



POWER-NEWS

A U S T R A L I A

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AUTUMN EDITION 1996

Editor - Nick Butler

AUSTRALIAN CHAMPIONSHIPS!

Coming up in the next few months are the big events on the National Powerlifting calendar – The Australian Juniors and Masters in June and the Australian Championships in July.

Enclosed are posters and entry forms for both and below the respective meet directors tell you about these big events.

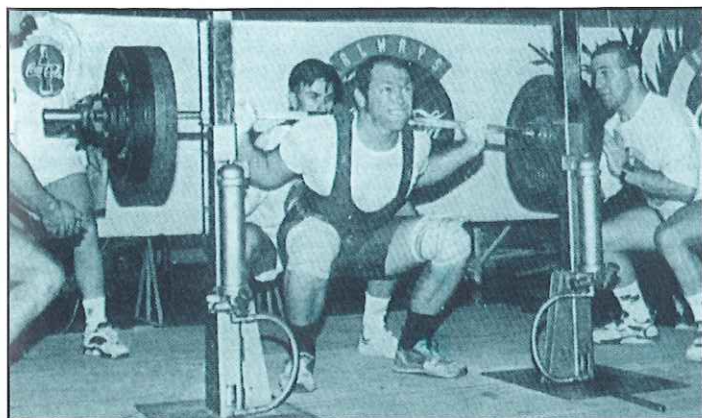
AUSTRALIAN JUNIOR & MASTERS CHAMPIONSHIPS, MT ISA, JUNE 8 & 9

Hello from sunny Mt Isa! This year the National Juniors and Masters will be held at the Mt Isa Police & Citizens' Youth Club, in the heart of the thriving metropolis which is our town.

The Mt Isa Powerlifting Club will be your host. Ours is one of the biggest powerlifting clubs in the country and all our meets have the whole town behind us. This will be your chance to lift in front of a big, fired-up audience!

At this stage, the meet will be run over two days, with two sessions per day. Our equipment for the competition will be top flight – on the platform will be a legal Eleiko set and hydraulic racks; backstage there will be four warm-up stations and electronic scales at the weigh-in. We will also be running a South Pacific Challenge, with nations from the Pacific region competing.

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Mount Isa powerlifter Michael Lazell during his Squat attempt

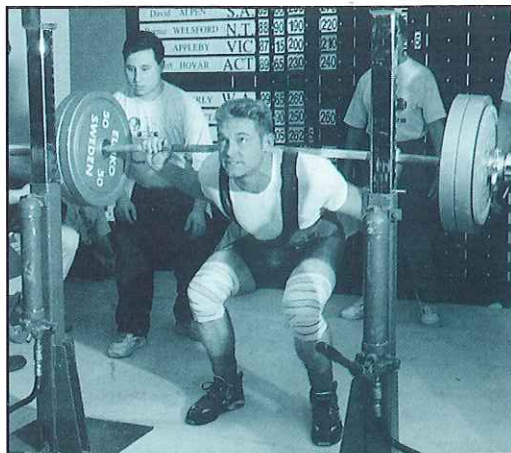
AUSTRALIAN CHAMPIONSHIPS, SYDNEY, JULY 26 - 28

This is The Big One! The 1996 Australian Championships will feature Australia's top lifters in action at the luxurious Rockdale RSL Club in the heart of the nation's most exciting city.

The atmosphere will be electric as Australia's strongest men and women battle it out for individual and team titles. All eyes will be on Rohan Smith, Australia's best lifter in 1995, as he fends off challenges from Vince Simonetta, Jack Rowley, Paul Newman and other contenders.

As well, powerlifting personality (?) Michael Abdullah has threatened to fly in from his Tokyo eyrie to avenge his alarming bench shirt blow-out bomb-out of last year. Amongst the women, the Australian team will have just returned from the Worlds in Canada and will be in top form, with Katrina Robertson attacking world records once again.

continued page 2



Rohan Smith (N.T.) 90kg weight division, "the" performance of the 1995 championship.



AUSTRALIAN JUNIOR & MASTERS CHAMPIONSHIPS, MT ISA (CONT.)

Once we receive your entry, we will send you an information kit. When you arrive, buses we have organised will assist you with transport from airport to motel to venue, as required.

Remember, though, to qualify for the Australian Junior or Masters Championships, you must have:

- totalled mid-way between B and C Grade (Junior Men) or mid-way between C & D Grade (Junior Women) or lifted once (Masters) since the 1995 Juniors or Masters.

- been registered with Powerlifting Australia and thus be on the ASDA Register for at least six months prior to 8th June, 1996.

If you have qualified, you owe it to yourself to enter the big Junior and Master event of the year. Book your hotel accommodation direct, as per the enclosed form. If you have any questions, feel free to contact me on (077) 43 7847 or (077) 44 3466.

Harry Hovasapian

AUSTRALIAN CHAMPIONSHIPS, SYDNEY, JULY 26 - 28 (CONT.)

The plan at present is for four lifting sessions:

Saturday 10.00am Men 52-821/2kg
 2.00pm Women 44-90+kg
 Sunday 10.00am Men 90-100kg
 2.00pm Men 110-125+kg

At 7.30 on Saturday night, the presentation banquet will be held at the Rockdale RSL, with a menu to cater for powerlifters' appetites - 11 main courses and 4 desserts!

Accommodation is at the top-class Novotel Brighton Beach (\$136 a double, \$176 a triple) or, for the financially challenged, the St George Backpacker Tavern is \$15 a night (you must like company though - "rooms" are for four to twelve persons, of unknown origin).

Qualifying totals are:

- Mid-way between A & B Grade (Men)
- Mid-way between B & C Grade (Women),

to have been achieved after last year's nationals, plus entrants must have been on the ASDA Register for a minimum of six months as at 28th July 1996.

Fill in the enclosed entry form now for your shot at the big time!

John Mort

1995 AUSTRALIAN BENCH PRESS CHAMPIONSHIPS

WOMEN

NAME	AGE GROUP	BW	CLASS	STATE	LIFT	PLACE
HELEN HOVASAPIAN	U/18	53.4	56	QLD	40	1
MELISSA BLUM	U/18	58.3	60	SA	45	1
KELLI SEYMOUR	U/18	59.6	60	QLD	42.5	2
AMANDA TALLENTIRE	U/18	59.4	60	QLD	27.5	3
ALICE BARRET	U/23	59.75	60	QLD	62.5	1
INGRID CULLEN	OPEN	60	60	NSW	60	1
JILL WALKER	OPEN	60.9	67.5	NSW	72.5	1
ELIZABETH TOOLIN	OPEN	64.2	67.5	QLD	65	2
DEBBIE MATHEWS	OPEN	73.85	75	SA	82.5	1
RACHEL PATTIE	OPEN	71.1	75	VIC	47.5	2
ANGELA SHARP	U/23	86.7	90	SA	42.5	1
KATRINA ROBERTSON	OPEN	121.75	90+	QLD	115	1
MEN						
PAUL ANNERSLY	OPEN	50.8	52	NSW	85	1
PAUL WATERS	OPEN	55.8	56	NSW	95	1
DANIEL THOMAS	U/18	57.9	60	SA	70	1
RAY HOPE	U/23	60	60	QLD	100	1
MARK KOCHANEK	U/23	60	60	QLD	77.5	2
FRES LITCHFIELD	O/40	60	60	QLD	115	1
MICHAEL VENNING	O/40	58.55	60	SA	85	2
DAVID GRAHAM	O/60	60	60	SA	60	1
GREG LANCASTER	OPEN	59.9	60	NSW	70	1
ANTHONY ANDERSON	U/23	66.5	67.5	QLD	122.5	1
MATHEW RUMMLER	U/23	66.85	67.5	VIC	87.5	2
LEN SKEEN	O/50	65.75	67.5	VIC	110	1
MAX BRISTOW	O/50	66.9	67.5	NSW	110	2
TONY FELTHAM	O/50	64.9	67.5	NSW	85	3
CHARLIE MCMAHON	O/50	67.5	67.5	SA	85	4
GEORGE STEWART	O/60	67.4	67.5	NSW	87.5	1
PAUL OMANSKI	U/23	74	75	QLD	132.5	1
KIERAN DAUBER	U/23	70.25	75	QLD	110	2
TERRY HUNTER	U/23	71.7	75	SA	105	3
COLIN APPLEBY	O/40	73.25	75	VIC	110	1
FRED GOODWIN	O/50	74.35	75	QLD	112.5	1
GRAHAM SIMS	O/50	69.5	75	SA	100	2
LES EDMONDS	O/60	74.9	75	NSW	70	1
BRAD SUTTON	OPEN	68.4	75	NSW	150	1
ROGER BRADFORD	OPEN	72.75	75	QLD	132.5	2
DEAN JENKINSON	OPEN	71.9	75	SA	125	3
DAVID KENT	OPEN	71.85	75	VIC	122.5	4
DAVID MANHIRE	OPEN	74.25	75	SA	117.5	5
DARREN DREWETT	OPEN	70.7	75	SA	87.5	6

NAME	AGE GROUP	BW	CLASS	STATE	LIFT	PLACE
JAY ROSE	U/23	80.5	82.5	QLD	87.5	1
TOM HAMILTON	O/40	81.8	82.5	NSW	132.5	1
HARRY HOVASAPIAN	O/40	79.6	82.5	QLD	117.5	2
GORDON SMITH	O/40	81.9	82.5	QLD	110	3
ANDREI SHINKARENKO	O/40	77.6	82.5	NSW	100	4
ROBERT WITHERS	O/50	80.75	82.5	SA	115	1
RAY PONSER	O/50	81.9	82.5	NSW	85	2
JOHN BRAY	O/60	81.7	82.5	NSW	95	1
ALLAN COLQUHOUN	O/60	82.5	82.5	SA	90	2
MARK TAIT	OPEN	80.75	82.5	QLD	142.5	1
KELVIN KENNEY	OPEN	81.1	82.5	VIC	125	2
MATHEW JOHNSON	OPEN	82.4	82.5	NSW	120	3
DAVID APPLEBY	OPEN	79.8	82.5	VIC	102.5	4
HINZE ALTHIDER	OPEN	82.05	82.5	VIC	97.5	5
HAMISH HAMILTON	U/23	84.5	90	QLD	140	1
JAMES HARRAP	O/40	84.45	90	SA	130	1
ERIC HOWARD	O/40	87.7	90	SA	125	2
DUNCAN PAGE	O/60	89.7	90	NSW	120	1
ROBERT HROMEK	OPEN	85	90	NSW	147.5	1
PETER BIDDLE	OPEN	89.9	90	SA	145	2
DARYL RICHARDS	OPEN	86.5	90	QLD	142.5	3
RICHARD MASDING	OPEN	89.5	90	QLD	142.5	4
STURT COLEMAN	OPEN	84.8	90	NSW	137.5	5
BRETT SMART	OPEN	85	90	VIC	130	6
DAN BELLON	U/23	96.95	100	SA	160	1
RALPH ATCHISON	O/40	99.85	100	QLD	150	1
SHANE STRINGER	OPEN	92.5	100	NT	200	1
FRED RADDOCK	OPEN	99.8	100	SA	180	2
SHAUN HENDERSON	OPEN	100	100	QLD	185	3
ALAN RANFORD	OPEN	95.2	100	SA	150	4
RICHARD COLLINS	OPEN	96.9	100	VIC	110	5
ROSS SMITH	O/40	109.9	110	SA	170	1
MATTI TIKKA	O/50	101.9	110	NSW	147.5	1
NICK MOODY	OPEN	104.7	110	NT	180	1
ANDREW LOGAN	OPEN	110	110	QLD	170	2
PETER SMITH	OPEN	106.3	110	QLD	155	3
MURRAY WILKINSON	OPEN	109.2	110	NSW	130	4
MARK TAYLOR	OPEN	106.7	110	VIC	110	5
PAUL NEWMAN	OPEN	116.9	125	NSW	187.5	1
ALAN MONGHAN	OPEN	125	125	QLD	130	2
ED ZVAIGZNE	OPEN	113.4	125	QLD	120	3
BERNIE SHARP	O/40	144.65	125+	SA	130	1
JOHN MARSH	OPEN	150	125+	QLD	185	1



WOMEN'S WORLD CHAMPIONSHIPS TEAM

The team to compete at the Women's Worlds in Kitchener, Canada from June 26-29 is:

60kg Phoebe Woods (NT)
Ingrid Cullen (NSW)

67.5kg Anne Mort (NSW)
Sherie McMahon (NSW)

75kg Bev Smith (Qld)

90+kg Katrina Robertson (Qld)

Coach Robert Wilks



Bev Smith showing her championship form.

VALE

It is with great regret that I need to inform all powerlifters of the passing of Dean Bennet. Dean, 58 had a long battle with cancer and in true fighting spirit, looked to have beaten the disease in late 1994, only to relapse in the spring of '95.

Dean had a huge influence on Powerlifting in Australia, especially in Adelaide and South Australia. Dean held executive positions on the state national committees always contributing to all issues on the agenda with great enthusiasm. Dean's experiences in life helped shape powerlifting in Australia not only today, but in the future.

Dean was a leader, a man of stature, who all looked to for advice. We all appreciate the great contribution Dean made to powerlifting and we greatly valued his dedication and most of all his friendship.

We would like to send our deepest sympathy and condolences to Dean's wife Margaret and children, Antoinette and Stephen

Nick Butler



The late Dean Bennet

RELLOS UPDATE

The setter of 1995's top men's total (6871/2kg at 75kg) returned to competition after a long break due to injury.

Temporarily resident in Cambridge, England, Peter lifted at the Burlington Open on 10th

March and went 240, 130, 250 for an easy 620kg World Championships qualifier, weighing 74.3kg. Peter's next competition will be the British Championships on June 28th.

Robert Wilks





BROOKVALE NORTHERN SUBURBS OPEN - NSW 29/10/95

WOMEN	W/C	SQ	BP	DL	TL
1 Joy Stokes	56	107.5	55	120	282.5

MEN

1 Tort Sarto	67.5	135	90	170	395
2 Glen Eaves	67.5	130	100	130	360
1 Gavin Aquilina	82.5	180	115	220	515
2 Sergei Mitnovetski	82.5	155	120	190	465
3 Ray Posner	82.5	162.5	90	180	432.5
1 Paul Cozis	90	200	145	185	530
1 Steve Giffin	100	230	150	260	640
2 Ray Butterworth	100	150	105	185	440

BENCHPRESS

1 Tony Feltham	67.5	.	90	.	90
1 Peter Antonis	90	.	160	.	160

This select group of lifters featured the return of Steve Giffin after some years, making A Grade. Tort Sarto got the most out of himself and weighed only 61.5kg in finishing ahead of lanky Glen Eaves. Gavin Aquilina put a hole in his total by missing a strange jump of 20kg to 135kg in the bench, whilst newcomer Sergei Mitnovetski rushed through his attempts. Joy Stokes looked very strong, but at 53.3kg this time, will do better in the 52kg class in the future. Bencher Peter Antonis' 160kg was impressive, whilst Tony Feltham's 90kg PB was a tough effort.

Glenn Hogue

MATTI TIKKA CHALLENGE - NSW 3/12/95

WOMEN	W/C	SQ	BP	DL	TL
1 Rachael Hadlic	56	95	47.5	125	267.5
1 Ingrid Cullin	60	150	65	175 NR	390
1 Anne Mort	67.5	155	87.5 NR	162.5	405
2 Sherrie McMahon	67.5	137.5	82.5	150	370

MEN

1 Brad Sutton	67.5	195	147.5 NR	200	542.5
2 Max Bristow	67.5	185	115	220	520
1 Andrew Williams	75	200	110	220.5	530
1 Robert Hromak	82.5	240	145	250	635
1 Lyndon Baker	90	210	132.5	267.5 NJR	610
2 Tom Hamilton (Guest)	90	140	125	170	435
3 Ray Posner	90	162.5	87.5	182.5	432.5
1 John Mort	100	215	155	250	620
2 Ron Birch	100	192.5	130	192.5	515
			135 (4th) NMR		
3 Ray Butterworth	100	155	105	195	455
1 Murray Wilkinson	110	195	132.5	205	532.5
1 Paul Newman	125	310	202.5 NR	305	817.5
1 Ian Harrison	125+	250	155	305	710

BENCHPRESS

MEN

1 Tony Feltham	67.5	.	90	.	90
1 John Braw	82.5	.	98	.	98
1 Pat Wymark	90	.	165	.	165
2 Peter Antonis	90	.	152.5	.	152.5
1 Terry Giddy	125	.	160	.	160

RES

Following are the official results of competition

ALL official Powerlifting Australia contest results will be published in Power News

1. Your "result" has no status at all - it does not count for records, ranking or anything else.
2. You should direct your ire at your State Association for failing to send the results to us. Your efforts void.

Remember also, you must present your current Powerlifting Australia membership card.

EAST COAST CHALLENGE & BENCH PRESS CHAMPIONSHIPS - QLD 25/11/95

MEN	W/C	SQ	BP	DL	TL
1 Raymond Hope	60	185 NR	97.5	212.5 NJR	495 NJR
2 Mark Kochanek	60	135	80	182.5	397.5
1 Allen Jones	67.5	160	95	195	450
2 Jonathan Elliot	67.5	130	110	210 NJR	450
3 Keith Lee	67.5	120	70	180	370
1 Shawn Condon	75	210	130	245	585
2 William Gratti	75	190	137.5	240	567.5
3 Franz Baerets	75	160	110	255	525
4 Roger Bradford	75	190	127.5	195	512.5
5 Maurice Craggs	75	180	90	202.5	472.5
6 Todd Donaldson	75	132.5	75	150	357.5
1 Tom McDonald	82.5	220	110	230	580
2 Andrew Barnett	82.5	180	125	220	525
3 Brett Duce	82.5	177.5	110	200	487.5
4 Jay Rose	82.5	150	82.5	200	432.5
5 Ian Deakin	82.5	137.5	75	150	362.5
1 Greg O'Connell	90	167.5	92.5	187.5	447.5
2 Terry Luderman	90	115	85	205	405
3 Hamish Hamilton	90	100	145	60	305
1 Richard Masdino	100	282.5	160	250	692.5
2 Steven Raymond	100	220	155	260	635
3 Paul Young	100	230	145	255	630
4 Steve Rush	100	220	120	235	575
1 Andrew Logan	110	312.5	170	295	777.5
2 Kape Kanai	110	200	140	240	580
3 Richard Gault	110	230 SMR	122.5	217.5	570
1 Peter Smith	125	262.5	155	285	702.5
2 Robert Robertson	125	150	187.5	175	512.5

WOMEN

1 Tracey Howard	67.5	115	60	132.5	307.5
2 Janine Blundell	67.5	90	50	100	240
1 Donna Clifford	75	137.5	82.5	165	385
1 Julie Deakin	82.5	130	55	196	381

BENCHPRESS

MEN

1 Kevin Rogers	56	.	90	.	90
1 Fred Litchfield	60	.	110	.	110
1 Robert Swan	75	.	130	.	130
1 Ralph Pichlson	100	.	147.5	.	147.5
1 Lee Munt	125	.	152.5	.	152.5

BENCHPRESS

WOMEN

1 Melissa Buecrckner	67.5	.	45	.	45
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held in Australia over the last few months.
 You lift in a "contest" and the results do not appear on Power News, that means:
 qualifying, anything – it is a big zip;
 contest sheet to Powerlifting Australia within 14 days, thus rendering your
 card at the weigh-in to lift (or referee or coach) at a competition.

C & D NOVICE GRADING COMPETITION - SA 11/02/96

NAME	CLASS					
	GEN. WEIGHT	SQUAT	B/PRESS	D/LIFT	TOTAL	
Joanne Smith	F	60	87.5	37.5	105	230
Catherine Hann	F	60	72.5	42.5	100	215
Dean Jenkinson	M	75	185	115	220	520
Sean Simpson	M	75	147.5	92.5	140	380
Darren Drewett	M	75	120	85	167.5	372.5
Frank Papp	M	82.5	110	115	165	385
Martin Kernick	M	90	112.5	75	165	352.5
Andrew Abrook	M	125	155	115	165	435

SUNBURY GALA - VIC 24/2/96

NAME	CLASS					
	GEN. WEIGHT	SQUAT	B/PRESS	D/LIFT	TOTAL	
Fab Johnston	F	60	25	72.5	100	197.5
Matthew Rummier	M	67.5	172.5	90	152.5	415
Attila Janos	M	82.5	160	100	230	490
Geoff Pavey	M	82.5	180	110	200	490
Heinz Altheide	M	82.5	115	90	170	375
Tony Sparrow	M	90	190	97.5	225	512.5
Matthew Zaba	M	90	160	107.5	175	442.5
Richard Spiterl	M	100	180	130	230	540
Peter Cook	M	110	155	105	200	460
Alex Ibbotson	M	125	167.5	115	185	467.5
Glen Roberts	M	125+	212.5	135	220	567.5
OPEN CLASS						
Mario Attard	M	60	125	65	170	360
David Kent	M	67.5	220	125	197.5	542.5
David Solly	M	67.5	145	90	185	420
Sandro Logano	M	82.5	137.5	80	175	392.5
Kjell Brennemo	M	100	130	115	205	450
Barry McCready	M	100	140	120	160	420

EASTERN ZONE GRADING COMPETITION - NSW 18/02/96

NAME	CLASS					
	GEN. WEIGHT	SQUAT	B/PRESS	D/LIFT	TOTAL	
Jeannette Gevers	F	67.5	135	70	135	340
Troy Gibbs	M	60	100	57.5	122.5	280
Tony Feltham	M	67.5	0	87.5	0	0
Nathan Miles	M	75	125	67.5	150	342.5
Grant Feltham	M	75	0	130	0	0
Robert Hovar	M	82.5	210	112.5	230	552.5
Stewart Hine	M	82.5	200	100	200	500
Ross Arklay	M	82.5	140	100	150	390
George Nickolopoulos	M	82.5	110	80	150	340
Erik Christensen	M	90	175	105	200	480
Peter Antonis	M	90	0	0	0	0
Ray Butterworth	M	100	155	100	195	450
Glenn Hogue	M	110	0	102.5	0	0

POWERHOUSE CHAMPIONSHIPS - QLD 24/02/96

NAME	CLASS					
	GEN. WEIGHT	SQUAT	B/PRESS	D/LIFT	TOTAL	
Nancy Phillips	F	60	85	45	120	250
Donna Clifford	F	75	150	87.5	170	407.5
Sharon Von Bibra	F	90+	0	75	0	0
Ray Hope	M	60	187.5	100	222.5	NJR 510
Mark Kochanek	M	60	147.5	77.5	185	410
Jonathon Elliott	M	67.5	190	110	200	500
Allan Jones	M	67.5	165	107.5	195	467.5
Keith Lee	M	67.5	140	80	190	410
Franz Bartels	M	75	175	112.5	252.5	540
Roger Bradford	M	75	200	135	190	525
Benjamin Barry	M	75	185	97.5	210	492.5
Kieran Dauber	M	75	165	115	170	450
James Challan	M	75	177.5	100	172.5	450
Shawn Condon	M	75	215	0	0	0
Kurt Johnson	M	75	0	145	0	0
Andrew Lulham	M	82.5	152.5	110	170	432.5
Mark Taylor	M	90	215	137.5	230	582.5
Mark Humbling	M	90	220	132.5	212.5	565
Justin Keogh	M	90	172.5	100	195	467.5
Chris Russell	M	100	215	165	220	600
Richard Maading	M	100	290	165	270	725
Ron Birch	M	100	195	137.5	215	547.5
Steven Von Bjeven	M	100	60	150	60	270
Lee Munt	M	125	0	160	0	0
Jalme Flood	M	125+	160	130	215	525



RESULTS (CONTINUED)

NORTHERN TERRITORY CHAMPIONSHIPS - DARWIN 16/03/96

Competitor	W/C	SQ	BP	DL	TL
1. Mick Stone.....	75	175	100	195	470
2. Ricki Johnston.....	75	175	100	170	445
1. Peter Svava.....	82.5	225	145	225	595
2. James Shaw.....	82.5	200	142.5	230	572.5
3. Dallas Smith.....	82.5	170	105	182.5	457.5

Competitor	W/C	SQ	BP	DL	TL
1. Bernie Welsford	90	225	145	280	650
1. Shane Stringer.....	100	215	180	240	635
2. Mick Pikos.....	100	220	160	250	630
1. Nick Moody.....	110	200	170	225	625

"OCEANIA NEWS"

The Oceania Powerlifting Federation is gathering strength as a region of the I.P.F. The O.P.F. Committee is now:

President: Robert Wilks (Australia)

Vice President: Paul Aingimea (Nauru)

Secretary/Treasurer: Vacant - John Phillips nominated (Tonga)

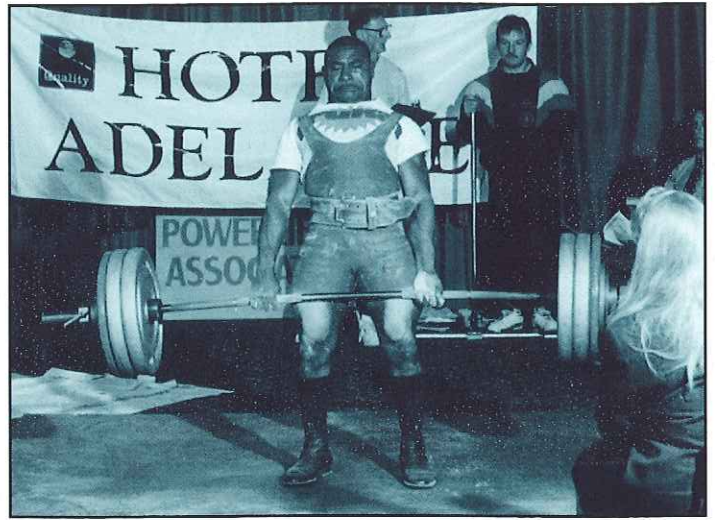
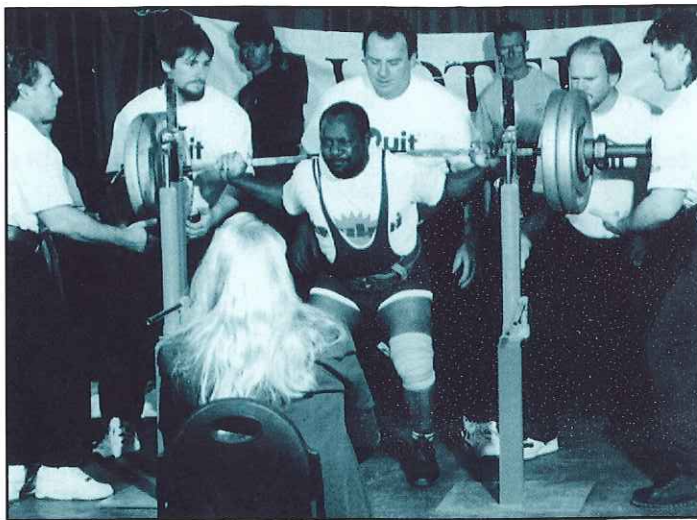
Record Keeper: Ken Ware (Australia)

Committee: Dave Late (Tonga), Riddell Atala (Nauru), Russell Kun (Nauru)

Australia, New Zealand, Nauru, Tahiti, Cook Islands, Fiji, New Caledonia, Northern Marianas, Papua New Guinea, Tuvalu, Tonga, American Samoa, Wallis and Futura are all active nations of the O.P.F.

The big event for 1996 will be the Oceania Championships, to be held in Melbourne on December 7 - 8. Full details of the Championships will be in the next Power News. In 1997 we look forward to the South Pacific Mini-Games, to be held in American Samoa from August 12 - 16.

Robert Wilks



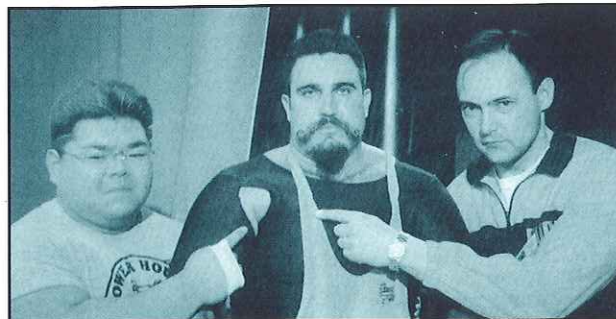
Highlights from the Open Australian Powerlifting Championships

THE ABDULLAH PHENOMENON CONTINUES!

××××!!!
△□◇◇!!!

オーストラリアで破き、フィンランドで破き。こいつイッテンになったら懲りるんだ。
(オーストラリア協会会長)

マイケル、2回目だよ。
はくより小さいTシャツ着よう
なんて無理だと言ったのに----。
(三土手大介)



International despair after Michael Abdullah blows out yet again at the 1995 Worlds.



REGISTRATIONS

The new Powerlifting Australia central registration system has been a huge success! Registrations have flooded in the early part of this year.

This issue of Power News has been sent to all 1996 registered members and also 1995 registered members. However, if you have not registered for 1996 by May 1st, you will be purged from the Power News mailing list, i.e.

this is your last newsletter unless you are a 1996 registered member. Don't let this happen to you! Register now by filling in the enclosed registration form and mailing it to Harry Hovasapian.

FOR YOUR INFORMATION, REPRODUCED BELOW IS AN ARTICLE FROM THE LAST ISSUE OF POWER NEWS EXPLAINING THE POWERLIFTING AUSTRALIA REGISTRATION SYSTEM:

Up to 1995, everyone (well actually, nothing like everyone) in Powerlifting Australia Inc has registered through their State association and hence onto 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) 32 1956.

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.

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The new Powerlifting Australia Inc registration cards.