1. Derek Boyer .....	123.3	280	170	312.5 762.5
	125+kg			
1. Paul Braut .....	136.1	160	110	170 440

**Robert Wilks**