

POWERNEWS

A U S T R A L I A

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Editor-Nick Butler

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AUSTRALIAN CHAMPIONSHIPS AND SOUTH PACIFIC CHALLENGE

Sixty lifters from six countries made up the 1999 Australian Championships and also the South Pacific Challenge contest, between the Oceania nations of the I.P.F. Australia came out on top in the South Pacific, whilst New South Wales took out both the men's and women's team titles.

In the absence of Katrina Robertson, Jeannette Gevers took out Best Lifter in the women's classes of the Australian Championships effort. Australian Records came from Karen Lloyd, an overweight 48kg lifter but setting squat and bench press records in the 52kg class and Julie Deakin, whose 213kg deadlift was an outstanding effort. Mary Macken and Anne Mort, also just back from the World Championships, put in solid totals, whilst 16 year old Nicki Gaylard represented perhaps Australia's best hope for the future with a debut win in the 60kg class.

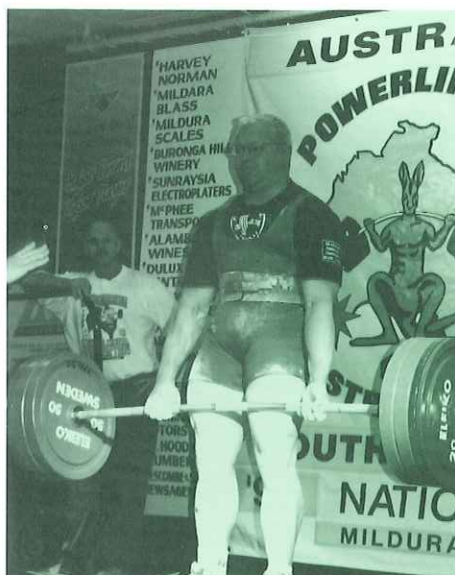
In the men's Australian Championship classes Brett Marshall and Nghiep Luu, minus his usual 250kg plus deadlift, were winners in the light classes. At 75kg John Myers and Satya Agnihotri, a long way from his still-standing Indian record of 695kg, went down to the line with 602 1/2 kg a piece, clear of improvers Dean Jenkinson and Sean Muir. The 82 1/2 kg class saw yet another showdown between Jack Rowley and Adrien Shnier, with yet another win to Jack. Technique misses on 167 1/2 kg bench and 272 1/2 kg deadlift made mincemeat of Adrien's total, but injury also held Jack back from the 700 plus he is well capable of.

On to the 90kg class and late bloomer Steve Nas was ahead of Darren Jones, who crumbled at the moment of truth in his quest to qualify for the Worlds. Darren held something of a record, having done a personal best total in every one of 30 something contests over 12 years, but that

record was in tatters after his Mildura meltdown. At 100kg Pat Whymark barely survived the squats, but then steadied up to total 725kg, ahead of a consolidating Alan Mihaljevic and Kevin Conway, who miscalculated the deadlift weight needed to grab second. Fourth place Fiore Inglese, come-backing after two years off after winning the national titles will surely improve on his 687 1/2 kg here.

The 110kg class saw the highest standard of the competition, where Vince Simonetta had the resources to total higher than Andrew Logan. A missed big jump in the squat, from 302 1/2 to 321, cost Andrew dearly, as Vince, not as powerful in this situation as in his Colac 817 1/2 kg earlier this year, had to pullout a last deadlift of 320kg to take the title. Just out of juniors Michael Pikos improved again with a 765kg for third, that including an Australian Record 205kg bench press. At 125kg Lex Luthor-look-a-like Peter Smith came out ahead of a technically erratic Gary Roberts. Lanky super-heavyweight Graham Thomson needed 3 efforts to secure 190 bench press, but was more in his element in the deadlift, where 310 was done with room to spare.

Amongst the South Pacific lifters laughing Russel Kun, the future President of Nauru (he says), was down in his bench but was the best islands lifter with 750kg total. Elisa Irava had a big easy bench with 195kg at 100kg, whilst Senimilie Turenger was Fiji's big winner in the 90+kg women.



Andrew Logan - Locked out with 317.5 kg.

Julie Deakin deadlifted a world-class 213 kg.

Results on page 3



WOMENS WORLD CHAMPIONSHIPS

Fourteenth place and a bronze medal was Australia's haul at the 1999 Womens World Championships, held in Thisted, Northern Denmark.

Katrina Robertson, the 1997 winner and missing in action in 1998, came back to the fray in the 90+kg class and pulled off 3rd place. In the squat Katrina was strong on 237 1/2 kg and 250kg but fell forward on 260kg. After only 4 years in the sport Katrina's technique is far from grooved in and the 260kg miss and having to repeat 140kg bench press proved costly come deadlift time. Katrina opened with 245kg and timed out the second attempt knowing one maximal effort was all that was available against the two Chinese Taipei lifters, who went into the meet with 680 and 690 totals against their names. As it was the win was out of reach for Katrina and the call was for 267 1/2 kg, a world record deadlift and 2nd place overall. This was a 101% effort, was closer in to the shins than usual and looked good to everyone as it went to lockout, aside from the two side referees - two red lights left Katrina with 635kg total, 3rd place and the desire to make amends next year.



Anne Mort, centre-stage in Denmark

Australia's four other lifters also put in creditable performances. Karen Lloyd gave 100% as usual, squatted too deep and left some to spare in that lift, benched a very good 67 1/2 kg but struggled in the deadlift for another 300kg total. Karen was pipped again by Mary Macken, barely visible at a sylph-like 47.3kg, who totalled 305kg, despite unusual weakness on the deadlift.

Jeannette Gevers gamered a high 8th place in the 56kg class, despite being well down in form and total. 142 1/2 kg squat and 75kg bench were all that were going to happen on the day for Jeannette, with 147 1/2 kg deadlift also hard and 162 1/2 kg an immovable object. Veteran Anne Mort was also a little down in strength, 95kg bench and 162 1/2 kg deadlift being commendable hard-fought maximums, whilst a too-loose suit was no help at all in the squat.

That was it for Australia, five lifters finding the going tough against the Russian, Ukraine and Chinese Taipei teams. Elena Zhukova (nee Suchoruk) took out Best Lifter with 635kg at 75 and the Russian team won the team title with a perfect score of 72 points.

Robert Wilks

Results

Weight Class	TL	SQ	BP	DL
44kg				
1. S. Tesleva (Rus)	157.5	90	165	412.5
2. C. Chen (CTP)	147.5	62.5	157.5	367.5
3. A. Prinkkala (Fin)	142.5	65	160	367.5
48kg				
1. E. Yamskich (Rus)	155	95	175	425
2. R. Koskinen (Fin)	172.5	80	157.5	410
3. Y. Fukushima (Jap)	150	100	140	390
11. M. Macken (Aust)	107.5	50	147.5	305
12. K. Lloyd (Aust)	107.5	67.5	125	300
52kg				
1. C. Cognacq (Den)	165	80	180	425
2. K. Chen (CTP)	165	92.5	140	397.5
3. B. Taillard (Fra)	152.5	72.5	165	390
56kg				
1. O. Belova (Rus)	192.5	112.5	205	510
2. B. Nikander (Fin)	172.5	115	177.5	465
3. P. Savola (Fin)	175	85	190	450
8. J. Gevers (Aust)	142.5	75	147.5	365
60kg				
1. I. Abramova (Rus)	215	102.5	222.5	540
2. E. Fomina (Rus)	210	122.5	195.5	525
3. Y. Chen (CTP)	192.5	112.5	185	490
67 1/2 kg				
1. M. Kudina (Rus)	230	122.5	210	562.5
2. A. Orsini (Ita)	220	115	207.5	542.5
3. L. Ivanova (Ukr)	210	117.5	210	537.5
11. A. Mort (Aust)	150	95	162.5	407.5
75kg				
1. E. Zhukova (Ukr)	246	125	265	635
2. A. Weizkowiak (Ger)	232.5	120	242.5	595
3. E. Ignatierkova (Rus)	232.5	137.5	225	595
82 1/2 kg				
1. N. Rumyantseva (Rus)	225	142.5	220	587.5
2. A. Stiklestad (Nor)	235	107.5	212.5	555
3. S. Shetty (Ind)	222.5	105	197.5	525
90kg				
1. N. Payusova (Rus)	222.5	152.5	230	545
2. L. Look (USA)	210	105	212.5	527.5
3. K. Nokua (Fin)	215	100	197.5	512.5
90+kg				
1. C. Lee (CTP)	279	152.5	247.5	677.5
2. C. Chao (CTP)	260	178	225	662.5
3. K. Robertson (Aust)	250	140	245	635

Teams

1. Russia	72 points
2. Chinese Taipei	54 points
3. Finland	49 points
14. Australia (24 nations)	14 points

Best Lifter

1. E. Zhukova (Ukr)	615.25 points
2. I. Abramova (Rus)	604.35 points
3. O. Belova (Rus)	602.61 points



ANSETT AUSTRALIA

Supports
POWERNEWS AUSTRALIA



1999 AUSTRALIAN CHAMPIONSHIPS

Men	SO	B	DL	Tot
60kg				
1. Brett Marshall	175	105	180	460
67 1/2 kg				
1. Nghiep Luu	207.5	100	235	542.5
2. Max Bristow	175	110	230	515
75kg				
1. John Myers	205	152.5	245	602.5
2. Satya Agnihotri	225	147.5	230	602.5
3. Dean Jenkinson	205	135	235	575
4. Sean Muir	200	127.5	240	567.5
5. David Kent	217.5	137.5	197.5	552.5
6. Lawrence Agius	195	152.5	200	547.5
7. Szadolics Hgruath	200	122.5	217.5	540
- Stewart Hiwe	BMB	-	-	-
- Andrew Luiham	220	BMB	-	-
87 1/2 kg				
1. Jack Rowley	240	170	275	685
2. Adrien Shnier	240	160	260	660
3. Stephen Moszno	257.5	140	250	647.5
4. Alan Scherini	230	145	262.5	637.5
5. Franz Bartels	212.5	127.5	286	625
6. Radek Saitz	210	122.5	235	567.5
7. Sean Trotter	200	117.5	210	527.5
90kg				
1. Steven Nas	265	160	267.5	692.5
2. Darren Jones	242.5	162.5	240	645
3. Tony Burley	240	120	245	605
100kg				
1. Patrick Whymark	285	170	270	725
2. Alan Mihaljevic	265	147.5	295	707.5
3. Kevin Conway	240	182.5	285	707.5
4. Fiore Inglese	270	142.5	275	687.5
5. John Mort	240	145	265	650
6. Anthony Inglese	235	120	257.5	612.5
7. Pas Pataud	237.5	-	-	-
110kg				
1. Vince Simonetta	322.5	160	320	802.5
2. Andrew Logan	302.5	180	317.5	800
3. Michael Pikos	275	200	290	765
4. Steve Wylie	262.5	150	257.5	670
125kg	SO	B	DL	Tot
1. Peter Smith	302.5	172.5	310	785
2. Gary Roberts	320	172.5	265	757.5
3. Laurence Heffernan	280	175	280	735
4. Kevin Boatwood	260	180	242.5	682.5
125+ kg				
1. Graham Thomson	285	190	310	785
Women				
48kg	SO	B	DL	Tot
1. Mary Macken	107.5	50	155	312.5
52kg				
1. Karen Lloyd	120.5	73	125	317.5
56kg				
1. Jeannette Gevers	150	72.5	152.5	325
60kg				
1. Nicole Gaylard	120	62.5	145	327.5
67 1/2 kg				
1. Vikki Jewell	105	60	135	300
75kg				
1. Anne Mort	157.5	97.5	162.5	417.5
82 1/2 kg				
1. Julie Deakin	170	77.5	213	460
Teams - Men				
1. New South Wales	77			
2. Victoria	69			
3. Queensland	55			
4. Tasmania	28			
5. South Australia	21			
6. Western Australia	19			
Teams - Women				
1. New South Wales	36			
2. Victoria	36			
3. Queensland	12			

1999 SOUTH PACIFIC CHALLENGE

	SO	B	DL	Tot
56kg				
1. Maroof Ramzan (Fiji)	140	105	175	420
2. Jean-Paul Soenpaman (Tahiti)	160	80	160	400
60kg				
1. Wila Sacobs (PNG)	130	70	155	355
67 1/2 kg				
1. Nghiep Luu (Aust)	207.5	100	235	542.5
2. Nalin Anand (NI)	185	105	205	495
75kg				
1. Satya Agnihotri (Aust)	225	147.5	230	602.5
2. Erk Yameng (PNG)	217.5	102.5	235	555
82 1/2 kg				
1. Jack Rowley (Aust)	240	170	275	685
2. Adrien Shnier (Aust)	240	160	260	660
3. Livingstone Sokoli (PNG)	260	130	260	650
90kg				
1. Steven Nas (Aust)	265	160	267.5	692.5
2. Mataira Terlipaia (Tahiti)	220	140	230	590
- Jean-Claude Toanki (Tahiti)	BMB	-	-	-
100kg				
1. Patrick Whymark (Aust)	285	170	270	725
2. Alan Mihaljevic (Aust)	265	147.5	295	707.5
3. Elisa Irava (Fiji)	250	195	230	675
110kg				
1. Vince Simonetta (Aust)	322.5	160	320	802.5
2. Andrew Logan (Aust)	302.5	180	317.5	800
3. Tim Denuga (Nauru)	180	115	180	485
125kg				
1. Peter Smith (Aust)	302.5	172.5	310	785
2. Gary Roberts (Aust)	320	172.5	265	757.5
3. Russel Kun (Nauru)	320	190	240	750
Women				
48kg	SO	B	DL	Tot
1. Mary Macken (Aust)	107.5	50	155	312.5
52kg				
1. Karen Lloyd (Aust)	120.5	73	125	317.5
56kg				
1. Jeannette Gevers (Aust)	150	72.5	152.5	375
60kg				
1. Nicky Gaylard (Aust)	120	62.5	145	327.5
2. Sylvie Auger (Tahiti)	110	52.5	130	292.5
67 1/2 kg				
1. Vicki Jewell (Aust)	105	60	135	300
75kg				
1. Anne Mort (Aust)	157.5	97.5	162.5	417.5
2. Aida Gero (PNG)	130	57.5	135	322.5
82 1/2 kg				
1. Julie Deakin (Aust)	170	77.5	213	460
90+kg				
1. Senimilie Tuenger (Fiji)	140	85	162.5	387.5
- Doris Maime (PNG)				
Teams (Combined Men & Women)				
1. Australia	204			
2. Papua New Guinea	38			
3. Fiji	32			
4. Tahiti	27			
5. Nauru	16			
6. Norfolk Island	9			



Satya Prakash Agnihotri (NSW/Aust.) 75kg
W/Div. - "Soon to Retire"



NEW GRADING SCALE & QUALIFYING TOTALS

At the Annual General Meeting of P.A. on 30th July, a new Grading Scale and thus qualifying totals for national and world championships was introduced. The new Grading Scale is not that different from the old Scale, with only some minor adjustments being made to make the old scale as consistent as possible with the Wilks

Formula (subject to rounding off to the nearest 5kg, to keep the scale simple).

As well, an Elite II Bench Press standard, has been set and incorporated into the scale - this is to establish a qualifying standard for the Australian team for the World Bench Press Championships.

Also, qualifying totals have been simplified - it is now simply Elite II for World Champs, A Grade for Junior Worlds, B Grade for Australian Champs and C Grade for Junior Australian Championships.

Robert Wilks

POWERLIFTING AUSTRALIA INC. - GRADING SCALE AS FROM 1ST AUGUST 1999

WOMEN	EI	EII	A	B	C	D	EII BENCH
44	290	270	245	220	185	145	55
48	310	285	260	235	200	155	60
52	330	305	280	250	215	165	65
56	350	325	300	265	230	175	70
60	370	345	315	280	245	185	75
67 ½	400	370	340	300	265	200	82 ½
75	430	400	365	320	280	215	90
82 ½	455	420	385	340	295	230	95
90	475	440	405	355	310	240	100
90+	495	460	420	370	320	250	105

MEN	EI	EII	A	B	C	D	EII BENCH
52	470	435	400	355	305	230	100
56	510	470	435	385	335	255	110
60	545	505	465	410	355	270	120
67 ½	600	555	510	450	395	300	132 ½
75	650	600	550	485	425	325	145
82 ½	690	640	585	515	450	345	155
90	725	670	615	545	475	365	165
100	760	700	645	570	495	380	175
110	785	725	670	590	510	395	182 ½
125	810	750	690	610	530	405	190
125+	830	770	705	625	540	415	195

QUALIFYING TOTALS -
 WORLD CHAMPS (Men, Women, BP) - ELITE II
 JNR WORLD CHAMPS (Men, Women) - A GRADE
 AUSTRALIAN CHAMPS (Men, Women) - B GRADE
 JNR AUSTRALIAN CHAMPS (Men, Women) - C GRADE

AUSTRALIAN BENCH PRESS CHAMPIONSHIPS

As you no doubt are already aware, as from this year entries for the Australian Bench Press Championships will be handled centrally by the P.A. Administration Director (now Danny Lee).

Enclosed with this newsletter is an entry form for the Championships, with details of the location, times, etc. for your state. If you are eligible (i.e. 6 months minimum as a P.A. member as at 11th September - no actual qualifying standard) make sure to send your entry form plus \$10.00 entry fee to Danny Lee by 27th August. As all entrants have to be logged with ASDA by that date. **NO LATE ENTRIES CAN BE ACCEPTED.**

NEW ADMINISTRATION DIRECTOR!

As of 31st July 1999 long-time and long-suffering Administration Director of Powerlifting Australia Harry Hovasapian retired from that position and Danny Lee took over.

Harry put in untold hours to do a thankless job with great enthusiasm. Membership cards, the P.A. web site and Oceania Records were all new innovations implemented by Harry, whilst he computerised and maintained our membership listings and the Australian Records system. Harry is owed a debt of gratitude by all Powerlifting Australia members.

All membership forms, contest results, etc. should now be sent to:

Danny Lee
PO Box 96
Merbein VIC 3505
Fax: (03) 5025 3213

As well Elizabeth Toolin has also resigned, as Finance Director. In her brief period as Finance Director Elizabeth greatly professionalised our financial system and she also will be greatly missed. From 1st August on the Finance Directors position will be handled by Paula Forward, of Bob Orr's office.

Robert Wilks

DRUG TESTING RESULTS

As a result of drug testing carried out by the Australian Sports Drug Agency and in accordance with the Australian Sports Commission and Powerlifting Australia policies and by-laws, the following suspension applies -

Bernie Welsford (Qld) - 18th May 1999 to 17th May 2002

STATE CONTACTS

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
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- 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
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