



POWERNEWS

A U S T R A L I A

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Editor - Nick Butler

MIDDLE GROUND AT THE MEN'S WORLD CHAMPIONSHIPS

Deep into the land of the \$30 hamburger went 7 Australian lifters, to the men's worlds in Akita, northern Japan. All performed creditably and the Australian team came in a respectable 16th of 34 scoring nations. The only other Oceania team represented, New Zealand, staggered all observers with a giant 9th place.

The first Australian on the platform was Nghiep Luu, a lucky 13th place in the 67.5kg class and just pipped by Alexei Sivokon's 830kg for first (also best lifter). Nghiep came back from a 217.5kg squat miss for success on that weight, produced a hulking 102.5kg bench and then missed only 262.5kg deadlift, to finish with a PB 575kg total.

At 75kg Neville Harris was attempting Mission Impossible. Obsessed with breaking the Australian Junior total record he drove himself and his bank manager to breaking point with his third international competition in 4 months (the Oceanias & World Juniors being Nevilles other ventures). Predictable the total wasn't there for a weary Neville (but only due to 2 red lights on a 160kg bench), but his reward came in the form of a surprise 6th place. With a full 12 month preparation (Neville only started serious training early this year) Neville will be a force to be reckoned with in 2001.

Onwards to 82.5kg and out trotted Achilles Kelepouris for Australia. Achilles squatted well after some diffident training in that lift, but lost valuable kilos when 2 benches were missed on rough technique and he was left with a very easy 132.5kg. However in the deadlift Achilles was exposed, his bad habit of resting on the thighs spotlighted and

mercilessly redlighted by the international referees here. Despite those trials and tribulations Achilles was left with 625kg total and a solid 12th place.

The 100kg class was riddled with Oceania lifters. NZ'er Simon Weaver was his usual unspectacular self yet his numbers added up to 750kg and 8th place. Close on his heels was Fiore Inglese, breaking through after no less than 15 years in the doldrums (who remembers him beating Greg Wilson to make the 1984 World Juniors team?) with a 740kg total, including a 300kg squat. Lagging behind in 13th place was an under-done Alan Mihaljevic, who would have totalled a respectable 720kg had his 295kg deadlift been passed, but was left lamenting on 700kg.

110kg saw quality performer Andrew Logan in action and three squats up to 320kg looked

sensational. However 3 benches up to an uneven 185kg looked less than sensational and Andrew's deadlift looked to also be on a downhill slide after 270kg warmup and 302.5kg opener were battles, however a huge effort saw 320kg for an Australian Record total go all the way up, lock on the left side but drop on the right side as Andrew's grip gave way. This left Andrew perilously close to the ultimate indignity, defeat by Steven Lousich, but no doubt just that one lager too many was behind the Auckland Lounge Lizard's key miss in the deadlift and Andrew was left in 11th, with Stephen 12th. In a different league though was 3-time World Champion Derek Pomara, still battling injury but creditable on the bench and deadlift. However two inexplicable misses on 350kg squat were Derek's downfall and he was left in 5th place.

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Which of these lifters totalled 942.5kg at 100?

In the 125kg class brother Wayne Pomara looked to have his best chance for a medal after many years of being thereabouts. However his squat also seemed to have gone missing, two failures at 375kg taking the sting out of Wayne's total and leaving him in 4th place.

On to the Grand Finale, the superheavyweights and the best Australia could muster was one Michael Abdullah. Suffering a neck injury one week out Michael was left aiming (or was that dreaming?) for a bench press medal. Thus it was that Michael opened high, too high in fact, at 235kg. On the first attempt the weight came down to Michael's chest, there some form of paroxysm, as if a barbell weilding cockroach had been



Abdullah wasn't laughing a few hours later, after bombing on 235kg. Achilles and Alan are suitably sober after their restrained performances.

sprayed with DDT and the bar followed a contorted, vaguely upward path that ended with a crash into the racks and a 3-red light salute from the referees. Attempt two and again there was some form of tortured movement, half bench press, half epileptic fit, from Michael and again the bewildered

referees red-lighted that which they did not understand. Amazingly Michael's third attempt was identifiable as a human being attempting to bench press; the bar came down relatively smoothly, the pause was legal, the bar started to rise -- "this cannot be" thought the entire audience-- and no it was not to be, for Michael's left arm (his neck injury side) lagged and reds again greeted Michael's hopeful bound from the bench. Exit Michael, but observers of this tragic frenzy were left with the eerie thought that Michael Abdullah could actually easily bench press 235kg or more if he were not such a "special person".

Otherwise there were many highlights of this 30th World Championships. Sivokon was out in front as Champion of Champions, but the most heartening win was Brad Gillingham's 1022.5kg at super. Operating only with his own resources, Brad looked likely to be overwhelmed by various Russian types after missing his first squat, but came through with an absolute desperation 380kg deadlift on the last lift.

Robert Wilks

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Age-group Changes

Note that at the 2000 IPF Congress, the age-groups for competition were changed to:

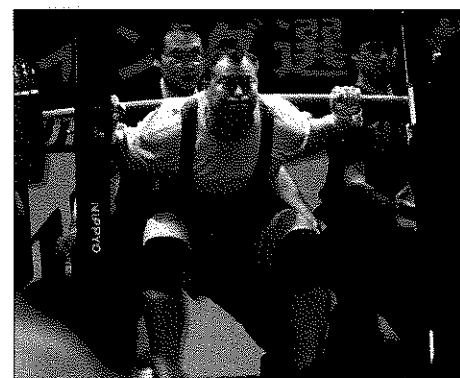
- Subjunior** Under 19 as at previous 1st January
- Junior** Under 23 as at previous 1st January
- OPEN**
- Masters I** Over 40 & under 50 on day of comp
- Masters II** Over 50 & under 60 on day of comp (Men)
Over 50 & under 60 on day of comp (Women)
- Masters III** Over 60 on day of comp (Men)

The first World Subjunior Championships will be held in Moscow, Russia in late September. The 2001 Juniors will be in Sofia, Bulgaria, earlier that month. Australia will conduct an Australian Subjunior Championship, with the Juniors and Masters early April.

Also note that with the change to masters age groups, competition in these age groups will be by bodyweight class, as in other age groups i.e. World Championships and other events will no longer be held on a combined bodyweight classes/formula basis as, for example, were womens masters contests in the past.

All changes apply as of 1st January 2001.

Robert Wilks



Andrew Logan was strong on 320kg squat.

Thus a Subjunior (U19) age group has been added, and Masters has had over 50 for women and over 60 for men added.

Note that records in the Subjunior age-group are for that group only i.e. if you are a Subjunior and exceed both the Subjunior and the Junior record in a particular lift or total you only get credit for the Subjunior record. Similarly you could only lift in a competition in either Subjunior or Junior but not both.

With the introduction of the new Subjunior age group for world-wide competition, the P.A. Board has voted to amend the necessary P.A. by-laws such that our U18 category will cease and be taken over by the Subjunior age-group. It has also been decided though to carry forward the U18 Australian Records i.e. they will form the first set of Australian Subjunior Records.

Register for 2001 NOW!

Enclosed is your P.A. Registration Form for 2001. Make sure that you fill this in and return it to our bookkeeper, Karen Lloyd (who works with Administrative Director Danny Lee) as soon as possible, along with your membership fee.

You will notice that the membership fees for 2001 have been restructured and in most cases have risen (fees have dropped for the U19 category). The rise is due to the GST (all fees quoted include GST) and also the general budgetary position of P.A. The Australian Sports Commission no longer funds general sports management, only specific programmes such as drug testing and World

Championships, therefore P.A. is left to its own resources for running our business. Thus registration systems (essential for drug testing), records, newsletters, IPF affiliation and other services to members have to be covered by revenue raised and the 2001 fees reflect this. We trust that you will appreciate the position of P.A. as the government recognised, drug-tested powerlifting body in Australia and see the value in your membership.

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

COMPETITION RESULTS

Dean Bennett Memorial

Funlife Fitness Adelaide 13th. August 2000

NAME	SEX	DIV	CAT	SQUAT	BENCH	D/LIFT	TOTAL	PLACE
Barbara Hamilton	F	56	O/50	70	45	90	205	1
David Manhire	M	82.5	Open	65	145	65	275	1
Don Juers	M	90	O/60	120	120	160	400	1
Bernie Sharp	M	125+	O/50	220	130	230	580	1

Victorian Country Championships

Melbourne University 9th. September 2000

Name	Sex	Div	Cat	Squat	Bench	Deadlift	Total	Place
Veronica Aguila	F	60	Open	150	70	150	370	1
Frank Dimasi	M	82.5	Open	175.5	97.5	180	462.5	1
Leigh Donnellon	M	90	Open	145	127.5	200	472.5	1
Adam Taylor	M	100	Open	-	-	-	-	-
Frank Genua	M	110	Open	195	122.5	250	567.5	1

Brisbane Open

Plains Health And Fitness 9th. September 2000

Name	Sex	Div	Cat	Squat	Bench	Deadlift	Total	Place
Andrew Lulham	M	75	Open	215	140	225	580	1
Cameron Doring	M	75	Open	140	100	150	390	3
Alexander Domalewski	M	75	Open	105	90	145	340	4
Nicholas Perks	M	75	Open	150	105	180	435	2
Ashley Pappin	M	90	Open	185	105	195	485	1
Lee Munt	M	125	Open	60	180	200	440	1

New South Wales Bench Press Championships

Thornton Health And Fitness 9th. September 2000

NAME	SEX	DIV	CAT	BENCH	PLACE
Samantha Van De Geest	F	56	Open	42.5	1
Jessica Mort	F	67.5	U/23	65.5	1
Anne Mort	F	75	Open	87.5	1
Diane Hardwick	F	90+	O - O/60	55	1 & 1
Max Bristow	M	67.5	O/50	113	1
Greg Lancaster	M	67.5	O/40	82.5	1
John Myers	M	75	O - O/40	157.5	1 & 1
Denis Holden	M	75	O - O/50	115	2 & 1
Tony Feltham	M	75	O/60	90	1
Keith Hardwick	M	75	O/60	85	2
Kenneth Wenner	M	82.5	U/23	100	1
Ray Owen	M	82.5	Open	130	1
Thomas Hamilton	M	82.5	O/40	130	1
Tony Somerville	M	82.5	O/60	140	1
Wayne Parnwell	M	82.5	Open	-	-
Mark Roskell	M	90	Open	165	1
Gordon Thorogood	M	90	Open	102.5	2
Martin Reynolds	M	90	O/40	125	1
Ernie Armstrong	M	90	O/40	105	2
John Bray	M	90	O/60	100	1
Maged Abdou	M	100	Open	180	1
Joshua Reynolds	M	100	Open	100	2
Strase Strojnoski	M	110	Open	160	1
Murray Wilkinson	M	125	Open	140	1

Australian Bench Press Championships

State Venues 9th. & 10th. September 2000

NAME	STATE	SEX	DIV	CAT	BENCH	PLACE
Natalia Zacharko	SA	F	56kg	O/40	66.0kg R	1
Karen Lloyd	VIC	F	60kg	open	77.5kg R	1
Barbara Hamilton	SA	F	60kg	O/50	45.0kg R	1
Jessica Mort	NSW	F	67.5kg	U/23	65.0kg R	1
Vanessa Bassett	TAS	F	67.5kg	Open	60.0kg	1
Anne Mort	NSW	F	75kg	Open	87.5kg R	1
Donna Jaensch	SA	F	90+kg	Open	75.0kg	1
Diane Hardwick	NSW	F	90+kg	Open	55.0kg	2
Diane Hardwick	NSW	F	90+kg	O/60	55.0kg R	1
Victor Goss	TAS	M	56kg	Open	65.0kg	1
David Playford	QLD	M	60kg	U/23	75.0kg	1
Paul Waters	NSW	M	60kg	O/40	85.0kg	1
David Davey	QLD	M	67.5kg	U/23	137.5kg R	1
David Davey	QLD	M	67.5kg	Open	137.5kg	1
Aaron McFarlane	SA	M	67.5kg	Open	112.5kg	2
Greg Lancaster	NSW	M	67.5kg	O/40	82.5kg	1
Max Bristow	NSW	M	67.5kg	O/50	113.0kg	1
John Myers	NSW	M	75kg	Open	157.5kg	1
Laurie Agius	SA	M	75kg	Open	152.5kg	2
Andrew Lulham	QLD	M	75kg	Open	140.0kg	3
John Myers	NSW	M	75kg	O/40	157.5kg R	1
Laurie Agius	SA	M	75kg	O/40	152.5kg	2
Denis Holden	NSW	M	75kg	O/50	115.0kg	1
Ron Guttormsen	QLD	M	75kg	O/60	112.5kg R	1
Keith Hardwick	NSW	M	75kg	O/60	85.0kg	2
Troy Frisby	SA	M	82.5kg	U/23	105.0kg	1
David Manhire	SA	M	82.5kg	Open	150.0kg	1
Graig Rogers	SA	M	82.5kg	Open	135.0kg	2
Ray Owen	NSW	M	82.5kg	Open	130.0kg	3
Thomas Hamilton	NSW	M	82.5kg	O/40	130.0kg	1
Jim Lewis	TAS	M	82.5kg	O/50	140.0kg	1
Tony Somerville	NSW	M	82.5kg	O/60	140.0kg R	1
Hercules Perryman	WA	M	82.5kg	O/70	87.5kg R	1
Steve Bertamini	VIC	M	90kg	Open	172.5kg	1
Mark Roskell	NSW	M	90kg	Open	165.0kg	2
Steve Pearson	TAS	M	90kg	Open	157.5kg	3
Sean Trotter	VIC	M	90kg	Open	130.0kg	4
Ian Deakin	QLD	M	90kg	Open	110.0kg	5
Jim Economos	SA	M	90kg	O/40	165.0kg	1
Brett Smartt	VIC	M	90kg	O/40	150.0kg	2
Martin Reynolds	NSW	M	90kg	O/40	125.0kg	3
Ernie Armstrong	NSW	M	90kg	O/40	105.0kg	4
Dennis Hay	TAS	M	90kg	O/50	155.5kg R	1
Don Juers	SA	M	90kg	O/60	127.5kg R	1
John Bray	NSW	M	90kg	O/60	100.0kg	2
Maged Abdou	NSW	M	100kg	Open	180.0kg	1
David Thomas	SA	M	100kg	Open	150.0kg	2
Adam Taylor	VIC	M	100kg	Open	150.0kg	3
Joshua Reynolds	NSW	M	100kg	Open	100.0kg	4
Ian Sullivan	WA	M	100kg	O/40	155.0kg	1
Ralph Atchison	QLD	M	100kg	O/50	130.0kg	1
Kevin Conway	SA	M	110kg	Open	190.0kg R	1
Kevin Conway	SA	M	110kg	O/40	190.0kg R	1
Steve Little	SA	M	125kg	Open	205.0kg R	1
Murray Wilkinson	NSW	M	125kg	Open	140.0kg	2
Steve Little	SA	M	125kg	O/40	205.0kg R	1
Kevin Boatwood	VIC	M	125kg	O/40	190.0kg	2
Danny Lee	VIC	M	125kg	O/40	150.0kg	3
	TAS	M	125kg	O/40	120.0kg	4

TASMANIAN 2000 REGIONAL CHALLENGE
Power Station Gym Wynyard 02/12/2000

<u>NAME</u>	<u>Sex</u>	<u>Cat</u>	<u>Div</u>	<u>Squat</u>	<u>Bench</u>	<u>Deadlift</u>	<u>Total</u>	<u>Place</u>
Vanessa Bassett	F	Open	67.5	115 SR	65 SR	125 SR	305 SR	1
Adam Saunders	M	"	67.5	145	75	175	395	1
Shannon Jacobson	M	"	82.5	220	122.5 SR	220	562.5	1
Dennis Hay	M	"	90	202.5 SR	150 SR	212.5 SR	565 SR	3
Steve Moszko	M	"	90	275 SR	155	270	700 SR	1
Steve Pearson	M	"	90	210	150	240	600	2
Tony Burley	M	"	100	280 SR	145	245	670 SR	1
Max O'Toole	M	"	110	207.5 SR	122.5	225	555	1
Victor Burt	M	"	125	250	135	120	605	1
Ricky Walsh	M	"	125+	-	200 SR	-	200	1

2000 CLUB C'SHIPS & SE QLD CHALLENGE
JACOBS WELL COMMUNITY HALL

9TH DECEMBER 2000

<u>NAME</u>	<u>SEX</u>	<u>DIV</u>	<u>CAT</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>D/LIFT</u>	<u>TOTAL</u>	<u>PLACE</u>
Julie Deakin	F	82.5	Open	185	82.5	215	482.5	1
Michael Anderson	M	60	Open	150	105	195	450	1
Graham Black	M	67.5	Open	135	87.5	175	397.5	1
Theo Lagis	M	75	Open	180	105	202.5	487.5	5
Szabolcs Horvath	M	75	Open	215	127.5	230	572.5	3
Brett Mc Bain	M	75	Open	200	100	210	510	4
Steve How Lum	M	75	Open	180	110	210	500	5
Sean Muir	M	75	Open	210	127.5	237.5	575	2
Alex Domalewski	M	75	Open	120	90	167.5	377.5	7
Andrew Lulham	M	75	Open	220	140	240	600	1
Tommy McGregor	M	75	Open	140	90	190	420	6
Ron Guttormsen	M	75	Open	*	112.5	*	112.5	1
Maurie Craggs	M	82.5	Open	180	85	180	445	3
Nickolas Perks	M	82.5	Open	155	110	185	450	2
Franz Bartels	M	82.5	Open	207.5	130	265	602.5	1
Ken Ware	M	90	Open	240	170	260	670	1
Craig Martin	M	90	Open	172.5	100	190	462.5	2
Fred Swift	M	100	Open	200	90	220	510	1
Leon Boddice	M	100	Open	180	95	175	450	2
Andrew Logan	M	110	Open	300	180	285	765	1
Adam Firman	M	110	Open	220	145	240	605	2
Andrew Fenton	M	110	Open	180	110	222.5	512.5	3
Anthony Young	M	125	Open	220	140	260	620	1

MELBOURNE UNIVERSITY EXTRAVAGANZA
Melbourne University 9th December 2000

<u>NAME</u>	<u>Sex</u>	<u>Cat</u>	<u>Div</u>	<u>Squat</u>	<u>Bench</u>	<u>Deadlift</u>	<u>Total</u>	<u>Place</u>
Rikki Flanders	F	Open	60	115	60	125	300	1
Nicki Gaylard	F	"	60	65	77.5	65	207.5	2
Sonja Rutherford	F	"	75	107.5	52.5	127.5	287.5	1
Bengt Carlson	M	"	67.5	120	95	185	400	1
Frank Dimasi	M	"	82.5	160	100	185	445	1
John Rutherford	M	"	82.5	150	82.5	167.5	400	2
Steve Bertamini	M	"	82.5	25	162.5	65	252.5	3
Brett Smartt	M	"	90	227.5	152.5	230	610	1
Sean Trotter	M	"	90	235	130	235	600	2
Daryl Dando	M	"	90	192.5	135	210	537.5	3
Leigh Donnellan	M	"	90	165	125	212.5	502.5	4
Darren Jones	M	"	100	260	172.5	267.5	700	1
Andrew Pietromartarie	M	"	100	175	95	182.5	452.5	2
Steve Giffin	M	"	125	280	182.5/186	272.5	735	1
Danny Lee	M	"	125	-	152.5	-	152.5	1

POWERLIFTING AUSTRALIA INC. MEN'S RANKINGS 2000. 56KG DIVISION

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Cu Phan	26-Feb	55.75	QLD	435	A	397.72
2	Paul Waters	18-Mar	54.6	NSW	385	B	359.35
3	Victor Goss	6-May	55.45	TAS	290	D+35	266.56

POWERLIFTING AUSTRALIA INC. Men's Rankings 2000. 60KG DIVISION

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Michael Anderson	9-Dec	59.75	QLD	450	B+40	384.97
2	Greg Lancaster	29-Jul	59.4	NSW	445	B+35	383.05

POWERLIFTING AUSTRALIA INC. Men's Rankings 2000. 67.5KG DIVISION

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Nghiep Luu	15-Nov	67.4	VIC	575	E2+20	443.84
2	David Kent	15-Apr	67.3	VIC	560	E2+5	432.82
3	Jim Ambrose	7-May	67.4	WA	557.5	E2+2.5	430.33
4	Max Bristow	6-May	66.8	NSW	537.5	A+27.5	417.9
5	Dean Jenkinson	30-Apr	67.3	SA	527.5	A+17.5	407.7
6	Theodore Lagis	29-Jul	67.5	QLD	490	B+40	377.9
7	Aaron McFarlane	30-Apr	67.05	SA	440	C+45	341.04
8	Bengt Carlson	9-Dec	66.55	VIC	400	C+5	311.96
9	Graham Black	9-Dec	67.5	QLD	397.5	C+2.5	306.47
10	George Stewart	20-Feb	65.2	NSW	377.5	D+77.5	299.43

POWERLIFTING AUSTRALIA INC. Men's Rankings 2000. 75KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	John Myers	6-May	74.9	NSW	612.5	E2+12.5	436.83
2	Neville Harris	15-Sep	74.5	VIC	610	E2+10	436.69
3	Andrew Lulham	9-Dec	74.35	QLD	600	E2	429.1
4	Nic Unsworth-Smith	26-Feb	72.9	QLD	597.5	A+47.5	434.44
5	Dean Jenkinson	28-Oct	74.8	SA	595	A+45	424.77
6	Sean Muir	29-Jul	74.8	Qld	587.5	A+37.5	419.41
7	Stewart Hine	29-Jul	73.8	NSW	585	A+35	421.6
8	Szabolcs Horvath	9-Dec	74.9	QLD	572.5	A+22.5	408.3
9	Laurie Agius	30-Apr	72.35	SA	552.5	A+2.5	403.93
10	Nalin Anand	15-Apr	72.2	VIC	520	B+35	380.74

POWERLIFTING AUSTRALIA INC. Men's Rankings 2000. 82.5 KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Achilles Kelepouris	15-Apr	82.45	VIC	640	E2	429.31
2	Franz Bartels	29-Jul	80.5	QLD	617.5	A+32.5	419.9
3	Sean Trotter	15-Apr	82.5	VIC	592.5	A+7.5	396.91
4	Alan Scherini	29-Oct	81.55	WA	587.5	A+2.5	396.35
5	Aaron Wolfe	29-Oct	80.9	WA	565	B+50	384.14
6	Tom MacDonald	29-Jul	81.5	NSW	555	B+40	374.56
7	David Cheung	25-Nov	82.2	NSW	540	B+25	362.55
8	Shannon Jacobson	29-Jul	80.2	TAS	525	B+10	357.84
9	Dennis Hay	19-Feb	82.26	TAS	522.5	B+7.5	350.64
10	Serge Mitnovetski	6-May	80.3	TAS	505	C+55	343.95

POWERLIFTING AUSTRALIA INC. Men's Rankings 2000. 90KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/POINTS
1	Stephen Moszko	2-Dec	89.06	TAS	700	E2+30	449.33
2	Steven Nas	29-Jul	89.95	TAS	690	E2+20	440.63
3	Ken Ware	9-Dec	84.8	QLD	670	E2	441.66
4	David Vaughan	6-May	89.2	NSW	645	A+30	413.63
5	Domenic Camera	27-Feb	88.85	WA	637.5	A+22.5	409.65
6	Mark Roskell	29-Jul	89.3	NSW	632.5	A+17.5	405.43
7	Terry Power	25-Nov	88.7	NSW	627.5	A+12.5	403.6
8	Steve Pearson	19-Feb	88.28	TAS	615	A	396.49
9	Brett Smartt	9-Dec	89.9	VIC	610	B+65	389.66
10	Sean Trotter	9-Dec	83.9	VIC	600	B+55	397.98

Powerlifting Australia Inc. Men's Rankings 2000. 100kg Division

RANK	NAME	DATE	B.WT	STATE	TOTAL	GRADE	W/Points
1	Vince Simonetta	28-Oct	99.6	VIC	767.5	E1+7.5	467.87
2	Pat Whymark	6-May	98.9	NSW	755	E2+55	461.53
3	Fiore Inglese	15-Nov	99.8	VIC	745	E2+45	451.99
4	Maged Abdou	29-Jul	98	NSW	732.5	E2+32.5	449.46
5	Alan Mihaljevic	16-Apr	99.2	VIC	717.5	E2+17.5	438.1
6	Kevin Conway	15-Apr	99.35	SA	700	E2	427.14
7	Darren Jones	9-Dec	99.05	VIC	700	E2	427.66
8	Pas Pataud	29-Jul	99.6	VIC	677.5	A+32.5	413.0-
9	Anthony Burley	2-Dec	99.84	TAS	670	A+25	407.99
10	John Mort	29-Jul	95.9	NSW	650	A+5	402.6

POWERLIFTING AUSTRALIA INC. Men's Rankings 2000. 110KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Andrew Logan	30-Jul	108.7	QLD	810	E1+25	478.46
2	Pat Whymark	30-Jul	100.8	NSW	762.5	E2+37.5	462.6
3	Steve Giffin	30-Jul	109.3	VIC	715	A+45	421.63
4	Greg Phillips	16-Apr	109	QLD	660	B+70	389.53
5	Adam Firman	30-Apr	101.1	Qld	612.5	B+22.5	371.75
6	Glen Farrell	27-Feb	104.05	WA	605	B+15	362.69
7	Dustin Dugdell	25-Nov	108	NSW	595	B+5	352.18
8	Max O'Toole	6-May	106.9	TAS	575	C+65	341.49
9	Frank Genua	9-Sep	106.15	VIC	567.5	C+57.5	337.83
10	Kevin Conway	30-Apr	102.65	SA	560	C+50	337.4

POWERLIFTING AUSTRALIA INC. Men's Rankings 2000. 125KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Peter Smith	30-Jul	120	QLD	810	E1	465.67
2	Gary Roberts	9-Sep	125	QLD	785	E2+35	447.29
3	Greg Marini	30-Apr	121.5	SA	777.5	E2+27.5	445.74
4	Michael Abdullah	9-Apr	123.44	NSW	770	E2+20	439.9
5	Laurence Heffernan	30-Jul	120.5	NSW	745	A+55	427.93
6	Brett Dowsett	29-Oct	124.05	WA	737.5	A+47.5	420.92
7	Steve Giffin	9-Dec	114.7	VIC	735	A+45	427.4
8	Kevin Boatwood	16-Apr	115.85	VIC	670	B+60	388.53
9	Mark Cuzner	6-May	124.3	TAS	645	B+35	367.97
10	Anthony Young	9-Dec	118.4	QLD	620	B+10	357.61

POWERLIFTING AUSTRALIA INC. Men's Rankings 2000. 125+ Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Bradley Horne	30-Jul	156.9	WA	867.5	E1+37.5	476.95
2	Graham Thomson	30-Apr	127.6	Qld	760	A+55	431.3
3	Adam Pinkard	6-May	150	TAS	670	B+45	370.71
4	Bernie Sharp	13-Aug	132.55	SA	580	C+40	326.91

POWERLIFTING AUSTRALIA INC. Rankings 2000. Men's top 10

Rank	Name	State	Wilks Points
1	Andrew Logan	QLD	478.46
2	Bradley Horne	WA	476.95
3	Vince Simonetta	VIC	467.87
4	Peter Smith	QLD	465.67
5	Patrick Whymark	NSW	462.6
6	Fiore Inglese	VIC	451.99
7	Maged Abdou	NSW	449.46
8	Stephen Moszko	TAS	449.33
9	Gary Roberts	QLD	447.29
10	Greg Marini	SA	445.74

THE COMPLETE LIST OF RANKINGS IS AVAILABLE ON THE WEB-SITE AT,
www.powerliftingaustralia.homestead.com/index.html

POWERLIFTING AUSTRALIA INC. Women's Rankings 2000. 48KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Marysha Pilkington	30-Jul	47.1	NSW	217.5	C+17.5	292.06

POWERLIFTING AUSTRALIA INC. Women's Rankings 2000. 56KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Nicky Gaylard	13-Sep	55.8	VIC	352.5	E2+27.5	415.91
2	Karen Lloyd	13-Feb	55.8	VIC	335	E2+10	395.26
3	Vanessa Bassett	15-Apr	56	TAS	250	C+20	294.15
4	Angela Collinson	5-Jun	55.7	TAS	205	D+30	242.22
5	Natalia Zacharko	28-Oct	54.55	SA	197.5	D+22.5	237.37
6	Sally Lloyd	24-Jun	53	VIC	192.5	D+17.5	236.46
7	Jade Arnold	15-Apr	56	VIC	190	D+15	223.55

POWERLIFTING AUSTRALIA INC. Women's Rankings 2000. 60KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Jenette Gevers	30-Jul	59.1	NSW	370	E1	417.39
2	Veronica Aguila	9-Sep	60	VIC	370	E1	412.51
3	Karen Lloyd	30-Jul	59.7	VIC	350	E2+5	391.72
4	Nicki Gaylard	15-Apr	56.8	VIC	330	A+15	383.98
5	Rikki Flanders	30-Jul	59.9	VIC	305	B+25	340.47
6	Vanessa Bassett	6-May	58.3	TAS	282.5	B+2.5	238.86
7	Barbara Hamilton	28-Oct	56.7	SA	205	D+20	334.68

POWERLIFTING AUSTRALIA INC. Women's Rankings 2000. 67.5KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/POINTS
1	Mary Medved	30-Jul	66.9	VIC	350	A+10	359.52
2	Sonja Rutherford	15-Apr	66.8	VIC	270	C+5	277.64
3	Robyn Gleeson	4-Jun	64	NSW	237.5	D+37.5	252.05
4	Allarna Mather	19-Feb	63.9	TAS	215	D+15	228.43

POWERLIFTING AUSTRALIA INC. Women's Rankings 2000. 75KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Anne Mort	6-May	70.2	NSW	422.5	E2+22.5	419.5
2	Kathy Burgess	30-Apr	72.2	Qld	365	B+35	346.3
3	Sara Maree Francis	30-Apr	69.2	Qld	362.5	D+40	254.94
4	Sandra Grice	30-Jul	69.8	QLD	290	C+10	289.07
5	Sonja Rutherford	9-Dec	68	VIC	287.5	C+7.5	291.89

POWERLIFTING AUSTRALIA INC. Women's Rankings 2000. 82.5KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/POINTS
1	Julie Deakin	9-Dec	81.4	QLD	482.5	E1+27.5	437.33
2	Kristy Bird		82.5	TAS	257.5	D+27.5	231.75

POWERLIFTING AUSTRALIA INC. Women's Rankings 2000. 90KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Jeanette Saxberg	6-May	83.5	NSW	375	B+20	335.4

POWERLIFTING AUSTRALIA INC. Women's Rankings 2000. 90+KG Division

RANK	NAME	DATE	BWT	STATE	TOTAL	GRADE	W/Points
1	Diane Hardwick	30-Jul	95.4	NSW	235	D-27.5	198.62

POWERLIFTING AUSTRALIA INC. Rankings 2000. Women's Top 10

RANK	NAME	STATE	WILKS POINTS
1	Julie Deakin	QLD	437.33
2	Anne Mort	NSW	419.5
3	Jenette Gevers	NSW	417.39
4	Nicki Gaylard	VIC	415.91
5	Veronica Aguila	VIC	412.51
6	Karen Lloyd	VIC	395.26
7	Sara Francis	QLD	363.51
8	Mary Medved	VIC	359.52
9	Kathy Burgess	QLD	355.58
10	Ricky Flanders	VIC	340.47

North Queensland Open**Bodyshop Health And Fitness Rockhampton 9th. September 2000**

Name	Sex	Div	Cat	Squat	Bench	Deadlift	Total	Place
Ian Deakin	M	90	Open	185	110	190	485	1
Greg Phillips	M	110	Open	187.5	145	250	582.5	1
Gary Roberts	M	125	Open	325	170	290	785	1

South Australian Bench Press Championships**Funlife Fitness Centre 10th. September 2000**

NAME	SEX	DIV	CAT	BENCH	PLACE
Natalia Zacharko	F	56	O/40	66	1
Barbara Hamilton	F	60	O/50	45	1
Donna Jaensch	F	90+	Open	75	1
Aaron McFarlane	M	67.5	Open	112.5	1
Laurie Agius	M	75	O - O/40	152.5	1 & 1
Dean Jenkinson	M	75	Open	125	2
Justin Elvin	M	75	Open	95	3
David Manhire	M	82.5	Open	150	1
Craig Rogers	M	82.5	Open	135	2
Sean Simpson	M	82.5	Open	90	3
Troy Frisby	M	82.5	U/23	105	1
Robert Withers	M	82.5	O/60	-	-
Jim Economos	M	90	O - O/40	165	1 & 1
Don Juers	M	90	O/60	127.5	1
David Thomas	M	100	Open	150	1
Rowan Grant	M	100	Open	130	2
Kevin Conway	M	110	O - O/40	190	1 & 1
Steve Little	M	125	O - O/40	205	1 & 1
Andrew Coad	M	125	Open	160	2

Junior World Championships**Chai Yi / Taiwan 13th / 17th .September 2000**

Name	Sex	Div	Cat	Squat	Bench	Deadlift	Total	Place
Nicky Gaylard	F	56	U/23	132.5	77.5	142.5	352.5	7
Neville Harris	M	75	U/23	220	162.5	227.5	610	11
Szabolcs Horvath	M	75	U/23	207.5	132.5	220	560	13

TOTAL FITNESS CHALLENGE**TOTAL FITNESS MURRAY BRIDGE 28TH. OCTOBER 2000**

Name	Sex	Div	Cat	Squat	Bench	Deadlift	Total	Place
Natalia Zacharko	F	56	O/40	65	62.5	80	197.5	1
Barbara Hamilton	F	60	O/50	70	45	90	205	1
Dean Jenkinson	M	75	Open	210	142.5	242.5	595	1
Troy Frisby	M	82.5	U/23	160	100	230.5	490	1
Sean Simpson	M	82.5	Open	160	100	185	445	1
David Manhire	M	82.5	O/40	65	152.5	160	377.5	1
Don Juers	M	90	O/60	120	125/130	160.5	410	1
Vince Simonetta	M	100	O/40	290	155	322.5	767.5	1
Kevin Conway	M	110	O/40	125	65	297.5/305	487.5	1
Bernie Sharp	M	125+	O/50	210	115	220	545	1

W.A. 2001 QUALIFIER**WILLETTON SENIOR HIGH SCHOOL 29TH. OCTOBER 2000**

Name	Sex	Div	Cat	Squat	Bench	Deadlift	Total	Place
Jim Ambrose	M	67.5	Open	175	120	225	520	1
Alan Scherini	M	82.5	"	215	135	237.5	587.5	1
Aaron Wolfe	M	82.5	"	215	135	215	565	2
Bill Ogburn	M	90	"	210	127.5	250	587.5	1
Ian Sullivan	M	100	"	130	145	160	435	2
Glen Farrell	M	110	"	180	130	140	450	1
Brett Dowsett	M	125	"	272.5	205	260	737.5	1
Bradley Horne	M	125+	"	300	180	320	800	1

Men's World Championships**Akita-City Japan 15th. November 2000**

NAME	SEX	DIV	CAT	SQUAT	BENCH	D/LIFT	TOTAL	PLACE
Nghiep Luu	m	67.5	Open	217.5	102.5	255	575	13
Neville Harris	M	75	Open	222.5	147.5	230	600	6
Achilles Kelepouris	M	82.5	Open	252.5	132.5	240	625	12
Fiore Inglese	M	Open	100	300	160	285	745	9
Alan Mihaljevic	M	Open	100	267.5	157.5	275	700	13
Andrew Logan	M	Open	110	320	180	302.5	802.5	11
Michael Abdullah	M	Open	125+	75	-	-	-	-

Matti Tika Powerlifting Championships**Carey Bay / Toronto Y.M.C.A. 25th. November 2000**

Name	Sex	Div	Cat	Squat	Bench	Deadlift	Total	Place
Max Bristow	M	67.5	Open	180	105	232.5	522.5	1
John Myers	M	75	Open	215.5	150	240	605.5	1
Anne Mort	F	75	Open	157.5	102.5	160	420	1
Stewart Hine	M	75	Open	210	130	240	580	2
David Cheung	M	82.5	Open	200	125	215	540	1
Maurice Richardson	M	82.5	Open	180	107.5	180	467.5	2
Tom MacDonald	M	82.5	O/50	140	115	160	415	1
Keith Hardwick	M	82.5	O/60	125	90	175	390	1
Terry Power	M	90	Open	225	147.5	255	627.5	1
Adam Hobbs	M	90	Open	140	75	165	380	2
Diane Hardwick	F	90+	O/60	60	55	115	230	1
Patrick Whymark	M	100	Open	280	175	280	735	1
John Mort	M	100	Open	252.5	150	215	617.5	2
Dustin Duceñell	M	110	U/23	215	145	235	595	1
Murray Wilkinson	M	125	Open	227.5	150	215	592.5	1
Paul Waters	M	60	O/40		95		95	1
Jessica Mort	F	75	U/18		65		65	1
Tony Feltham	M	75	O/60		90		90	1
Ray Owen	M	75	Open		-		-	-
Kenneth Wennel	M	82.5	U/23		102.5		102.5	1
Wayne Parnwell	M	82.5	Open		-		-	-
Martin Reynolds	M	90	O/40		125		125	1
Ernie Armstrong	M	100	O/40		110		110	1
Joshua Reynolds	M	100	Open		102.5		102.5	1
Strase Strojanoski	M	110	Open		170		170	1
Neil Wrightson	M	110	Open		135		135	2



RESULTS



MEN'S WORLD CHAMPIONSHIPS AKITA, JAPAN

52kg	SQ	BP	DL	TL
1. A. Stanaszek (Pol)	270	170	140	580
2. N. Anby (Ind)	215	105	245	565
3. S. Zhuravliev (Rus)	222.5	112.5	215	550
56kg				
1. N. Pavlov (Rus)	250	167.5	212.5	630
2. T. Hsieh (CTP)	210	145	242.5	597.5
3. F. Jentry (Ind)	207.5	122.5	242.5	572.5
60kg				
1. M. Andruchin (Rus)	255	135	260	650
2. W. Elyn (BEL)	252.5	150	237.5	640
3. Y. Lee (CTP)	225	130	275	630
67.5kg				
1. A. Sivokon (Kaz)	316	215	300	830
2. J. Olech (Pol)	305	167.5	302.5	775
3. I. E. Dolgov (Rus)	275	165	277.5	717.5
13. N. Luu (Aus)	217.5	102.5	255	575
75kg				
1. N. Furashkin (Rus)	315	200	300	815
2. V. Baranov (Rus)	310	177.5	302.5	790
3. W. Hooper (USA)	320	202.5	255	777.5
6. N. Harris (Aus)	222.5	147.5	230	600
82.5kg				
1. S. Mot (Rus)	325	225	320	870
2. D. Ricks (USA)	315	210	305	830
3. D. Soloviov (Ukr)	315	220	290	825
12. A. Kelepouris (Aus)	252.5	132.5	240	625
90kg				
1. A. Tarasenko (Rus)	350	245	335	930
2. I. Freydu (Ukr)	332.5	222.5	322.5	877.5
3. P. Theuser (Czk)	332.5	217.5	310	860
100kg				
1. N. Suslov (Rus)	375	232.5	335	942.5
2. S. Romanenko (Ukr)	380	210	315	905
3. S. Makrushin (Ukr)	337.5	230	330	897.5
8. S. Weaver (NZ)	285	182.5	282.5	750
9. F. Inglese (Aus)	300	160	285	745
13. A. Mihaljevic (Aus)	267.5	157.5	275	700
110kg				
1. V. Ivanenko (Ukr)	417.5	217.5	332.5	967.5
2. J. Ljungberg (Swe)	370	232.5	355	957.5
3. O. Soloviov (Ukr)	375	245	325	945
5. D. Pomara (NZ)	350	212.5	340	902.5
11. A. Logan (Aus)	320	180	302.5	802.5
12. S. Lousich (NZ)	310	222.5	262.5	795

125kg

1. D. Midote (Jap)	405	295	300	1000
2. V. Papazov (Ukr)	375	255	322.5	952.5
3. P. McGettigan (USA)	355	212.5	357.5	925

125+kg

1. B. Gillingham (USA)	370	272.5	380	1022.5
2. Y. Fomin (Rus)	410	252.5	360	1022.5
3. Z. Savickas (Lit)	410	250	360	1020
- M. Abdullah (Aus)	75	-	-	-

Teams

1. Russia	72
2. Ukraine	55
3. USA	51
9. New Zealand	18
16. Australia	11
(34 Nations)	

Champion of Champions

1. A. Sivokon	641.50 pts
2. A. Tarasenko	593.71 pts
3. S. Mor	584.11 pts

WORLD JUNIOR CHAMPIONSHIPS CHIA YI, TAIWAN

Women

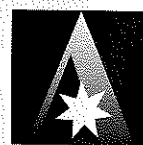
	SQ	BP	DL	TL
56kg				
1. E. Shardrina (Rus)	180	102.5	175	457.5
2. N. Malyugina (Uzb)	187.5	85	180	452.5
3. H. Chou (CTP)	160	100	157.5	417.5

Men

	SQ	BP	DL	TL
75kg				
1. T. Caprari (USA)	250	167.5	305	722.5
2. H. Anderson (Swe)	255	172.5	285	712.5
3. A. Nikolenko (Ukr)	230	180	250	710
11. N. Harris (Aus)	220	162.5	227.5	610
13. S. Horvath (Aus)	207.5	132.5	220	560

TEAMS

Women	Men		
1 Russia	62	1 Russia	69
2 CTP	59	2 USA	56
3 USA		3 CTP	50
15 Australia	4	19 Australia	2



ANSETT AUSTRALIA

Supports

POWERNEWS AUSTRALIA

JUNIOR WORLD CHAMPIONSHIPS

A small but enthusiastic Australian team took part at the World Junior Powerlifting Championships in Chia Yi, Taiwan.

The venue was the local sports stadium that at times seemed empty with only the lifters and their support staff to fill the huge arena.

In the women's division on Wednesday, the standout performances were a 160kg squat from the Chinese Taipei lifter in the 44kg division and a world record 145kg benchpress from the Russian lifter in the 90kg class. For Australia, our only competitor was a nervous but excited Nicki Gaylard in the 56kg division. After opening with an easy 120kg squat, Nicki successfully squatted 132.5kg for an Australian Junior record and then dropped her chest to just miss an attempt at 140 kg. In the benchpress, Nicki's second lift of 77.5kg was successful and looked easy. Her third attempt at 80kg came up easily, but two red lights from the Russian referees for uneven extension had everyone in the Australian camp puzzled. Had Nicki been successful with that lift she was in with a chance for the bronze medal in the benchpress. In the deadlift, Nicki opened with an easy 125kg, then it was all over the place with a successful 140kg. Then to the amazement of all, she pulled an easy 142.5kg to break the Australian U23 record by 15kg. Nicki's total was 352.5kg

(35kg over the Australian record) and she placed 7th overall. Nicki will gain enormous benefit from this outing and considering that she is only 17, she will feature in the medals in years to come.

In the men's 75kg class, Australia had two competitors. After battling the local cuisine Neville Harris and Szabol Horvath both made weight and were placed in the first group in a class that had 16 entrants. In the squat Szaboles opened with an easy 192.5kg and Neville with an equally easy 197.5. Both lifters were successful with their second squats and in round three, Szabol squatted a PB 207.5kg and Neville a PB 220kg. In the bench, both boys started conservatively, after struggling to get their bench shirts on in the humid conditions. Szabol was successful with 125kg and Neville with a shaky 142.5kg. Both boys were successful in their second benches, and in round three Szabol just missed an attempt at 137.5kg to finish with a 132.5kg bench. Neville pulled out his best bench for a third attempt at 162.5kg and an Australian open record. Had Neville had the chance of a fourth lift, another 5kg looked within his reach. Neville's bench was the highlight of the Australian's campaign, as he finished 4th in the bench, and only just missed a bronze medal. In the deadlifts, Szabol opened on 205kg successfully and Neville made 227.5kg look harder than it was. Szaboles then got

three white lights for an attempt at 220kg, and Neville narrowly missed and attempt at 242.5kg to break the Australian U23 total record. In round three, both boys seemed to suffer the effects of the humidity and the local diet selection, and were unable to complete their lifts. Szabol's total of 560kg was 7.5kg over his best and Neville's total of 610kg was 30 kg over his best total and placed him 10th overall. The outstanding lift of the 75kg class was a 305kg deadlift by the USA lifter Tony Caprari to clinch the gold medal.

Rather than endure more overpriced hotels, suspect food and kamikaze scooter pilots, the team left Chia Yi the day after the 75kg class and headed back on a 4 hour bus journey to Taipei. There they were greeted by the relative comfort of a clean hotel and food that was acceptable to the highly spirited team.

All lifters will benefit from this trip and all three should go on to represent their country in years to come. Given that Neville and Szaboles have only been competing for 2-3 years, and Nicki still has 6 years in junior ranks, the future for Powerlifting in Australia looks very healthy.

The author was pleased to be asked to referee two sessions and was commended on his decision making by several teams and the Chairman of the Jury. The highlight was refereeing the world record benchpress by the Russian 90kg lifter, and an attempt at a world record deadlift of 266kg by the Chinese Taipei lifter in the men's 65kg class.

Brett Smart

Results page 3

NATIONAL & INTERNATIONAL EVENTS 2001

NATIONAL EVENTS

- March 30-31** Australian Junior & Masters Championships, Toronto, NSW
(contact John Mort (02) 4934 4752 Entry forms in this newsletter)
- July 27-29** Australian & Oceania Championships, Townsville, Qld
(contact Sean Muir (07) 4772 0773 Entry forms in next newsletter)
- September 8** Australian Bench Press Championships, all states
(Entry forms in July newsletter)

INTERNATIONAL EVENTS

- May 23-27** Womens World Championships, Ustinad Labem, Czech Republic
- Aug 19-23** World Games, Akita, Japan
- Sept 11-16** World Junior Championships, Sofia, Bulgaria
- Sept 28-30** World Subjunior Championships, St Petersburg, Russia
- Oct 16-21** World Masters Championships, Moose Jaw, Canada
- Nov 13-18** Mens World Championships, Sotkamo, Finland
- Dec 6-9** World Benchpress Championships, Christchurch, New Zealand

WEB SITES

The IPF has revamped and relocated its web site. The new address is www.powerlifting-ipf.com

At that site can be found full World Championship results, IPF news, the IPF Constitution, Rule-book etc.

The Powerlifting Australia Website is now at www.powerliftingaustralia.homestead.com/index.html and can also be linked to from the IPF site.