



# POWERNEWS

## A U S T R A L I A

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Editor-Nick Butler

## A GREAT WEEKEND IN TASMANIA

**41 competitors lined up for the first National Championship held in Tasmania, at the Earl Arts Centre, Launceston.**

The first session of lifting on Saturday morning had all of the best lifters of the weekend. Colac's Nicky Gaylard at 56kg started the weekend off in great style by breaking the U18 & U23 records in all lifts Sq 122.5kg (4th 127.5) Bench 60.0 (4th 62.5) and D/L 135 - Total 317.5. Nicky took out the best female Junior lifter award.

Tasmania's only female lifter Angela Collinson lifted in the 56kg class, and in only her second competition posted 202.5. NSW Paul Waters won the O40 56kg class with 300 total.

Brad Peters moved up to the 67.5kg class and took it out easily with 497.5, with David DeRose all the way from North Qld coming in behind him with 422.5, which included an U18 squat record of 170kg,

and shows promise of better things to come. Gregory Blackley of QLD won the O40 class with 445, Max Bristow won both the O50 and the O50 Best lifter award with a 522.5 total.

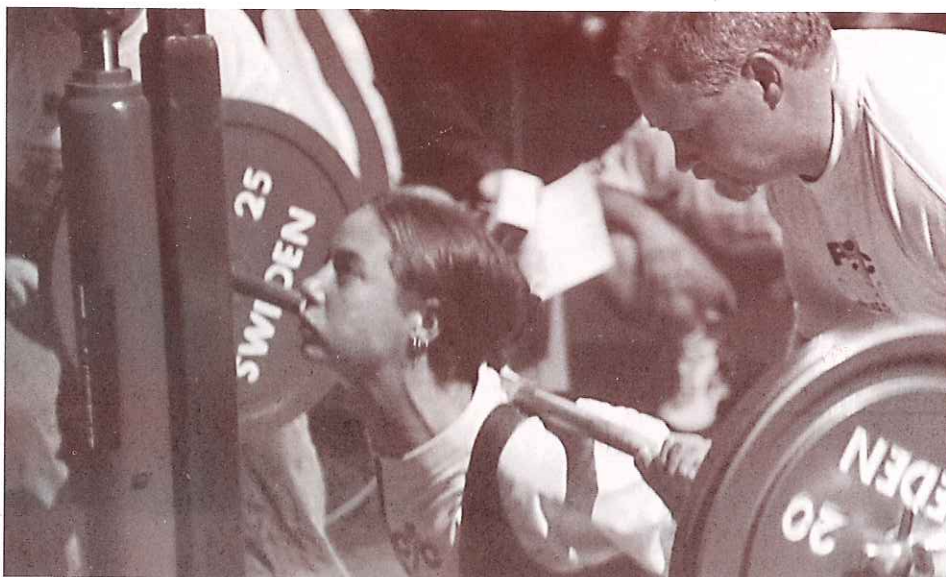
Nic Unsworth-Smith from QLD moved down from the 82.5 class to easily win the 75kg U23 with a 580kg total with Victoria's Frank Dimasi second with 342.5. John Myers finished the day with a National record 240.5kg deadlift to take out the O40 75kg division and the O40 Best Lifter Award with 585 well within sight of the total record. Mildura's Robert Hollick competed in the O80 section of the 75kg div and took out 1st place as well as the O60 Best Lifter.

The second session of lifting on Saturday had six local lifters with Jim Lewis completing a token squat and deadlift in the process of doing a National O50 record 140kg bench press and finishing 2nd to Ron Watts with 440kg in the 82.5 div.

James Long only managed his opening squat and bench before finishing off well with all 3 deadlifts to win the 82.5 U23 title with a total of 482.5kg. Tasmania's Steve Moszko took out the State Best Lifter award with a win in the 82.5kg div totalling 635 - well done on his usual effort.

Tony Burley only managed 4 successful lifts on his way to a low 602.5kg total and a win in the O40 90kg class. Whilst attempting a NR squat the weights clipped the racks on the ascent and Burley almost took a tumble, overbalancing trying to correct himself, with only the quick actions of the spotters saving him, he recovered and returned to the platform to successfully complete a new NR squat of 260.5kg. Mark Harris finished in second place with 410kg. Luke Mackinlay of QLD took out the U23 90kg div with a total of 545kg, and Merv Kennedy struggled to come to terms with squatting on one leg but posted a total to take the O50 div. Tasmanian lifter Steve Nas took first place in the Tas Titles with an excellent 260sq-160bp-260dl.....680kg elite total.

The big boys came out to play on Sunday morning. Anthony Inglese lifted well after struggling to make body weight and finished with a 587.5kg total to win the U23 title and take out best Intervarsity lifter. Three lifters started in the O40 division but Kevin Conway from SA fell foul with the referees and bombed out without posting a squat, and perhaps can feel a little bit hard done by. This left John Mort (NSW) and Glenn Farrell (WA) to fight it out. Both lifters posted 245kg squats, but John took the lead with a 155kg bench, Glenn managed 135kg. John went on to lift a good 265kg deadlift to Glenn's 220kg and took out the division with a 665kg total with Glenn taking silver with 600kg. The O50 100kg div was taken out by the ever



Nicky Gaylard with her record breaking performance at the Tasmanian Nationals.

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# MILDURA TO BE MECCA FOR SOUTH PACIFIC LIFTERS

**Australian Open Powerlifting Championships and South Pacific Challenge.  
July 30th to August 1st 1999 Mildura Victoria**

**Set on the banks of Australia's largest river, The Murray, Mildura will play host to the best powerlifters from Australia and the South Pacific Nations, striving to become the strongest and best men and women in their nation.**

Mildura is an oasis in the dry mallee desert of Victoria. Using the waters of the Murray, a beautiful rural garden city has been established and maintained, supporting a population within the city of twenty thousand people. The surrounding irriga-

tion district called Sunraysia, has a further fifty thousand inhabitants.

The area relies on its thriving horticultural base which consists of wine grapes, dried fruit and citrus products, and it's ever expanding vegetable and fresh produce. Some of Australia's largest wineries are based here and a tour of them during your stay is recommended.

Mildura has extensive sporting facilities, it boasts five superb golf courses, one of the largest grassed tennis complexes in Australia, (it hosted the Davis Cup tennis

tie between Australia and Zimbabwe which Australia lost) heated outdoor Olympic swimming pool, and of course the Murray River, which is used for water skiing, rowing, swimming, fishing etc. If you have time, take a cruise on a river paddleboat or hire one of the many houseboats and escape from reality for a while.

The championship will be staged in the Mildura Workingmans Sports and Social Club. The Worker's, as it is known, is one of Mildura's most prominent gathering places, it used to boast the longest bar in the world which was fitted with over thirty five beer taps. In recent times it has undergone extensive renovations and now is a modern facility playing host to many different types of social and sporting functions. The Worker's has very generously not only allowed use of their venue for the championships free of charge, but also contributed to become our major sponsor for the event.

The Mildura Powerlifting Club which will play host to the championship, has adopted the theme of "The Lifters Championships", and is making every effort to keep costs to a minimum to you, the lifters, while attempting to provide first class facilities for you during your stay and competition here.

If you want to be the best, come and compete against the best. Be in Mildura for the "Lifters Championships" July-August 99.

Danny Lee  
Championship Director

## VICTORIAN CHAMPIONSHIPS PROVE A WINNER

**The mellow town of Colac was the host for the 1999 Victorian Championships. Nikki Gaylard was the best female lifter, coming back from her win in Launceston only one week prior, ahead of improving Mary Medved.**

Amongst the men newcomer Nalin Anard took out the 67.5kg class, in the absence of injured Nghiep Luu. 81 year old Robert Hollick intimidated David Kent into a bombout and so took out the 75kg title. At 82.5kg Adrien Shrier's squat was down, but a 277.5kg deadlift brought his total up to a near best 680kg, whilst Brett Smartt trailed in with 560kg. In the 90kg class Darren Jones just missed a jump to 260kg in the deadlift, to try and reach Elite II, and so was left lamenting at 655kg. Achilles Kelepouros just failed to make weight for the 82.5's, but still managed a PB 630kg.

In the heavier men the 100kg class had four combatants and only three survivors, Fraser Young being so rusty after a year lay-off that he bombed on a paltry 165kg bench. Out front with 712.5kg total was Alan Mihaljevic, who added speaking in tongues to his already demented psych-up routine in deadlifting 300kg and missing 305kg. Pas Pataud improved 45kg on his

shaky 1998 Junior Worlds performance, to take our 2nd. In the 110kg class Vince Simonetta was in a category of his own, with only 335kg deadlift being missed on his way to 817.5kg total. Last and perhaps least, veterans Danny Lee and Kevin Boatwood battled out the 125kg class, Kevin coming out on top.

Robert Wilks

Results on page 3



*Achilles Kelepouris shows what he's made of!*



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# RESULTS

## 1999 JUNIORS & MASTERS RESULTS

| Junior Women            | NAME                       | SQ                | BP               | DL    | Total |
|-------------------------|----------------------------|-------------------|------------------|-------|-------|
| <b>56kg</b>             |                            |                   |                  |       |       |
|                         | 1. N. Gaylard (Vic)        | 122.5             | 60               | 135   | 317.5 |
|                         | 2. A. Colinson (Tas)       | (4th 127.5)<br>70 | (4th 62.5)<br>40 | 92.5  | 202.5 |
| <b>Junior Men</b>       |                            |                   |                  |       |       |
| <b>67.5kg</b>           |                            |                   |                  |       |       |
|                         | 1. B. Peters (Qld)         | 190               | 107.5            | 200   | 497.5 |
|                         | 2. D. Drose (Tas)          | 170               | 82.5             | 170   | 422.5 |
| <b>75kg</b>             |                            |                   |                  |       |       |
|                         | 1. N. Unsworth-Smith (Qld) | 220               | 130              | 210   | 580   |
|                         | 2. F. Dimasi (Vic)         | 122.5             | 65               | 155   | 342.5 |
| <b>82.5kg</b>           |                            |                   |                  |       |       |
|                         | 1. J. Long (NSW)           | 170               | 100              | 212.5 | 482.5 |
| <b>90kg</b>             |                            |                   |                  |       |       |
|                         | 1. L. Mackinlay (Qld)      | 195               | 125              | 225   | 545   |
| <b>100kg</b>            |                            |                   |                  |       |       |
|                         | 1. A. Inglese (Vic)        | 227.5             | 105              | 255   | 587.5 |
| <b>Masters Men O/40</b> |                            |                   |                  |       |       |
| <b>56kg</b>             |                            |                   |                  |       |       |
|                         | 1. P. Waters (NSW)         | 120               | 30               | 150   | 300   |
| <b>67.5kg</b>           |                            |                   |                  |       |       |
|                         | 1. G. Blakely (Qld)        | 150               | 110              | 185   | 445   |
| <b>75kg</b>             |                            |                   |                  |       |       |
|                         | 1. J. Myers (NSW)          | 195               | 150              | 240.5 | 585   |
| <b>90kg</b>             |                            |                   |                  |       |       |
|                         | 1. T. Burtley (Tas)        | 260.5             | 122.5            | 220   | 602.5 |
|                         | 2. M. Harris (Tas)         | 160               | 60               | 190   | 410   |
| <b>100kg</b>            |                            |                   |                  |       |       |
|                         | 1. J. Mort (NSW)           | 245               | 155              | 265   | 665   |
|                         | 2. G. Farrell (WA)         | 245               | 135              | 220   | 600   |
|                         | K. Conway (SA)             | BMB               | -                | -     | -     |
| <b>110kg</b>            |                            |                   |                  |       |       |
|                         | 1. D. Lee (Vic)            | 225               | 155              | 240   | 620   |
| <b>125kg</b>            |                            |                   |                  |       |       |
|                         | 1. K. Boatwood (Vic)       | 252.5             | 175              | 242.5 | 670   |
|                         | 2. V. Burttt (Tas)         | 230               | 110              | 240   | 580   |
| <b>Masters Men O/50</b> |                            |                   |                  |       |       |
| <b>67.5kg</b>           |                            |                   |                  |       |       |
|                         | 1. M. Bristow (NSW)        | 182.5             | 110              | 230   | 522.5 |
| <b>75kg</b>             |                            |                   |                  |       |       |
|                         | 1. R. Hollick (Vic)        | 60                | 70               | 115   | 245   |
| <b>82kg</b>             |                            |                   |                  |       |       |
|                         | 1. R. Watts (Tas)          | 155               | 95               | 190   | 440   |
|                         | 2. J. Lewis (Tas)          | 60                | 140              | 60    | 260   |
| <b>90kg</b>             |                            |                   |                  |       |       |
|                         | 1. M. Kennedy (Vic)        | 25                | 110              | 160   | 295   |
| <b>100kg</b>            |                            |                   |                  |       |       |
|                         | 1. M. Tikka (NSW)          | 220               | 130              | 240   | 590   |
| <b>110kg</b>            |                            |                   |                  |       |       |
|                         | 1. M. O'toole (Tas)        | 195               | 122.5            | 232.5 | 550   |

## TASMANIAN CHAMPIONSHIPS

| NAME            | SQ  | BP   | DL  | Total |
|-----------------|-----|------|-----|-------|
| <b>67.5kg</b>   |     |      |     |       |
| 2. R. Dan       | 80  | 67.5 | 165 | 312.5 |
| <b>82.5kg</b>   |     |      |     |       |
| 1. S. Moszko    | 250 | 135  | 250 | 635   |
| <b>90kg</b>     |     |      |     |       |
| 1. S. Nas       | 260 | 160  | 260 | 680   |
| <b>100kg</b>    |     |      |     |       |
| J. Peck         | BMB | -    | -   | -     |
| <b>110kg</b>    |     |      |     |       |
| 1. M. Cuzner    | 220 | 140  | 235 | 595   |
| <b>125 + kg</b> |     |      |     |       |
| 1. A. Pinkard   | 195 | 125  | 270 | 590   |

## P.C.Y.C. BENCH PRESS CHALLENGE

|                        |           |                      |  |     |
|------------------------|-----------|----------------------|--|-----|
| <b>67.5kg</b>          |           |                      |  |     |
| 1. G. Blackley (Qld)   | 120       | 100kg                |  |     |
| 2. T. Feltham (Nsw)    | 85        | 1. M. Kennedy (Vic)  |  | 110 |
| 3. J. Elphonsone (Tas) | 80        |                      |  |     |
| <b>75kg</b>            |           |                      |  |     |
| 1. J. Myers (Nsw)      | 152.5     | 110kg                |  |     |
|                        | (4th 156) | 1. K. Conway (Sa)    |  | 155 |
|                        |           | 2. M. O'toole (Nsw)  |  | 125 |
|                        |           | 3. J. Reynolds (Nsw) |  | 90  |
| <b>82.5kg</b>          |           |                      |  |     |
| 1. J. Bray (Nsw)       | 85        | 125 + kg             |  |     |
|                        |           | 1. A. Pinkard (Tas)  |  | 125 |
| <b>90kg</b>            |           |                      |  |     |
| 1. M. Reynolds (Nsw)   | 115       |                      |  |     |
| 2. E. Armstrong (Nsw)  | 102.5     |                      |  |     |
| K. Quarrel (Tas)       | BMB       |                      |  |     |

## VICTORIAN CHAMPIONSHIPS RESULTS

| Women         | NAME             | SQ    | BP    | DL    | TL    |
|---------------|------------------|-------|-------|-------|-------|
| <b>56kg</b>   |                  |       |       |       |       |
|               | 1. N. Gaylard    | 120   | 63    | 136   | 317.5 |
|               | R. Flanders      | 80    | BMB   | -     | -     |
| <b>67.5kg</b> |                  |       |       |       |       |
|               | 1. M. Medved     | 102.5 | 55    | 130   | 287.5 |
| <b>Men</b>    |                  |       |       |       |       |
| <b>67.5kg</b> |                  |       |       |       |       |
|               | 1. N. Anard      | 190   | 107.5 | 200   | 497.5 |
| <b>75kg</b>   |                  |       |       |       |       |
|               | 1. R. Hollick    | 65    | 65    | 120   | 250   |
|               | D. Kent          | 230   | BMB   | -     | -     |
| <b>82.5kg</b> |                  |       |       |       |       |
|               | 1. A. Shrier     | 235   | 167.5 | 277.5 | 680   |
|               | 2. B. Smartt     | 195   | 140   | 225   | 560   |
|               | 3. S. Trotter    | 195   | 122.5 | 215   | 532.5 |
| <b>90kg</b>   |                  |       |       |       |       |
|               | 1. D. Jones      | 242.5 | 167.5 | 245   | 655   |
|               | 2. A. Kelepouris | 252.5 | 127.5 | 250   | 630   |
| <b>100kg</b>  |                  |       |       |       |       |
|               | 1. A. Mihaljevic | 260   | 152.5 | 300   | 712.5 |
|               | 2. P. Pataud     | 247.5 | 180   | 270   | 697.5 |
|               | 3. W. Bell       | 180   | 160   | 222.5 | 562.5 |
|               | F. Young         | 270   | BMB   | -     | -     |
| <b>110kg</b>  |                  |       |       |       |       |
|               | 1. V. Simonetta  | 320   | 172.5 | 325   | 817.5 |
| <b>125kg</b>  |                  |       |       |       |       |
|               | 1. K. Boatwood   | 245   | 170   | 242.5 | 657.5 |





# WORLD BENCH PRESS CHAMPIONSHIPS, AMBERG, GERMANY.

On December 10 - 13th Kevin Rodgers U/60kg, Sandra Grice U/60kg and (myself) Greg Blackley U/67kg made the long journey to Amber in central East Germany, for the world bench press championships, 34 countries were represented with over 400 competitors, over the 3 day period.

With USA reps the likes of James Hollywood Henderson (Body weight 198kg and benching 340kg & Russia's Alexi Sivokan 66kg benching 205kg) set the scene for incredible competition.

Australia came in 27th in overall points with Greg Blackley completing a double body weight lift of 130kg placing him 15th in his weight division and on formula, 118th

outright of those who completed better than double body weight lifts. The exciting thing was that if I had of white lighted my last lift of 140kg, it would have placed me 8th in my division on body weight!!!!

We had a most educational and very enjoyable time, thankyou Robert Wilks and Powerlifting Australia.

Greg Blackley

## EXISTENTIAL OPEN MELBOURNE UNIVERSITY 13TH FEBRUARY

|                |      |       |      |     |       |
|----------------|------|-------|------|-----|-------|
| Rikki Flanders | 56.2 | 72.5  | 45   | 85  | 202.5 |
| Mary Medved    | 61.3 | 100   | 50   | BMB | -     |
| Karl Anderson  | 78.9 | 112.5 | 72.5 | 130 | 315   |
| Brooke Roberts | 81.9 | 200   | 120  | 200 | 520   |

# REGISTER NOW!

If you have not already registered for 1999 IT'S TIME to do this now. A 1999 registration form is enclosed and Harry Hovasapian is eagerly awaiting your form and your \$60.00. Remember if you have re-registered and become financial by 30th June your membership will lapse on that date, no more newsletters will be sent and your 6 months doping probation will have to start again when you do re-register. Why suffer such deprivation? - re-register now and keep your membership intact.

## A GREAT WEEKEND IN TASMANIA

Continued from page 1

joyial Matti Tikka with 590kg total and NR 240kg deadlift.

110kg section saw Danny Lee win the O40 div with 8 out of 9 lifts and a 620kg total. Tasmania's Max O'toole also completed 8 successful lifts - raw - to win the O50 section with a 550kg total.

Kevin Boatwood weighed in a bit heavy and moved up to the 125kg class and finishing first with 670kg over Victor Burt with 580kg. Tasmania's Mark Cuzner completing in the state title section finished with a good raw total of 595kg.

Completing the session Adam Pinkard competing in only his second comp and lifting raw (a distributing trend with Tasmanian lifters, especially when there is plenty of gear for sale!!!) finished with a solid 590kg total which included a 270kg deadlift and an assault on the U23 record of 290kg is not far away.

The weekends lifting finished with a bench press only comp, with several lifters following up for a second bite of the cherry. John Myers proved to be a hardy competitor by taking the best bench with a solid 152.5kg effort which was followed up with a new NR 156kg. Kevin Conway continued his duel with the Refs and only man-

## DRUG TESTING RESULTS

As a result of drug-testing procedures carried out by the Australian Sports Drug Agency and Powerlifting Australia the following suspensions have been imposed -

|                      |                   |
|----------------------|-------------------|
| Robert Hromek (NSW)  | 28/7/98 - 24/7/01 |
| William Harnett (WA) | 1/2/99 - 31/1/02  |
| Henry Lee (WA)       | 2/2/99 - 1/2/02   |

As a result of enforcement of Powerlifting Australia By-Laws relating to failure to provide accurate contact details for drug-testing availability, the following suspensions from national-level competition and record-setting have been imposed -

|                     |                   |
|---------------------|-------------------|
| Mason Jardine (QLD) | 16/2/99 - 15/8/99 |
| Dean Cowan (Qld)    | 16/2/99 - 15/8/99 |

## WE WANT NEW MEMBERS!

IF YOU ARE INTERESTED IN POWERLIFTING PLEASE CONTACT YOUR RESPECTIVE STATE ASSOCIATION FOR FURTHER DETAILS:

- Tony Burley—**Tasmania** • PO Box 1321 Launceston Tasmania 7250 • Phone 0419 977 668, A/H & Fax 03 6330 2296
- Jack Rowley—**Western Australia** • 27 Bernier Road, Shelley 6148 • Phone (09) 354 5099, Fax (09) 268 4444
- Rod Cantlay—**Northern Territory** • PO Box 36368, Winnellie 0821 • Phone (08) 8984 4000 Work, Fax (08) 8947 2263
- Daniel Lee—**Victoria** • PO Box 89, Merbein 3505 • Phone (03) 5025 3339
- Bob Orr—**New South Wales** • PO Box 1111 Rockdale NSW 2216 • Phone 02 9567 7886, Fax 02 9599 4853
- Andrew Logan—**Queensland** • 9 Dean Street Red Hill 4059 • Phone 0419 673 969
- Dean Jenkinson—**South Australia** • c/o Gold's Gym Roopena Tce, Ingle Farm SA • Ph 08 8264 3918