



# POWERNEWS

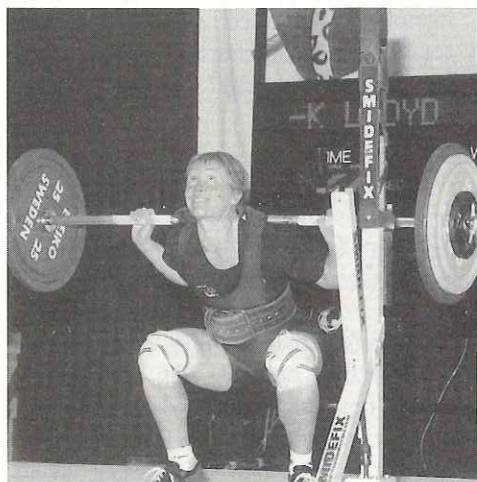
## A U S T R A L I A

Volume 3—Edition 3

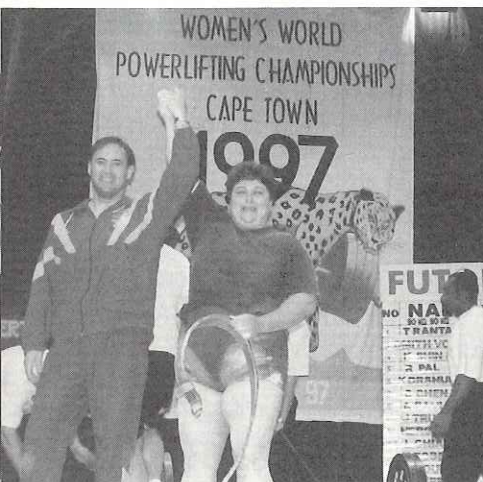
SPRING EDITION 1997

Editor—Nick Butler

## AUSTRALIAN SENSATION WINS WOMENS WORLD TITLES



Karen Lloyd strains under a squat.



Triumphant Katrina Robertson and Robert Wilks



World's Gold for Katrina Robertson

**Katrina Robertson was the sensation of the 1997 Women's World Championships, winning the first world title by an Australian for a long time. Australia came in seventh in the team score, also a long time best.**

Katrina's effort was phenomenal, with her totalling a world record 647.5kg, 60kg of improvement on her 587.5kg and 5th place last year. In the squat, Katrina sailed through 227.5kg and 240kg, before faltering a little on the way up with 247.5kg but managing what turned out to be a crucial two white lights. Plain sailing on the bench yielded three successes and 137.5kg for Katrina, but in the deadlift she looked to be behind the eight ball after Chao's 170kg bench world record and easy opener on 225kg deadlift gave Chao a 645kg world record total. However, seemingly writing Katrina off, Chao jumped too high, for a

miss at 243kg world record, Katrina took the necessary 262.5kg, 20kg over the record and still with the bar her customary 1-2" in front, pulled it up for 3 white lights, jubilation in the Australian camp and much speaking in tongues amongst the Taiwanese.

Other outstanding performances came from Australians. A hyped-up Julie Deakin melted off 3kg bodyweight in the days leading up to her lifting, was once again all at sea in the squat (surviving only with a desperate third attempt success) yet came through with an excellent 5th place overall and 2nd in the deadlift. When she learns the control of a professional Julie can be not far short of Katrina's league in performance. Phoebe Woods continued her improvement of the last two years, with a fighting 435kg total and a 192.5kg second place deadlift.

In the 67.5kg class Bev Smith came out of the closet and onto the platform to frighten

the geriatrics of the world with her Masters deadlift world record of 192.5kg. However, one step ahead was Anne Mort with a new best total of 417.5kg, another to find improvement later in life.

Personal bests by Australian's continued in the lower classes. Jeanette Gevers continued her recovery from the bodybuilding lifestyle with new strength and a 350kg, total at 56kg and Karen Lloyd was a determined fighter at 52kg, being rewarded with a 330kg total.

All in all 5 of the 6 Australian lifters recorded personal bests (with one only 2.5kg off), a testament to all their determination and a record few other nations can emulate at world championships. With more development Australia can better even its outstanding result here at next year's Worlds in Norway.

Robert Wilks

**Results on page 4**





# QUEENSLAND'S NATIONALS TRIUMPH

**The 1997 Australian Championships held at Mercure Resort in the heart of Surfers Paradise will be seen as the event that heralds the benchmark for future Powerlifting competitions in Australia.**

It was exhilarating to be a part of the Premier event, seeing Australia's strongest lifters go for gold, accomplishing personal best totals and shattering National records. All those present will have taken home a treasure store of fond memories of the contest, the exhibitions of the glitz and

glamour of the beautiful Surfers Paradise.

Over 300 spectators admired, enjoyed and watched with anticipation the outstanding performances of those committed and dedicated athletes whose ability to even qualify for the championships represented recognition of truly remarkable efforts and very high standards of performances.

## DAY I—THE MIGHTY LIGHTWEIGHT MEN

The visual perception of a person who is lighter and leaner is that they are not strong, but don't be fooled, these lifters prove it is indeed only a visual perception as lurking are some of Australia's strongest men.

Division winners, Paul Waters New South Wales in the 56kg, Norman Tapa in the 67.5kg and Shaun Condon of Queensland in the 75kg with totals of 395kg, 585kg and 602.5 respectively managed to deadlift more than 3 times their bodyweight.

In a dramatically hard fought event, Norman Tapa emerged triumphant over nearest rival Raymond Hope who achieved a 557.5kg total.

11 lifters in the 75kg division put in huge performances but failed to overcome the magnificent efforts of Shaun Condon who will make his debut at the upcoming World Championships. Paul King of South

Australia with a disappointing 4 successful lifts out of 9 managed to remain in 2nd place totaling 570kg with Nic Unsworth Smith taking third with a 557.5kg total. PNG lifters, Iwilla Jacobs, Peta Ako and Eric Yameng put in fantastic performances as guest lifters.

## THE MOST POWERFUL WOMEN

In a sport, which is dominated by men, 20 women showed the days are long gone when physical strength could be considered the sole domain of the masculine gender.

The seemingly fragile but very strong 48kg division lifter Mary Macken of New South Wales with a 270kg total took gold whilst the gem of Northern Territory, Manolita Lopez placed second with 195kg total. 56kg division Rachel Hadley of New South Wales with a 287.5 kg total also took gold.

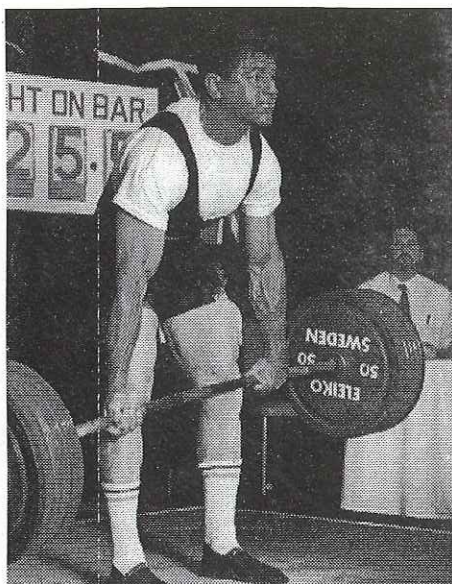
Tina Belton, of Victoria set a junior national record in the 52kg division with 110kg deadlift but was narrowly beaten by Victoria's Karen Lloyd who totaled 305kg.

The icon of women's powerlifting in the Northern Territory, overall best lifter Phoebe Woods in the 60kg division, put in the big effort, not only with her lifting but also in coaching and supporting her team of new women athletes from her state. Phoebe managed a 155kg squat, 82.5kg bench, 177.5kg deadlift to total 415kg.

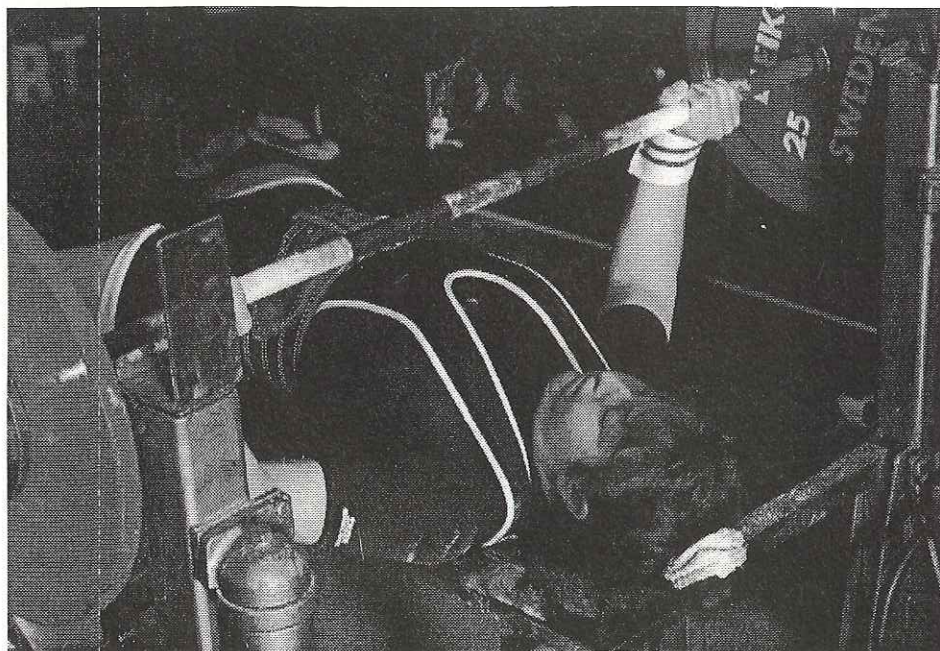
On the brink of turning 40, Anne Mort of New South Wales, created a national bench press record of 92.5kg in winning the 67.5kg weight division.

The previous evening's meeting with Robert Wilks and the demands of organising the championships left Bev Smith being slightly fatigued, however she dug deep to find the power to set a new Commonwealth master's squat record of 155kg. Bev's coach, Robert Wilks, whose volume of words is limited and who abides by the philosophy that too much talk has a trivialising effect and leads to a complacent accumulation of meaningless phrases, will train Bev up to overthrow Ann Mort next time.

Donna Clifford in the 75kg division, although not at her best, put in a fine effort to take out first place with a total of 425kg against newcomers Helen Brooke and Sharyn Scott of Northern Territory.



Bernie Welsford's ill-fated attempt of 325.5kg for a new national deadlift record



Julie Deakin powers up a benchpress in the 82.5kg division





82.5kg division lifter, Julie Deakin was keen to respond to husband Ian's guidance and posted national records with a 210kg deadlift, 176kg squat and 460kgs total.

Papua New Guinea guest lifters, Mary Peto and Aida Geno put in pulsating performances at their first Australian championships.

## DAY 2—THE MUSCULAR MIDDLEWEIGHT MEN

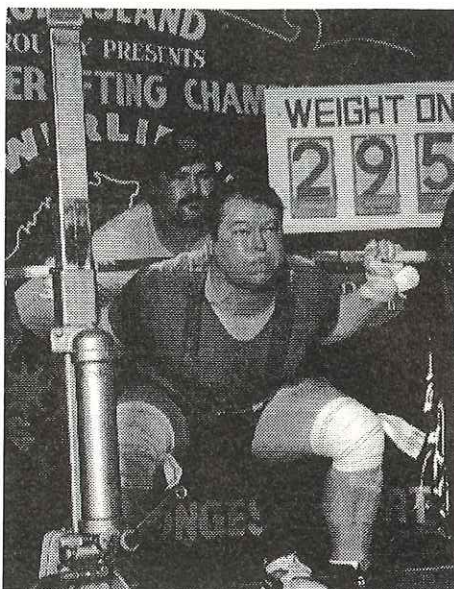
That's the description that fits these strong-men hunks in action. With muscles bulging from well-trained bodies these Arnold Schwarzenegger imposters put in superb efforts of achievements to oust their opponents.

The power and dynamism of legendary lifter Mason Jardine was there for all to see as he posted a 305kg squat, 180kg bench press, 260kg deadlift to total 745kg and attain runner up for overall best lifter.

Bernie Welsford 'chucked', in one of his best squats to go with an almighty 320kg deadlift to secure a 700kg total and 2nd place, powerlifting super stud Dan Baker placed 3rd.

Robert Hromek New South Wales, competing in the 82.5kg division set a new national 275kg squat record and totaled 700kg to win gold.

Unfazed, Adrien Shnier of Victoria who showed he was capable of a very high level of performance accepted silver with a 672.5kg total.



Powerhouse Andrew Logan shows his strength by winning the 125 kg class with a personal best.

## THE ALL POWERFUL HEAVYWEIGHT MEN

Ken Ware, former Mr Universe bodybuilding champion, competing in the hotly contested 100kg division took our first place with a 765kg total at his first nationals.

Silver medal went to Trevor Luderman who managed just one successful squat but continued on to lift extraordinary well and keep ahead of South Australia's Kevin Conway, with Fraser Young and Vince Simonetta of Victoria keen to respond to the challenge they faced. Andrew Logan, unable to make weight handed Peter Smith gold in

the 110kg class. Andrew in the under 125kg class battled the bulge to post an impressive personal best total of 790kg defeating Gary Roberts. Andrew will participate in this first World Championships this year.

With the late withdrawal of Queensland's John Marsh, Dean Cowan of Queensland was left to do the job in fighting the outstanding performances of Overall Best Lifter, Paul Newman who totaled 860kg. Dean Cowan, a lifter to be watched in the future completed the weekend's proceedings with an incredible 335.5kg National record deadlift.

Team Shields went to Queensland Men and Northern Territory Women.

## "SPECIAL THANKS"

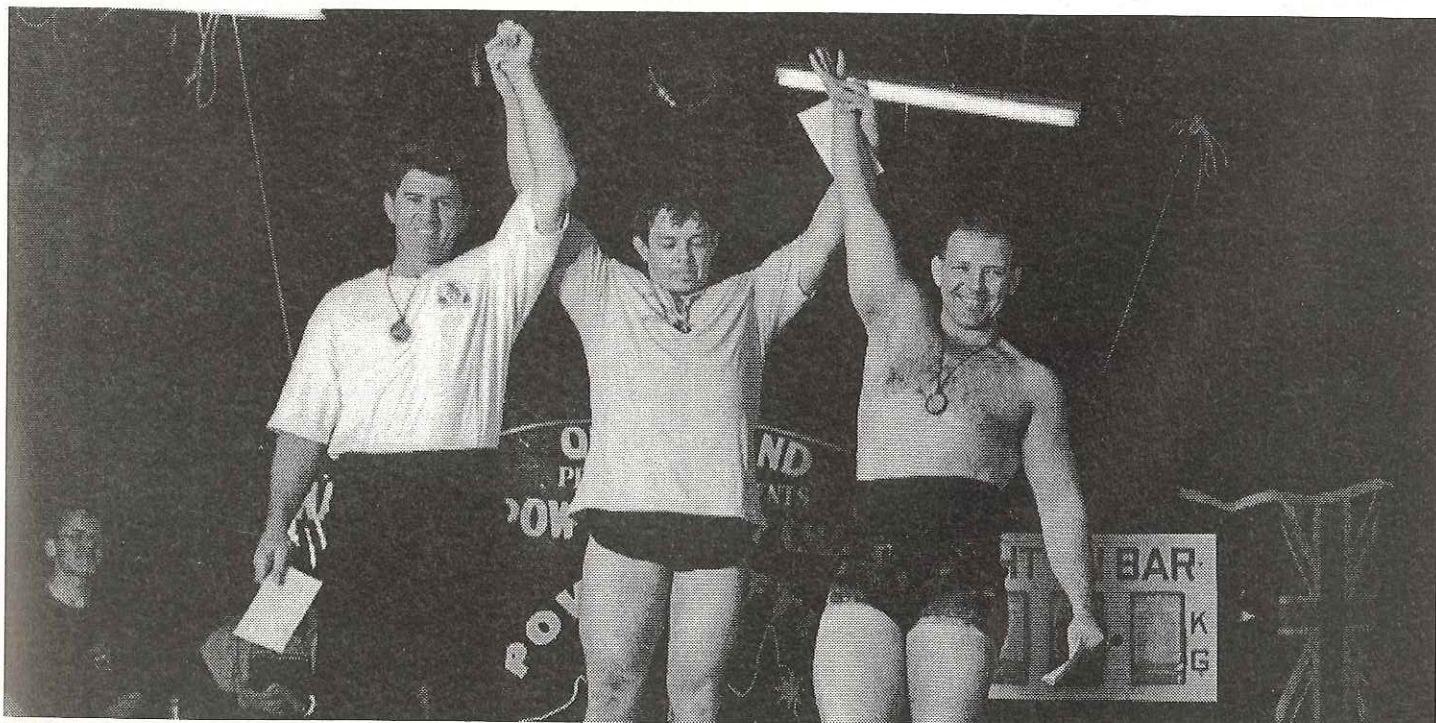
Angelo Kolbrunner of Body, Mind, Harmony at Herston who worked tirelessly all weekend to ensure that the lifters were professionally massaged free of charge. Coastwatchers Digital Video: for supplying Quality Videos of the event at a LOW price of \$20.00 for a full days tape, postage included. Further orders are still welcomed Ph (07) 55314939.

Photographer: Goodtime Photos, 8x10 size photos at budget price. Ph 018 789 808

It has been a pleasure and a privilege to bring to fruition a National Championship that befits the image of Powerlifting as the countries No 1 Strength Sport.

Beverly Smith  
President, Powerlifting QLD

**Results on page 5**



Men's 90kg champions—Arnold Swarzenegger imposters!





# RESULTS

## 18th WOMEN'S WORLD CHAMPIONSHIPS CAPETOWN, SOUTH AFRICA 17-20th JUNE

| Name                   | W/C         | Sq                        | B/P                 | D/L                       | Total                     | Wilkspoints   |
|------------------------|-------------|---------------------------|---------------------|---------------------------|---------------------------|---------------|
| <b>44kg</b>            |             |                           |                     |                           |                           |               |
| 1. S. Tesleva          | 44          | 145.0                     | 80.0                | 152.5                     | 377.5                     | 532.35        |
| 2. A-L. Prinkkala      | 44          | 142.5 <sup>WRH</sup>      | 62.5                | 160.0 <sup>WRH</sup>      | 365.0 <sup>WRH</sup>      | 514.72        |
| 3. L-J. Chang          | 44          | 135.0                     | 70.0                | 150.0                     | 355.0                     | 509.74        |
| <b>48kg</b>            |             |                           |                     |                           |                           |               |
| 1. E. Yamskich         | 48          | 145.0                     | 87.5                | 170.0                     | 402.5                     | 534.72        |
| 2. R. Koskinen         | 48          | 165.0                     | 80.0                | 155.0                     | 400.0                     | 533.04        |
| 3. V. Viitasaari       | 48          | 132.5 <sup>CPH</sup>      | 80.0 <sup>CPH</sup> | 160.0 <sup>CPH</sup>      | 372.5 <sup>CPH</sup>      | 501.75        |
| <b>52kg</b>            |             |                           |                     |                           |                           |               |
| 1. O. Belova           | 52          | 170.0                     | 102.5 <sup>CP</sup> | 185.0                     | 457.5                     | 572.05        |
| 2. L-M. Lin            | 52          | 165.0                     | 102.5 <sup>NR</sup> | 170.0                     | 437.5                     | 547.83        |
| 3. C. Cognac           | 52          | 160.0 <sup>WRH</sup>      | 82.5 <sup>NR</sup>  | 180.0                     | 422.5 <sup>WRH</sup>      | 532.22        |
| <b>10. K. Lloyd</b>    | <b>52</b>   | <b>112.5</b>              | <b>72.5</b>         | <b>145.0</b>              | <b>330.0</b>              | <b>412.00</b> |
| <b>56kg</b>            |             |                           |                     |                           |                           |               |
| 1. C. Boudreau         | 56          | 185.0                     | 115.5 <sup>WR</sup> | 195.0                     | 495.0                     | 591.52        |
| 2. V. Nelubova         | 56          | 175.0                     | 115.0               | 170.0                     | 460.0                     | 542.75        |
| 3. Y-L. Chen           | 56          | 175.0                     | 107.5               | 172.5                     | 455.0 <sup>NR</sup>       | 540.67        |
| <b>7. J. Gevers</b>    | <b>56</b>   | <b>130.0</b>              | <b>67.5</b>         | <b>150.0</b>              | <b>350.0</b>              | <b>405.24</b> |
| <b>60kg</b>            |             |                           |                     |                           |                           |               |
| 1. M. Kudinova         | 60          | 207.5 <sup>WR</sup>       | 115.0 <sup>WR</sup> | 200.0 <sup>WR</sup>       | 522.5 <sup>WR</sup>       | 585.56        |
| 2. I. Marx             | 60          | 195.0                     | 107.5               | 185.0                     | 487.5                     | 544.19        |
| 3. I. Blikra           | 60          | 185.0 <sup>NR</sup>       | 90.0 <sup>NR</sup>  | 190.0 <sup>NR</sup>       | 465.0 <sup>NR</sup>       | 519.77        |
| <b>7. P. Woods</b>     | <b>60</b>   | <b>162.5<sup>NR</sup></b> | <b>80.0</b>         | <b>192.5<sup>NR</sup></b> | <b>435.0<sup>NR</sup></b> | <b>485.59</b> |
| <b>67.5kg</b>          |             |                           |                     |                           |                           |               |
| 1. L. Sjostrand        | 67.5        | 220.0                     | 115.0               | 235.0                     | 570.0 <sup>WR</sup>       | 582.99        |
| 2. L. Ivanova          | 67.5        | 215.0 <sup>NR</sup>       | 115.0               | 205.0                     | 535.0                     | 548.37        |
| 3. V. Isakandarova     | 67.5        | 215.0                     | 112.5 <sup>NR</sup> | 202.5                     | 530.0 <sup>NR</sup>       | 544.99        |
| <b>9. A. Mort</b>      | <b>67.5</b> | <b>162.7<sup>NR</sup></b> | <b>90.0</b>         | <b>165.0</b>              | <b>417.5<sup>NR</sup></b> | <b>434.53</b> |
| <b>10. B. Smith</b>    | <b>67.5</b> | <b>147.5</b>              | <b>72.5</b>         | <b>192.5<sup>NR</sup></b> | <b>412.5</b>              | <b>421.45</b> |
| <b>67.5kg</b>          |             |                           |                     |                           |                           |               |
| 1. M. Zhguleva         | 75          | 225.0 <sup>NR</sup>       | 142.5 <sup>WR</sup> | 212.5                     | 580.0 <sup>NR</sup>       | 554.65        |
| 2. A. Stiklestad       | 75          | 245.0 <sup>WR</sup>       | 112.5 <sup>NR</sup> | 217.5                     | 575.0 <sup>NR</sup>       | 547.97        |
| 3. A. Martinez         | 75          | 190.0                     | 115.0               | 210.0                     | 515.0                     | 505.93        |
| <b>82.5kg</b>          |             |                           |                     |                           |                           |               |
| 1. N. Rumyantseva      | 82.5        | 215.0                     | 151.0 <sup>WR</sup> | 232.5 <sup>CP</sup>       | 597.5 <sup>CP</sup>       | 538.76        |
| 2. D. Schumacher       | 82.5        | 195.0                     | 120.0               | 197.5                     | 512.5 <sup>NR</sup>       | 475.03        |
| 3. C-C. Lin            | 82.5        | 200.0 <sup>NR</sup>       | 117.5 <sup>NR</sup> | 190.0                     | 507.5                     | 461.82        |
| <b>5. J. Deakin</b>    | <b>82.5</b> | <b>167.5</b>              | <b>75.0</b>         | <b>200.0</b>              | <b>442.5</b>              | <b>401.08</b> |
| <b>90kg</b>            |             |                           |                     |                           |                           |               |
| 1. A. Korshunova       | 90          | 222.5 <sup>CP</sup>       | 122.5               | 242.5 <sup>CP</sup>       | 587.5 <sup>CP</sup>       | 514.12        |
| 2. S-H. Ku             | 90          | 212.5                     | 125.0               | 195.0 <sup>NR</sup>       | 532.5 <sup>NR</sup>       | 461.83        |
| 3. T. Rantanen         | 90          | 170.0                     | 135.0 <sup>CP</sup> | 197.5                     | 502.5                     | 441.59        |
| <b>90+kg</b>           |             |                           |                     |                           |                           |               |
| <b>1. K. Robertson</b> | <b>90+</b>  | <b>247.5<sup>NR</sup></b> | <b>137.5</b>        | <b>262.5<sup>WR</sup></b> | <b>647.5<sup>NR</sup></b> | <b>514.69</b> |
| 2. C-Y. Chao           | 90+         | 250.0                     | 170.0 <sup>WR</sup> | 225.0                     | 645.0 <sup>NR</sup>       | 529.86        |
| 3. C-S. Lee            | 90+         | 262.5 <sup>WR</sup>       | 135.0               | 243.0 <sup>WR</sup>       | 640.0 <sup>WR</sup>       | 515.26        |

| Name                     | W/C         | Sq                  | B/P                 | D/L                 | Total                     | Wilkspoints   |
|--------------------------|-------------|---------------------|---------------------|---------------------|---------------------------|---------------|
| <b>67.5kg</b>            |             |                     |                     |                     |                           |               |
| 1. J. Olech              | 66.8        | 265.0               | 150.0               | 270.0 <sup>NR</sup> | 685.0                     | 532.58        |
| 2. C-L. Chiu             | 66.7        | 255.0               | 142.5               | 260.0               | 657.5                     | 511.86        |
| 3. R. Batchelor          | 66.9        | 245.0               | 135.0               | 260.0               | 640.0                     | 497.02        |
| <b>9. N. Luu</b>         | <b>66.8</b> | <b>195.0</b>        | <b>95.0</b>         | <b>252.2</b>        | <b>542.5</b>              | <b>421.79</b> |
| <b>75.0kg</b>            |             |                     |                     |                     |                           |               |
| 1. A. Nemtsev            | 74.7        | 295.0               | 182.5               | 262.5               | 740.0                     | 528.80        |
| 2. P. Thuresson          | 74.1        | 282.5               | 170.0               | 265.0               | 717.5                     | 515.59        |
| 3. W. Grabski            | 74.4        | 272.5 <sup>NR</sup> | 177.5               | 230.0               | 680.0                     | 487.28        |
| <b>13. D. Costello</b>   | <b>74.1</b> | <b>197.5</b>        | <b>132.5</b>        | <b>232.5</b>        | <b>562.5</b>              | <b>404.21</b> |
| <b>14. A. Lulham</b>     | <b>75.0</b> | <b>202.5</b>        | <b>127.5</b>        | <b>232.5</b>        | <b>562.5<sup>NR</sup></b> | <b>400.83</b> |
| <b>90kg</b>              |             |                     |                     |                     |                           |               |
| 1. A. Gecas              | 88.8        | 310.0               | 218.0 <sup>WR</sup> | 305.0               | 832.5 <sup>NR</sup>       | 535.13        |
| 2. V. Gluboki            | 89.7        | 312.5 <sup>NR</sup> | 215.0 <sup>NR</sup> | 302.5               | 830.0 <sup>NR</sup>       | 530.78        |
| 3. N. Suslov             | 89.0        | 325.5 <sup>WR</sup> | 210.0 <sup>NR</sup> | 292.5 <sup>NR</sup> | 827.5 <sup>NR</sup>       | 531.33        |
| <b>100kg</b>             |             |                     |                     |                     |                           |               |
| 1. A. Soloviov           | 98.2        | 360.0               | 242.5 <sup>WR</sup> | 310.0               | 912.5 <sup>WR</sup>       | 559.45        |
| 2. R. Shepelev           | 99.0        | 325.0               | 212.5 <sup>NR</sup> | 335.0               | 872.5 <sup>NR</sup>       | 533.18        |
| 3. P. Leppakangas        | 98.2        | 305.0               | 212.5 <sup>NR</sup> | 312.5 <sup>NR</sup> | 830.0 <sup>NR</sup>       | 508.87        |
| <b>11. A. Mihaljevic</b> | <b>99.4</b> | <b>247.5</b>        | <b>137.5</b>        | <b>285.0</b>        | <b>670.0</b>              | <b>408.76</b> |
| <b>110kg</b>             |             |                     |                     |                     |                           |               |
| 1. Z. Makovics           | 105.9       | 345.0 <sup>NR</sup> | 210.0               | 300.0               | 855.0 <sup>WR</sup>       | 509.40        |
| 2. A. Samsonov           | 108.5       | 315.0               | 247.5 <sup>WR</sup> | 992.5 <sup>WR</sup> | 855.0                     | 499.39        |
| 3. V. Muravliov          | 109.3       | 310.0 <sup>NR</sup> | 212.5               | 310.0               | 832.5 <sup>NR</sup>       | 490.92        |
| <b>125kg</b>             |             |                     |                     |                     |                           |               |
| 1. M. Gurianov           | 124.7       | 375.0 <sup>WR</sup> | 237.5 <sup>NR</sup> | 380.0 <sup>WR</sup> | 992.5 <sup>WR</sup>       | 565.82        |
| 2. A. Lambert            | 123.5       | 352.5               | 253.0 <sup>WR</sup> | 320.0               | 925.0                     | 528.45        |
| 3. M. Fritz              | 121.0       | 330.0               | 250.0               | 300.0               | 880.0 <sup>NR</sup>       | 504.94        |
| <b>125+kg</b>            |             |                     |                     |                     |                           |               |
| 1. R. Ukraintsev         | 147.5       | 400.0 <sup>CP</sup> | 240.0 <sup>NR</sup> | 360.0               | 1000.0 <sup>WR</sup>      | 554.60        |
| 2. O. Gagin              | 134.5       | 370.0 <sup>NR</sup> | 220.0               | 332.5               | 922.5 <sup>NR</sup>       | 528.45        |
| 3. Z. Savickas           | 137.8       | 320.0               | 215.0               | 330.0               | 865.0                     | 504.94        |

## 1997 MENS NATIONAL BENCH PRESS COMPETITION RESULTS

| Name             | A/G  | Weight | W/C  | STATE | Total |
|------------------|------|--------|------|-------|-------|
| Paul Waters      | O/40 | 55.7   | 56   | NSW   | 97.5  |
| Michael Venning  | O/40 | 59.75  | 60   | SA    | 90    |
| Mark Kochanek    | Open | 59.95  | 60   | QLD   | 92.5  |
| Fred Litchfield  | O/50 | 62     | 67.5 | QLD   | 120   |
| Tony Feltham     | O/50 | 66     | 67.5 | NSW   | 92.5  |
| Ron Guttormsen   | O/60 | 65.65  | 67.5 | QLD   | 85    |
| Ray Hope         | Open | 65.75  | 67.5 | QLD   | 115   |
| Greg Blackley    | Open | 65.9   | 67.5 | QLD   | 110   |
| Keiron Cooney    | Open | 64.6   | 67.5 | NSW   | 0     |
| Troy Fisby       | U/18 | 65.6   | 67.5 | SA    | 70    |
| John Myers       | O/40 | 73.3   | 75   | NSW   | 145   |
| Max Bristow      | O/50 | 69.3   | 75   | NSW   | 115   |
| Charlie McMahon  | O/60 | 71.6   | 75   | SA    | 87.5  |
| John Myres       | Open | 73.3   | 75   | NSW   | 145   |
| Lawrence Agius   | Open | 69.8   | 75   | SA    | 140   |
| Roger Bradford   | Open | 70.7   | 75   | QLD   | 135   |
| Paul King        | Open | 74.5   | 75   | SA    | 130   |
| Shaun Lambert    | Open | 68.8   | 75   | SA    | 92.5  |
| Troy Gibbs       | U/18 | 72.1   | 75   | NSW   | 90    |
| Tom Hamilton     | O/40 | 81.8   | 82.5 | NSW   | 135   |
| Frank Papp       | O/40 | 79.3   | 82.5 | SA    | 125   |
| Harry Hovasapian | O/40 | 81.4   | 82.5 | QLD   | 122.5 |
| Robert Whithers  | O/50 | 80.3   | 82.5 | SA    | 117.5 |
| John Brailey     | O/60 | 76.95  | 82.5 | QLD   | 107.5 |
| Ken Whiting      | O/60 | 81     | 82.5 | NSW   | 102.5 |
| John Bray        | O/60 | 81.7   | 82.5 | NSW   | 102.5 |
| Nathan Flick     | Open | 75.25  | 82.5 | QLD   | 175   |
| Franz Bartels    | Open | 82.35  | 82.5 | QLD   | 135   |
| David Manhire    | Open | 81     | 82.5 | SA    | 132.5 |

## 13th JUNIORS WORLD CHAMPIONSHIPS 9-14th SEPT., BRATISLAVA, SLOVAK REP.

| Name            | W/C         | Sq                  | B/P                 | D/L                 | Total               | PI            |
|-----------------|-------------|---------------------|---------------------|---------------------|---------------------|---------------|
| <b>52kg</b>     |             |                     |                     |                     |                     |               |
| <b>1. W. Lu</b> | <b>51.6</b> | <b>220.0</b>        | <b>100.0</b>        | <b>222.5</b>        | <b>542.5</b>        | <b>536.69</b> |
| 2. V. Gorbunov  | 51.5        | 200.0 <sup>NR</sup> | 110.0               | 200.0               | 510.0 <sup>NR</sup> | 505.56        |
| 3. C-C. Hsu     | 51.4        | 180.0               | 100.0               | 195.0               | 475.0               | 471.81        |
| <b>56kg</b>     |             |                     |                     |                     |                     |               |
| 1. C-H. Hu      | 55.5        | 260.5 <sup>WR</sup> | 110.0               | 265.5 <sup>WR</sup> | 635.0 <sup>WR</sup> | 583.18        |
| 2. F-B. Wu      | 55.6        | 197.5               | 112.5               | 210.0               | 520.0               | 476.73        |
| 3. G. Pannier   | 55.4        | 185.0               | 117.5 <sup>NR</sup> | 200.0 <sup>NR</sup> | 502.5 <sup>NR</sup> | 462.30        |
| <b>60kg</b>     |             |                     |                     |                     |                     |               |
| 1. A. Sidorov   | 59.5        | 245.0               | 160.0 <sup>WR</sup> | 230.0               | 635.0               | 545.71        |
| 2. A. Sehlberg  | 59.2        | 220.0               | 150.0               | 207.5               | 577.5               | 498.67        |
| 3. E. Ota       | 59.7        | 222.5               | 130.0               | 215.0               | 567.5               | 486.23        |







# POWERLIFTING AUSTRALIA Inc. BENCH PRESS RECORDS - 30th September 1997

| WOMEN.                                |  | MEN.                            |  |                                       |                                     |  |   |   |   |   |
|---------------------------------------|--|---------------------------------|--|---------------------------------------|-------------------------------------|--|---|---|---|---|
| BODY WEIGHT DIVISION                  | U/18                                       | U/23                            | OPEN                                   | O/40                                  | U/18                                | U/23                                     | OPEN                                    | O/40                                      | O/50                                      | O/60                                    |
| <b>44KG</b>                           | STANDARD<br>37.5KG                         | STANDARD<br>45.0KG              | STANDARD<br>50.0KG                     | STANDARD<br>40.0KG                    |                                     |  |   |   |   |   |
| <b>48KG</b>                           | STANDARD<br>40.0KG                         | STANDARD<br>50.0KG              | S. Venitto, SA<br>67.5KG<br>01/11/92   | STANDARD<br>45.0KG                    |                                     |  |   |   |   |   |
| <b>52KG</b>                           | STANDARD<br>42.5kg                         | STANDARD<br>55.0kg              | J. Walker, NSW<br>70.0KG<br>03/10/93   | N. Zacharko, SA<br>55.0KG<br>22/10/94 | STANDARD<br>72.5KG                  | STANDARD<br>90.0KG                       | STANDARD<br>100.0KG                     | STANDARD<br>80.0KG                        | STANDARD<br>72.5KG                        | STANDARD<br>60.0KG                      |
| <b>56KG</b>                           | A. Bennett, SA<br>55.0KG<br>07/05/95       | STANDARD<br>57.5KG              | J. Walker, NSW<br>70.0KG<br>13/09/97   | N. Zacharko, SA<br>65.5KG<br>07/05/95 | STANDARD<br>80.0KG                  | STANDARD<br>100.0KG                      | STANDARD<br>110.0KG                     | P. Waters, NSW<br>100.0KG<br>13/09/97     | STANDARD<br>80.0KG                        | STANDARD<br>67.5KG                      |
| <b>60KG</b>                           | A. Bennett, SA<br>67.5KG<br>03/10/93       | STANDARD<br>62.5KG              | Nat. Smith, SA<br>70.5KG<br>03/10/93   | N. Zacharko, SA<br>70.5KG<br>03/10/93 | E. Mele, NSW<br>100.0KG<br>02/11/93 | STANDARD<br>107.5KG                      | STANDARD<br>120.0KG                     | F. Litchfield, QLD<br>116.5KG<br>23/09/95 | STANDARD<br>87.5KG                        | STANDARD<br>72.5KG                      |
| <b>67.5KG</b>                         | S. Stojasavjevic, SA<br>55.0KG<br>22/10/94 | STANDARD<br>67.5KG              | A. Mort, NSW<br>92.5KG<br>15/09/96     | A. Mort, NSW<br>87.5KG<br>13/09/97    | STANDARD<br>95.0KG                  | B. Sutton, NSW<br>130.0KG<br>03/10/93    | D. Beames, SA<br>140.0KG<br>03/10/93    | J. Myers, NSW<br>132.5KG<br>15/09/96      | F. Litchfield, QLD<br>120.0KG<br>20/09/97 | D. Flynn, SA<br>90.0KG<br>01/11/92      |
| <b>75KG</b>                           | STANDARD<br>55.0KG                         | STANDARD<br>70.0KG              | D. Clifford, QLD<br>85.0KG<br>21/09/96 | B. Smith, QLD<br>77.5KG<br>13/09/97   | STANDARD<br>100.0KG                 | M. Harrington, SA<br>145.0KG<br>01/11/92 | A. Shnier, VIC<br>157.5KG<br>03/10/93   | R. Brown, SA<br>155.0KG<br>13/09/92       | M. Bristow, NSW<br>116.5KG<br>15/09/96    | J. Brailley, QLD<br>105.0KG<br>15/09/96 |
| <b>82.5KG</b>                         | STANDARD<br>57.5KG                         | STANDARD<br>75.0KG              | L. Johnson, VIC<br>107.5KG<br>23/10/94 | J. Russell, SA<br>103.0KG<br>09/07/95 | STANDARD<br>105.0KG                 | L. Evans, SA<br>135.0KG<br>13/09/92      | A. Woods, SA<br>160.0KG<br>13/09/92     | T. Hamilton, NSW<br>137.50KG<br>13/09/97  | J. Lewis, TAS<br>147.5KG<br>07/09/96      | J. Brailley, QLD<br>108.0KG<br>13/09/97 |
| <b>90KG</b>                           | STANDARD<br>60.0KG                         | STANDARD<br>75.0KG              | J. Holmes, SA<br>110.5KG<br>01/11/92   | L. Kirsch, TAS<br>70.0KG<br>07/09/96  | STANDARD<br>105.0KG                 | D. Bellon, SA<br>160.0KG<br>03/10/93     | K. Quarrell, TAS<br>181.0KG<br>13/09/97 | K. Quarrell, TAS<br>181.0KG<br>13/09/97   | H. Huxtable, SA<br>155.0KG<br>15/08/92    | D. Juers, SA<br>123.0KG<br>13/09/97     |
| <b>90+KG</b>                          | STANDARD<br>62.5KG                         | STANDARD<br>112.5KG<br>03/10/93 | L. Johnson, VIC<br>112.5KG<br>03/10/93 | STANDARD<br>67.5KG                    |                                     | L. Russell, WA<br>120.0KG<br>03/10/93    | G. Liou, SA<br>200.0KG<br>13/09/92      | J. Mort, NSW<br>165.5KG<br>15/09/96       | M. Tikka, NSW<br>150.0KG<br>12/11/93      | STANDARD<br>97.5KG                      |
| <b>110KG</b>                          |  |                                 |  |                                       |                                     |  |   |   |   |   |
| STANDARD<br>125.0KG                   |  |                                 |  |                                       |                                     |  |   |   |   |   |
| STANDARD<br>152.5KG                   |  |                                 |  |                                       |                                     |  |   |   |   |   |
| K. Conway, SA<br>180.0KG<br>15/09/96  |  |                                 |  |                                       |                                     |  |   |   |   |   |
| R. Smith, SA<br>175KG<br>23/09/95     |  |                                 |  |                                       |                                     |  |   |   |   |   |
| S. Kraljev, SA<br>145.0KG<br>01/11/92 |  |                                 |  |                                       |                                     |  |   |   |   |   |
| <b>125KG</b>                          |  |                                 |  |                                       |                                     |  |   |   |   |   |
| STANDARD<br>130.0KG                   |  |                                 |  |                                       |                                     |  |   |   |   |   |
| P. Newman, QLD<br>188KG<br>23/09/95   |  |                                 |  |                                       |                                     |  |   |   |   |   |
| R. Smith, SA<br>175.0KG<br>03/10/93   |  |                                 |  |                                       |                                     |  |   |   |   |   |
| D. Bennett, SA<br>170.0KG<br>15/08/93 |  |                                 |  |                                       |                                     |  |   |   |   |   |
| <b>125+KG</b>                         |  |                                 |  |                                       |                                     |  |   |   |   |   |
| STANDARD<br>135.0KG                   |  |                                 |  |                                       |                                     |  |   |   |   |   |
| STANDARD<br>167.5KG                   |  |                                 |  |                                       |                                     |  |   |   |   |   |
| J. Marsh, QLD<br>195.0KG<br>13/09/97  |  |                                 |  |                                       |                                     |  |   |   |   |   |
| B. Sharp, SA<br>150.5KG<br>07/05/95   |  |                                 |  |                                       |                                     |  |   |   |   |   |
| D. Bennett, SA<br>177.5KG<br>03/10/93 |  |                                 |  |                                       |                                     |  |   |   |   |   |
| STANDARD<br>112.5KG                   |  |                                 |  |                                       |                                     |  |   |   |   |   |

NATIONAL RECORD KEEPER : HARRY HOVASAPIAN

Phone 0412149343  
Fax (077) 437847



# RESULTS

# BALLARAT LIFTING LOOKING GOOD

## BALLARAT HIGH SCHOOL BENCH PRESS COMPETITION

| Name            | Sex | W/C  | Weight | Total | Pl  |
|-----------------|-----|------|--------|-------|-----|
| Maryanne Grant  | F   | 60   | 57     | 30    | 1st |
| Yve Robinson    | F   | 75   | 68     | 30    | 1st |
| Dione Edmonston | F   | 82.5 | 82     | 55    | 1st |
| Josh Fort       | M   | 56   | 56     | 59    | 1st |
| Paul Alexander  | M   | 67   | 63     | 64    | 1st |
| Dean Crawford   | M   | 67   | 66     | 45    | 2nd |
| Scott Smith     | M   | 75   | 68     | 68    | 1st |
| Jesse Sanders   | M   | 75   | 68     | 68    | 1st |
| Aaron Lumes     | M   | 75   | 70     | 41    | 5th |
| Leigh McDonald  | M   | 75   | 75     | 55    | 3rd |
| Justin Carrol   | M   | 75   | 75     | 59    | 2nd |
| Nathan Gibb     | M   | 75   | 71     | 45    | 4th |
| Hamish Dixon    | M   | 82.5 | 79     | 59    | 2nd |
| Luke Vanstan    | M   | 82.5 | 78     | 87    | 1st |
| Ben Parr        | M   | 90   | 85     | 68    | 1st |
| Leigh Robinson  | M   | 100  | 100    | 45    | 1st |

**Results of the first contest held at Ballarat High School. There is a lot of enthusiasm at the school, and with their new gym, it looks great for the future.**

Teachers Lindsay Bungogne and Peter Jeffries are really encouraging the pupils to have a go at weights and with both having some experience in the weight game, the pupils are off to a head start.

The Ballarat club has a new home now, at Ballarat High School. Phill Kerr and myself will be coaching and we look forward to Ballarat lifters and athletes doing really well in the future.

There were some really talented lifters

in this competition, with all lifters being novice competitors, but everyone had a good day.

A special mention should be made of Dione Edmonston who is extremely strong and who could be an Australian champion in the near future. Josh Forte is a national 56kg lifter who also will go far in the future.

Luke Vanston was extremely strong and will succeed at what even sport he chooses, I hope he decides to take up Powerlifting as his main sport.

The future of lifting in Ballarat looks very good.

**Ray Rigby**

## I NEED YOU!

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



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PO Box 1001, Gawler SA 5118**

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## DRUG TESTING RESULTS

**As a result of drug testing carried out by the Australian Sports Drug Agency and Powerlifting Australia, the following new suspensions have been imposed;**

|                                   |                       |         |
|-----------------------------------|-----------------------|---------|
| <b>David Smith, NT</b> .....      | 5th August 1995.....  | 3 years |
| <b>Ricky Johnston, NT</b> .....   | 8th October 1995..... | 3 years |
| <b>Richard Masding, Qld</b> ..... | 12th June 1996.....   | Life    |
| <b>Shane Stringer, NT</b> .....   | 28th July 1996.....   | 3 years |
| <b>Nicholas Moody, NT</b> .....   | 30th September 1996.. | Life    |
| <b>Marc Legare, Tas</b> .....     | 17th December 1996..  | 3 years |

As a result of those suspensions the following Australian Championships results now apply—

### 1995 82.5 kg

|               |     |          |
|---------------|-----|----------|
| 1 S Bradstock | NSW | 675.0kg  |
| 2 J Rowley    | WA  | 660.5kg  |
| 3 J Powell    | SA  | 627.5kg  |
| 4 R Hromek    | NSW | 607.5kg  |
| 5 T Angus     | NT  | 605.0kg  |
| 6 D Baker     | Qld | 570.0kg  |
| 7 M Tait      | Qld | 560.0 kg |

### 1996 110 kg

|           |     |         |
|-----------|-----|---------|
| 1 A Logan | Qld | 785.0kg |
| 2 T Dean  | NT  | 675.0kg |

The following individuals have been expelled as members of Powerlifting Australia as a result of by-law 12.19 (relating to members of PA not being permitted to be members of other Powerlifting organisations which do not follow the Australian Sports Commission doping policy)

**David Smith** (effective 10th June 1997)

**Edward Dean** (effective 10th June 1997)



**ANSETT AUSTRALIA**

Supports

**POWERNEWS AUSTRALIA**





# PROFILE—JEFF THOMPSON

**Jeff Thompson, born January 11th, 1944 in Country Tyrone Northern Ireland, emigrated to Australia in 1952 with his parents the late Charles and Mary Thompson. Aged 53 years, Jeff is a resident of Kensington Park, Adelaide, South Australia.**

He was employed by SA Dental Service. He has had an interest in strength since 1958.

Jeff has compered World Australian Statistician and regional competitions over a period of thirty years officiating over four

hundred competitions in the three disciplines.

He also was South Australia's and Australia's longest serving strength contest announcer, being interested in all historical aspects of strength and muscular development and a collector of relevant memorabilia since 1958.

He was super-active, enthusiastic on all matters relating to human strength since he purchased his first bodybuilding magazine, namely Health and Strength (UK) followed by Iron Man (USA), Muscle Power, Mr Universe (US/UK) and the Reg Park Journal (Leeds UK).

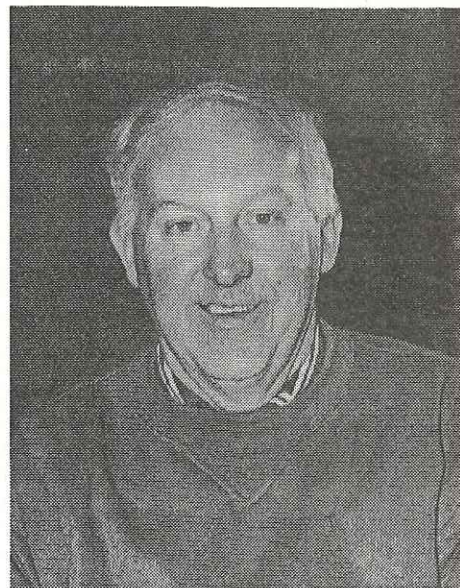
A book that had significant impact on him was the famous volume "Weightlifting Made Easy and Interesting" by the famous WA Pullum out of the Camberwell Weightlifting Club in South East London. This volume contains a descriptive text of 38 lifts which were contested during the early part of the century and onto the forties and fifties. This also included impressive photos of some great Champions of the era namely William Slade, TW Clark, PW Arden, H Wood, A A Verge, CV Wheeler and TW Cranfield.

In 1967 he was appointed Official Announcer to the South Australian Weightlifting Association by the President Albert A Williams. The association conducted both Olympic and Powerlifting competitions. Two separate associations were formed, in the early seventies each with their own separate organisation committees.

Thirty years later he is still an Official Announcer to the South Australian Powerlifting and Weightlifting Association plus the South Australian Bodybuilding Association since 1989.

During the 1970's he was designated editor of the magazine "The South Australian Weightlifter". One of his regular contributors was the General Secretary of the International Weightlifting Federation the late Oscar State, this publication having readers all over Australia and overseas.

Mr Thompson represented the South Australian Weightlifting Association on the South Australian Olympic Council during the 1970's and having compered weightlifting and powerlifting events for South Australia's Wheelchair Athletes, SA blind



Jeff Thompson has been a prominent figure in Australian weightlifting for over thirty years.

Athletes and South Australian Fire Brigade Sports day competitions, finally compering the Inaugural Australia's Strongest Man competition in Canberra in 1990.

## SA POWERLIFTING ASSOCIATION

Jeff was a former National Powerlifting Referee as well as being a former committee member from 1967-1988, being made a life member in 1986.

He was an Official Announcer Compere from the years 1967-1997,

Jeff has given thirty years of continuous service as an announcer serving the longest position in Australian Powerlifting and Weightlifting history.

## SA WEIGHTLIFTING ASSOCIATION

He was made a Committee member in 1967-1997 also being a National Olympic Weightlifting Referee in 1967-1997 followed by being bestowed life membership in July 1988. He was made an Official Announcer Compere in 1967-1997 and a former President-Secretary/Treasurer in the 1970's.

## SA BODYBUILDING ASSOCIATION

Once again he was selected as Committee member in 1989-1997, Official Announcer Compere 1989-1997 and an Official Historian 1989-1997.

# ABDULLAH UPDATE

**In a star-studded field including the likes of Manfred Hoerbel, Jamie Reeves and Magnus Ver Magnusson at the Strong Man World Grand Prix in Lithuania, Michael Abdullah toughed it through the pain barrier to compete with torn biceps, an injury he sustained the day after arriving in Lithuania.**

Over 20,000 spectators crammed into the stadium to watch home town hero Stacy Mecius take victory.

Although Abdullah's result was severely hampered by this injury, the result has been overlooked and the beastly one has received an invitation to compete in the 1997 World's Strongest Man title in Las Vegas.



Michael Abdullah!!





# WORLD JUNIOR CHAMPIONSHIPS

**220 plus lifters took part in the biggest World Junior Championships yet, held in the less than stellar environs of Bratislava, Slovak Republic, September 9-14. Australia had 4 hardy souls competing, all in the men's divisions.**

At 67.5 kg, Nghiep Luu overcame his upright problems of the past to squat 195kg easily then benched 95kg not so easily, before deadlifting 252.5kg, for an improved 542.5kg total and a ninth place. Nghiep had 262.5kg going for second place in the deadlift, but the bar descended as it reached the knees, then started to go again, before the chief referee called off the attempt, but the impression was left that Nghiep had this weight within his grasp.

In the 75kg class Andrew Lulham and David Costello went neck and neck on all 3 lifts. Andrew seemed to reach inside him-

self the more aggressively and some animalistically rough squats and benches were pulled off, before Andrew steadied somewhat for a 232.5kg Australian Junior deadlift record, that lift also bringing a 562.5kg total record. However, David came back with a desperation 232.5kg success, also for a 562.5kg total thus the edge in placings and the credit for records, by virtue of lighter bodyweight. Both lifters went 22.5kg over their previous bests and came through admirably in the circumstances.

At 100kg, Alan Mihajevic was as erratic as ever, squatting 247.5kg like 60kg but then falling through the bottom hopelessly on 257.5kg. A steadier bench of 137.5kg was followed by a hot and cold effort in the deadlift—272.5kg was a 2 white light struggle, 285kg was battled up to a suspended animation position just short of lockout and then despite the drain of those two lumber-

ing attempts, Alan did a strong success with 285kg on the third attempt. His total was a best by 15kg, 670kg, but 700kg plus should be the aim for Alan's next competition.

Thus once again, the Australian team did all personal best totals at the World Championships. Those efforts left the team in 20th place, behind the powerful Russian team. Hu of Taipei took the best lifter title, but the 1000kg total by 20 year old super Ukraintsev and the 912.5kg total at 100kg by Soloviov were also outstanding performances.

**Robert Wilks**

**Results on page 4**

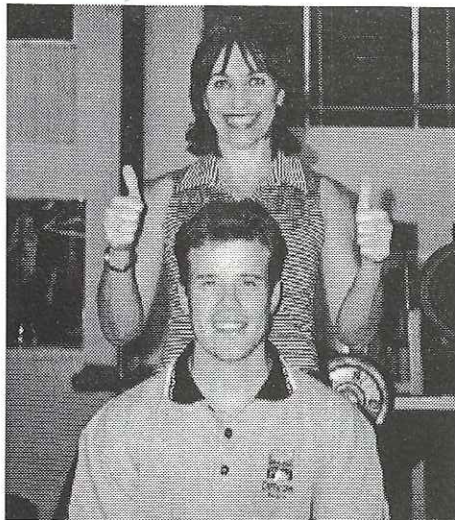
## A NEW FACE TO THE MARKETING OF POWERLIFTING

**Through the use of various marketing strategies, the awareness and growth of powerlifting can only increase. The Queensland Powerlifting Association recently acquired the services of Mr Grant Taylor to assist in the marketing of Queensland Powerlifting.**

Mr Taylor holds a degree in Marketing Management and has a number of years experience within the Marketing Industry.

Generating awareness of powerlifting to the general public will be one of the main arca's Mr Taylor will be assisting the Queensland Powerlifting Association to achieve.

Bev Smith, Queensland President says, "In Queensland we currently have a great team of volunteers with many and varied skills; but I consistently look out for new blood and their given expertise and look forward to Grant Taylor's involvement in marketing and promoting Powerlifting to commercial enterprises and to boost the recognition of our sport to the general public.



Grant Taylor with Powerlifting SA President Bev Smith

"A Powerlifting enthusiast himself, Grants contacts, especially in the media and with business and government entities, made through his current employment as Marketing Manager for Central Queensland tourism will be an added bonus."

### 1998 EVENTS

#### INTERNATIONAL

26th-31st May, Mo I Rana, Norway  
Womens World Championships

8th-13th Sept, Budapest, Hungary  
Junior World Championships

7th-11th Oct, Villa Maria Cordoba, Argentina  
Masters World Championships

10th-15th Nov, Cherkasy, Ukraine  
Mens World Championships

5th-6th Dec, Napier, New Zealand  
Oceania Championships

11th-13th Dec, Amberg, Germany  
Bench Press World Championships

#### NATIONAL

1st-3rd May, Sydney  
Australian Junior, Master & Intersvarsity Championships

24th-26th July, Adelaide  
Australian Championships

12th Sept, venues & format TBA  
Australian Bench Press Championships

### NEWS FLASH!!

At the postal bench held at Rockhampton on 13th September Bernie Welsford set a new dead lift record 332.5kg in the open men 90kg division.

**WELL DONE!!! Bernie**