



POWERNEWS

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THREE PERSONAL BESTS FOR AUSSIES AT MENS WORLD TITLES

Mixed fortunes befell the six Australian lifters at the 1997 Mens World Championships held in Prague, November 11th-16th. Three personal bests, two reasonable totals held back by near misses and one bombout was the net result, with the Australian team coming in 26th in a large, tough field of 34 nations and 178 lifters.

At 60kg Bernie Devine was the first Australian up and the ancient indigenous one came through with yet another personal best of 502.5kg. This included a hard fought final deadlift of 192.5kg, which left Bernie in 13th place.

Another personal best came via Shawn Condon, whose 637.5kg was 25kg up on his nationals total. Shawn was virtually learning the technique on each lift as he went and found the revelation that you don't do every lift from a dead stop to boost his power enormously.

Shawn squatted 242.5kg with something to spare, struggled a little on the bench, but came back from a seeming limit 255kg deadlift to spring off the bottom with 260kg and get it well. This left Shawn in 19th place in a very big class, but if he can get the right coaching input over the next year he should be in a much higher position in 1998.

At 82.5kg the two Australian representatives performed well, but their totals did not reflect their strength due to missed big jumps. Robert Hromek squatted 260kg on a repeat after a high opener and then came up easily with 275kg only to be greeted by red lights again. A 155kg bench



Australian 110kg representative Andrew Logan

was followed by 272.5kg deadlift and then 285kg just missed, to leave Robert with 687.5kg, a good 20 or more kg down on what could well have been.

Aging Lothario Adrien Shnier started cautiously on all lifts following yet another bout of spinal misadventure, but ran out of attempts before his maximum was reached in the squat or bench press. A 242.5kg third squat was easy but high and 167.5kg bench press also had room to spare on a repeat third attempt.

Adrien could still have pulled off a personal best total via a 272.5kg deadlift and had that weight all the way up before his hand cramped, the bar dropped and angst set in.

Next up came Kevin Conway and more red lights. Kevin washigh twice on 235kg squat, before doing it with about 20kg to spare on a desperate third attempt.

A shoulder injury held Kevin to a modest for him but stable 190kg bench press, before he came through with a very strong 302.5kg deadlift. This gave Kevin a personal best 727.5kg total and set his sights on 750 plus for next year.

Experience is the best teacher and the train wreck that was Andrew Logan's 1997 World Championships should be the making of him for the future. After years of erratic but powerful domestic lifting

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THREE PERSONAL BESTS FOR AUSSIES AT MENS WORLD TITLES

RESULTS

MENS WORLD POWERLIFTING CHAMPIONSHIPS PRAGUE, CZECH REPUBLIC NOVEMBER 11th-16th.

TEAMS

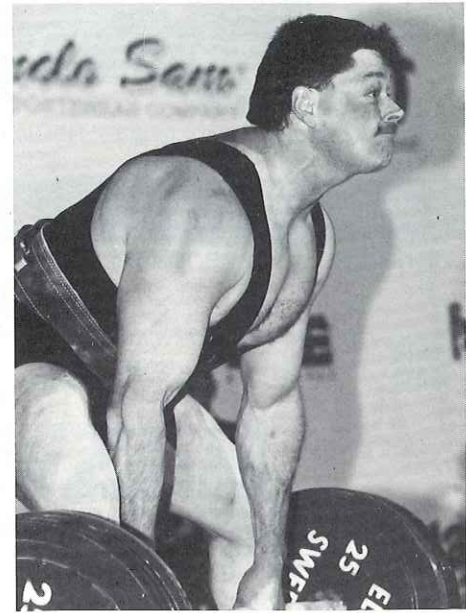
1.	Ukraine	62 points
2.	Russia	59 points
3.	Chinese Taipei	49 points
4.	USA	49 points
5.	Poland	40 points
6.	Great Britain	30 points
26	Australia	5 points

	NAME		SQ	BP	DL	TL
52 kg						
1.	A Stanaszek	Poland	270	172.5	137.5	580
2.	H Inaba	Japan	230	97.5	227.5	555
3.	S Zhuravlev	Russian	230	117.5	202.5	540
56 kg						
1.	C Hu	CTP	250	105	270	625
2.	K Pavlov	Russian	247.5	167.5	207.5	622.5
3.	H Isagawa	Japan	200	162.5	232.5	595
60 kg						
1.	Y Lee	CTP	230	145	267.5	642.5
2.	A Sidorov	Russian	242.5	160	232.5	635
3.	T Taylor	USA	217.5	150	257.5	625
13.	B Devine	Aust.	187.5	122.5	192.5	502.5
67.5 kg						
1.	A Sivokon	Kaz	290	192.5	290	772.5
2.	W Hooper	USA	303 _{WR}	192.5	250	745
3.	J Olech	Poland	282.5	152.5	285	720
75 kg						
1.	S Bazaev	Ukraine	312.5	182.5	292.5	787.5
2.	V Baranov	Russian	300	170	300	770
3.	Y Hsieh	CTP	317.5	155	290	762.5
19.	S Condon	Aust.	242.5	135	260	637.5
82.5 kg						
1.	S Mor	Russian	305	210	295	810
2.	D Soloviev	Ukraine	300	215	292.5	807.5

3.	P Theuser	Czk	315	192.5	300	807.5
15	R Hromek	Aust.	260	155	272.5	687.5
19	A Shnier	Aust.	235	167.5	257.5	660
90 kg						
1.	G Bell	USA	325	217.5	320	862.5
2.	E Stiklestad	Norway	335	182.5	322.5	840
3.	F Buttigieg	France	312.5	212.5	305	830
100 kg						
1.	O Soloviov	Russian	360	242.5	330	932.5
2.	K Woodside	Bah	350	202.5	350	902.5
3.	S Watt	GBR	365	205	330	900
14	K Conway	Aust.	235	190	302.5	727.5
110 kg						
1.	D Pomana	NZ	382.5	245	340	967.5
2.	V Ivanenko	Ukraine	370	222.5	330	922.5
3.	M Starov	Ukraine	350	207.5	325	882.5
-	A Logan	Aust.	BMB	-	-	-
125 kg						
1.	M Gurianov	Russian	390	237.5	365	992.5
2.	S Davidsen	Norway	385	237.5	365	987.5
3.	I Antipenko	Ukraine	365	212.5	320	897.5
125+ kg						
1.	V Naleikin	Ukraine	400	230	365	995
2.	B Gillingham	USA	357.5	260	365	982.5
3.	R Ukrainov	Russian	375	245	362.5	982.5

CHAMPION OF CHAMPIONS

1.	A Sivokon	602.85
2.	A Stanaszek	579.71
3.	C Hu	570.93
4.	D Pomana	569.85
5.	S Bazaev	569.75
6.	O Soloviov	568.83



Australian record deadlift from SA's Kevin Conway

Cont. from page 1

Andrew faced three tough international judges and was cast into red-light Hades on 302.5kg squat. His technique of dive bombing from the start, pitching forward and braking 1" high (a specialty of Queensland lifters it would seem) cost Andrew his first high attempt.

Showing good focus in the circumstances, he corrected relatively well and was deep on the next two (by 3" on the third), but was twice ruled out for bar roll at the top as he shrugged himself upright form a still too far forward position. Determination to go back to the drawing board was Andrew's creditable reaction and 800kg and a top 10 finish is within his gasp for next year.

Otherwise the former eastern bloc nations continued to tighten their stranglehold on world powerlifting, lifters from those regions taking eight of the eleven titles. Derek Pomana of New Zealand took his third straight title at 110kg, giving heart to idealists worldwide.

At the IPF Congress held prior to the actual competition a long running problem was finally solved, with the expulsion of the USPF from the IPF and the admission of "USA Powerlifting" (formerly the ADFPA), a move which will further improve the credibility of our growing sport.

TASMANIAN REGIONAL CHALLENGE BERNIE 22/11/97

NAME	M/F	A/G	B/W	W/C	CLUB	SQ	B/P	D/L	TOTAL	PL
Greg Mann	M	Open	65.50	67.5	SACT	147.5	80.0	65.0	292.5	1st
Andrew Boyd	M	Master	72.35	75.0	WN	125.0	100.0	100.0	3251.0	1st
Brian Watts	M	Master	78.45	82.5	P/B	135.0	82.5	195.0	412.5	2nd
Jason Timbs	M	Open	78.70	82.5	ULVU	145.0	125.0	195.0	465.0	1st
Marcus Schluesshep	M	Junior	80.55	82.5	P/B	145.0	75.0	175.0	395.0	3rd
David O'Toolk	M	Junior	81.80	82.5	PCYC	145.0	-	200.0	-	-
Patrick Harvey	M	Open	127	125+	ULRUL	-	135.0	240.0	-	-
Nick Kerkhart	M	Open	86.75	90.0	-	180.0	95.0	-	-	-
Nigel Gillie	M	Open	86.95	90.0	ULRUL	155.0	110.0	212.0	477.0	2nd
Steve Nas	M	Open	87.65	90.0	PCYC	245.0	152.5	260.0	657.5	1st
Andrew MacLaine Choss	M	Open	94.40	100.0	PCYC	145.0	-	210.0	-	-
Steve Whyllie	M	Open	106.15	110.0	P/B	250.0	157.5	260.0	667.5	1st
Anthony Young	M	Open	109.60	110.0	P/B	250.0	152.5	270.5	663.0	2nd
Victor Burt	M	Master	114.60	125.0	-	215.0	120.0	230.0	565.0	1st
Andreas Schlveshek	M	Open	123.55	125.0	P/B	135.0	82.5	210.0	427.5	1st



POSTAL BENCH PRESS & RECORDS CLARIFICATION

There would appear to be some misunderstanding/misinformation amongst some of our members regarding National POSTAL Bench Press competition and the National records.

At the 1995 AGM of Powerlifting Australia Inc. held in Melbourne, it was agreed that we hold a National Postal Bench Press competition to be held at a specific time of the year where every member can compete, as long as they were current members of six months or more and registered with ASDA, also to use the then current Colossus bench press records as a starting point.

We held the first one in 1995 and there was a degree of success but unfortunately some of the result arrived late, some were faxed and not legible and it took some time to sort it out. We had similar problems in 1996.

A set of guidelines was discussed at the General Meeting held at Melbourne in December 1996. At that meeting

after a lengthy discussion it was decided that:

1. The competition will be held over two weekends in the month of September to give everyone the opportunity to take part.
2. All nominations will close 14 days prior with the meet director and 7 days with the Administrations Director, simply to ensure all participants are members of good standing for at least six months.
3. All results to be in the hands of the Administration Director within a week after the last competition date to ensure speedy outcome.

Again this did not happen, causing problems with record claims as well as some lifters missing out because the results arrived two weeks after the closing date and I received no nominations from that State. It is up to the organisers as well as the members to ensure compliance with the above guidelines. If the Administration Director does not receive your nominations he will not know that you are holding a competition.

As a result the Board has decided that the competition next year will be held over a single weekend and those who do not comply will miss out.

RECORDS

There are two types of National records currently used by Powerlifting Australia Inc.

1. The National records of the three disciplines (squat, bench press, deadlift and total) which can only be set at a State, National or higher level competitions.
2. The National Postal Bench Press records which can only be set at a specified weekend once a year and at no other time.

These two record sheets are separate from each other and are kept separate. If a person wishes to set both records at the same time and it is so approved by Powerlifting Australia Inc. and ASDA then they can do so and the records will be recognised and accredited.

I do not have any State records, these can be obtained from your State Recordkeeper:

Harry Hovaspian

DRUG TEST RESULTS

As a result of drug testing carried out by the Australian Sports Drug Agency in fulfillment of Powerlifting Australia's and the Australian Sports Commissions anti-doping policies, the following suspensions have been imposed—

Brad Sutton	3 years from 17/12/96
Phoebe Woods	3 years from 08/06/97
James Shaw	3 years from 27/07/97

Consequent to those suspensions, the results of the 1997 Australian Championships are hereby amended as follows—

Women 60 kg

1. P Horri	NT	347.5kg
2. L Dallas - Morgan	NSW	332.5kg
3. K Schmidt	NSW	290kg

Womens Best Lifter now Anne Mort-NSW

Men 82.5 kg

1. R Hromek	NSW	700kg
2. A Shnier	VIC	672.5kg
3. F Bartels	QLD	592.5kg

DRUG TESTING KEY ISSUE AT 1997 IPF CONGRESS

The 1997 IPF Congress, held in conjunction with the Mens World Championships in Prague, saw some major matters relating to drug testing and the like considered and dealt with.

Firstly, the United States Powerlifting Federation (USPF), originally a stalwart of world powerlifting but in decline and unable to come to terms with the drug issue in recent years, was expelled from IPF membership. In its place USA Powerlifting (formerly the American Drug Free Powerlifting Federation) was accepted as the US representative federation.

USA Powerlifting has many thousands of member individual and conducts a year round out-of-competition testing programme, somewhat similar to that in Australia. This new organisation will be a boon to the IPF and will add to credibility in doping control.

Secondly, the final appeal by Ed Coan against the lifetime suspension imposed after his third positive test result incurred at last year's worlds was heard. After an extensive hearing the imposed suspension was upheld.

Finally, reality was given to the IPF's international out-of-competition testing programme via the firm allocation of a budgetary amount for worldwide testing in 1998 and the in-principle establishment of an arrangement with ASDA to implement such a programme.

Thus ASDA and the Medical Committee of the IPF will work together to conduct random testing year round in any of the IPF affiliated nations. This will go a long way to bridge the gap between nations such as Australia, which have their own year round testing programmes, and those nations which have no such programmes.

Robert Wilks



RESULTS

MELBOURNE UNIVERSITY EXTRAVAGANZA 13/12/97

FEMALE

Name	W/C	SQ	B/P	4th	D/L	Total
Karen Lloyd	56.0	117.5	72.5		140.0	330.0

MALE

Peter Mong	60.0	147.5	97.5		187.5	432.5
David Kent	75.0	220.0	137.5		200.0	557.5
Jim Dart	75.0	167.5	112.5		217.5	497.5
Ryan Young	75.0	155.0	102.5		185.0	442.5
Darren Stone	75.0	157.5	80.0		90.0	427.5
David Pye	82.5	200.0	112.5 (117.5)		232.5	545.0
A. Kelepouros	90.0	210.0	107.5		205.0	522.5
Ivan Straga	100.0	130.0	157.5 (160.0)		240.0	527.5
Fraser Young	110.0	290.0	175.0		255.0	720.0
P. Kezkiropoulos	125+	170.0	87.5		170.0	427.5

EAST COAST CHALLENGE NOVEMBER 22nd

NAME	W/C	TOTAL	PL
M. Kochanek	60.0	447.5	1
Ray Hope	67.5	537.5	1
G. Blackley	67.5	467.5	2
B. Barry	75.0	565.0	1
R. Fellows	75.0	520.0	2
F. Bartels	82.5	612.5	1
M. Craggs	82.5	485.0	2
N. Flick	82.5	385.0	3
M. Jardine	90.0	705.0	1
T. Cox	90.0	627.5	2
A. Lulham	90.0	587.5	3
A. Logan	110.0	777.5	1
G. Phillips	110.0	585.0	2
D. Cowan	125+	730.0	1

BENCH PRESS

S. Grice	56.0	67.5	1
R. Hope	67.5	117.5	1
G. Blackley	67.5	117.5	2
J. Pennicott	67.5	110.0	3
R. Guttormsen	67.5	97.5	4
F. Bartels	82.5	132.5	1
N. Flick	82.5	185.0	1
M. Jardine	90.0	175.0	1
D. Baker	90.0	140.0	2
A. Lulham	90.0	135.0	3
J. Peterson	125.0	137.5	1
D. Cowan	125+	170.0	1

1997 MATITIKA CHALLENGE NOVEMBER 23rd

NAME	W/C	TOTAL	PL
M. Macken	48.0	287.5	1
J. Gevers	56.0	372.5	1
L. Dallas-Morgan	67.5	330.0	1
K. Schmidt	67.5	302.5	2
M. Bristow	67.5	492.5	
J. Meyers	75.0	542.5	1
S. Hine	75.0	525.0	2
K. Mitchell	90.0	417.5	2
M. Roskell	90.0	567.5	1
M. Wilkinson	125.0	520.0	1
P. Newman	125+	835.0	1

BENCH PRESS

M. Pilkington	48.0	55.0	1
L. Dallas-Morgan	67.5	65.0	1
M. Bristow	67.5	112.5	1
T. Feltham	67.5	95.0	2
J. Meyers	75.0	147.5	1
G. Feltham	75.0	130.0	2
G. Stephenson	82.5	120.0	1
E. Armstrong	82.5	100.0	2
M. Roskell	90.0	152.5	1
G. Hogue	100.0	110.0	1
T. Giddy	125.0	165.0	1

VICTORIAN COUNTRY CHAMPIONSHIPS OCTOBER 10th

NAME	W/C	TOTAL	PL
T. Belton	52.0	292.5	1
J. Ashworth	75.0	430.0	1
D. Stone	75.0	397.5	2
R. Hollick	75.0	130.0	3
B. Smart	82.5	500.0	1
D. McGee	90.0	185.0	1
V. Simonetta	100.0	685.0	1
C. Pataud	100.0	600.0	2
D. Lee	110.0	605.0	1
N. Olden	125.0	612.5	1
P. Kezkiropoulos	125+	372.5	1

1997 AUSTRALIAN TOP 10 RANKINGS FEMALE

Name	State	Class	Total	Grade	Plus	Place
Robertson, Katrina	QLD	90+	647.5	E1	177.5	1
Gevers, Jeannette	NSW	56.0	372.5	E1	22.5	2
Mort, Anne	NSW	67.5	422.5	E1	22.5	3
Deakin, Julie	QLD	82.5	460.0	E1	20.0	4
Smith, Beverley	QLD	67.5	412.5	E1	12.5	5
Clifford, Donna	QLD	75.0	425.0	E1	5.0	6
Lloyd, Karen	VIC	52.0	330.0	E1	5.0	7
Horni, Pamela	NT	60.0	352.5	E2	2.5	8
Belton, Tina	VIC	52.0	285.0	E2	0.0	9
Quinnell, Coral	NT	52.0	297.5	A	22.5	10

1997 AUSTRALIAN TOP 10 RANKINGS MALE

Name	State	Class	Total	Grade	Plus	Place
Jardine, Mason	QLD	90.0	757.5	E1	37.5	1
Smith, Rohan	NT	100.0	792.5	E1	37.5	2
Newman, Paul	NSW	125+	860.0	E1	15.0	3
Ware, Ken	QLD	100.0	765.0	E1	10.0	4
Hromek, Robert	NSW	82.5	687.5	E1	2.5	5
Logan, Andrew	QLD	110.0	777.5	E2	47.5	6
Condon, Shawn	QLD	75.0	637.5	E2	42.5	7
Luderman, Trevor	QLD	100.0	740.0	E2	40.0	8
Shnier, Adrien	VIC	82.5	672.5	E2	37.5	9
Tepa, Norman	QLD	67.5	585.0	E2	35.0	10

REGISTER FOR 1998 NOW

Enclosed is a 1998 registration form for membership of Powerlifting Australia.

Register now and get your 1998 membership card by the new year and ensure that you miss none of the 1998 issues of Power News!

Membership fees are unchanged, at \$60.00 or \$30.00 for juniors under 18, those on pensions or non-lifting members (e.g) those who only coach referee, officiate or the like). Remember you cannot lift, coach at a contest referee or hold office unless you are a current card carrying member of Powerlifting Australia.

POWERNEWS
AUSTRALIA

would like to wish all a safe and prosperous New Year.