



POWERNEWS

A U S T R A L I A

Volume 4-Edition 2

AUTUMN EDITION 1998

Editor-Nick Butler



AND THE WINNER IS SI-DON-EE!

The 1998 National Open Powerlifting Championships will be held in Australia's unofficial capital city of Sydney. The South Australian Powerlifting Association decided at its December Annual General Meeting to "hand back" the much prized, prestigious event. Powerlifting New South Wales jumped at the opportunity not believing their luck.

The Rockdale RSL Club, the venue for the very successful 1996 National Open Championships will again provide the perfect backdrop for this year's event. This year's Nationals will incorporate the 1998 South Pacific Challenge for our neighbouring friends.

Lifters are invited from the Oceania region. This event will be the premier event in the 1998 Calendar of Powerlifting Australia Inc. There will also be a new unique event designed to cater to the fast growing "recreational" component of our sport: The Rockdale RSL Bench Press Spectacular.

The 1998 National Open Powerlifting Championships are open to Women and Men who have been registered with Powerlifting Australia for the required 6 months prior and who have met the qualifying standard.

on Friday 24th July 1998 a technical

meeting will, proceeding the 1998 Powerlifting Australia Annual General Meeting Saturday will feature Australia's outstanding female lifters in the morning followed by the light/medium weight divisions of Australia's strongest men.

The Rockdale RSL Bench Press Spectacular will be open to all members of Powerlifting Australia, with no pre-qualifying necessary. Officials, coaches, supporters and lifters attending the 1998 Australian Senior Championships are most welcome to compete.

Lifters will be able to break Australian Bench Press records (6 months prior membership of PA is necessary) in all age divisions. Previously the only time Australian Bench Press records could be broken was to compete in the Australian Bench Press Championships.

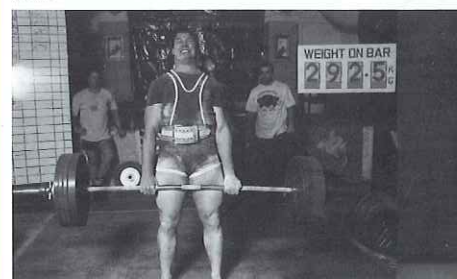
The competitive divisions will be Under 23, Open, Over 40 and Over 50 for Women and Men.

To fit in with the proposed schedule of Powerlifting at the Championships (which may be subject to change) the Rockdale RSL Bench Press Spectacular will be held on Saturday 25th July, with the weigh-in from 12.00pm to 1.30pm, lifting to start at 2.00pm.

Entry forms are enclosed in this issue of powernews which also outline accommodation options and entry fees etc.

AUSTRALIAN BRISBANE JUNIORS AND MASTERS

Tropical downpours and humidity set the stage for a steamy Australian Junior and Masters Championships in Brisbane on May 3rd and 4th. With the Queensland Championships Intervarsity and the PNG/Nauru Invitational added in, a total of 68 lifters strode the stage and numerous Australian records fell.



*"The demented deadlifter himself,
Alan Mihaljevic, with the junior record 292.5kg"*

In the juniors a back injury kept Nghiep Luu's deadlift down, but his 552.5kg at 67.5kg was good enough to take out Best Lifter, over outstanding newcomer Ken Chandler, who could have done more than his rough 655kg at 90kg. At 75kg a rapidly improving Nicholas Unsworth - Smith once again tormented Dave Costello and

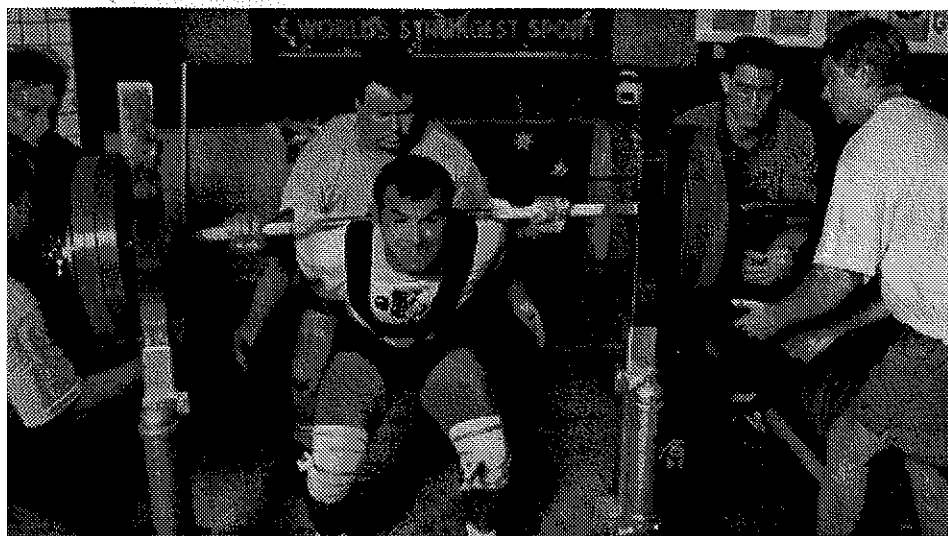
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AUSTRALIAN JUNIORS AND MASTERS CONT.

From page 1. held him to second place despite an Australian junior DL record. Achilles Kelepouras at 82.5kg is another find, a rapid descent being followed by a struggling ascent for an Australian record 243.0kg squat and then a 595kg total. At 100kg Alan Mihaljevic sat out the stronger but less polished Michael Pikos and came through on the last deadlift for a 682.5kg win before blowing his new found dignity with a wild and futile 4th attempt on 300kg. The Naurvan juniors showed their usual promise, with Derrick Dedura the best with 480kg, whilst the PNG juniors were young, enthusiastic and on the way up.

In the Masters John Meyers stood out with 567.5kg at 75kg, whilst John Brailey remained the perennial figure he is in the over 60's 75kg, although a mere youth compared to over 80 Robert Hollick in the same class. Trevor Cox was the standout of the Masters, his 665kg at over 50 90kg being an outstanding result for any age group. Ralph Atchison looked every one of his 51 years in going down to Matti Tikka at 100kg, whilst Danny Lee and Victor Burtboth produced 610kg in the heavier classes.

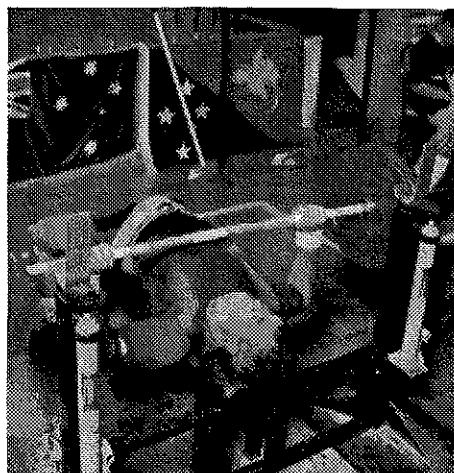


Dive - Bomb Squatter Achilles Kelepouros with a junior record 243kg

Trevor Luderman was far from outshined with 750kg also at 110kg, whilst Dean Cowan loomed large in the super heavy weights.

Intersarsity was highlighted by Ray Hope Samba'ing effortlessly through a 552.5kg total at 67.5kg and Andrew Lulhams dome gleaming ever more promi-

nently as he went from strength to strength in amassing 595kg in his new class of 82.5kg. Andrews fighting last deadlift of 240kg just pipped Achilles Kelepouris for the intersarsity title. Also at 82.5kg Harry Hovasapian, apparently still trying to pass first year university at age 52, completed a rare over 50/Intersarsity double.



Trevor Cox benched nearly 3 times his age

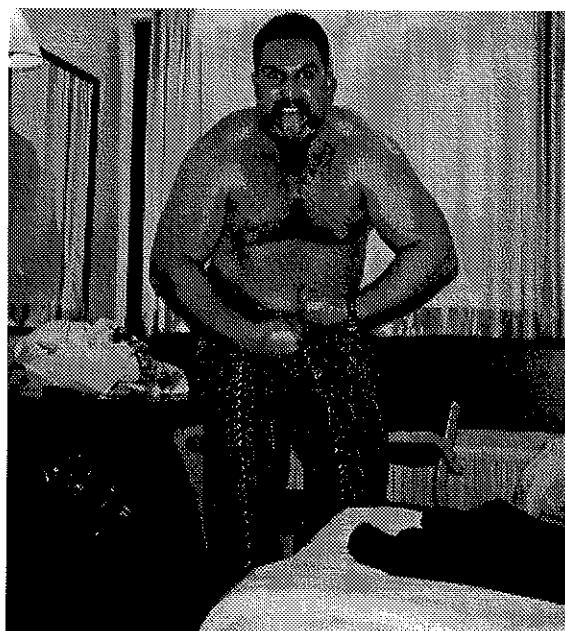
The Queensland Championships had good depth, but unfortunately the same could not be said of Mason Jardine, who was bent forward and high 3 times on 285kg squat, before recovering with an outstanding 205kg bench press, Andrew Logan continued his recovery from the trauma of bombing at last years worlds with a much more proficient 317.5kg record squat and 792.5 total for his ten lifts.

ABDULLA RETURNS

Fresh from his drubbing at The Worlds Strongest Man in Las Vegas (deadlast in his heat) the man who knows no shame, Michael Abdullah bounced back at the 1998 Tokyo Power Meet with an 840kg total at 129kg bodyweight.

This was done with no squat suit, no bench shirt (Michael has blown every one he owns) and no sense, but inspired another Abdullah challenge to be issued to the Superheavy weight pretenders Australia.

Michael is building up to the 1998 Worlds, where the glowing environment of the Cherkassy (near Chernobyl) venue will match his radioactive personality.



Abdullah - cut strong and insane

Result: 125 +kg I. M Abdullah 129.58 300 220 320 840

RESULTS

AUSTRALIAN JUNIORS AND MASTERS CHAMPIONSHIPS

AUSTRALIAN OVER 40 CHAMPIONSHIPS

Men	W/C	SQ	BP	DL	TL
John Myers	75	182.5	150.5	235.5	567.5
Danny Lee	110	220	147.5	242.5	610
Peter Smith	125	300	175AMR	302.5	777.5
Victor Burt	125	240	120	250	610
Jan Peterson	125+	240	135	230	605

AUSTRALIAN OVER 50 CHAMPIONSHIPS

Men	W/C	SQ	BP	DL	TL
John Brailey	75	150	100	180	430
Robert Hollick	75	75	67.5	110	252.5
Harry Hovasapian	82.5	170	128.5AMR	205	502.5
Ron Weston	82.5	175	102.5	210	487.5
Maurie Craggs	82.5	180AMR	95	195	470
Trevor Cox	90	250	145AMR	270AMR	665
Ken Mitchall	90	160	90	170	420
Matti Tikka	100	230	150 AMR	237.5AMR	617.5
Ralph Atchison	100	190	145	233	567.5

QUEENSLAND BENCH PRESS CHAMPIONSHIPS

Men	W/C	Bench
Greg Buckley	67.5	122.5
Fred Litchfield	67.5	120.5
Jason Permcott	67.5	115
Ron Gutermson	67.5	102.5
Franz Bartels	82.5	125
Nathan Flick	82.5	
Mason Jardine	100	202.5 4th 205
Dean Cowan	125+	190

Women	W/C	Bench
Sandra Brice	60	72.5



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**

INTERNATIONAL INVITATIONAL

Men	W/C	SQ	BP	DL	TL
Gaudi Mea	52	125	55	125	305
Valentine Robby	60	127.5	72.5	140	340
Iwila Jacobs	60	125	70	160	355
Derrick Deduna	67.5	190	90	180	460
Karowa Kundi	82.5	215	117.5	215	547.5
Deigoga Doweda	82.5	190	110	190	490
Ario Enjer	90	225	140	210	575
Deki Degeago	100	260	120	200	580
Tawaki Kam	125+	235	145	205	585

Women	W/C	SQ	BP	DL	TL
Dika Toura	44	70	35	80	185
Daley Lohla	52	52.5	25	60	137.5
Daset Posi	67.5	100	40	107.5	247.5



RESULTS

AUSTRALIAN JUNIORS AND MASTERS CHAMPIONSHIPS

INTERVARSITY

Men	W/C	SQ	BP	DL	TL
Raymond Hope	67.5	195	120	237.5	552.5
Nic Unsworth-Smith	75	210	160	215	575
Dave Costello	75	190	135	240	565
Benjamin Berry	75	190	100	210	500
Peter Love	75	140	95	170	405
Toby Carlisle	75	130	80	175	386
Andrew Lulham	82.5	215	140	240	595
Achilles Kelapouris	82.5	243	120	232.5	595
Harry Hovasapian	82.5	170	128.5	205	502.5
Cameron White	82.5	175	85	215	475
Colin Ivaher	82.5	175	97.5	190	462.5
Ken Chandler	90	255	142.5	267.5	655
Daniel O'Rourke	90	200	130	225	555
Pas Pataud	100	227.5	175	240	642.5
Angus Ross	100	210	145	270	625
Peter Smith	125	300	175	302.5	777.5

QUEENSLAND STATE CHAMPIONSHIPS

Men	W/C	SQ	BP	DL	TL
Mark Kochanek	60	155	90	210	455
Brad Peters	60	170	90	92.5	452.5
Raymond Hope	67.5	195	120	237.5	552.5
Allan Jones	67.5	180	102.5	180	462.5
Nic Unsworth-Smith	75	210	150	215	575
Murray Muscat	75	220	110	210	540
Benjamin Berry	75	190	100	210	500
Szaboics Horvath	75	165	100	200	465
Jango Jeremain	75	180	90	180	450
Peter Love	75	140	95	170	405
Toby Carlisle	75	130	80	175	385
Andrew Lulham	82.5	215	140	240	695
Franz Bartels	82.5	200	125	260	585
Greg Janson	82.5	215	125	220	560
Colin Ivaher	82.5	175	97.5	190	462.5
Angus Ross	100	210	145	270	625
Peter Tailford	100	225	145	245	615
Mason Jardine	100	BMB			
Andrew Logan	110	300	170	305	775
Trevor Ludermar	110	300	170	280	750
Peter Smith	125	300	175	302.5	777.5
Graham Thompson	125	240	120	250	610
Dean Cowan	125+	270	190	315	775

Women	W/C	SQ	BP	DL	TL
Donna Clifford	75	150	85	170	405
Sara Francis	75	112.5	60	120	292.5

VICTORIAN OPEN CHAMPIONSHIPS 4/4/1998

Women	W/C	SQ	BP	DL	TL
Tina Belton	52	120NR	67.5	130	317.5
Nicky Gaylard	56	102.5	45.5	90	235

Men	W/C	SQ	BP	DL	TL
Ryan Young	75	190	112.5	207.5	510
Adrien Shnier	82.5	245	167.5	265	677.5
Brett Smartt	82.5	185	130	200	515
Greg Smithe	90	160	150	210	520
Darren Jones	90	232.5	142.5	230	605
Vince Simonetta	100	285	160	310	755
Danny Lee	110	220	150	250	620
Nick Olden	125	250	165	235	650
Peter Lezkopolos	125+	192.5	100	201.5	500

POWER SUPPLY

INFORMATION BULLETIN & PRICE LIST FEB 1998

Inside this newsletter

TITAN Is #1 in powerlifting performance and is used by the best powerlifters in the world.

Buying direct from the USA is not always the cheapest!

The performance guarantee

Current price list and product

information

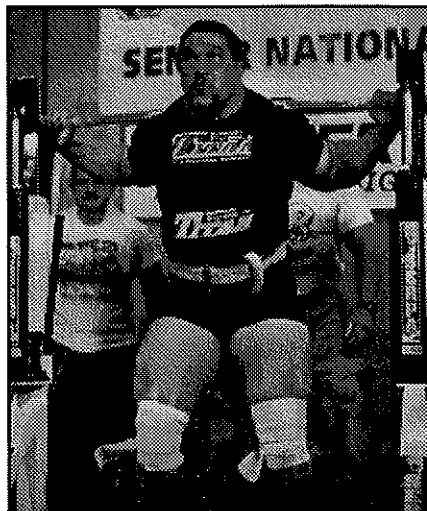
Return policy

TITAN SUPPORT SYSTEMS, INC.

#1 in Power Lifting Performance

Titan created and manufactures the best designed and constructed suit on the market. Titan introduced the 3cm seam that every manufacturer now uses, run proof fabric, the satin stitch (which every manufacturer now uses a variation of) and the best guarantee ever put on the market. On top of all this you'll find the greatest names in powerlifting using Titan, here are just a few:

Dan Austin - 9 time World Champion.
Hideaki Inaba - 17 time World Champion.
Lamar Gant - 15 time World Champion.
Wade Hooper - Multi World Champion.
Ray Benemerito - Multi World Champion.
Gene Bell - Legendary World Champion.



Kirk Karwoski

6 times World Champion - 455kg squat

Buying direct from the US is not always the cheapest option - check out the facts.

A lot of people think that by buying direct from the manufacturer, they will be able to save money. This is not always the case, here are some comparisons:

Centurion \$125	(direct \$130)
Dual Quad \$145	(direct \$160)
Soft Suit \$50	(direct \$50)
Red devil w/wrap \$25	(direct \$34)
Red devil k/wrap \$40	(direct \$42)
Signature w/wrap \$30	(direct \$37)
Signature k/wrap \$45	(direct \$50)
Comp/Lever belt \$150	(direct \$150)
Ultra belt \$190	(direct \$190)
Safe's squat shoe \$190	(direct \$230)
SST pro shoe \$230	(direct \$288)
Blast shirt \$85	(direct \$85)
Heavy duty shirt \$115	(direct \$117)
HPHD shirt \$150	(direct \$152)
EHPHD Shirt \$185	(direct \$194)

The above prices do not include the \$6 cost of an international money order, nor do they include the cost of postage of your order to the US. If you make your order by phone and charge your credit card there is the added cost of the phone call and a 1.25% credit card surcharge by Titan. We have most items in stock, if, however, we don't have what you want, we will get for you free of postage and handling charges. We can get anything you want in powerlifting equipment, and don't you think it is better to be able to deal with local people who understand what you are talking about?

THE GUARANTEE
Unmatched, unsurpassed!
Six month blow-out
and
One year 'run' guarantee

OLD RESULTS

RESULTS

SA RESULTS

World Titles/Invitational
Brisbane Open, State Juniors and Beginners

Date: 24/01/1988
Held: Brisbane, Queensland University

Name	Body Weight	Weight Class	SQUAT	B/PRESS	D/LIFT	TOTAL	Place
Karen Lloyd	52	52	110	72.5	F135	0	0 World
Bev Smith	67.35	67.5	157.5	77.5	193	427.5	1 World
Tania Liggins	69.3	75	135	87.5	170	382.5	1 World
Julie Deakin	80.2	82.5	F170	0	0	0	0 World
Katrina Robertson	124.95	90+	F232.5	0	0	0	0 World
Nghiep Luu	67.35	67.5	200	95	255	550	1 World
Ray Hope	66.35	67.5	200	115	230	545	2 World
Achilles Kalepouris	81.85	82.5	222.5	107.5	210	545	1 World
Alan Miheljevic	99.75	100	240	127.5	270	637.5	1 World
Peter Smith	110	110	270.5	165	300	735	1 Over 40
Gary Roberts	115.5	125	302.5	165	245	712.5	1 Open
Graham Thomson	119.55	125	240	F180	0	0	0 Open
Brad Peters	59.8	60	170	90	190	450	1 U23
Greg Blackley	64.7	67.5	60	110	100	270	1 Open
Szabolcs Horvath	73.25	75	142.5	90	190	422.5	1 Beg
Nic Unsworth-Smith	75	75	220	145	210	570	1 U23
Andrew Challen	82.3	82.5	155	100	175	430	1 U23
David Rex	81.25	82.5	150	130	205	485	1 Open
Justin Keogh	85.7	90	200	117.5	220	537.5	1 Open
Danny O'Rourke	90	90	180	117.5	230	527.5	2 Open
Casey Begg	99.4	100	80	70	130	280	1 Beg
Steven Goelander	107.5	110	200	150	265	615	1 Beg
Terry Luderman	101.5	110	135	110	230	475	2 Beg
Michael Vesovic	81.25	82.5	152.5	152.5	152.5	152.5	1 B/Press Only
Peter Tailford	97.85	100	145	145	145	145	1 B/Press Only
Greg Blackley	64.7	67.5	110	110	110	110	1 B/Press
Danny O'Rourke	90	90	117.5	117.5	117.5	117.5	1 B/Press

Beverly Smith set the World women Masters deadlift record as well as National Masters records in Squat, Bench, Deadlift and Total
Nghiep Luu set National Juniors records in Deadlift and Total
Peter Smith set National Masters records in Squat, Deadlift and total.

SA Juniors & Masters
Golds Gym SA

Date: 01/03/1988

Name	Body Weight	Weight Class	SQUAT	B/PRESS	D/LIFT	TOTAL	Place
Troy Frisby	67.5	67.5	140	75	185	400	1 Under 23
Barbara Hamilton	55.65	56	60	40.5	80	180.5	1 Over 50
Brian Chapman	57.75	60	72.5	60	125	257.5	1 Over 40
Michael Venning	59.2	60	80	92.5	100	252.5	2 Over 40
Michael Bowden	66.55	67.5	158	102.5	198	457.5	1 Over 40
			4th	105.5			
Ron Gay	70.75	75	152.5	90	190	432.5	1 Over 40
Charlie McMahon	75.4	82.5	135	92.5	171	397.5	1 Over 60
James Harrap	87.9	90	185	130	220	535	1 Over 40

Dean Bennett Memorial
Golds Gym SA

Date: 01/03/1988

Name	Body Weight	Weight Class	SQUAT	B/PRESS	D/LIFT	TOTAL	Place
Brian Chapman	57.75	60	72.5	60	125	257.5	1 Over 40
Michael Venning	59.2	60	80	92.5	100	252.5	2 Over 40
Michael Bowden	66.55	67.5	158	102.5	198	457.5	1 Over 40
			4th	105.5			
Troy Frisby	67.5	67.5	140	75	185	400	1 Under 23
Darren Drewett	73.35	75	120	87.5	165	372.5	1 Open
Jim Economos	86.55	90	175	155	170	500	1 Open
Donna Jaensch	95.55	100	115	67.5	140	322.5	1 Open
Michael Lukey	101.45	110	160	145	225	530	1 Open
Kevin Conway	101.75	110	105	105	105	315	2 Open

C.I.D. Novice Championships
Golds Gym SA

Date: 01/03/1988

Name	Body Weight	Weight Class	SQUAT	B/PRESS	D/LIFT	TOTAL	Place
Brian Chapman	57.75	60	72.5	60	125	257.5	1 Over 40
Troy Frisby	67.5	67.5	140	75	185	400	1 Under 23
Sean Simpson	73.9	75	147.5	97.5	160	425	1 Open
Darren Drewett	73.35	75	120	87.5	165	372.5	2 Open
Donna Jaensch	95.55	100	115	67.5	140	322.5	1 Open
Michael Lukey	101.45	110	160	145	225	530	1 Open

Mount Isa Improvers

Date: 28/02/1998
Mount Isa PCYC

Name	Body Weight	Class	SQUAT	BIPRESS	DILIFT	TOTAL	Place
Elizabeth Toolin	64	67.5	130	70	145	345	1
Andrew Kracewitz	72.7	75	85	85	175	345	1
Harry Hovasapian	82.3	82.5	180	130	205	515	1
Bernie	96.5	100	85	70	105	260	1
Peter Langdon	125	125	252.5	180	212.5	645	1

VIC RESULTS

**Victorian Juniors & Masters Championships
And Open Contest**

Date: 21/02/1998
Highlander Gym Ballarat

Name	Body Weight	Class	SQUAT	BIPRESS	DILIFT	TOTAL	Place
Nicky Gaylard	55.9	35	56	35	40	72.5/80	147.5 1 Under 18
Sally Beck	58.1	60	35	30	30	75	140 1 Open
Robert Hollick	73.65	75	70	65	100	235	1 Over 80
Ryan Young	89	75	180	110	200	490	1 Under 23
Pas Pataud	100	100	217.5	155	240	612.5	1 Under 23
Peter Kezkipoulos	133.5	125+	182.5	97.5	195	475	1 Open
Kevin Boatwood	109.7	110	225	165	235	625	1 Over 40
Danny Lee	109.3	110	212.5	147.5	242.5	602.5	2 Over 40

Congratulations to Robert Hollick Over 80 and competing, welcome to Powerlifting Robert, your achievement is a record in itself.



Peter Kezkipoulos V 202.5kg at the Victorian championships - The 202.5kg Won

WA RESULTS

Date: 01/03/1998

Qualifying Contest

Name	Body Weight	Class	SQUAT	BIPRESS	DILIFT	TOTAL	Place
Cherie Roberts	56.35	60	87.5	45	115	247.5	1 Open
Marko Peselj	124.05	125	190	130	220	540	1 Under 18
Ron Weston	78.75	82.5	175	100	205	480	1 Masters
Warren Hills	106.2	110	175	95	220	490	Masters
Jack Rowley	87.45	90	240	140	240	620	1
Ian Sullivan	86.05	90	150	142.5	172.5	465	2
Ryan Betton	88.5	90	65	150	65	280	3
Lee Snow	92.65	100	240	160	230	630	1
Clive Lacey	91.1	100	170	115	220	505	2
Kevin Beverley	110	110	220	160	250	630	1
Brett Dowsett	122.8	125	210	180	210	600	1

Ron Weston set two State Masters records in the Squat & Dead lift
Warren Hills set a State record in the Dead lift.

NSW RESULTS

Date: 15/02/1998

**Eastern Grading Competition
Franks Gym Liverpool NSW**

Name	Body Weight	Class	SQUAT	BIPRESS	DILIFT	TOTAL	Place
Mary Macken	47.4	48	105	45	140	280	1
Corine Dykstra	54.3	56	47.5	27.5	90	167.5	1
Janice Watson	70.1	75	70	40	65	175	1 Over 40 NOV
Kim Nevenkirchen	72.5	75	75	47.5	47.5	47.5	1 B/Press
Jennette Saxberg	86.3	90	120	70	117.5	307.5	1
Arvind Deo	67.4	67.5	120	65	160	345	1
Tony Feltham	65.5	67.5	25	80	85	200	1 Over 40
George Stewart	66	67.5	135	85	150	370	1 Over 60
James Long	71.9	75	150	95	160	405	1 Under 23
Oliver Lind	71.2	75	90	60	150	300	1 Over 50
Grant Feltham	71.8	75	125	125	125	125	1 B/Press
Cameron White	82.5	82.5	170	80	210	460	1 Under 23
Ken Mitchell	86.85	90	157.5	97.5	170	425	1 Over 60
Ray Butterworth	101.5	110	200	100	220	520	1 Over 40

Ken Mitchell Set a new State record in the Squat.

1998 National Open Powerlifting Championships

Dates: Friday 24 July to Sunday 26 July, 1998

Venue: Rockdale RSL Club
(Venue of the 1996 National Open Championships)
45 Bay St.
Rockdale NSW 2216

The Nationals will incorporate the **1998 South Pacific Challenge**, with lifters invited from the Oceania region. It will be the premier event in the 1998 Calendar of Powerlifting Australia Inc.. There will also be a new unique event designed to cater to the fast growing "recreational" component of our sport: The Rockdale RSL Bench Press Spectacular

The **1998 National Open Powerlifting Championships** are open to Women and Men who have been registered with Powerlifting Australia for the required 6 months prior and who have met the qualifying standard.

Men: 52-370kg, 56-397.5, 60-425, 67.5-472.5, 75-512.5, 82.5-545, 90-572.5, 100-600, 110-625, 125-650, 125+-670
Women: 44-190kg, 48-212.5, 52-232.5, 56-250, 60-265, 67.5-282.5, 75-297.5, 82.5-310, 90-320, 90+-325

Meeting Times (Friday 24th July, Rockdale RSL)

Technical Meeting: 6.00 - 6.30 pm

1998 PA Inc. AGM: 6.30 - 7.30 pm

Proposed Lifting Sessions:

Saturday 25th July	Women 44 - 90+	Weigh-In: 8:00 - 9:30 am	Start 10:00 am
	Rockdale RSL		
	BP Spectacular	Weigh-in: 12.00 - 1.30 pm	Start 2.00 pm
	Men 52 - 75 kg	Weigh-In: 4:00 - 5:30 pm	Start 6:00 pm
Sunday 26th July	Men 82.5-100 kg	Weigh-In: 7:00 - 8:30 am	Start 9:00 am
	Men 110 -125+ kg	Weigh-In: 11:00 - 12:30 pm	Start 1:00 pm

(Times may be subject to change)

The **Rockdale RSL Bench Press Spectacular** will be open to all members of Powerlifting Australia, with no pre-qualifying necessary. Officials, coaches, supporters and lifters attending the 1998 Australian Senior Championships are most welcome to compete.

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To fit in with the proposed schedule of Powerlifting at the Championships (which may be subject to change) the **Rockdale RSL Bench Press Spectacular** will be held on Saturday 25th July, with the weigh-in from 12.00pm to 1.30pm, lifting to start at 2.00pm.

Entry Fees: \$60 for the National Open Championships
(Includes the \$30 for the presentation dinner on Sunday 26th July)
\$20 for the Rockdale RSL Bench Press Spectacular

Entries Close: 30 June 1998

Accommodation:

Airport Sydney International Motor Inn \$119/double/night (\$15 per extra person, max 5)
35 Levey St, Arncliffe. Includes airport pick up.

Ph: 02 9556 1555 Fax: 02 9567 1309

Novotel Brighton Beach Sydney \$150/double/night; \$195/triple
Cnr The Grand Parade and Princess St, Brighton-le-Sands. (\$15 @ buffet breakfast)
Ph: 02 9597 7111, Fax: 9597 7877

1998 Rockdale RSL Bench Press SPECTACULAR ENTRY FORM

Saturday 25 July, 1998

PLEASE COMPLETE THE ENTRY FORM IN FULL AND RETURN WITH CHEQUE OR
MONEY ORDER (NO CASH) PAYABLE TO "POWERLIFTING NSW INC."

RETURN TO
Championships Organising Committee
c/- R. J. (Bob) Orr
PO Box 1111
Rockdale NSW 2216

Enquiries: Phone 02 9567 7886 or 018 670 299
Fax: 02 9599 4853

Entry Fee: \$20 (per division)

Entries Close: 30 June 1998

STATE MEMBERSHIP NO M / F

SURNAME GIVEN NAMES

ADDRESS

..... POST CODE

WEIGHT CLASS kgs

AGE DIVISION: Open Under 23 Over 40 Over 50

Please circle the division(s) entered

DATE OF BIRTH: / / 19 PHONE ()

.....
Lifter's Signature

/ / 19

.....
Parent's Signature if under 18 yrs

/ / 19

1998 National Open Powerlifting Championships

Dates: Friday 24 July to Sunday 26 July, 1998

Venue: Rockdale RSL Club
(Venue of the 1996 National Open Championships)
45 Bay St.
Rockdale NSW 2216

The Nationals will incorporate the **1998 South Pacific Challenge**, with lifters invited from the Oceania region. It will be the premier event in the 1998 Calendar of Powerlifting Australia Inc.. There will also be a new unique event designed to cater to the fast growing "recreational" component of our sport: The Rockdale RSL Bench Press Spectacular

The **1998 National Open Powerlifting Championships** are open to Women and Men who have been registered with Powerlifting Australia for the required 6 months prior and who have met the qualifying standard.

Men: 52-370kg, 56-397.5, 60-425, 67.5-472.5, 75-512.5, 82.5-545, 90-572.5, 100-600, 110-625, 125-650, 125+-670
Women: 44-190kg, 48-212.5, 52-232.5, 56-250, 60-265, 67.5-282.5, 75-297.5, 82.5-310, 90-320, 90+-325

Meeting Times (Friday 24th July, Rockdale RSL)

Technical Meeting: 6.00 - 6.30 pm

1998 PA Inc. AGM: 6.30 - 7.30 pm

Proposed Lifting Sessions:

Saturday 25th July	Women 44 - 90+	Weigh-In: 8:00 - 9:30 am	Start 10:00 am
	Rockdale RSL		
	BP Spectacular	Weigh-in: 12.00 - 1.30 pm	Start 2.00 pm
	Men 52 - 75 kg	Weigh-In: 4:00 - 5:30 pm	Start 6:00 pm
Sunday 26th July	Men 82.5-100 kg	Weigh-In: 7:00 - 8:30 am	Start 9:00 am
	Men 110 -125+ kg	Weigh-In: 11:00 - 12:30 pm	Start 1:00 pm

(Times may be subject to change)

The **Rockdale RSL Bench Press Spectacular** will be open to all members of Powerlifting Australia, with no pre-qualifying necessary. Officials, coaches, supporters and lifters attending the 1998 Australian Senior Championships are most welcome to compete.

Lifters will be able to break Australian Bench Press records (6 months prior membership of PA is necessary) in all age divisions. Previously the only time Australian Bench Press records could be broken was to compete in the Australian Bench Press Championships.

The competitive divisions will be Under 23, Open, Over 40 and Over 50, for Women and Men.

To fit in with the proposed schedule of Powerlifting at the Championships (which may be subject to change) the **Rockdale RSL Bench Press Spectacular** will be held on Saturday 25th July, with the weigh-in from 12.00pm to 1.30pm, lifting to start at 2.00pm.

Entry Fees: \$60 for the National Open Championships
(Includes the \$30 for the presentation dinner on Sunday 26th July)
\$20 for the Rockdale RSL Bench Press Spectacular

Entries Close: 30 June 1998

Accommodation:

Airport Sydney International Motor Inn \$119/double/night (\$15 per extra person, max 5)
35 Levey St, Arncliffe. Includes airport pick up.

Ph: 02 9556 1555 Fax: 02 9567 1309

Novotel Brighton Beach Sydney \$150/double/night; \$195/triple
Cnr The Grand Parade and Princess St, Brighton-le-Sands. (\$15 @ buffet breakfast)
Ph: 02 9597 7111, Fax: 9597 7877

TITAN SUPPORT SYSTEMS, INC.

#1 in Power Lifting Performance

THE CENTURION

The most advanced powerlifting suit ever made. The centurion is the choice of Team Titan, the winner of 4 USPF/ADFPA National Team Titles in 1996 with a record of 24 Gold metals! The Centurion features the patented dual quad design that provides a harness system within the suit that provides more support, safety and performance than any other suit ever made. It also features TITAN'S H.P. (High Performance) leg design to prevent leg slippage for bigger, safer squats. The Centurion has 450kg squats to its credit. Colours: Black, Royal Blue and Red. Combination of colours available. **\$125**



DUAL QUAD.

Custom Tailored version of the Centurion. Titan can tailor to your specifications! If you can describe it, Titan can build it. **\$145**

CUSTOM DEADLIFT SUITS.

Custom tailored version of the Centurion specifically for the deadlift. This version offers plenty of leg and hip support and is cut low around the lats with plenty of room in the straps to allow the lifter to get into a better, more comfortable pulling position. **\$145**

TITAN SINGLET(Soft Suit).

Finally, a stretch singlet made for powerlifters. No more short wrestling legs of silky, cling fabrics. Features heavy stretch polyester, maximum length legs and a fabric texture that is comfortable and sharp looking. **\$50**

SUIT SLIP-ONS.

Made of super smooth lycra with an elastic stirrup. Slip-ons provide a super smooth surface for the suit to slide up over, then simply pull the slip on off your leg. **\$45**

SIGNATURE SERIES (Knee Wraps)

The King of Wraps! It will wrap tighter, give more support, store more energy and give more rebound than ANY other wrap around. Designed to give more coverage around the knee. Black with red Titan logo down the centre. **\$45**

SIGNATURE SERIES (Wrist Wraps)

The newest, hottest wrist wrap in the lifting world! Features black thumb loop, military grade Aplix (30% stronger than velcro) and new improved Signature series wrap material. length. **\$30**

RED DEVIL (Knee Wraps)

One of the most popular powerlifting wraps in the world. Wraps extremely tight, offers great support. White with red stripes. **\$40**

RED DEVIL (Wrist Wraps).

One of the strongest most durable wrist wraps on the market. Features Titan stitching, thumb loop and Aplix. **\$25**

RADICAL RED (Knee Wraps).

A popular wrap in solid red. **\$35**

RADICAL RED (Wrist Wraps).

Features radical red material plus thumb loop and Aplix. Another excellent low cost item. **\$20**

DEADLIFT SLIPPERS.

Features HIGH TRACTION rubber soles with soft cotton upper. Lightweight and comfortable. Navy blue only. **\$20**

TITAN T/SHIRTS.

3 colour logo. **\$30**



SAFE'S SQUAT SHOES

BEST shoes on the market! They are designed exclusively for powerlifting. They are NOT converted high top shoes like some of the other major brands.

THE CONTENDER.

Designed and manufactured exclusively for powerlifting. Features split grain leather with Cambrelle lining, wedge arch support, flat crepe support for maximum weight disbursement and slippage resistance, hi-density moulded sockliner, moulded heel counter and lateral strap. **\$190**

SST PRO SERIES.

Completely custom made shoes. The only shoe of its kind. Features full grain leather with other features like the Contender. Any size, width or heel height. For best fit send tracings of both feet and allow 4-6 weeks for custom manufacturing. **\$230**

SPECIAL SST PRO SERIES

sizes 6 and 7 U.S. **\$160**

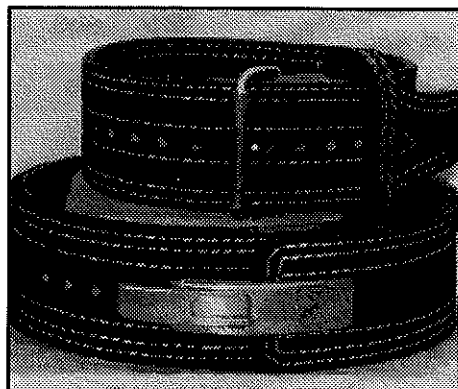


CONTENDER SST PRO SERIES
ADIDAS DEADLIFT SHOE. **\$140**

ULTRA BELT.

We guarantee this is the heaviest powerlifting belt in the lifting world! Features a 3mm thick seamless stainless steel roller and a full 13mm thick leather body! Also features 11 one inch spaced holes. This is the heaviest belt in existence! **\$190**

COMPETITION & LEVER BELTS.



Heavy duty American made. COMPETITION BELT features suede covered bullhide, 6 rows of stitching, 11 one inch spaced holes, 10cm thick leather body and the heaviest seamless roller in existence. LEVER BELT has HI-TECH lever action with easy on, easy off application. Tightens extra tight with the flip of a lever. DON'T BE FOOLED BY CHEAP BRANDS **\$150**

INZER ADVANCE DESIGNS

BLAST SHIRT **\$90**
HEAVY DUTY BLAST SHIRT **\$120**
HIGH PERFORMANCE, HEAVY DUTY **\$150**
EXTRA HIGH PERFORMANCE, HEAVY DUTY **\$185**

CREATINE

250GM \$39 - 500GM \$59 - 1KG \$95

RETURN POLICY

Returns must be sent back immediately, clean and in restockable condition. Returned unwashed gear will be subject to a \$5.00 laundry fee.

Payment in full is required before orders can be processed (NO EXCEPTIONS)

Postage and handling charge - \$8.00

Credit Cards Accepted

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TONY & SUE BURLEY

P.O. Box 1321 Launceston, Tasmania, Australia, 7250
Phone/Fax (03) 6330 2296 or 019 977 668

P.O. Box 1321 Launceston, Tasmania, Australia, 7250
Phone/Fax (03) 6330 2296 or 0419 977 668

1998 NATIONAL OPEN POWERLIFTING CHAMPIONSHIPS ENTRY FORM

Saturday 25 July and Sunday 26 July, 1998

PLEASE COMPLETE THE ENTRY FORM IN FULL AND RETURN WITH CHEQUE OR
MONEY ORDER (NO CASH) PAYABLE TO "POWERLIFTING NSW INC."

RETURN TO
Championships Organising Committee
c/- R. J. (Bob) Orr
PO Box 1111
Rockdale NSW 2216

Enquiries: Phone 02 9567 7886 or 018 670 299
Fax: 02 9599 4853

Entry Fees: \$60 (Includes the \$30 for the presentation dinner on Sunday 26 July)

Entries Close: 30 June 1998

STATE MEMBERSHIP NO M / F
SURNAME GIVEN NAMES
ADDRESS
..... POST CODE
DATE OF BIRTH: / / 19 PHONE ()
WEIGHT CLASS kgs
DATE OF QUALIFYING: / / 19 TOTAL kgs

.....
Lifter's Signature
/ / 19

.....
Parent's Signature if under 18 yrs
/ / 19