



POWERNEWS

A U S T R A L I A

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AUTUMN EDITION 1997

Editor—Nick Butler



QUEENSLAND 'HOTS IT UP' FOR NATIONALS

Mercure Resort, a tropical paradise in the heart of Surfers Paradise is the venue for the National Open Championships this winter.

Invitations to these championships have also been extended to lifters from Nauru, Indonesia and even Bulgaria.

The level of competition expected at this event is so staggering with lifters so excited and stimulated that it promises to be one of the finest weekends of lifting on record. For the Australian champions of the future, a chance for you to compete and gain valuable experience amongst legendary lifters.



The sumptuous Northcliffe Room with seating for 500 people and featuring a five foot high stage will give spectators an uninterrupted view of the lifters performing their awesome feats.

Professional DJ music will add pizzazz to an already buzzing atmosphere and allow supporters to voice their support while

enjoying the motivational disco style music.

A professional photographer will be on hand to capture the best shots as your special momento, but bring your own camera along and take photos yourself to show your friends and for the family album.

A variety of top quality Powerlifting T-shirts will be on sale.

WEEKEND AGENDA

Friday 25th July 5pm Northcliffe Room, Technical Meeting—A notice board will be placed outside the Northcliffe Room with all sessions and weigh in times. Lifters are encouraged to attend the technical meeting and it is to the lifter's responsibility to check the board for any changes to session times. Scales will be available in the Northcliffe Room and the resort does have a sauna.

Powerlifting Qld Association members with their usual abundance of friendliness and noted for being great socialisers who enjoy a great time encourage everyone to join in for social banter and interaction at the pre-arranged Happy Hours at the Toucan Bar, as well as dining at one of the three resort restaurants, dancing at Surfer's hot spots or gambling at Jupiter's Casino.

Friday 5.30pm–7.30pm Toucan Bar—Happy Hour—Meet your fellow lifters and receive documentation and infor-

mation from your state representatives relating to weigh-in and entry to competition.

Friday 7.30pm—AGM held in the Boardroom.

Saturday 26th July—Weigh-in commencing in the Boardroom at 8am with lifting commencing at 10am.

Saturday 5.30pm–7.00pm Toucan Bar—Happy Hour—Pre-dinner drinks followed by the Presentation Dinner; a smorgasboard of succulent roasts, salads and desserts. The Presentation Dinner is free for lifters. Supporters are very welcome and tickets will be available at \$30.00 per person. Early bookings required for catering purposes.

Accommodation—book direct to Mercure Resort—telephone 07 5579 4444; fax 07 5579 4492. Powerlifting Qld is endeavouring to ensure that everyone has a chance to stay at this fabulous resort and has arranged a block booking of rooms to be set aside for powerlifters and their supporters. Book early and be sure you mention "Powerlifting Block booking" when you telephone and take advantage of the discounted room rates of \$114.00 per double and \$150.00 per family (up to 5 persons) per night.

Ansett Airlines have attractive return air fares to the Gold Coast. Again book early as
Cont. on page 2



1997 AUSTRALIAN JUNIOR, MASTERS & INTERVARSITY TITLES

Four championships in one took place in Melbourne on April 19th & 20th—the Australian Junior & Masters Championships, Intervarsity & the Victoria Championships. A stellar field of 41 distributed the many trophies and medals amongst themselves.

In the first session, Nghiep Luu muffed his showdown with Ray Hope by failing to start or finish upright three times in the squat, although 182.5kg was done easily. A 100kg bench and 255kg, near miss deadlift in the warm-up room counted for nought for Nghiep, and Ray was left to take the 67.5 class and IV Best Lifter with 540kg. Nicholas Unsworth-Smith was promising in his first outing under the national spotlight with 540kg at 75kg; whilst American, Steve Bertemeni continued to grapple with the transition from the near non-existent refereeing in the U.S to the IPF standard of Australia.

In the second session of the lifting, the women stood out. For the first time, Bev Smith followed something resembling a powerlifting training programme (as opposed to her previous "strategy" of training for aerobics and competing in powerlifting) and was rewarded with an easy 190kg, World Masters Record deadlift, and a total 20kg up on her previous best. Karen Lloyd also made a big jump from 305kg to a new best 317.5kg total and is another one adjusting to the real rules of Powerlifting. Otherwise in this session, hardy perennial, Peter Cook, entertained again and 16 year old Corran Hocking was very promising.

The main session took place on Sunday afternoon. Russel Kun visited once more from Nauru and took it relatively easy with 720kg in the 125kg class. In second place, Alan Pickersgill carried a shoulder injury, but a 305kg deadlift showed his true potential. At 110kg, Fraser Young was a watery 101.4 (thanks to a trial of creatine) and after some shaky squats came through with bests on the bench and deadlift and a best total of 715kg. Lanky and suitless Mile Sastic was very strong in second place with 655kg.

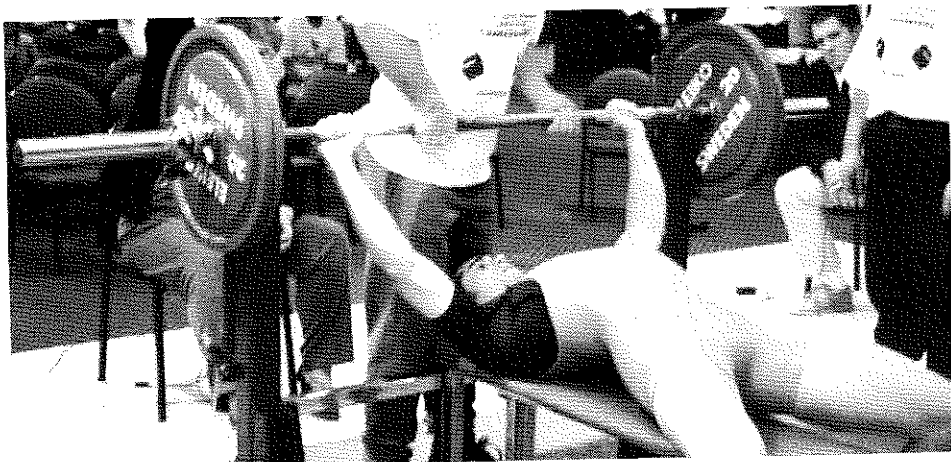
At 100kg, Rohan Smith came from Darwin for a hitout prior to his buildup to the World Games. Rohan's technique was erratic in some lifts and this run through should have the desired effect. A 282.5kg squat was high but 285kg was easy. A hard fought 187.5kg bench pointed to a tricep deficiency, whilst in the deadlift 320.5 was done slightly in front.

327.5kg was pulled up, dipped just below the knee and then pulled all the way up, showing that Rohan has the strength for that weight and more. Nevertheless the total of 792.5kg was outstanding and 800kg at 90kg is Rohan's next target.

In second place, Vince Simonetta had room to spare in the squat, but continues to battle a shoulder injury and non-existent bench. Darren Jones continued his rehabilitation from a dissolute lifestyle via a personal best 675kg total and junior Alan Mihaljevic was erratic, but 20kg up on his best with 655kg.

John Mort was unusually stable with 8 successful attempts to take out the best over 40 trophy, whilst Tony Oakley returned after years in the wilderness with an impressive 632.5kg in the over 50's.

Robert Wilks



Ray Hope's winning 67.5kg Intervarsity bench press of 112.5kg

QUEENSLAND 'HOTS IT UP' FOR NATIONALS

Cont. from page 1

conditions do apply. Telephone 131300 for Apex Fares; Ex Melbourne \$348.00; Sydney \$228.00; Tasmania \$440; Adelaide \$420; Perth \$703; Darwin \$713. Ansett Airlines, a major sponsor of Powerlifting Australia also offer changeable bookings at 40% off standard price. These tickets are available for bookings through John Mort, telephone 049 374382.

Queensland looks forward to your participation and to hosting and making this 1997 National Open Championship a memorable event for ALL lifters and supporters.

A National Championship Information

Package, including entry for will be mailed to you shortly. Entries close 25th June.

Don't miss your chance to visit a world renowned holiday destination and to join in with us to ensure that the sport of Powerlifting continues to progress to the heights it deserves as the "Worlds Strongest Sport".

Get supermotivated—join in and be part of "The Weekend of Champions".

For further information, contact Meet Director Sharon vonBibra; Telephone 07 5537 7013.

The resort's central location makes it easy to take in the many attractions of the coast including Movie World, Seaworld,

Dreamworld, the casino and the fantastic shopping including Pacific Fair and Australian Fair.

Early bookings will be rewarded with Ansett's travel discounts making return prices approximately: Melbourne \$348, Adelaide \$420, Darwin \$713, Perth \$703, Tasmania \$440 and Sydney \$225. Conditions apply.

With this year's national titles already expected to draw one of its largest followings, early bookings are advised to be assured of your spot at the Gold Coast venue on July 25th, 26th and 27th.

Further enquiries are welcome to Sharon Von Bibra (Meet Director) 07 5537 7013.



ASDA DRUG UPDATE

TESTOSTERONE

Testosterone is a banned substance. The International Olympic Committee includes testosterone in their list of Banned Doping Substances and Methods. Testosterone is also identified in the doping policies of the International Federation of Powerlifting and the Australian Powerlifting Federation.

As testosterone is a naturally occurring substance, ASDA will screen for testosterone/spirosterone (T/E) ratio. If an athlete records a T/E ratio of greater than 6 to 1, regardless of the cause of the ration, the athlete will be notified.

ASDA will request 3 further out of competition samples within a 3 month period to monitor the T/E ratio.

If further tests indicate that the athlete has doped, the offence will be entered on ASDA's Register of Notifiable Events. Both the athlete and the Australian Powerlifting Federation will be advised.

The sanction for testosterone use is 3 years.

Since 1990, ASDA has recorded ten entries for testosterone use by powerlifters. While the sanctions for two of these cases are yet to be advised, seven athletes have received 3 year sanctions, while the other athlete was sanctioned for life due to a second offence for testosterone use.

IOC LIST CHANGES

The IOC list of prohibited classes of substances and prohibited methods was changed with effect from 31st January 1997.

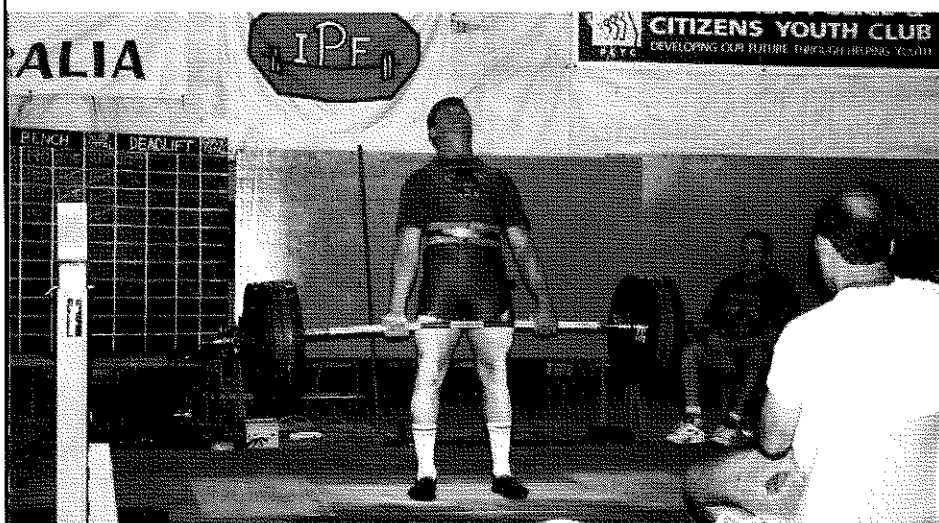
These changes have been made to the IOC list since the second edition of ASDA's Drugs in Sport Handbook was printed. The third edition of the handbook will be available later this year.

Bromantan and dehydroepiandrosterone (DHEA) are new so do not appear in the Drugs in Sport Handbook. Use of these substances is now banned!

Bromantan is included as a prohibited substance under Class IA (Stimulants) and also as a prohibited method under Class II (Masking Agents). Dehydroepiandrosterone (DHEA) is included as a prohibited substance under Class IC (Anabolic Agents).

This means these substances will be screened for in event tests and out-of-competition tests.

LIFTER PROFILE



Bernie's massive 325kg deadlift record at Mackay

Our Lifter Profile is Queensland's Bernie Welsford, a tenacious competitor in the Open Mens 90kg class, who has been lifting at national level for the past two years.

At last year's Australian Nationals Bernie totalled 685kg, (SQ. 232.5kg, BP 145kg, DL 307.5kg), including an Australian national record deadlift attempt of 317.5kg. at the then record of 315 kg. Rohan Smith then lifted 318kg in the same competition.

In August 1996 at Mackay's Central Queensland Championships Bernie achieved his goal of breaking the Australian deadlift record and also

smashed the 700kg total barrier in the 90kg class, with a total of 720kg (SQ 240kg, BP 115kg, DL 325kg).

His performance secured him the Overall Best Lifter of the championships. This was his first appearance in a competition since moving to Rockhampton from the Northern Territory.

Bernie missed taking out the recent Queensland State Titles, with Mason Jardine winning with a superhuman performance, breaking state and national records.

Since joining the 90kg class, Bernie's success has been tremendous with only the phenomenal Rohan Smith and legend Mason Jardine having beaten him in competition.

Dextropropoxyphene, propoxyphene and ethylmorphine are no longer banned. Dextropropoxyphene, propoxyphene and ethylmorphine are removed as prohibited substances under Class IC (Narcotics).

This means that products such as Capadex, Di-gesic, Doloxene and Paradex are now allowed.

The Drugs in Sport Hotline—a toll-free confidential service which provides information to athletes, coaches and medical professionals on the status of medications is available. Call 1800 020 506 from Monday–Friday.

BY-LAW CHANGES

After consultation with ASDA, new by-laws to the Powerlifting Australia constitution have been put in to place.

- 12.8—Individuals are required to notify Harry Hovasapian of any changes in their addresses or phone numbers within 14 days of such changes, on pain of penalty of up to six months suspension from national competition and record setting (ie. not local competition).

- 12.10—National records can only be set in international events, National and State championships or other special events proclaimed in advance by The Board as being national level events subject to ASDA attendance.

- 12.16—Individuals subject to twelve months or more suspension for a positive drug test (or refusal) are required to undergo at least two tests in their last six months of suspension (to be paid for themselves if not funded by ASDA).



RESULTS

AUST. JNRS, MASTERS & INTERVARSITY MELBOURNE 19th-20th APRIL

BOLD=National Record *ITALICS*=State Record

Name	Group	W/C	Sq	4th	B/P	4th	D/L	4th	Total	Pl
Tina Belton	Jnr,VIC	52	97.5		60	107.5			265	1,2
Karen Lloyd	VIC	52	105		70.5	142.5			317.5	1
Allarna Mather	Jnr	52	70		25	85			180	2
Bev Smith	O/40	67.5	145		73.0	190			407.5	1

Bev Smith's records are 145kg Commonwealth, 73kg Australia,
190kg World, 407.5kg Commonwealth.

Jimmy Clark	I/V	60	107.5		72.5	130			310	1
Peter Mong	VIC	67.5	152.5		107.5	185			445	1
Raymond Hope	I/V	67.5	197.5		112.5	230			540	1
Charles McMahon	O/50,60	67.5	135		82.5	160			377.5	1
Nghiep Luu	I/V, Jnr,VIC	67.5	182.5		0	0			0	
Nathan Miles	U/18, Jnr	75	165		82.5	180			427.5	1,4
Nicholas Unsworth-Smith	I/V, Jnr	75	200		132.5	207.5			540	1,1
James Dart	VIC	75	150		105	185			440	1
David Costello	I/V, Jnr	75	187.5		130	205			522.5	2,2
Benjamin Barry	I/V, Jnr	75	195		107.5	180			482.5	3,3
Brian Watts	O/40	82.5	100		70	180			350	1
Justin Keogh	Jnr	82.5	180		0	0			0	
Colin Maher	I/V	82.5	147.5		92.5	155			395	1
Adrien Shnier	VIC	82.5	160		167.5	265			592.5	1
Steve Bertameni	VIC	82.5	145		157.5	0			0	
Ken Mitchell	O/50,60	90	130		92.5	160			382.5	1
Warren Rozen	I/V	90	135		115	165			415	1
Mark Roskell	Jnr	90	190		137.5	205			532.5	1
Anthony Inglese	Open	100	205		90	215			510	2
Rohan Ross	Open	100	200		130	205			535	1
Peter Cook	O/50,60	110	172.5		110	190			472.5	1
Mark Taylor	Open	110	190		115	250			555	1
Corran Hocking	Open	125+	220		110	225			555	1
Brett Allison	Jnr	100	215		135	240			590	2
Alan Mihaljevic	I/V, Jnr,VIC	100	237.5		135	282.5			655	1,1,3
John Mort	O/40	100	230		155	260			645	1
Anthony Oakley	O/50	100	240.5		160	232.5			632.5	1
Vince Simonetta	VIC	100	260		135	305			700	1
Darren Jones	VIC	100	260		165	250			675	2
Rohan Smith	Open	100	285		187.5	320			792.5	1
Robert Hovar	Jnr	110	210		125	235			570	1
Mile Sestic	O/40	110	250		125	280			665	1
Daniel Lee	O/40,VIC	110	215		142.5	235			592.5	2,2
Fraser Young	I/V,VIC	110	280		177.5	257.5			715	1
Alan Pickersgill	VIC	125	200		115	305			620	1
Russell Kun	Open	125	300		190	230			720	1
Glenn Roberts	Jnr,VIC	125+	247.5		135	217.5			600	1,1

AUST. BLIND CHAMPIONSHIPS HOMEBUSH, SYDNEY 18th APRIL

Colleen Davidson	O/40	90+	115		77.5	150			342.5	1
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QLD STATE OPEN TITLES & BENCH PRESS KEDRON RSL CLUB BRISBANE, 4th MAY

Catherine Schuhmaker	Open	52	60		30	80			170	1
Sandra Grice (BP)	Open	67.5			72.5				72.5	2
Donna Clifford (BP)	Open	82.5	165		90	177.5			432.5	1,1
Fred Litchfield (BP)	Open,O/50	60	75		115.5	115			305.5	2

BOLD=National Record *ITALICS*=State Record

Name	Group	W/C	Sq	4th	B/P	4th	D/L	4th	Total	Pl
Mark Kochanek	Open	60	157.5		90		207.5		455	1
Ron Guttormsen (BP)	Open	67.5			80				80	2
Kevin Rogers (BP)	Open	67.5			92.5				92.5	1
Ray Hope	Open	67.5	160		117.5		235		512.5	2
Norman Tepa	Open	67.5	210		130		220		560	1
Roger Bradford (BP)	Open	75			142.5				142.5	2
Nathan Flick (BP)	Open	75	60		170		120		350	1
Nic Unsworth-Smith	Open	75	215		130		205		550	2
Dave Costello	Open	75	185		135		220		540	
Richard Fellows	Open	75	190		102.5		190		482.5	
Shawn Condon	Open	75	225		137.5		250		612.5	1
Murray Muscat	Open	75	200		110		190		500	
Andrew Luiham	Open	75	205		120		222.5		547.5	3
Allan Jones	Open	75	185		112.5		197.5		495	
Anthony Giorgi (BP)	Open	82.5			120				120	2
Michael Vesovic (BP)	Open	82.5			140				140	1
Franz Bartels (BP)	Open	82.5	190		135		265		590	1
Grant Taylor	Open	82.5	215		130		205		550	2
Bernie Welsford	Open	90	220		147.5		300		667.5	2
Mason Jardine (BP)	Open	90	282.5	300.5	190.5		285		758	1
Chris Russell (BP)	Open	90	230		160		237.5		627.5	
Andrew Nipperess	Open	90	225		155		245		625	3
Dan Baker	Open	90	240		130		225		595	
Ralph Atchison (BP)	Open	100	190		143		65		397.5	3
Jeffery McBride	Open	100	180		130		195		505	2
Greg Phillips	Open	100	235		117.5		270		622.5	1
Peter Smith (BP)	Open	110	290		162.5		300		752.5	1
Andrew Logan	Open	125	300		165		300		765	1
Jan Pedersen	Open	125	205		125		230		560	1
Gary Roberts	Open	125	292.5		130		250		672.5	3
Graham Thomson (BP)	Open	125	270		180		270		720	2
Malcom Rae	Open	125+	270		150		235		655	1
John Marsh (BP)	Open	125+	305		202.5		F260		0	
Dean Cowan (BP)	Open	125+	F230		200		310		0	

QLD STATE MASTERS, MACKAY OPEN & BENCH PRESS, MACKAY 23rd FEB

Ellen Stanton	Open	75	0		67.5		0		67.5	1
Elizabeth Toolin	Open	67.5	125		70		150		345	1
Fred Goodwin	O/50	75	162.5		107.5		202.5		472.5	1
Maurie Craggs	O/60	75	170		90		180		440	1
John Brailey	O/60	82.5	165		105		170		440	1
Ian Deakin	Open	82.5	180		87.5		200		467.5	2
Grant Taylor	Open	82.5	210		120		192.5		522.5	1
Harry Hovasapian	O/40	82.5	165		125		205		495	1
Derek Croft	O/40	90	195		115		195		505	1
Les Wellington	O/50	90	235		120		232.5		587.5	1
Ralph Atchison	O/50	100	60		142.5		65		267.5	1
Greg Phillips	Open	100	220		120		255		595	1
Ken Ware	O/40	100	260		201		300		760	1
Peter Smith	Open	110	285		157.5		275		717.5	1

Excellent performance by John Brailey setting three National records and exceptional performance by Ken Ware setting four National records in his first O/40 comp, which included not only O/40 records but an open bench press of 201 kg.

NSW STATE CHAMPIONSHIPS BANKSTOWN GYM 27th APRIL

Mary Mackan	Open	48	77.5		37.5		112.5		227.5	1
Carol Scott-Todd	O/50	52	90		50		115		255	1
Jill Walker	Open	52	95		70		115		280	1
Rachael Hadley	Open	56	102.5		55		137.5		295	2



RESULTS

BOLD=National Record *ITALICS*=State Record

Name	Group	W/C	Sq	4th	B/P	4th	D/L	4th	Total	PI
Jeanette Gevers	Open	56	127.5	67.5	142.5	337.5	1			
Lisa Dallas-Morgan	Open	60	120	0	0	0				
Karen Schmidt	U18	60	105	50	130	285	1			
Paul Waters	O/40	56	120	97.5	170	175	387.5	1		
Max Brislow	O/50	75	180	115	116.5	232.5	527.5	1		
Brad Sutton	Open	75	100	152.5	0	0				
Ray Butterworth	Open	100	195	0	0	0				
Steve Giffin	Open	100	260	160	260	680	1			
Pat Whymark	Open	100	260	165	250	675	2			
Robert Hromek	Open	90	270	152.5	260	682.5	1			

1st QUALIFIER S.A. BENCH PRESS GOLDS GYM, ADELAIDE APRIL 13th

Michael Venning	O/40	60	85	85	1
David Graham	O/50	60	57.5	57.5	1
Mick Bowden	O/40	67.5	97.5	97.5	1
Shaun Lambert	Open	67.5	67.5	67.5	2
Chris McGennity	Open	67.5	100	100	1
Charles McMahon	O/50	75	87.5	87.5	1
Dean Jenkinson	Open	75	120	120	1
David Manhire	Open	82.5	130	130	1
Terry Hunter	Open	82.5	112.5	112.5	2
William Goody	Open	82.5	62.5	62.5	3
Frank Papp	O/40	82.5	115	115	1
Alan Colquhoun	O/50	82.5	75	75	2
Rob Withers	O/50	82.5	120	120	1
Jim Economos	Open	90	140	140	1
Martin Kernick	Open	90	112.5	12.5	2
Ben Barnett	U/18	90	67.5	67.5	1
Dan Bellon	Open	100	165	165	1
Kevin Conway	Open	110	200	200	1
Steve Little	Open	110	172.5	172.5	2
Andrew Abrook	Open	125	132.5	132.5	1
Bernie Sharp	O/50	125+	130	130	1

S.A. OPEN CHAMPIONSHIPS GOLD'S GYM, ADELAIDE 4th MAY

Silvana Venditto	Open	52	100	62.5	107.5	270	1
Michael Venning	O/40	60	50	90	75	215	1
Mick Bowden	O/40	67.5	155	97.5	185	437.5	1
Dean Jenkinson	Open	67.5	170	120	210	500	1
Terry Hunter	Open	75	192.5	127.5	222.5	542.5	2
Paul King	Open	75	222.5	120	222.5	565	1
Laurie Agius	Open	75	140	132.5	175	447.5	3
David Manhire	Open	82.5	195	127.5	212.5	535	1
James Harrop	O/40	90	160	120	215	495	1
Jim Economos	Open	90	165	147.5	180	492.5	1
Kevin Conway	Open	100	250	201	0	0	
Steve Sigamovic	Open	125	200	145	230	575	1
Andrew Abrook	Open	125+	205	125	190	520	1

Best Overall Male Lifter: Paul King

Terry Hunter, Paul King, Kevin Conway, Dean Jenkinson and Silvana Venditto
all have qualified for the National Titles.

NORTHERN ZONE STATE CHAMPIONSHIPS TORONTO YMCA, 22nd MARCH

Mary Macken	Open	48	77.5	42.5	112.5	232.5	1		
Rachael Hadley	Open	56	97.5	47.5	137.5	282.5	1		
Lisa Dallas Morgan	Open	60	120	65	145	330	1		
Keron Schmidt	U/23	60	95	45	125	265	1		
Ann Mott	Open	67.5	157.5	92.5	167.5	417.5	1		
Paul Waters	O/40	56	130	95	96	170	172.5	395	1
Max Bristow	O/50	67.5	180	112.5	220	230.5	12.5	1	
Troy Gibbs	U/18	75	122.5	75	147.5	345	1		
Nathan Miles	U/23	75	155	85	175	415	1		
Les Edmonds	O/60	82.5	92.5	70	132.5	295	1		
Ross Arklay	O/40	82.5	160	128	210	497.5	1		
Mark Roskell	U/23	90	180	140	205	525	1		
Ken Mitchell	O/60	90	140	95	155	390	1		
Erik Christensen	O/50	90	170	100	200	470	1		
David Vaughn	O/40	100	220	160	250	630	1		
Ray Butterworth	O/40	100	200	110	220	530	2		
Robert Hovar	U/23	110	210	125	225	560	1		
Murray Wilkinson	Open	125	210	135	210	555	1		

BENCH PRESS

Tony Feltham	O/50	67.5	92.5	1
John Myers	O/40	75	145	1
Grant Feltham	Open	75	132.5	2
Keiren Cooney	Open	75	100	3
Ken Whiting	Open	82.5	1102.5	0
Ernie Armstrong	Open	82.5	107.5	1
John Bray	Open	90	95	1
Alex Satkaroski	Open	100	165	1
Glenn Hogue	Open	110	117.5	2
Thomas O'Connor	Open	110	170	1
Keith Falle	Open	125+	1150	0

TASMANIAN STATE TITLES, LAUNCESTON PCYC 10th MAY

Alarna Mather	Jnr	52	72.5	30	85	187.5	1
Greg Mann	Open	67.5	140	77.5	182.5	400	1
S. Rigby	Open	75	190	107.5	245	542.5	1
J. Timbs	Open	75	120	115	180	415	2
S. Moszko	Open	82.5	247.5	135	260	642.5	1
M. Kerkham	Open	82.5	175	100	227.5	502.5	2
B. Watts	O/40	82.5	130	70	175	375	3
T. Burley	Open	90	220	110	242.5	572.5	1
M. Gluskie	Open	90	215	132.5	220	567.5	2
N. Gillie	Open	90	130	95	205	430	3
S. Wylie	Open	100	235	140	255	260	630
A. Young	Open	110	240	142.5	255	637.5	1
B. Thorne	Open	110	190	137.5	250	577.5	2
P. Harvey	Open	125	200	117.5	215	532.5	1
N. Lau	Jnr	125+	160	110	205	475	1

MOUNT ISA IMPROVERS PCYC MOUNT ISA, 29th MARCH

Elizabeth Toolin	Open	67.5	125	70	150	345	1
Julie Deakin	Open	82.5	167.5	77.5	203	447.5	1
Kevin Brown	Open	56	115	70	140	325	1
Harry Hovasapian	Open	82.5	180	130	205	515	1
Ian Deakin	Open	82.5	180	105	205	490	2
Bernie Welsford	Open	90	230	135	292.5	657.5	1
Peter Langdon	Open	125	250	165	210	625	1
Ed Zwaigzne	Open	125	240	85	215	540	2



1997 QUEENSLAND STATE CHAMPIONSHIPS

The competition was held at the new Kedron RSL Club on the 4th of May in front of a capacity audience who witnessed forty lifters duelling in the best State Championships in many years.

There was a fierce battle for positions in the state team to represent Queensland at the upcoming Gold Coast Nationals and with the talent available, the other states better watch out come July.

Mark Kochanek kicked things off with a revved up performance in totaling 455kg in the lightweight men.

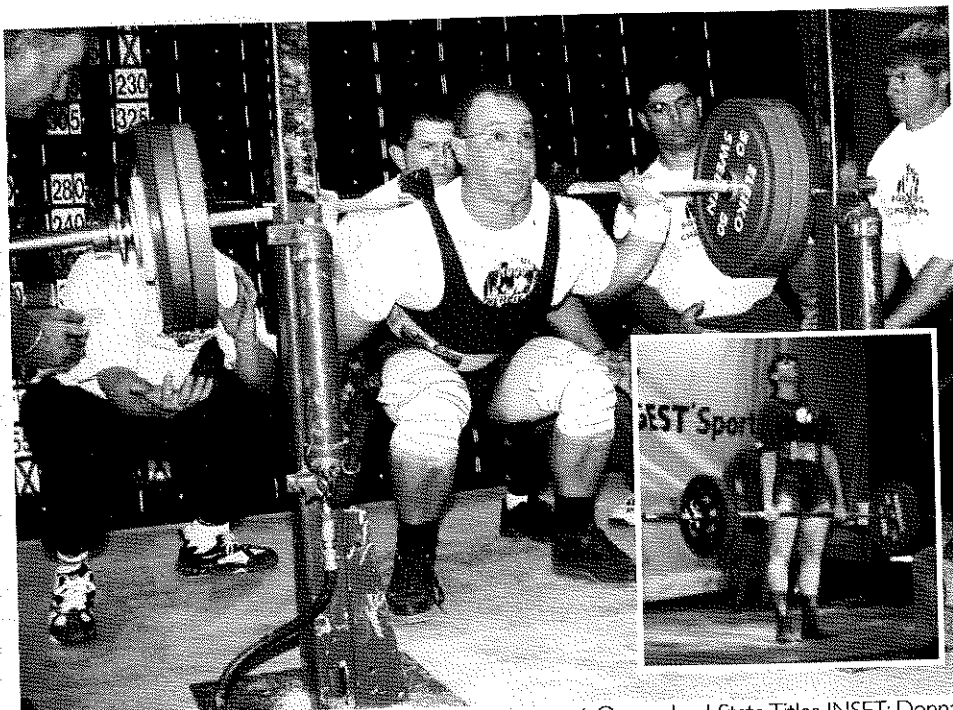
New resident to the state from New Zealand, 1996 Oceania Champion, Norman Tapa pushed aside perennial champ Raymond Hope with a quality 560kg total. Ray missing again that elusive deadlift record.

With many of Queensland's top female lifters in hard training for the Women's Worlds in South Africa it was left to Donna Clifford to dominate as she posted a classy 432.5kg effort in the 82.5kg division. The other ladies competing gaining valuable experience.

Shawn Condon powered to victory via a 612.5kg total, putting him in strong contention for national honours, but it was the courageous and eventually successful squat of nuggety Allan Jones that stole the show for the day, being unshaken in waiting for the "squat" signal as the score board collapsed around him. Concentration befitting a future champion.

The unorthodox squatting and awe-some deadlifting of venue organiser, Franz Bartels kept at bay the rapidly improving Grant Taylor in the 82.5kg.

Past legend of the platform, Mason Jardine marked his return to big time lifting with a best lifter performance in defeating



Legend Peter Smith about to put up a huge squat at recent Queensland State Titles INSET: Donna Clifford—another successful deadlift.

former Northern Territory lifter Bernie Welsford. National and State records were destroyed in this notable effort and an 800kg total seems within reach in July.

The 100kg division was being touted as a possible National Title rehearsal but training injuries to Ken Ware and Trevor Luderman and the availability of Shaun Henderson, coupled with Trevor Cox's warmup injury decimated the field, allowing the promising Greg Phillips to slip through.

Peter Smith managed to avoid Andrew Logan yet again with determined weigh in strategy while posting an improved 752.5kg total.

Andrew Logan was relaxed and impressive with 765kg, pushed by the talented Rockhampton training partners of Graham Thompson and Gary Roberts.

The big boys fought it out with monster newcomer Dean Cowan bombing in the squat but later benching 200kg in the Bench Press section. John Marsh was superb in squatting 300kg, followed with an easy 202.5kg bench, but bombed his deadlifts on 280kg as his nuts and bolt got in the way, causing him to fall to lock out at the top. Malcolm Rae in front to capture first place.

A great day was had by all, with many thanks going to the tremendous team effort of spotters, loaders and all the volunteers for putting together such a terrific contest. Everyone is now looking forward to the nationals with heightened enthusiasm.

Bev Smith



Harry Hovasapian
Australian Record Holder

Complete updated record sheets are available.

Contact your state secretary/record keeper or myself at:

PO Box 204, Mt Isa
Qld 4825

Telephone 0412 14 9343
Facsimile (077) 43 7847

I NEED YOU!

I need information! Please send photos, stories or any other information for inclusion in POWERNEWS to:

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