



POWER-NEWS

A U S T R A L I A

Volume 2 - Edition 7

SUMMER EDITION 1995

Editor - Nick Butler

NEW REGISTRATION & INSURANCE SYSTEM

Up to 1995, everyone (well actually, nothing like everyone) in Powerlifting Australia Inc has registered through their State association and hence on to the national body.

However the problem with this has been that State associations have been less than 100% in collecting memberships from lifters, coaches and referees, and/or in passing those memberships on to the national body. This has meant that Powerlifting Australia's membership figures have been understated, with negative effects on our credibility with sponsors, the Australian Sports Commission, etc.

To attempt to overcome this, a new system of registration will commence in 1996. As from January 1, 1996, all lifters, referees and coaches must register direct with Powerlifting Australia Inc. Enclosed with this newsletter is a 1996 registration form - simply fill this in, add the appropriate fee for your State and forward to the National Registrar, Harry Hovasapian at the address on the form. This will register you with Powerlifting Australia, and Powerlifting

Australia will then notify your State association of your membership renewal and will pass on the State's proportion of your registration fee.

Once your membership renewal is received, you will be sent direct a 1996 Powerlifting Australia membership card, with your 1996 membership number on it. This card must be presented for you to lift, referee or coach at any competition in Australia in 1996; the membership number must be quoted on the competition sheet in the case of lifters and referees. If the membership number is absent from the score sheet, your result will be automatically deleted by computer (or the whole contest invalidated in the case of an unregistered referee). In any case, you should not have been allowed to lift, referee or coach without producing your membership card - in other words, NO CARD, NO LIFT! The only exception to this would be a new lifter or coach who registered on the day of their competition. Their form and money would accompany the results sheet when sent to Harry Hovasapian.

ASDA forms will continue as is, ie. once lodged, these will generally be permanent. NCAS

coaches will also continue to update/register separately through the NCAS system.

As a further innovation for 1996, all registered members of Powerlifting Australia will be automatically covered for sports liability insurance through SportsCover Australia. This provides coverage for all lifters and officials in the case of incidents at competitions creating legal liability through injury or the like to spotters, audience members, other lifters, etc. Further information on this can be obtained direct from our agent Victorian lifter Brett Smart (052 321 956).

This is an important step forward for Powerlifting Australia. It is essential that all lifters, referees and coaches register for 1996 as early as possible - SEND YOUR 1996 REGISTRATION NOW!

Robert Wilks

POWERLIFTING AUSTRALIA Inc.

SURNAME	Tahapehi
FIRST NAME	Bill
D.O.B.	1951/10/18
STATE	NSW
M/SHIP no.	10276
PAInc. REG.	<i>H.J. Hovasapian</i>



WORLD CHAMPIONSHIPS

Pori, in central Finland, was the obscure venue for the 25th Men's World Powerlifting Championships. An encouraging near-full team of ten made up the Australian contingent.

A relative heat wave kept peak daily temperatures between 0° and 5°C and the Australians thrived in the spartan conditions, most producing personal best totals. Despite these noble efforts, the team came 24th, on a still less than even playing field.



"The Team"

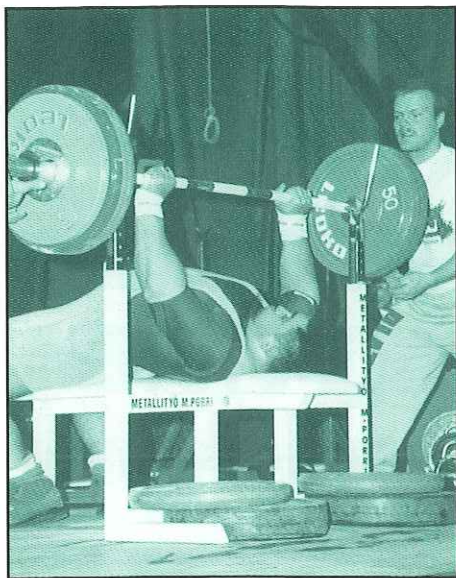
The lifting continued to show the overall depth that has been the case since the Eastern Bloc nations joined a few years ago. To obtain a medal in the Men's World Championships is now as difficult as it is in virtually any other sport.

In the 52kg class, midget Stanaszek of Poland once again was well ahead of the field, and miles ahead of even Ed Coan on the bizarre

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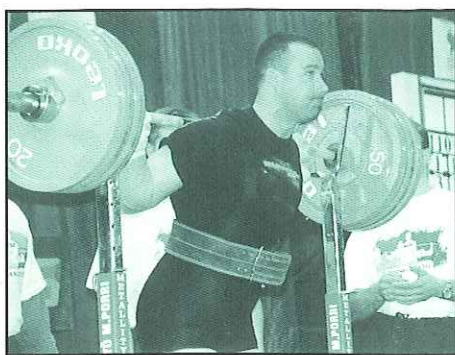
WORLD CHAMPIONSHIPS CONTINUED



Michael Abdullah on the bench, just before his shirt blew out.

Schwartz Formula, and thus took out Best Lifter. The first Australian to lift was Scott Fletcher. Trimmed down and seeming to find his natural habitat at 67.5kg, Scott came through in his usual steady manner with 575kg for a respectable 9th place. In this class, former Olympic lifter Jan Wilczynski of Poland came through on the last deadlift to pip Wade Hooper for the title, whilst badly injured Rodney Hypolite made a heroic attempt at a winning deadlift, only for two red lights to appear and him to be sentenced to spending the rest of the week as a forlorn sight on a walking stick.

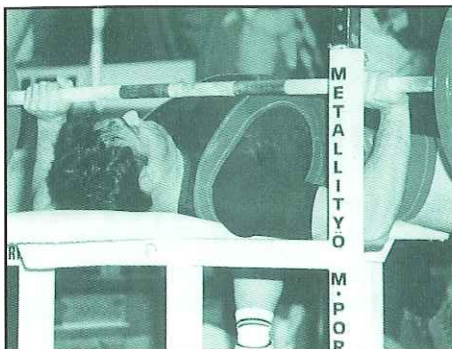
At 75kg another walking stick candidate, Adrien Shnier, continued to defy medical science and produce his best total since a major back injury put him out for three years, his 640kg including a 265kg deadlift. Ukrainian Bazaev dominated this class, as did local hero



Paul Anderson showing great form.

Jarmo Virtanen in the 82.5kg class. Australia's Jack Rowley was a man possessed here, getting 6 white lights on his first two squats (more than in his entire lifting career in Australia) before reverting to his chest-down, hips-up method on a 3rd attempt. Jack totalled 680kg, his best since emigrating to Australia, and finished 14th in a very deep field. Also at 82.5kg, Dave "Spiderman" Smith posted a personal best total of 632.5kg, including a national record 285kg deadlift.

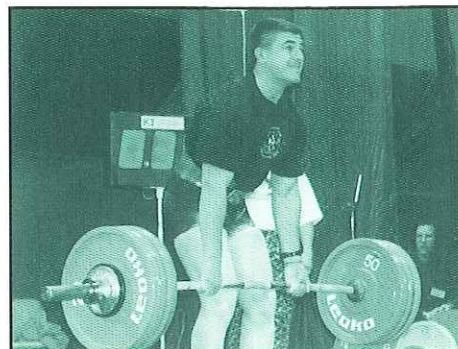
At 90kg, Gene Bell had found his military career to restrict him in a number of ways, and he was pipped on the last deadlift for first place by Janne Toivanen, who pulled an enormous 350kg. Rohan Smith was outstanding again, with a new best total of 760kg, including bests on the squat (277.5kg) and bench (177.5kg). On the deadlift, Rohan had peaked his training just that bit too early (2x2x310kg in his last heavy



Adrian Schnier on the bench.

session) and was flat with a 305kg successful opener and misses on 312.5kg. Rohan was just short of a medal in the deadlift and could well place in that lift next year, as well as moving up from his very creditable 9th in a strong field here.

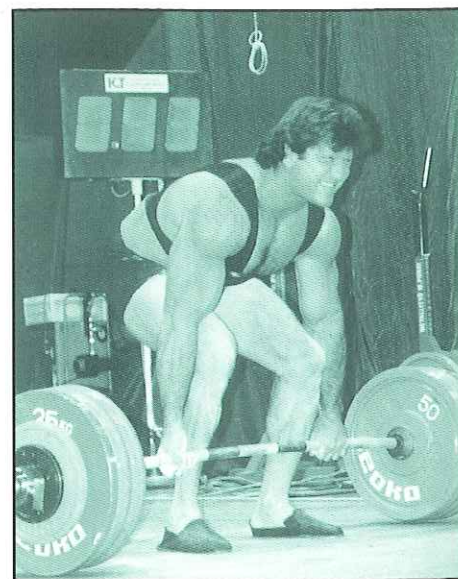
In the 100kg class, Ed Coan again dominated over perennial runner-up Markovsky of Russia, but once again was battling injury and looked jaded, at least by his standards. Australia had two representatives here. Carlo Zamolo was his usual irrepressible self, and some unsteady squats and benches (including a near miss on 202.5kg) were followed by very good deadlifts on 280 and 300kg - surprising after back pain limited his warmup to miss on 120kg, 5x60kg and then out on 280kg! Peter Malic came in



Peter Malic showing how to Deadlift.

one place behind with a personal best total of 732.5kg and had a little to spare on the deadlift, where he had to repeat 285kg after hitching it the first time.

The 110kg class produced drama when Finn Turtainen bombed on 340kg squat, the crowd disagreed violently and over half the 2-3,000 audience walked out, followed by the local television crew. Chagrined American Scott Smith exited on the same weight, and Derek Pomana of New Zealand was left out in front. All things being equal, Derek is close to being the world's best lifter and he no doubt would have won here, even if the two other contenders had not bombed. Down the list, but still creditable in 11th place was Paul Anderson, with a total just below his best following disruptions to his training, but including a best squat of 282.5kg.



Carlo in fine form



Dave Smith doing his thing!

At 125kg, Kirk Karwoski of the US won for what must be the fourth time in a row, his 1000kg total including his trademark

enormous squat, 440kg this time. In the supers, Yuriy Spinov of the very strong Ukraine team came through with a last attempt 377.5kg deadlift to win on bodyweight over dive-bomb squatter Shane Hamman. Australia fielded none other than Michael Abdullah in this class. Those who saw Michael's bizaare three-shirt-blowout bomb on the bench at the Nationals no doubt thought they had seen a once in a lifetime phenomena; however here Michael did it again, tossing 207.5kg around like a toy three times, but twice into the racks and then the third time producing the classic Abdullah rip as his shirt came asunder and now an

international audience was left dumbfounded by one of Nature's Special People.

Robert Wilks



Jack Rowley

RESULTS

Teams: 1. U.S.A. - 60 2. Ukraine - 52 3. Russia - 50 24. Australia - 8

	52kg	SQ	BP	DL	TL
1. A. Stanaszek (Pol)	250	172.5	145	567.5	
2. H. Inaba (Jap)	230	100	222.5	552.5	
3. R.Brandzeg (Nor)	217.5	117.5	202.5	537.5	

	56kg	SQ	BP	DL	TL
1. K. Pavlov (Rus)	240	155	202.5	597.5	
2. M. Karlsson (Swe)	277.5	175.5	140	592.5	
3. H. Isagawa (Jap)	205	160	225	590	

	60kg	SQ	BP	DL	TL
1. W. Elyn (Bel)	250	152.5	255	657.5	
2. V. Bogdanov (Rus)	242.5	167.5	207.5	617.5	
3. S. Sawant (Ind)	220	120	275	615	

	67.5kg	SQ	BP	DL	TL
1. J. Wilczynski (Pol)	250	150	282.5	682.5	
2. W. Hooper (USA)	277.5	170	235	682.5	
3. F. Alessand (Ho)	247.5	137.5	267.5	652.5	
9. S. Fletcher (Aus)	215	130	230	575	
BMB. P. Rellos (Aus)	-	-	-	-	

	75kg	SQ	BP	DL	TL
1. C. Bazaev (Ukr)	302.5	177.5	302.5	782.5	
2. P. Berglund (Swe)	290	185	277.5	752.5	
3. D. Soloviov (Ukr)	280	197.5	275	752.5	
16. A. Shnier (Aus)	217.5	157.5	265	640	

	82.5kg	SQ	BP	DL	TL
1. J. Virtanen (Fin)	315	195	317.5	827.5	
2. R. Szymkowiak (Pol)	295	185	335	815	
3. P. Theuser (Czh)	315	192.5	297.5	805	
14. J. Rowley (Aus)	255	165	260	680	
17. D. Smith (Aus)	210	137.5	285	632.5	

	90kg	SQ	BP	DL	TL
1. J. Toivanen (Fin)	315	197.5	350	862.5	
2. G. Bell (USA)	322.5	222.5	315	860	
3. V. Ubach (Ukr)	315	230	297.5	842.5	
9. R. Smith (Aus)	277.5	177.5	305	760	

	100kg	SQ	BP	DL	TL
1. E. Coan (USA)	410	240	350	1000	
2. V. Markovsky (Rus)	355	205	330	890	
3. C. Christofferson (Nor)	335	232.5	321.5	880	
11. C. Zamolo (Aus)	260	190	300	750	
12. P. Malic (Aus)	277.5	170	285	732.5	

	110kg	SQ	BP	DL	TL
1. D. Pomana (NZ)	382.5	247.5	305	935	
2. J. Douglas (USA)	362.5	227.5	315	905	
3. R. Celio (Can)	340	202.5	325	867.5	
11. P. Anderson (Aus)	282.5	170	272.5	725	

	125kg	SQ	BP	DL	TL
1. K. Karwoski (USA)	440	237.5	322.5	1000	
2. S. Davidson (Nor)	385	225	335	945	
3. E. Brost (Can)	340	230	330	900	

	125+kg	SQ	BP	DL	TL
1. Y. Spinov (Ukr)	415	197.5	377.5	990	
2. S. Hamman (USA)	435	237.5	322.5	990	
3. R. Sandstrom (Swe)	372.5	235	342.5	950	
BMB. M. Abdullah (Aus) ..	310	-	-	-	



"OCEANIA

OCEANIA CHAMPIONSHIPS

This year's Oceania Championships were held in sunny Auckland and were a great success. Lifters from Australia, New Zealand, Tahiti, Nauru and Tonga took part. The overall standard of lifting was very high and the Oceania region has the potential to produce more World Champions to follow in the footsteps of Derek Pomana.

Derek stood out as the best lift here, totalling a creditable 900kg just two weeks after his Worlds win. Derek's brother Wayne was

sensational with an easy 370kg squat in the 125kg class but then bombed badly with 280kg deadlift Junior Rodney Tupouniua of New Zealand impressed as a world class lifter of the future, if guided properly, with his 800kg total at 100 kg in his first year of lifting. Another sensational newcomer was Katrina Robertson of Australia also in her first year of lifting, who totalled 567.5kg at 90+kg and very narrowly missed a world record deadlift of 240.5kg.



Robert Wilks Ken Ware deadlifting at the Oceania Champs

OCEANIA UPDATE

A General Meeting of Ocean Nations was held in Auckland immediately after the Oceania Championships. At that meeting the following was decided:

1. An Oceania Region Committee would be established as:

President - Robert Wilks (Australia)

Vice-President - Paul Aingimea (Nauru)

Secretary/Treasurer - Tony Hole (Cook Islands: to be confirmed)

Record Keeper - Ken Ware (Australia)
Committee - Russell Kun (Nauru), Dave Latu (Tonga), R. Akua (Nauru), Joseph Prokop (Tahiti)

2. Oceania records would be kept, as Oceania Championship meet records.
3. Oceania Championships will generally be held each two years, in the Open, Junior and Masters categories and, where possible, combined with the Pacific Games; thus the schedule for coming years is:

1996 Oceania Championships, Melbourne, Dec 7 & 8

1997 No event

1998 South Pacific Mini Games combined with Oceania Championships, Pago Pago, Sept or Dec (Mackay alternative host for Oceania Championships)

1999 South Pacific Games, Guam

Robert Wilks

RESULTS

10th SOUTH PACIFIC GAMES, TAHITI, AUGUST 22-23 1995

Women	WC	Total		Total
1. B. Arrio (Tah)	48kg	220	1. P. Ako (Png)	75kg 580
1. S. Herpin (Tah)	52kg	207.5	2. P. Limbu-Tagili (Png)	572.5
1. J. Chan (Png)	56kg	280	3. J. Chong (Fji)	545
2. C. Yuhing (Tah)		220	1. W. Wandiria (Png)	82.5kg 695
1. S. Auger (Tah)	60kg	267.5	2. S. Ori (Png)	635
1. H. Claire (Tah)	67.5kg	262.5	3. R. Ram (Fji)	530
1. S. Pito (Tah)	75kg	277.5	1. J. Anis (Png)	90kg 660
1. M. Bringold (Tah)	90kg	355	2. P. Bravi (Tah)	585
1. O. Manufekai (Wef)	90+kg	340	3. S. Ongia (Png)	582.5
Men			1. M. Buchin (Tah)	100kg 760
1. F. Tia Sikaleti (Tga)	56kg	280	2. N. Maunagaati (Cok)	720
1. T. Asepe (Png)	60kg	525	3. K. Makaili (Tga)	720
2. M. Tchan (Tah)		460	1. T. Ravai (Fji)	110kg 730
3. D. Ragg (Fji)		445	2. L. Fetuani (Tga)	675
1. H. Kelo (Png)	67.5kg	580	3. V. Tupa (Cok)	670
2. T. Lua (Png)		577.5	1. V. Tuamohelua (Tga)	125kg 780
3. B. Fatiaki (Fji)		517.5	2. F. Fauna (Tga)	735
			3. K. Taalo (Ncl)	690
			1. M. Williams (Cok)	125+kg 850
			2. R. Siao (Tah)	835
			3. A. Filipe (Tga)	802.5



A NEWS

RESULTS

OCEANIA CHAMPIONSHIPS

Women	WC	SQ	BP	DL	TL
	52kg				
1. M. Johnson (NZ).....	145	60	145	350	
	67.5kg				
1. K. Walker (NZ).....	165	80	155	40	
2. S. Lagelatau (NZ-M)....	120	55	140	315	
	75kg				
1. N. Goffin (NZ-JNR)....	160	107.5	172.5	440	
2. D. Flynn (NZ).....	157.5	72.5	165	390	
	90+kg				
1. K. Robertson (Aus).....	215	122.5	230.5	567.5	
2. J. Johnson (NZ-M).....	195	85	190	470	

Junior Men	WC	SQ	BP	DL	TL
	60kg				
1. N. Luu (Aus).....	160	82.5	220.5	AJR 462.5	
2. S. Thompson (NZ).....	160.5	100	175.5	435	
	67.5kg				
1. M. Jonson (NZ).....	190	100	190	480	
2. G. Elley (NZ).....	175	95	205	475	

	82.5kg				
1. J. Brown (NZ).....	260	159	647.5		
	100kg				
1. R. Tupouniua (NZ).....	300	200	300	800	
2. T. Rangiluna (NZ).....	290	165	265	720	
	110kg				
1. D. Tomuli (NZ).....	270	197.5	260	727.5	

	125+kg				
1. M. Mulderry (NZ).....	292.5	175	280	747.5	
	125kg				
1. C. Kepae (Nauru).....	260	155	240	655	

Masters Men	WC	SQ	BP	DL	TL
	75kg				
1. R. Prestage (NZ).....	140	115	195	450	
2. T. Thomas (NZ).....	155	112.5	165	430	
	100kg				
1. D. Latu (Tonga).....	245	120	265	630	
2. W. Harrison (NZ).....	205	147.5	255	607.5	
3. G. Fletcher (NZ).....	230	115	257.5	602.5	

	110kg				
1. P. Tuisano (NZ).....	247.5	160	265	672.5	
	125kg				
1. P. Townley (NZ).....	210	142.5	210	562.5	
	125+kg				
1. W. Tau (NZ).....	300	170	260	730	

Open Men	WC	SQ	BP	DL	TL
	56kg				
1. S. Howlett (NZ).....	190	95	180	465	
2. F. Sikaleti (Gonga).....	127.5	82.5	132.5	342.5	

	60kg				
1. M. Gardiner (NZ).....	180	125	215	520	
	67.5kg				
1. N. Tapa (NZ).....	210	130	230	570	

	75kg				
1. I. Wickens (NZ).....	235	120	200	555	
2. W. Vi (Tonga).....	200	110	200	510	

	82.5kg				
1. S. King (NZ).....	250	127.5	260	637.5	
2. N. Frank (NZ).....	220	155	247.5	622.5	

	100kg				
1. M. Buchin (Tah).....	275	185	290	750	
2. S. Henderson (Aus)....	280	172.5	282.5	735	
3. K. Ware (Aus).....	250	187.5	280	717.5	
4. B. Henderson (NZ)....	270	165	282.5	717.5	

	110kg				
1. D. Pomana (NZ).....	365	230	305	900	
2. J. Jeremiah (Nauru)....	300	205	240	745	
3. L. Fetuari (Tonga).....	275	150	260	685	

	125kg				
1. P. Raketec (NZ).....	320	210	290	820	
2. R. Kun (Nauru).....	305	200	240	745	
BMB W. Pomana (NZ)....	370	215	-	-	
BMB V. Taumoheloa (Tonga)	280	-	-	-	

	125+kg				
1. M. Rossiter (NZ).....	340	215	290	845	
2. R. Akua (Nauru).....	350	215	280	845	
3. R. Stad (Tah).....	340	185	275	800	



UNI V. PIETROMARTERE CONTEST

MELBOURNE UNIVERSITY 16TH DECEMBER, 1995

In this final contest for the year, the field came down to ten university lifters and the brave solo figure of Andrew Pietromartere of the Pyramid club.

Personal best totals came from eight lifters. Kelvin Kenney set some form of record by improving his total 125kg in three months, and

produced an A Grade 575kg at 82.5kg, whilst Lauren Watson went from 310kg to 360kg in her second contest and is on fire for 400kg next time. Back from the grave came Robert DeLulio with 650 at 90kg in his first contest in seven years and 700kg once again in his sights, whilst erratic junior Alan Mihaljevic came close with a 268kg deadlift record attempt. Powerlifting enigma Andrew Arduca puzzled

once again, producing bests in each lift after little training.

Tempestuous Fiore Inglese took out Best Lifter with 700kg at 100kg, two very narrow misses on 292.5kg deadlift proving costly, both to his total and to the backstage furniture.

Robert Wilks

RESULTS

	WC	SQ	BP	DL	TL
1. K. Kenney.....82.5kg	192.5	137.5	245	575	
2. L. Watson (F)	137.5	60	162.5	360	
1. R. DeLulio.....90kg	230	165	255	650	

2. A. Mihaljevic	192.5	115	245	552.5	
3. K. Albrecht	152.5	115	215	482.5	
1. F. Inglese.....100kg	280	150	270	700	
2. F. Young	270	150	235	655	
3. W. Ogburn	257.5	142.5	242.5	642.5	
4. D. Jones	237.5	152.5	235	625	
5. A. Arduca	212.5	147.5	247.5	597.5	
	(220 4th)				
6. A. Pietromartere.....	100	62.5	100	262.5	

RESULTS

ROCKHAMPTON OPEN CHAMPIONSHIPS 23/9/95

Women	WC	SQ	BP	DL	TL
1. D. Ware.....56kg	70	45	90	205	
1. V. Ryan	70	40	100	210	
1. J. Deakin.....82.5kg	120	-	-	-	
1. K. Robertson	205	115	220	540	
2. T. McCarity.....	100	67.5	137.5	305	
Men	WC	SQ	BP	DL	TL
1. G. Taylor	140	107.5	162.5	410	
2. B. Gottschleigh	117.5	97.5	180	395	
1. M. Tait.....82.5kg	215	142.5	220	577.5	
2. G. Smith.....	180	110	180	470	
3. J. Gonzales	105	70	160	335	
1. B. Devenish.....90kg	230	140	265	635	
2. G. Phillips	175	102.5	235	512.5	
3. A. Large.....	190	115	205	510	
1. K. Ware.....100kg	202.5	187.5	260	650	
2. D. Stevens.....	170	105	192.5	467.5	
- P. Offord.....	225	157.5	-	-	
1. P. Smith.....110kg	250	155	270	675	
2. D. Vanstan.....	150	90	60	300	
1. G. Thomson.....125kg	260	150	270	680	
1. S. Marsh.....125+kg	287.5	185	272.5	745	

BRISBANE OPEN CHAMPIONSHIPS 23/9/95

Women	WC	SQ	BP	DL	TL
1. A. Barrett.....60kg	110	60	130	300	
	(4th 113)	(4th 62.5 AJR)			
1. D. Curtis	120	55	140	315	
Men	WC	SQ	BP	DL	TL
1. R. Hope	177.5	100	212.5	490	
	(4th 193)		(4th 220 AJR)		
2. M. Kmharok	142.5	77.5	187.5	407.5	
1. A. Anderson	135	122.5	170	427.5	
1. S. Condon.....75kg	205	132.5	230	567.5	
2. R. Bradford.....	195	132.5	200	527.5	
3. K. Daubec	190	115	190	495	
4. F. Bartels	145	115	230	490	
5. B. Barry	172.5	105	205	482.5	
6. J. Challen	157.5	100	172.5	430	
7. A. Jones	125	102.5	190	417.5	
8. K. Lee.....	140	75	185	400	
1. A. Barnett	185	130	210	525	
2. M. Grant.....	165	110	180	455	
3. J. Rose	152.5	87.5	210	450	
4. T. Donaldson	127.5	82.5	142.5	352.5	
1. C. Heremaia.....90kg	160	110	200	470	
2. H. Hamilton.....	100	140	125	365	
1. S. Henderson	282.5	165	270	717.5	
2. S. Raymond.....	210	150	260	620	
3. P. Young	210	140	255	605	
4. C. Russell.....	195	165	225	585	
5. M. Preston.....	195	120	210	525	
1. A. Logan	305	170	290	765	
1. A. Monaghan	230	130	250	610	
2. K. Konui.....	190	140	230	560	



AUSTRALIAN RANKINGS

POWERLIFTING AUSTRALIA Inc. RANKING 1995 BY GRADE ALL AUSTRALIAN MEN

SURNAME	FIRST_NAME	DATE	STATE	B/W DIV	TOTAL	GRADE	PLUS(KG)
KYRIAKOS	Peter	14/04/1995	VIC	100	812.5	E1	57.5
RELLOS	Peter	01/07/1995	VIC	75	687.5	E1	42.5
SMITH	Rohan	19/11/1995	NT	90	760.0	E1	40.0
SMITH	Rohan	08/08/1995	NT	90	757.5	E1	37.5
BEVERLY	Kevin	06/08/1995	WA	100	775.0	E1	20.0
PIANKO	Michael	06/08/1995	NSW	125+	862.5	E1	17.5
RELLOS	Peter	22/04/1995	VIC	75	857.5	E1	12.5
ALPIN	David	28/05/1995	SA	90	730.0	E1	10.0
ZAMOLO	Carlo	23/09/1995	NT	110	800.0	E1	10.0
NEWMAN	Paul	03/12/1995	NSW	125	817.5	E2	57.5
ZAMOLO	Carlo	19/11/1995	NT	100	750.0	E2	50.0
LOGAN	Andrew	25/11/1995	QLD	110	777.5	E2	47.5
ROWLEY	Jack	19/11/1995	WA	82.5	680.0	E2	45.0
SHINIER	Adrien	19/11/1995	VIC	75	840.0	E2	45.0
ZAMOLO	Carlo	06/05/1995	NT	100	745.0	E2	45.0
ROWLEY	Jack	14/05/1995	WA	82.5	677.5	E2	42.5
BRADSTOCK	Simon	05/08/1995	NSW	82.5	675.0	E2	40.0
BEVERLY	Kevin	14/05/1995	WA	100	737.5	E2	37.5
HENDERSON	Shaun	02/12/1995	QLD	100	735.0	E2	35.0
LOGAN	Andrew	23/09/1995	QLD	110	785.0	E2	35.0

POWERLIFTING AUSTRALIA Inc. RANKING 1995 BY GRADE ALL AUSTRALIAN WOMEN

SURNAME	FIRST_NAME	DATE	STATE	B/W DIV	TOTAL	GRADE	PLUS(KG)
ROBERTSON	Katrina	01/12/1995	QLD	90+	567.5	E1	97.5
ROBERTSON	Katrina	23/09/1995	QLD	90+	540.0	E1	70.0
ROBERTSON	Katrina	29/04/1995	QLD	90+	487.5	E1	17.5
CULLEN	Ingrid	03/12/1995	NSW	60	395.0	E1	15.0
ROBERTSON	Katrina	27/05/1995	QLD	90+	480.0	E1	10.0
WOODS	Phoebe	05/08/1995	NT	60	382.5	E1	7.5
MORT	Anne	03/12/1995	NSW	67.5	405.0	E1	5.0
ROBERTSON	Katrina	05/08/1995	QLD	90+	470.0	E1	0.0
CULLEN	Ingrid	05/08/1995	NSW	60	370.0	E2	20.0
CULLEN	Ingrid	18/03/1995	NSW	60	367.5	E2	17.5
McMAHON	Sherrie	28/05/1995	SA	67.5	387.5	E2	17.5
WELLS	Alison	05/05/1995	NSW	75	407.5	E2	17.5
MORT	Anne	05/08/1995	NSW	67.5	385.0	E2	15.0
MORT	Anne	09/04/1995	NSW	75	400.0	E2	10.0
CULLEN	Ingrid	04/08/1995	NSW	67.5	372.5	E2	2.5
VENDITTO	Silvana	28/05/1995	SA	52	307.5	E2	2.5
McMAHON	Sherrie	03/12/1995	NSW	67.5	370.0	E2	0.0
SMITH	Bev	05/08/1995	QLD	75	390.0	E2	0.0
CLIFFORD	Donna	25/11/1995	QLD	75	385.0	A	35.0
MAY	Robyn	05/08/1995	VIC	90	410.0	A	30.0

ALICE SPRINGS RESULTS

NAME	B/WEIGHT	SQUAT	B/PRESS	D/LIFT	TOTAL
HOVASAPIAN HELEN	56	75	40	85	200
TALLENTIRE AMANDA	60	72.5	27.5	80	180
SEYMOUR KELLI	60	80	42.5	85	207.5
TOOLIN ELIZABETH	67.5	112.5	65	140	317.5
BARLOW SUE	75	107.5	52.5	140	300
ANDERSON MARIE	82.5	90	52.5	130	272.5
OMANSKI PAUL	75	145	133	155	432.5
HOVASAPIAN HARRY	82.5	187.5	117.5	215	520
RICHARDS DARYL	90	220	142.5	232.5	595
HARROP RAY	90	120	100	190	410
STRINGER SHANE	100	220	200	230	650
ZAMOLO CARLO	110	295	205	300	800
MOODY NICK	110	190	180	242.5	612.5
ZVAIGZNE ED	125	217.5	120	220	557.5
PEKOS MICK	125	185	152.5	190	527.5

Date: 23/09/1995.
This was the first Alice Springs titles in some time, it was very well run, all had a good time.
Best male lifter was Carlo Zamolo, Best female lifter was Elizabeth Toolin, Best junior male lifter was Paul Omanski, Best female junior was Helen Hovasapian.

MOUNT ISA RESULTS

NAME	B/WEIGHT	SQUAT	B/PRESS	D/LIFT	TOTAL
HOVASAPIAN HELEN	56	77.5	40	85	202.5
TALLENTIRE AMANDA	67.5	70	32.5	80	182.5
TOOLIN ELIZABETH	67.5	125	67.5	145	337.5
OMANSKI PAUL	75	140	137.5	165	442.5
HOVASAPIAN HARRY	82.5	190	120	205	515
BROWN MATTHEW	90	125	77.5	165	367.5
PRICE ADAM	100	65	180	65	310
ZVAIGZNE ED	125	230	120	215	565

Mount Isa P.C.Y.C powerlifting club held Mount Isa improvers championships on the 02/12/1995, Best female lifter was Elizabeth Toolin, Best male lifter was Harry Hovasapian. Best junior lifter was Helen Hovasapian

1995 AUSTRALIAN CHAMPIONSHIPS RESULT AMENDMENT

As a result of the drug testing carried out at the 1995 Australian Championships, the following is the final result for the Men's 125+kg Class:

	SQ	DL	BP	TL
I. J. Marsh (Qld)	270	170	247.5	687.5
BMB. M. Abdullah (NSW)	315	-	-	-

The men's team points scores are thus also amended, with Victoria now taking the team title.

Robert Wilks
Secretary, P.A. Inc.

★ NEW RULES ★

At the IPF Congress in Finland a number of new rules were brought into effect.
As from 1st January 1996 -

1. 45kg discs are no longer legal
2. a t-shirt must be worn in the squat and bench press
3. the reverse and thumbless grips in the bench press are illegal
4. the floor and/or platform may only be cleaned at the discretion of the Chief Referee

It was also voted that there will only be rule changes every 4th year ie. the next rule changes cannot be before 2000, the only exception is that a proposal to change bodyweight classes will be decided in 1996.

Robert Wilks