

POWERNEWS

A U S T R A L I A

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Editor-Nick Butler

POWERLIFTERS 'ROCK' LOCAL SYDNEY RSL

Rockdale RSL, the cultural hub of Sydney, was the scene for the 1998 Australian Powerlifting Championships. Forty of the nations strongest men and women turned on an outstanding display for the capacity crowd of distracted pokey adherents.

In the womens section Katrina Robertson was the outstanding lifter. Katrina returned from bombout wilderness of the past year to put some light at the end of the tunnel leading to Denmark 1999 with a 625kg total. Katrina's squats had new found depth and 138kg bench was easy; her first two deadlifts were strong and a third attempt on a World record 263kg deadlift seemed an real possibility but that weight was swung out at the start and the question of whether she had the capacity for that weight was never answered.

Other good performances came from members of the 1998 Womens World Championships team, all struggling with the handicap of having competed six weeks earlier, but gathering four titles between them. Mary Macken was able to duplicate her 295kg total from Norway (an indication of how much potential remains untapped for her) whilst Jeannette Gevers, although overweight at 58kg; was even able to out total her flat Worlds effort. Karen Lloyd and Anne Mort put in their usual honest toil to take out the 52kg and 67.5kg classes respectively, whilst Donna Clifford once again tantalised with a performance hinting at the ability she has, in taking out the 75kg title with 430kg.

In the men's classes Paul Newman was in elephantine form, coming in at 133kg body-weight and producing an 870kg total to reclaim the Australian record from Michael Abdullah, who was present only in spectral form at these Championships in his home town. Paul's highlight was in coming back

from a 320kg deadlift pulled from too far in front to get that weight on a third attempt and 900kg total is the next stop. However Paul was pipped for Best Lifter by Mason Jardine, now back for a second career after



Katrina Robertson shows her style

his stint as an 80s great. Mason at 90kg had his recurring problem in he squat with a sudden lean forward at the start leading to the hips being too high, but stabilised this time to come through with a 315kg fourth. 191kg bench and 790kg total were also Australian records and the only question now is whether Mason can reclaim his place at the top of the international tree.

In the other classes Ray Hope was again elegant with 552.5kg at 67.5kg; over the eternal figure of Max Bristow. At 75kg John Stanton (once 110kg) came out ahead of come backing Satya Agnitotri, hopefully now on his way back to the level of his still standing Indian Record of 695kg. In the 82.5kg class Robert Hromek and Adrien Shnier went neck for neck down to the last deadlift, where Adrien ran out of steam, whilst Franz Bartels found the going tougher here than in his native 75kg class and Alans Scherin and Andrew Lulham both put in best totals.

In Mason's wake in the 90kg class Bernie Welsford pulled an outstanding 325kg deadlift, whilst at 100kg. Vince Simonetta, another icon for 80's nostalgia buffs, produced his best form for a long time to take

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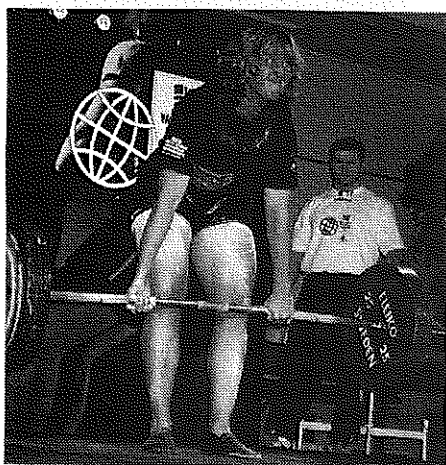
Vince Simonetta attempts a big squat



AUSTRALIA'S WOMEN LIFTERS SHINE IN ARCTIC COMPETITION

24 hours a day of sunlight, sub zero temperatures and 100 of the World's stongest women were the ingredients that made up the 1998 Womens World Powerlifting Championships. Held in Mo I Rana, on the Arctic Circle in Northern Norway, this was a well organised event and the results highlighted the ever growing standard of womens lifting.

The Australian lifters endured a four day trip to the chilly north, but came through with an outstanding team result of 9th out of 24 nations. This, the same placing as last year, was achieved without our 1997 winner Katrina Robertson and the result bode well for an even higher placing with a full team in 1999.



Julie Deakin deadlifts at the comp.

Australia's participation began as the elfin form of Mary Macken glided on to the platform in the 48Kg class. Mary is a virtual novice and tighter equipment, tighter technique and abandonment of the ascetic lifestyle should lead to another 20-30kg on her total by next year. Here Mary came in 8th with a 295kg total and was a good 4th in the deadlift, with an Australian record 142.5kg.

In the 52kg class Karen Lloyd was a real battler, fighting through a very hard 117.5kg PB squat and then overcoming a torn pec for 70kg bench press. In the deadlift 142.5kg was very hard but was coming up, before the injury pain caused a sudden lockback of the hips and a stallout near the top; a repeat effort seemed impossible but Karen fought it through for a success and an equal PB total of 330kg.

Jeannette Gevers was our representative in the 56kg class. Jeannette was coming off a 377.5kg total done only one week prior to the Worlds, and not surprisingly perhaps, she was a little off here and 365kg came hard. 140kg squat looked strong, but 145 was not to be. In the deadlift a new narrow stance led to Jeanette's shins being forward, the bar being knocked out in front and gravity being triumphant on two attempts.

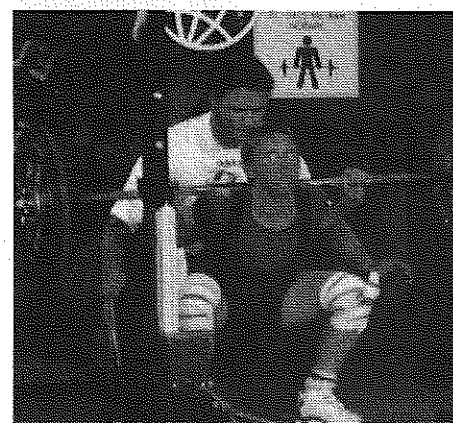
In the 67.5kg class Australia's elder stateswomen came to the fore with Bev Smith and Anne Mort coming in with the high placing's of 6th and 7th. Bev had struggled with a calf injury and was well down in her squat and deadlift, but 412.5kg total was just enough to hold back Anne's 410. Anne just missed 160kg squat on barroll, but got everything out of herself on 92.5kg bench press and 165kg dead lift and should be well-pleased with her 7th place.

At 82.5 kg Julie Deakin was a revelation compared to her 1997 and early 1998 erraticism. Three successful squats was a much improved effort on her January bombout in that lift, but further technique improvement should see Julie do even better than her 182.5 kg PB here. In the deadlift, Julies most stable lift by far, 212.5kg was an outstanding effort and took the silver medal, with 220kg for a chance for the gold being just too much. Julie's overall placing was 6th but the 502.5kg which took 3rd here is not beyond her for next year.

Otherwise Russia and Chinese Taipei once again dominated the competition, with Ukraine and Finland following. Ukraine's Elena Zhukova (formerly Sucharuk) returned after becoming a mother last year and totalled 617.5kg at 75kg to take out best lifter. Chao and Lee of Taipei were the strongest women of the comp, Chao's 670kg total setting the target for Katrina Robertson's return in 1999.



Julie Deakin on the victory dais



Karen Lloyd squatting

Below: The team at the 1998 comp

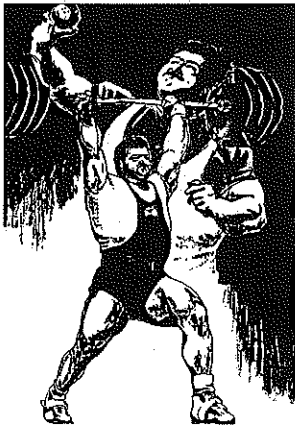




VALE RAY RIGBY

On 1st August Ray Rigby passed away. This was a tragic loss not only for powerlifting, but for the entire Australian sporting community.

It was perhaps not widely appreciated, but Ray was one of Australia's greatest ever all round athletes - he was one of only two sportsmen to ever represent Australia in four sports (the other was Snowy Baker in the early 1900's). Ray completed for Australia in athletics (shot put), wrestling, weightlifting and powerlifting. He took part in the 1968 Mexico Olympic Games and won the Commonwealth games super heavy weight title in weightlifting in 1970. However it was in powerlifting that Ray



Raymond Edward Rigby
11th June, 1949 ~ 1st August, 1998.

had his most enduring career. He won bronze medals at three World Championships and set numerous Australian records. His strength was phenomenal and it can be safely said that long-standing major injuries prevented Ray from fully expressing the extraordinary physical capacities that he had. After his retirement from competition Ray continued to work in powerlifting, with Ray being President of the national body for some years and most recently acting as the driving force behind Powerlifting Australia's schools programme.

However, beyond his achievements, Ray had a joy for living that reached everyone who knew him. I had the honour of coaching Ray at all his World Championships appearances. In my years in powerlifting I have learnt that the lifting platform is the truest x-ray of a mans character and Ray, in his contests against the World's best in our sport, showed a strength of spirit which few others are capable of.

Ray was farewelled at a funeral in his home town of Gordon which was attended by over 500 people. Ray is survived by his wife Carol, his three sons and his wider

family. Powerlifting Australia sends it condolences from all in our fraternity to the Rigby family, for the loss of someone who will replaceable to none of us.

Robert Wilks

I was absolutely shocked to hear of the tragic death of Ray Rigby.

Ray was a well known personality in the strength world, particularly in Australasia. He was a World class athlete and a very talented weightlifter. In powerlifting he competed with distinction at international level and he was in his day undoubtedly one of the strongest men in the World. He was also one of the biggest, and many veterans of the sport will remember the huge impression he made at the 1981 World Championships in Calcutta when he was mobbed by pint sized Indians who wanted to have their photo taken with the gentle giant from Australia.

Ray was a man who put back into powerlifting at least as much as he got out of it. He was blessed with a very good brain and

accumulated a tremendous amount of knowledge about strength training which he readily passed onto other lifters. He also devoted much of his time to administering the sport, holding a number of official positions including a vice-presidency of the International Powerlifting Federation from 1987 - 1991, and a position on the IPF's Medical Committee at the same time.

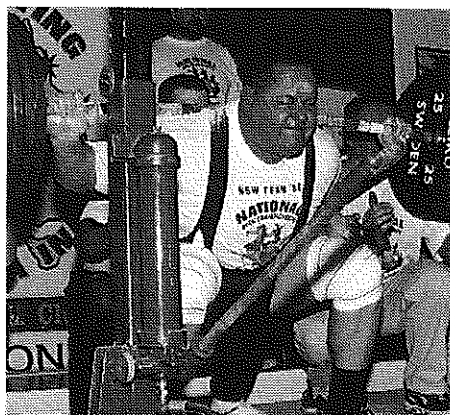
More importantly, Ray made a positive impression on everybody he knew. He was a very personable gentleman whose good nature belied his size and his open friendliness endeared him to many.

There is no doubt that Ray will be sadly missed by the many people whose lives he touched and on behalf of the International Powerlifting Federation I extend my deepest condolences to his family.

May he rest in peace.

Grahame Fong

President, International Powerlifting Federation

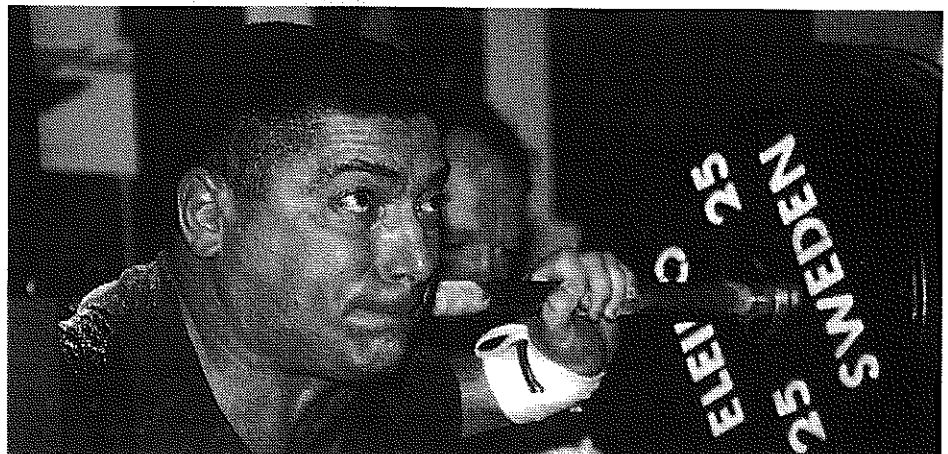


Paul Newman with another 100% effort

Continued from page 1

the title with 780kg at 110kg Andrew Logan still showed traces of the Mason style kick the hips back start in the squat which proved so lethal for him in Prague, but was rehabilitated sufficiently to come through with 305kg. Andrew went on to a PB bench of 180kg and an 802kg total, to take him through the 800kg barrier at last. In the top classes Gary Roberts and Dean Cowan were dwarfed (total wise that is) by Paul Newman, but both showed promise for their futures in the slow-maturing super heavy weight domain.

Robert Wilks



Vince Simonetta shows the concentration and focus required for a great lift.



RESULTS

1998 AUSTRALIAN NATIONAL CHAMPIONSHIPS AT ROCKDALE

RESULTS - WOMEN

48KG	NAME	SQ	BP	DL	Total
1	Mary Macken	105	47.5	142.5	295
2	Marysha Pilkington	75	50	100	225

52KG	NAME	SQ	BP	DL	Total
1	Karen Lloyd	110	67.5	132.5	310

56KG	NAME	SQ	BP	DL	Total
1	Jacinta Schapel	120	65	135	310
2	Nicki Gaylard	110	47.5	105	277.5

60KG	NAME	SQ	BP	DL	Total
1	Jeannette Gevers	140	80	160	380
2	Lisa Dallas - Morgan	127.5	60	145	332.5
3	Julie Gerdes	BMB	-	-	-

67.5KG	NAME	SQ	BP	DL	Total
1	Anne Mort	152.5	97.5	162.5	412.5
2	Sarah Francis	140	67.5	152.5	360
3	Elizabeth Toolin	135	65	150	350

75KG	NAME	SQ	BP	DL	Total
1	Donna Clifford	160	90	180	430
2	Keron Schmidt	117.5	57.5	135	310

90+KG	NAME	SQ	BP	DL	Total
1	Katrina Robertson	240	138	247.5	625

RESULTS - MEN

56KG	NAME	SQ	BP	DL	Total
1	Paul Waters	120	95	172.5	387.5

60KG	NAME	SQ	BP	DL	Total
1	Mark Kochanek	155	92.5	202.5	450

67.5KG	NAME	SQ	BP	DL	Total
1	Hope	200	117.5	235	552.5
2	Max Bristow	185	110	240	535

75KG	NAME	SQ	BP	DL	Total
1	John Stanton	210	155	255	620
2	Satya Agnahotri	230	142.5	240	612.5
3	John Myers	185	147.5	230	562.5
4	Murray Muscrat	210	110	210	530

82.5KG	NAME	SQ	BP	DL	Total
1	Robert Hromek	265	160	270	685
2	Adrien Shnier	242.5	172.5	267.5	682.5
3	Alan Scherin	225	137.5	255	617.5
4	Franz Bartels	185	135	277.5	607.5
5	Andrew Lulham	220	137.5	242.5	600

90KG	NAME	SQ	BP	DL	Total
1	Mason Jardine	300	191	300	790
2	Bernie Welsford	230	135	325	690
3	Mark Roskell	212.5	150	240	602.5

100KG	NAME	SQ	BP	DL	Total
1	Vince Simonetta	305	160	315	780
2	Patrick Whymark	290	170	260	720
3	Kevin Conway	225	170	290	685

110KG	NAME	SQ	BP	DL	Total
1	Andrew Logan	305	180	318	802.5
2	Steve Giffin	260	170	270	700
3	John Mort	250	160	275	685

125K	NAME	SQ	BP	DL	Total
1	Gary Roberts	310	165	287.5	742.5

125+KG	NAME	SQ	BP	DL	Total
1	Paul Newman	330	220	320	870
2	Dean Cowan	250	200	320	770

BEST LIFTERS - WOMEN

1	Katrina Robertson	475.318
2	Jeannette Gevers	426.534
3	Anne Mort	419.984

BEST LIFTERS - MEN

1	Mason Jardine	504.617
2	Paul Newman	488.337
3	Vince Simonetta	474.889

TEAMS - WOMEN

1	New South Wales	63
2	Queensland	41
3	Victoria	21
4	Northern Territory	12

TEAMS - MEN

1	Queensland	69
2	New South Wales	63
3	Victoria	21
4	Western Australia	12
5	South Australia	8



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**



RESULTS

1998 WOMEN'S WORLD CHAMPIONSHIPS MO I RANA NORWAY

	NAME	SQ	BP	DL	Total
44KG					
1	S Tesleva (Rus)	152.5	87.5	160	400
2	R Koskinen (Fin)	160	75	152.5	387.5
3	A Prinkkala (Fin)	140	65	157.5	362.5

48KG					
1	E Yamskich (Rus)	150	87.5	177.5	415
2	L Jokitalo (Fin)	150	70	162.5	382.5
3	Y Chen (CTP)	165	75	140	380
8	M Macken (Aus)	107.5	45	142.5	295

52KG					
1	C Cognac (Den)	167.5	82.5	180	430
2	L Starova (Ukr)	152.5	97.5	175	425
3	Y Chang (CTP)	145	92.5	187.5	425
11	K Lloyd (Aus)	117.5	70	142.5	330

56KG					
1	O Belova (Rus)	187.5	110	200	497.5
2	V Nelubova (Rus)	172.5	127.5	172.5	472.5
3	E Nikander (Fin)	167.5	112.5	175	455
10	J Gevers (Aus)	140	70	155	365

60 KG					
1	E Fomina (Rus)	200	120	190	510
2	I Marx (Bel)	200	95	190	485
3	Y Chen (CTP)	185	107.5	180	472.5

67.5 KG					
1	M Kudinova (Rus)	225	127.5	195	547.5
2	L Ivanova (Ukr)	210	117.5	210	537.5
3	A Orsini (Ita)	207.5	115	190	512.5
6	B Smith (Aus)	155	75	182.5	412.5
7	A Mort (Aus)	152.5	92.5	165	410

75KG					
1	E Zhukova (Ukr)	245.5	117.5	255	617.5
2	A Stiklestadt (Nor)	225	105	215	545
3	S Sheppy (Ind)	210	95	202.5	507.5

82.5KG					
1	N Rumyantseva (Rus)	235	135	235	605
2	C Hsieh (CTP)	230	135	207.5	572.5
3	V Posmitna (Ukr)	210	102.5	190	502.5
6	J Deakin (Aus)	182.5	80	212.5	475

90KG					
1	A Korshunova (Rus)	225	130	245	600
2	C Tsai (CTP)	227.5	120	180	527.5
3	A Ganenko (Ukr)	200	125	180	505

90+KG					
1	C Chao (CTP)	275	170	225	670
2	C Lee (CTP)	275	137.5	242.5	655
3	A Pavlova (Rus)	220	132.5	225	577.5

TEAMS	
1	Russia 72
2	Chinese Taipei 55
3	Ukraine 52
9	Australia 19

NATIONAL QUALIFYING NORTHERN TERRITORY

NAME	B WEIGHT	SQ	BP	DL	TOTAL
J Chapel	56	120	60	135	315
J Gerdes	59.9	110	70	140	320
R Saitz	82.4	195	105	215	515
D Simmons	89.5	200	107.5	240	547.5
M Pikos	99.7	245	165	250	660

NSW NORTHERN ZONE & STATE AGE

NAME	B WEIGHT	SQ	BP	DL	TOTAL
M Pilkington	47	75	55	95	225
M Macken	47.7	105	47.5	142.5	295
J Gevers	58.2	0	0	0	0
L Dallas - Morgan	59.9	122.5	65	145	332.5
K Schimdt	65.5	95	52.5	127.5	275
Anne Mort	66.7	155	95NR	157.5	407.5
V G Marselos	67	85	37.5	107.5	230
P Waters	57.3	130	105	175	410
G Stewart	65.8	135	85	145	365
M Bristow	66.7	180	112.5	230	522.5
A Deo	67.5	127.5	72.5	175	375
T Gibbs	74	145	100SR	170	415
J Myers	73.3	175	148SR	222.5	545
O Lind	69	102.5	62.5	152.5	317.5
S Vichie	80.9	190	125	200	515
L Creighton	85.5	50	60	100	210
K Mitchell	89.2	150	100SR	175	425
M Ruskeil	88.3	215	147.5	242.5	605
J Mort	99.6	250SR	157.5	265	672.5
S Mathews	96.8	200	140	200	540
L Baker	99	217.5	125	265	607.5
M Tikka	103.2	230	140	220	590
A Vagg	119.7	170	90	170	430
M Wilkinson	120	225	140	210	575
T Feltham	65.1	-	90	-	90
K Cooney	67.9	-	110	-	110
E Armstrong	82.5	-	105	-	105
T Green	87.3	-	125	-	125
W Creighton	114.6	-	82.5	-	82.5
T Giddy	117	-	165	-	165

VICTORIAN OPEN CHAMPIONSHIPS

NAME	B WEIGHT	SQ	BP	DL	TOTAL
T Belton	49.2	120NR	67.5	130	317.5
N Gaylard	55.55	100	45	90	235
R Young	-	190	112.5	207.5	510
A Shnier	82.5	245	167.5	265	677.5
B Smartt	82.25	185	130	200	515
D Jones	90	232.5	142.5	230	605
G Smythe	88.25	150	150	210	520
V Simonetta	99.5	285	160	310	755
D Lee	107	110	150	250	620
N Olden	122.25	250	165	235	650
P Kezkiropoulos	129.15	192.5	100	207.5	500



NORTH QLD GAMES & STATE MASTERS

NAME	BWEIGHT	SQ	BP	DL	TOTAL
E Toolin	64.3	120	70	152.5	342.5
J Chan	66.3	67.5	62.5	150	342.5
A Geno	65	110	50	120	290
S Francis	69.4	105	62.5	110	277.5
K Greaves	80.25	115	45	120	280
J Deakin	82.1	155	75	170	400
K Voois	86.96	-	40	-	40
I Jacobs	59.65	135	70	170	375
D Cody	63.75	100	0	145	0
R Guttormsen	67.2	-	105NR	-	105NR
F Goodwin	71.8	155	105	185	445
P Ako	72.3	75	110	247.5	562.5
E Yameng	72.05	210	90	230	530
L Sokoli	80.45	220	130	250	600
T Lua	78	82.5	142.5	220	582.5
M McGhee	80.5	220	125	210	555
H Hovasapian	81.75	180	128NR	195	502.5
G Pietzner	88.8	250	160	265	675
B Welsford	90.2	235	155	336NR	725
L Wellington	91.3	240	120	230	590
R Atchison	98.2	190	145.5NR	220	555
P Smith	113.05	295NR	175	305.5NR	775NR
G Roberts	117.65	305.5	155	265	725
P Langdon	125.05	225	170	220	615

STATE TITLES - TASMANIA

NAME	BWEIGHT	SQ	BP	DL	TOTAL
G Mann	67	147.5	75	180SR	407.5
A Oakley	72.5	200	135SR	22.5SR	557.5
D Steward	68.15	120	72.5	170	362.5
B Watts	79.3	140	85	205	430
M Kirkham	86.1	180	95	195	470
M Schluessler	84.5	155	85	185	425
T Burley	98.45	237.5	130	251SR	617.5
T Oakley	97.9	237.5	167.5NR	200	567.5
S Whillie	107.6	252.5	155	271SR	677.5
M Cuzner	117.3	212.5	145SR	212.5	570
M Gorjanc	122.4	170	0	0	0
P Harvey	132.9	220SR	145.5SR	245SR	610

NSW STATE TITLES & BENCH PRESS NATIONAL TRIALS

NAME	BWEIGHT	SQ	BP	DL	TOTAL
M Macken	47.8	105	45	142.5NR	292.5
C Scott-Todd	51	82.5	50	115	247.5
J Gevers	55.7	137.5	75NR	152.5	365
L Dallas-Morgan	60	125	65.5SR	145	335
V G Marselos	66.4	85	40	110	235
P Waters	56	130	95	175	400NR
M Bristow	67	180	110	220	510
J Myers	73.9	182.5	150SR	238NR	570
S Aghnahotri	74.4	200	125	200	525
M Roskell	88.1	220	160SR	230	610
P Whymark	97.3	265	165SR	260	690
S Giffin	106.8	272.5	167.5	275	715
T Feltham	66.1	-	92.5	-	92.5
T Hamilton	82.5	-	132.5	-	132.5
E Armstrong	85.5	-	107.5	-	107.5
K Mitchell	89.9	-	90SR	-	90
K Falle	165.7	-	152.5SR	-	152.5

GOLDS GYM — SOUTH AUSTRALIA COMETITION

NAME	BWEIGHT	SQ	BP	DL	TOTAL
N Zacharko	60.15	70	82.5	80	212.5
D Jaensch	93.35	100	65	140	305
M Venning	59.4	50	75	70	195
M Bowden	66.85	155	106SR	200	461
T Frisby	68.35	160	82.5	197.5	440
L Angius	71.55	185	150	207.5	542.5
D Jenkinson	72.7	200	127.5	140SR	567.5
K Conway	98.95	250	190	290	730
M Lukey	102.55	190	160	247.5	597.5
S Ciganovic	109.45	190	145	0	0
A Abrook	133.15	210	125	180	515
B Hamilton	58	-	42.5SR	-	42.5
F Papp Jr	62.2	-	70	-	70
F Prapp Sr	80.7	-	130	-	130
R Withers	80.75	-	117.5	-	117.5
D Mannire	81.35	-	140	-	140
A Colghoun	81.7	-	85	-	85
J Harrap	86.55	-	125	-	125

SINGLETON TRIATHLON NSW

NAME	BWEIGHT	SQ	BP	DL	TOTAL
M Pilkington	48.9	75	55	97SR	227.5
M Bristow	66.9	170	107.5	232.5SR	510
K Hardwick	74.9	120	75	155	350
J Myers	74.3	185	142.5	230	557.5
L Creighton	87.1	90	70	110	270
W Creighton	118.5	90	85	135	310
K Mitchell	90.6	150	0	0	0
T Feltham	66.3	-	90	-	90
J Bray	87.1	-	105	-	105
A Vagg	126	-	97.5	-	97.5

CQ UNI IMPROVEMENTS COMPETITION CENTRAL QUEENSLAND

NAME	BWEIGHT	SQ	BP	DL	TOTAL
S Francis	67.35	125	65	120	310
G Phillips	107.8	255	137.5	285	677.5
G Roberts	115.5	302.5	160	255	717.5
G Thomson	119.6	240	180	270	690

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