



# POWERNEWS

## A U S T R A L I A

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Editor-Nick Butler

## MENS WORLD CHAMPIONSHIPS

High in the mountains of Northern Italy 211 lifters from 44 nations took part in another high standard Men's World Championships. Trento was the city hosting the event. Outstanding lifter was Alexei Sivokon of Kazakhstan whose 807.5kg at 67.5kg was nearly 30 points clear of the next best lifter and one of the best totals of all time.

Six Australians took on the world in this event. In the 90kg class an injured Adrien Shnier was an early departure, but Stephen Nas overcame some wobbly squats to record bests in the bench press and deadlift and a 682.5kg total. At 100kg Vince

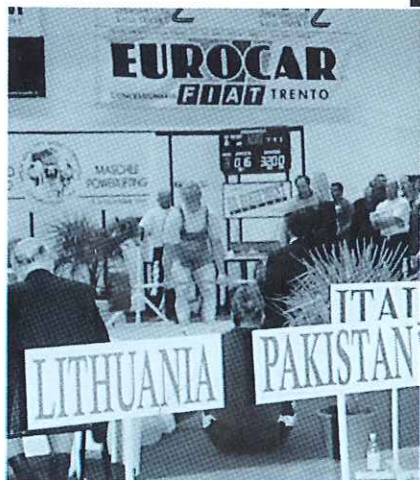
Simmonetta put in the steadiest effort of his lengthy career, 780kg getting him 11th place. Fiore Inglese also controlled his volatility and put together 710kg in 21st place.

Andrew Logan was the highest placed Australian, with an outstanding 8th in the 110kg class. A strangely unstable bench held back Andrew's total, but 315 squat and 315 deadlift made this a much better 800 than his identical total at Mildura. In the 125's Gary Roberts learnt as he went along and came through with a 755kg total.

New Zealand fielded a crew of five, led off by lounge lizard Steve Lousich's 727.5kg in

the 100kg class. At 110kg Derek Pomana was a surprise entry, after major injury last year, but his 360kg squat was unexpectedly strong. However disaster struck again - Derek tore a pec and he was able to bench no more than 60kg; however the wheels of fate turned again and Derek was able to pull 352.5kg to win the deadlift. Brother Wayne, always thereabouts in the 125kg class, came in 8th in a strong field.

Once again Russia took out the team title, with Australia and New Zealand mid-field, at 24th and 23rd respectively.



Andrew Logan



The Australian Team at the Mens World Championships

Results on page 3



# WORLD JUNIOR CHAMPIONSHIPS

Three Australian juniors, three personal best totals and a battling 16th place in the team scoring was the verdict for Australia at the World Junior Championships in Nymburk, Czech Republic last October 5th - 10th.

Nick Unsworth-Smith was the outstanding Australian, with his 622.5kg at 75kg, establishing an Australian Junior Record

and gathering a highly creditable 9th place. In Nick's wake in the 75kg class came Szabo Horvath, in 16th place, with 542.5kg, 2.5kg up on his nationals last ditch qualifier.

At 60 kg, Brad Peters also shattered his best at that bodyweight, with an even 500kg. That effort took out 5th place in a smaller field and gathered valuable team points..

In the team contest, as usual, Russia, Ukraine and Chinese Taipei took out the top places. As for best lifters, 20 year old Surlov of Russia did 927.5kg at 100 (and then went on to win the World Seniors with 952.5kg 8 weeks later) to take the men's title, whilst Chia-Sui Lee of CTP, also a world open champion, went through the nations to take out the women's award via

## RESULTS

### 1999 JUNIORS

Men	SQ	BP	DL	Total		SQ	BP	DL	Total
<b>52kg</b>					<b>90kg</b>				
1. D. Wsola (Pol)	212.5	115	172.5	500	1. A. Rokochy (Ukr)	315	177.5	295	787.5
2. K Tomoyuki (Jap)	180	122.5	187.5	490	2. S. Didovik (Ukr)	317.5	197.5	272.5	787.5
3. A. Rakhmankulov (Uzb)	170	60	135	447.5	3. M. Seibel (Ger)	310	192.5	285	787.5
<b>56kg</b>					<b>100kg</b>				
1. T. Hsieh (CTP)	230	135	252.5	617.5	1. J. Suslov (Rus)	365	225	337.5	927.5
2. N. Asabin (Rus)	217.5	125	200	542.5	2. J. Palokangas (Fin)	330	190	320	840
3. F. Tinebra (Fra)	195	130	200	525	3. I. Zakirov (Ukr)	335	175	305	815
<b>60kg</b>					<b>110kg</b>				
1. A. Zviagintzev (Rus)	240	135	215	590	1. S. Karnaukhov (Ukr)	362.5	207.5	330	900
2. S. Yarg (CTP)	210	105	272.5	587.5	2. A. Malanichev (Rus)	360	210	327.5	897.5
3. M. Kytt (Fin)	210	115	227.5	552.5	3. H. Kopola (Fin)	305	195	325	825
5. B. Peters (Aus)	182.5	107.5	210	500	<b>125kg</b>				
<b>67.5kg</b>					1. S. Karnaukhov (Rus)	340	230	351	920
1. E. Dolgov (Rus)	270	155	270	695	2. B. Gabrielsen (Nor)	350	212.5	290	852.5
2. J. Spychala (Pol)	240	152.5	260	652.5	3. A. Dornier (Ger)	355	187.5	302.5	845
3. J. Arias (USA)	247.5	145	257.5	650	<b>125+kg</b>				
<b>75kg</b>					1. R. Ukraintzev (Rus)	350	230	335	915
1. R. Shabanov (Rus)	280	195.5	260	735	2. A. Thompson (GB)	345	220	310	875
2. A. Yatskov (Ukr)	267.5	142.5	277.5	687.5	3. M. O'Donnel (USA)	330	200	285	815
3. R. Mamukov (Uzb)	250	155	262.5	667.5	<b>Teams</b>				
9. N. Unsworth-Smith (Aus)	235	150	237.5	622.5	1. Russia	72			
16. S. Horvath (Aus)	200	122.5	225	537.5	2. Ukraine	59			
<b>82.5kg</b>					3. Poland	49			
1. S. Gordeev (Rus)	300	177.5	322.5	800	4. Chinese Taipei	47			
2. I. Shliakhta (Ukr)	292.5	170	302.5	765	5. USA	42			
3. W. Grabski (Pol)	305	195	255	755	6. Finland	32			
<b>90kg</b>					16. Australia	9			
1. A. Rokochy (Ukr)	315	177.5	295	787.5	<b>Best Lifter</b>				
2. S. Didovik (Ukr)	317.5	197.5	272.5	787.5	1. N. Suslov (Rus)	927.5 @ 96.5 = 572.91			
3. M. Seibel (Ger)	310	192.5	285	787.5	2. T. Hsieh (CTP)	617.5 @ 55.0 = 572.23			
					3. S. Gordeev (Rus)	800 @ 78.8 = 551.44			



# RESULTS

## 1999 MENS WORLD CHAMPIONSHIPS

	SQ	BP	DL	Total
52kg				
1. A. Stanaszek (Pol)	275	172.5	145	592.5
2. S. Lu (CTP)	230	115	230	575
3. N. Arbu (Ind)	225	97.5	242.5	565
56kg				
1. K. Pavlov (Rus)	245	170	215	630
2. T. Hsieh (CTP)	220	140	240	600
3. V. Loganatahn (Ind)	230	115	240	585
60kg				
1. G. McNamara (Ire)	247.5	150	262.5	660
2. M. Andruchin (Rus)	255	137.5	262.5	655
3. H. Isagawa (Jap)	222.5	172.5	235	630
67.5kg				
1. A. Sivokon (Kaz)	302.5	202.5	302.5	807.5
2. J. Olech (Pol)	310	160	302.5	772.5
3. H. Elbeghiti (Fra)	252.5	132.5	275	660
75kg				
1. S. Bazaev (Ukr)	310	175	305	790
2. V. Furazhkin (Rus)	305	192.5	290	787.5
3. V. Baranov (Rus)	307.5	165	307.5	780
82.5kg				
1. D. Ricks (USA)	315	210	332.5	857.5
2. S. Mor (Rus)	317.5	225	315	857.5
3. D. Ghilardi (Ita)	300	190	350	840
90kg				
1. A. Tarasenko (Rus)	345	247.5	342.5	935
2. D. Fedenko (Rus)	337.5	215	330	882.5
3. S. Romanenko (Ukr)	355	195	330	880
26. S. Nas (Aus)	252.5	165	265	682.5
BMB. A. Shrier (Aus)				
100kg				
1. N. Soslov (Rus)	380	230	342.5	952.5
2. O. Soloviov (Ukr)	377.5	240	335	952.5
3. T. Harris (USA)	352.5	215	350	917.5
11. V. Simmonetta (Aus)	300	160	320	780
20. S. Lousich (NZL)	282.5	192.5	252.5	727.5
21. F. Inglese (Aus)	275	147.5	287.5	710
110kg				
1. V. Ivanenko (Ukr)	415.5	220	345	980
2. A. Gankov (Rus)	360	240	350	950
3. C. Henry (GBR)	370	212.5	325	907.5
8. A. Logan (Aus)	315	170	315	800
10. D. Pomana (NZL)	360	60	352.5	772.5
13. B. Henderson (NZL)	280	177.5	285	742.5
125kg				
1. M. Podtynni (Rus)	405	222.5	375	1002.5
2. A. Jonsson (Ice)	390	242.5	367.5	1000
3. V. Muraviov (Ukr)	385	230	350	965
8. W. Pomana (NZL)	365	230	300	895
15. T. Rangihura (NZL)	320	190	300	810
17. G. Roberts (Aus)	310	180	265	755
125+kg				
1. M. Gurianov (Rus)	395	267.5	372.5	1035
2. B. Gillingham (USA)	375	267.5	377.5	1020
3. V. Naleikin (Nkr)	400	240	360	1000
Teams				
1. Russia	69			
2. Ukraine	57			
3. USA	48			
4. Poland	38			
5. India	35			
6. Japan	31			
23. New Zealand	8			
24. Australia	7			

### Best Lifter

1. A. Sivokon (Kaz)	807.5 @ 66.9 = 627.10
2. A. Tarasenko (Rus)	935 @ 89.6 = 598.21
3. A. Stanaszek (Pol)	592.5 @ 51.1 = 592.20

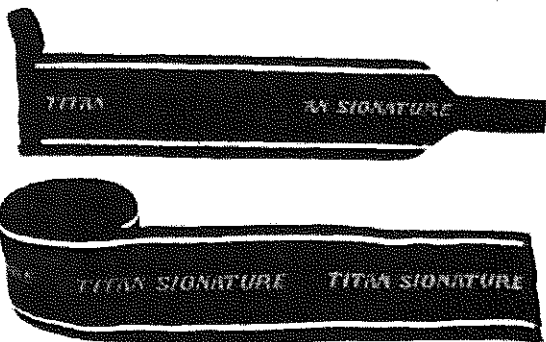
## 1999 AUSTRALIAN BENCH PRESS CHAMPIONSHIPS

Division	Category	Name	State	Total	Place	Record
Women						
60kg	U/18	Nicky Gaylard	Vic	72.5kg	First	U/18, U/23
60kg	O/40	Natalie Zacharko	SA	62.5kg	First	
67.5kg	U/18	Jessica Mort	NSW	57.35kg	First	U/18 58kg
67.5kg	U/18	Leonie Stengert	NSW	50kg	Second	
67.5kg	Open	Mary Medved	Vic	55kg	First	
Men						
60kg	O/50	Fred Litchfield	Qld	117.5kg	First	O/50
67.5kg	U/18	David De Rose	Qld	100kg	First	U/18
67.5kg	U/23	Theodore Lagis	Qld	95kg	First	
67.5kg	Open	Greg Blackley	Qld	140kg	First	Op. O/40 141
67.5kg	Open	Ray Owen	NSW	107.5kg	Second	
67.5kg	Open	Mark Kochanek	Qld	100kg	Third	
67.5kg	O/50	Max Bristow	NSW	112.5kg	First	
67.5kg	O/60	Ron Guttormensen	Qld	102.5kg	First	
67.5kg	O/60	Tony Feltham	NSW	90kg	Second	S.R. 90.5kg
67.5kg	O/60	David Graham	SA	55kg	Third	
75kg	U/18	Frank Dimasi	Vic	75kg	First	
75kg	Open	John Myers	NSW	155kg	First	
75kg	Open	Sean Muir	Qld	132.5kg	Second	
75kg	Open	Darren Drewett	SA	97.5kg	Third	
75kg	O/40	Laurie Agius	SA	155kg	First	
75kg	O/40	John Myers	NSW	155kg	Second	O/40 156.5kg
75kg	O/50	Dennis Holden	NSW	110kg	First	
75kg	O/70	Hercules Perryman	WA	77.5kg	First	O/70
75kg	O/80	Robert Hollick	Vic	67.5kg	First	
82.5kg	U/23	Ziad Jnied	WA	155kg	First	U/23
82.5kg	U/23	Tim Unsworth-Smith	Qld	140kg	Second	
82.5kg	Open	Andrew Aduca	Vic	135kg	First	
82.5kg	Open	Franz Barteis	Qld	135kg	Second	
82.5kg	Open	Sean Trotter	Vic	125kg	Third	
82.5kg	Open	Lonny Humphries	SA	82.5kg	Fourth	
82.5kg	O/40	Mick Climstein	NSW	157.5kg	First	O/40
82.5kg	O/40	Brett Smartt	VIC	135kg	Second	
82.5kg	O/50	Jim Lewis	Tas	145kg	First	
82.5kg	O/60	Robert Withers	SA	120kg	First	O/60
82.5kg	O/80	Les Edmonds	NSW	72.5kg	First	O/80 73kg
90kg	U/23	Steven Van Beljere	Qld	170kg	First	U/23
90kg	Open	Jack Rowley	WA	160kg	First	
90kg	Open	David Vaughan	NSW	140kg	Second	
90kg	O/40	David Vaughan	NSW	140kg	First	
90kg	O/40	James Harrap	SA	135kg	Second	
90kg	O/40	Martin Reynolds	NSW	117.5kg	Third	
90kg	O/40	Ernie Armstrong	NSW	107.5kg	Fourth	
90kg	O/60	Don Juers	SA	125kg	First	O/60 126kg
100kg	Open	Kevin Conway	SA	185kg	First	
100kg	Open	Ian Sullivan	WA	145kg	Second	
100kg	Open	Peter Tailford	Qld	145kg	Third	
100kg	O/40	Kevin Conway	SA	185kg	First	O/40
100kg	O/60	Merv Kennedy	Vic	112.5kg	First	O/60 115kg
100kg	O/60	Ken Mitchell	NSW	95kg	Second	
110kg	Open	Pas Pataud	Vic	182.5kg	First	Open 183kg
110kg	Open	Pat Whymark	NSW	175kg	Second	
125kg	Open	Steve Little	SA	195kg	First	Open
125kg	Open	Steve Giffin	Vic	150kg	Second	
125+kg	O/50	Bernie Sharp	SA	130kg	First	



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## 1999 AUSTRALIAN RANKINGS - MEN

52kg  
1. O. Phan Qld 395

60kg  
1. B. Peters Qld 500  
2. B. Marshall NSW 407  
3. Greg Lancaster NSW 407.5  
4. Paul Waters NSW 380  
5. F. Litchfield Qld 257.5  
6. M. Kochanek Qld 145

67.5kg  
1. J. Ambrose WA 555  
2. D. Kent Vic 547.5  
3. N. Luu Vic 542.5  
4. M. Brislow NSW 530  
5. B. Peters Qld 500  
6. N. Anand Vic 497.5  
7. D. Derose Qld 495  
8. G. Blackley Qld 495  
9. T. Lagis Qld 452.5  
10. P. Hedges SA 397.5

75kg  
1. N. Unsworth-Smith Qld 622.5  
2. J. Myers NSW 602.5  
3. S. Agnihotri NSW 602.5  
4. S. Muir Qld 580  
5. D. Jenkinson SA 575  
6. A. Luiham Qld 575  
7. L. Agius SA 557.5  
8. D. Kent Vic 552.5  
9. S. Horvath Qld 542.5  
10. N. Moneypenny WA 505  
J. Dalton Qld 465

82.5kg  
1. J. Rowley WA 685  
2. A. Shnier Vic 680  
3. S. Moszko Tas 647.5  
4. A. Scherini WA 640  
5. F. Bartels Qld 626  
6. N. Unsworth-Smith Qld 585  
7. S. Trotter Vic 585  
8. R. Saitz NT 567.5  
9. S. Muir Qld 562.5  
10. B. Smartt Vic 560

90kg  
1. S. Nas Tas 692.5  
2. S. Moszko Tas 687.5  
3. K. Chandler Qld 665  
4. D. Jones Vic 655  
5. A. Kelepouris Vic 642.5  
6. D. Roberts SA 615  
7. D. Vaughan NSW 612.5  
8. T. Burley Tas 605  
9. M. Roskell NSW 600  
10. S. Pearson Tas 580

100kg  
1. V. Simonetta Vic 780  
2. P. Whymark NSW 730  
3. A. Mihaljevic Vic 712.5  
4. F. Inglesse Vic 710  
5. K. Conway SA 707.5  
6. P. Pataud Vic 697.5  
7. J. Mort NSW 670  
8. M. Abdou NSW 670  
9. T. Burley Tas 645  
10. P. Telford Qld 635

110kg  
1. V. Simonetta Vic 817.5  
2. A. Logan Qld 800  
3. K. Beverley WA 780  
4. M. Pikos NT 765  
5. P. Whymark NSW 737.5  
6. S. Cook Qld 710  
7. P. Pataud Vic 700  
8. T. Luderman Qld 695  
9. S. Wyllie NSW 670  
10. G. Phillips Qld 645

125kg  
1. P. Smith Qld 797.5  
2. G. Marini SA 767.5  
3. G. Roberts Qld 757.5  
4. L. Heffernan NSW 735  
5. B. Dowsett WA 720  
6. S. Giffin Vic 692.5  
7. K. Boatwood Vic 682.5  
8. S. Goldner Qld 645  
9. D. Lee Vic 612.5  
M. Cuzner Tas 595

125+kg  
1. P. Newman NSW 820  
2. G. Thomson Qld 785  
3. G. Roberts Qld 760  
4. A. Pinkard Tas 665  
5. J. Pederson Qld 610  
6. P. Kez Vic 532.5  
7. B. Sharp SA 510

### TOP TEN MEN

1.	Vince Simonetta	817.5 @ 109.6	= 481.7
2.	Andrew Logan	800 @ 108.5	= 472.8
3.	Paul Newman	820 @ 134	= 461.4
4.	Jack Rowley	685 @ 81.9	= 461.1
5.	Peter Smith	797.5 @ 118.1	= 460.2
6.	Kevin Beverley	780 @ 109.4	= 459.9
7.	Adrien Shnier	680 @ 82.4	= 455.9
8.	Michael Pikos	765 @ 109.5	= 450.8
9.	Pat Whymark	737.5 @ 101	= 447.1
10.	Nick Unsworth-Smith	622.5 @ 74.3	= 446.5

These rankings cover only the top 10 in each division. However if you wish to have a full set of 1999 rankings for every lifter in every division, (plus a full set of Australian Records) these can be obtained by sending \$10 (cheque made out to Powerlifting Australia Inc.) to Powerlifting Australia, Administration Director, Danny Lee, PO Box 96, Merbein VIC 3505.



Season's Greetings to all our subscribers from the staff of PowerNews Australia.

Merry Christmas!



# RESULTS

## 1999 AUSTRALIAN RANKINGS - WOMEN

48kg			
1.	M. Macken	NSW	312.5
2.	K. Lloyd	Vic	300
3.	M. Pilkington	NSW	217.5
52kg			
1.	K. Lloyd	Vic	317.5
2.	J. Walding	SA	227.5
56kg			
1.	J. Gevers	NSW	375
2.	K. Lloyd	Vic	342.5
2.	N. Gaylard	Vic	317.5
4.	R. Flanders	Vic	277.5
3.	J. Walding	SA	242.5
6.	J. Arnold	Vic	212.5
4.	A. Collinson	Tas	202.5
60kg			
1.	N. Gaylard	Vic	347.5
2.	D. Curtis	Qld	342.5
3.	A. Oatham	NSW	337.5
4.	P. Lukins	WA	285
5.	R. Flanders	Vic	240
6.	K. Muir	NSW	227.5
7.	A. Collinson	Tas	225
8.	I. Masonskas	Vic	185
67.5kg			
1.	A. Mort	NSW	415
2.	L. Dallas- Morgan	NSW	345
3.	E. Carr-Hill	Qld	310
4.	M. Medved	Vic	307.5
5.	V. Jewell	Vic	300
6.	L. Stengert	NSW	272.5
75kg			
1.	A. Mort	NSW	425
2.	B. Smith	Qld	395
3.	J. Meany	WA	355
4.	S. Francis	Qld	355
5.	K. Burgess	Qld	350
6.	S. Rutherford	Vic	257.5
82.5kg			
1.	J. Deakin	Qld	460
2.	J. Saxberg	NSW	317.5
3.	A. Nestor	Vic	190
90kg			
1.	K. Roberson	Qld	635
2.	S. Rochester	Vic	230

### TOP TEN WOMEN

1.	Katrina Robertson	635 @ 120.6	= 507.3
2.	Jeannette Gevers	375 @ 55.7	= 443.1
3.	Anne Mort	415 @ 67.5	= 423.5
4.	Mary Macken	312.5 @ 47.5	= 417.4
5.	Julie Deakin	460 @ 81.9	= 416.8
6.	Karen Lloyd	300 @ 47.8	= 398.6
7.	Nikki Gaylard	347.5 @ 58.6	= 395.2
8.	Dominique Curtis	342.5 @ 58.7	= 388.6
9.	Bev Smith	395 @ 73	= 382
10.	Amanda Oatham	337.5 @ 59.9	= 376.8

## CONTEST RESULTS

Name	Sex	Cat	Div	SQ	BP	DL	Total	Place
BRISBANE OPEN Uni of QLD 11/9/99								
Theodore Lagis	M	Open	67.5	162.5	95	195	452.5	1
Maurie Craggs	M	O/60	75	182.5	80	200	462.5	1
Stephen How Lum	M	Open	75	170	105	180	455	2
Ashley Pappin	M	Open	82.5	137.5	90	165	392.5	1
Gary Segal	M	Open	90	175	77.5	195	447.5	1
Steven Van Beijeren	M	U/23	90	60	170	125	355	2
Peter Tailford	M	Open	100	230	145	235	610	1
Adam Firman	M	Open	110	232.5	140	240	607.5	1
Damian O'Nei	IM	Open	110	100	80	145	325	2
Steven Goldner	M	Open	125	220	155	270	645	1
VICTORIAN COUNTRY CHAMPIONSHIPS Colac Vic 12/9/99								
Rikki Flanders	F	Open	60	85	47.5	107.5	240	1
Mary Medved	F	Open	67.5	117.5	55	135	307.5	1
Sonja Rutherford	F	Open	75	85	50	100	235	1
Anne Nestor	F	Open	82.5	62.5	47.5	80	190	1
Frank Dimasi	M	Open	75	140	75	170	385	1
Robert Hollick	M	Open	75	67.5	67.5	120	255	2
Brett Smartt	M	Open	82.5	195	135	200	530	1
Jonathon Ioannou	M	Open	82.5	140	115	165	420	2
Kari Anderson	M	Open	82.5	120	80	150	350	3
Pas Patuad	M	Open	110	252.5	182.5	265	700	1
Tim Denuga	M	Open	110	215	115	200	530	2
Mark Lyzczaszcz	M	Open	110	150	110	180	440	3
Peter Kez	M	Open	125+	212.5	120	200	532.5	1
Nth QUEENSLAND POWERLIFTING CHAMPION James Cook Uni QLD 12/9/99								
Cu Phan	M	U/23	56	140	90	165	395	1
David De Rose	M	U/18	67.5	195	100	200	495	1
Sean Muir	M	Open	75	205	132.5	242.5	295	1
Dan Williams	M	Open	82.5	120	-	-	-	-
Les Wellington	M	O/50	100	250	115	200	565	1
DOCKSIDE LIFT OFF Dockside fitness Hobart TAS 12/9/99								
Shannon Jacobson	M	U/23	82.5	200	105	225	530	1
Steve Pearson	M	Open	90	220	140	220	580	1
Sergei Mitnovetski	M	Open	90	180	125	220	525	2
Max O'Toole	M	O/50	110	187.5	125	235	547.5	1
Adam Pinkand	M	U/23	125+	230	140	275	645	1
DEAN BENNETT MEMORIAL Funlife Fitness SA 15/8/99								
Donovan Pyatt	M	Open	75	155	100	190	445	1
Darren Drewett	M	Open	75	150	107.5	185	442.5	2
Aaron McFarlane	M	Open	75	140	105	180	425	3
Lonny Humphries	M	Open	82.5	132.5	90	200	422.5	1
Damian Roberts	M	Open	90	230	135	250	615	1
Kevin Conway	M	O/40	110	105	105	245	455	1
OPEN REGIONAL CHALLENGE TAS Launceston PCYC 4/12/99								
Angela Bull	F	Open	60	77.5	45	102.5	255	1
Jamie Elphinstone	M	Open	67.5	-	102.5	-	102.5	2
Mark Stewart	M	Open	67.5	100	60	-	-	-
Dennis Hay	M	Open	82.5	185	130	190	505	1
Ron Watts	M	Open	82.5	130	80	200	410	2
Peter Chicott	M	Open	82.5	115	80	165	360	3
Jim Lewis	M	Open	82.5	60	150	60	270	4
Steve Moszko	M	Open	90	270	147.5	270	687.5	1
Steve Pearson	M	Open	90	225	145	235	605	2
Mark Harris	M	Open	90	180	80	200	460	3
Tony Burley	M	Open	100	270	135	240	645	1



# RESULTS

## CONTEST RESULTS

Name	Sex	Cat	Div	SQ	BP	DL	Total	Place
OPEN REGIONAL CHALLENGE TAS Launceston PCYC 4/12/99 cont'								
Max O'Toole	M	Open	110	165	130	237.5	520	1
Adam Pinkard	M	Open	125+	235	145	285	665	1
Ricky Walsh	M	Open	125+	-	180	-	180	1
Garth Hutton	M	Open	90	-	120	-	120	3
WA QUALIFIER Willetton High School 31/10/99								
Peta Kukins	F	Open	60	100	60	125	285	1
Jim Ambrose	M	O/60	67.5	180	125	241.5	545	1
Hercules Perryman	M	O/70	75	125	75	145	345	1
Allan Scherini	M	Open	82.5	235	140	265	640	1
Ian Sullivan	M	O/40	100	152.5	157.5	170	480	1
Warren Hill	M	O/50	110	155	95	210	460	1
SOUTH-EAST COMP QLD Jacobs Well Community Hall 4/12/99								
Sara-Maree Francis	F	Open	75	140	65	150	355	1
Kathy Burgess	F	Open	75	120	75	155	350	2
Julie Deakin	F	Open	82.5	175	77.5	205	457.5	1
Cu Phan	M	Open	56	160	95	175	430	1
Andrew Lulham	M	Open	75	215.5	140	235	587.5	1
Steve Howlum	M	Open	75	175	100	207.5	482.5	2
Stephen Howe	M	Open	75	105	65	135	305	2
Franz Barteis	M	Open	82.5	200	130	250	580	1
Sean Muir	M	Open	82.5	200	127.5	235	562.5	2
Maurie Craggs	M	Open	82.5	180	85	200	465	3
Ashley Pappin	M	Open	82.5	155	-	180	-	-
Aaron Ernst	M	Open	90	170	110	220	500	1
Gary Segal	M	Open	90	190	92.5	205	487.5	2
Dan Williams	M	Open	90	115	140	165	420	3
Mark Hambling	M	Open	100	220	135	210	565	1
Greg Phillips	M	Open	110	60	155	280	495	1
Larry Cockerton	M	Open	125	130	65	145	340	1
Ron Guttormsen	M	O/50	75	-	107.5	-	107.5	1
Roger Bradford	M	Open	75	-	145	-	145	1
Szabo Horvath	M	Open	75	-	125	-	125	2
teven Goeidner	M	Open	125	-	155	-	155	1
END OF MILLENIUM EXTRAVAGANZA Melbourne University Victoria 11/12/99								
Karen Lloyd	F	Open	56	122.5	78	143	342.5	1
Rikki Flanders	F	Open	56	100	551	22.5	277.5	2
Jade Arnold	F	Open	56	60	52.5	100	212.5	3
Liza Masinakas	F	Open	60	65	40	80	185	1
Sonja Rutherford	F	Open	75	85	50	122.5	257.5	1
David Kent	M	Open	67.5	210	137.5	200	547.5	1
Nghiep Luu	M	Open	67.5	197.5	100	232.5	530	2
Frank Dimasi	M	Open	75	142.5	72.5	170	385	1
Neville Harris	M	Open	75	195	-	-	-	-
Sean Trotter	M	Open	82.5	225	127.5	232.5	585	1
Andrew Pletromartire	M	Open	82.5	147.5	82.5	170	400	2
Achilles Kalepouris	M	Open	90	257.5	132.5	252.5	642.5	1
Merv Kennedy	M	Open	90	-	115	-	115	2
Alan Mihajjevic	M	Open	100	265	142.5	300	707.5	1
Adam Taylor	M	Open	100	155	132.5	207.5	495	2
Tim Denuga	M	Open	110	215	110	215	540	1
Frank Genua	M	Open	110	155	105	220	480	2
Pas Pataud	M	Open	110	25	183.5	25	232.5	3
Russel Kun	M	Open	125	320	185	235	740	1
Steve Griffin	M	Open	125	262.5	175	255	692.5	2
MATTI TIKKA Carey Bay Y.M.C.A NSW 5/12/99								
Marysha Pilkington	F	O/50	48	70	50	97.5	217.5	1
Nicki Gaylard	F	U/18	60	132.5	70	145	347.5	1
Anne Mort	F	O/40	75	160	100.5	165	425	1
Greg Lancaster	M	O/40	60	160	67.5	180	407.5	1
Paul Waters	M	O/40	60	145	70	165	380	2
Max Bristow	M	O/50	67.5	180	115	235	530	1
Oliver Lind	M	O/50	67.5	132	570	180	382.5	2
John Myers	M	O/40	75	205	155	237.5	597.5	1
Les Edmonds	M	O/80	82.5	90	70	135	295	1
Adam Hobbs	M	Open	82.5	135	-	-	-	-
Maurice Richardson	M	Open	90	170	115	170	455	1
Maged Abdou	M	Open	100	250	170	250	670	1
Vincent Loke	M	Open	100	230	140	250	620	2
Pat Whymark	M	Open	110	300	175	262.5	737.5	1
Murray Wilkinson	M	Open	125	215	142.5	210	567.5	1
Paul Newman	M	Open	125+	320	200	300	820	1

## CONTEST RESULTS

Name	Sex	Cat	Div	SQ	BP	DL	Total	Place
MATTI TIKKA Carey Bay Y.M.C.A NSW 5/12/99								
BENCH PRESS SECTION								
Jessica Mort	F	U/18	67.5	-	58.5	-	58.5	1
Ray Owen	M	Open	67.5	-	107.5	-	107.5	1
Dennis Hoiden	M	O/50	75	-	125	-	125	1
Tony Feltham	M	O/60	75	-	90	-	90	2
Tony Somerville	M	O/50	62.5	-	-	-	-	-
Brett Smartt	M	O/40	90	-	150	-	150	1
Martin Reynolds	M	O/40	90	-	117.5	-	117.5	2
Ken Mitchell	M	O/60	90	-	97.5	-	97.5	3
Ernie Armstrong	M	O/40	90	-	-	-	-	-
John Mort	M	O/40	100	-	160	-	160	1
Tony Falconer	M	Open	110	-	145	-	145	1
Joshua Reynolds	M	U/23	110	-	102.5	-	102.5	2
Neil Wrightson	M	Open	125	-	132.5	-	132.5	1
NSW STATE BENCH PRESS CHAMPIONSHIPS Carey Bay Y.M.C.A. 12/9/99								
Jessica Mort	F	U/18	67.5	-	57.5	-	57.5	1
Leonie Stengert	F	U/18	67.5	-	50	-	50	2
Max Bristow	M	O/50	67.5	-	112.5	-	112.5	1
Tony Feltham	M	O/60	67.5	-	90	-	90	1
Ray Owen	M	Open	67.5	-	107.5	-	107.5	1
Keith Hardwick	M	O/60	75	-	82.5	-	82.5	1
John Myers	M	Open	75	-	155	-	155	1
		O/40						
Dennis Holden	M	O/50	75	-	110	-	110	1
Mike Climstein	M	O/40	82.5	-	157.5	-	157.5	1
Tony Summerville	M	O/50	82.5	-	130	-	130	1
Les Emonds	M	O/80	82.5	-	72.5	-	72.5	1
David Vaughan	M	O/40	90	-	140	-	140	1
Martin Reynolds	M	O/40	90	-	117.5	-	117.5	2
Ernie Armstrong	M	O/40	90	-	107.5	-	107.5	3
Mark Roskell	M	Open	90	-	160	-	160	1
Keith Mitchell	M	O/60	100	-	95	-	95	1
Tony Falconer	M	Open	110	-	140	-	140	1
Neil Wrightson	M	Open	110	-	122.5	-	122.5	2
SA STATE BENCH PRESS CHAMPIONSHIPS Funlife Fitness Centre SA 12/9/99								
Julianne Walding	F	Open	52	-	40	-	40	1
Pam Cutjar	F	O/50	56	-	45	-	45	1
Nat Zacharko	F	O/40	60	-	62.5	-	62.5	1
David Graham	M	O/60	67.5	-	55	-	55	1
Dean Jenkinson	M	Open	75	-	127.5	-	127.5	1
Ian Stokes	M	Open	75	-	105	-	105	2
Darren Drewett	M	Open	75	-	97.5	-	97.5	3
Laurie Agius	M	O/40	75	-	155	-	155	1
Lonny Humphries	M	Open	82.5	-	82.5	-	82.5	1
David Manhire	M	O/40	82.5	-	140	-	140	1
Bob Withers	M	O/60	82.5	-	120	-	120	1
Jim Economos	M	O/40	90	-	162.5	-	162.5	1
James Harrap	M	O/40	90	-	135	-	135	1
Don Juers	M	O/60	90	-	125	-	125	1
Kevin Conway	M	O/40	100	-	185	-	185	1
Steve Little	M	Open	125	-	195	-	195	1
Bernie Sharp	M	O/50	125+	-	130	-	130	1



# WORLD MASTERS CHAMPIONSHIPS

## SOUTH AFRICA OCTOBER 19TH - 23RD 1999

The championships were held in the luxurious Sun City of South Africa, one of the world's great tourist destinations. 175 lifters from 28 countries did fierce battle under torturous conditions of sumptuous food, perfect weather, unbelievable night clubs, round the clock casinos and incredible wild life, including the human kind.

Of the two Australians in the over 40 age division attending, Kevin Conway of South Australia in the 100kg division stepped up first. Having partaken too heavily in the local delights, Kevin was forced to spend many hours in the steam room to shed 5kg to make weight. However it was all to no avail as he bombed yet

again, failing to please the judges in the squats with 230kg. A great opportunity missed as he had an outstanding chance to do well in the bench press and deadlift, with a top three placing overall to be had. Kevin is determined to improve in the future and having received expert, yet novel squatting advice, hopes to get it right in 2000.

The next day it was Queenslander Peter Smith's turn in the under 125kg division. There was a tactical battle in the heavier divisions with many lifters trying to avoid the much fancied Ukrainians. Five lifters including Peter moved from the 110kg only to be followed by the

Ukrainian. To the lifting itself and Peter put up a rock solid 290kg squat that had some to spare but failed to add to a strong opening bench press of 170kg. Now out of the medal hunt for the overall he chased deadlift gold heaving a new Australian Open deadlift record of 317.5kg, finishing just 5kg behind Austrian Krendl, and 2.5kg behind overall winner Sharliev (880kg total) of the Ukraine. Peter totalled 777.5kg in 5th place, but vows to return next year to do even better when the World Masters will be held in Prague, in the Czech Republic.

Peter Smith

# 2000 EVENTS

The national and international events for next year have been set by P.A. and the IPF.

### National Events

April 15-16	Aust' Junior & Masters Championships	Melbourne
July 30-31	Australian Championships	Sydney
Sept 9-10	Australian Bench Press Championships	States

### International Events

May 24-28	Womens World Championships	Buenas Aires, Argentina
Sept 13-17	Junior World Championships	Kar Hsiung, Taiwan
Oct 17-22	Masters World Championships	Prague, Czech
Nov 14-19	Mens World Championships	Akita, Japan
Dec 7-10	Bench Press World Championships	Ostrava, Czech

At this stage, the 2000 Oceania Championships are scheduled for Suva, Fiji December 1-3. However this is to be confirmed; if the event cannot be held in Fiji the Oceania Championships will be held in conjunction with the Australian Championships, in Sydney July 30-31. Details will be in the next P.A. newsletter (February).

Entry forms and full details re the Australian Junior and Masters Championships will also be in the February newsletter.

## DRUG TEST RESULTS

As a result of drug testing procedures carried out by the Australian Sports Drug Agency in conjunction with Powerlifting Australia, the following suspension applies-

**Mason Jardine (Qld) 16/9/99 - 15/9/02**

## REGISTER NOW FOR 2000!

Enclosed with this newsletter is your registration form for 2000.

Register now for 2000 by sending your form plus fee to Danny Lee. Only financial members or P.A. will receive newsletters in 2000 so register now to stay in touch.

Make sure when filling in your form that you include all the details requested re addresses, training, venue etc. This information is essential for P.A.'S and ASDA's drug testing programme and incomplete forms will have to be returned for completion.



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