



POWERNEWS

A U S T R A L I A

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COME TO TOWNSVILLE!

Townsville in the deep, deep north of Queensland is the venue for this years Australian Oceania Championships. More than 100 lifters, 8 or so nations and many records is the expected turnout and if you're qualified you should be there too!

Competition in the Australian Championships will be open only to qualifying totals are B grade (men or women). The Oceania Championships will be for national teams only in the Australian teams (open, junior, master) will be selected from those who make themselves available via completing the enclosed entry form. However there will also be an associated "Oceania Invitational" competition open to those not selected in national teams and not entered in the Australian Championships, so everyone has the opportunity of competing.

Townsville is on the doorstep of the Oceania region and teams from Papua New Guinea, New Zealand, Tahiti Tuvalu, Nauru and more will be there. "Winter" temperatures in Townsville average 25 degrees and the 145,000 population will be out in force to support the Championships.

The venue for the Championships will be the Tropical Bodies Fitness Centre, run by Meet director Sean Muir. Raised staging, sauna, catering, change rooms, 300 spectators, a big warm-up room, Eleiko weights and everything else needed for the competition will be on site. Sean has snared a range of sponsors and there will be opulent trophies for Best Lifters as well as the official P.A. and O.P.F. medals for class winners.

The lifting itself will highlight champions galore. Australia's best male and female lifters, Andrew Logan and Julie Deakin will be there

and will dominate their divisions. Big clashes in the Australian Championships will come from Nghiep Luu v a new nemesis, Nicholas Unsworth -Smith in the 67 1/2 kg, David Costello v Achilles Kelepouris and Magid Abdou v Fiore Inglese at 100 kg.

Nikki Gayland will no doubt set many more Junior records in the women's whilst Karen Lloyd will continue her impossible comeback from a severed Achilles tendon. From the Oceania nations Riddell Akua and Robert

Dabwido will be pushing toward 900 kg, whilst Laughing Russel Kun will once again amaze in the bench press. Papua New Guinea will no doubt field its usual strongmen from the Highlands, whilst New Zealand will have the weight of numbers, especially in the Masters and juniors.

So if you plan to compete at all soon, Townsville should be it. Entry forms are enclosed and entries close on 30th June. Get your entries in now!

WOMENS WORLDS

The 22nd Women's World Powerlifting Championships were held in the obscure but pleasant Czech town of Frydek-Mistek. Australia contributed four of the 100 lifters who took part, while New Zealand had a solo entrant. As expected Russia took the

team title with a perfect score of 72, whilst New Zealand and Australia battled through in 18th and 19th places. Russia's top lifters seemed to have a slight edge off them for some reason, but still dominated the Best Lifter list.

First up for Australia was Jeannette Gevers, who put in her most stable performance at a Worlds for many years with a highly creditable 372 1/2 kg at 56. Jeannette was unlucky to not total more as she completed 147-1/2 kg squat well, but the bar slipped down after the rack signal, a fail under the new wording on the bar dumping rule (i.e. any dropping at all of the bar, intentional or not before replacing it is no lift).



Karen Lloyd flew through the squats, but...

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Jeannette's bench press and dead lifts were good attempts and her limits on the day.

Next came Veronica Aguila, missing the 370 kg strength she had in Melbourne late last year, following her recent sojourn in the U.S. However this was 20-year-old Veronica's first Worlds and she will go on from here. The squats were Veronica's battlefield, a too high focal point and thus trunk angle causing her to repeatedly fall backwards, but she finished on a high note with a 150 kg deadlift and a fighting 155 kg miss.

Trauma is Karen Lloyd's middle name and this year has been no different. In November Karen severed her Achilles tendon in a worksite accident, then miraculously came back after 2 months in plaster to make the Worlds team. Next problem, Karen's weight battles continued and she stepped off the plane in Czech 2 kg heavier than when she left, at 65 kg. Hours in the sauna saw the sweating stop at 60.4 and so it was up to the 67 1/2 kg class for Karen. Things were looking good with a PB squat of 127 kg, a 77 1/2 bench despite a shoulder injury, before Karen ran into a surprise brick wall on a paltry 130 kg dead lift. Three times the weight shot off the floor (the outstanding new Titan dead lift suit helping) but three times it stuck at the very very top and it was a zero for Karen. Weight loss, injury and a very deeply knurled bar seemed to have conspired to do Karen in, but there is no doubt that she will be back as a force to reckon with, particularly in the Masters.

Australia finished on a high note with a strong 6th place from Julie Deakin in the 82-1/2 kg class. A 180 kg third squat had 10 - 15 kg to spare but those were precious kilos wasted as Julie's dead lift strength was down just a shade and 215 kg did not go twice. In between was a technically improved bench of 80 kg and the total was below the 500 kg. Julie is on the verge of, but 6th was a creditable effort and a total medal within 2 years is not off the cards for Julie.

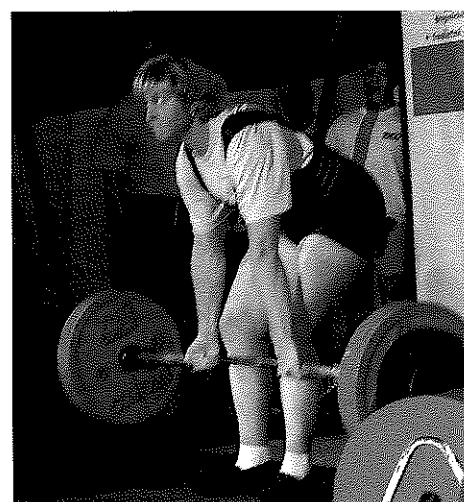
In other classes, Jackie Buckley of New Zealand came on from some Wayne Pomara style paused squats to medal in the dead lift at 90 kg. In the 90 + kg the story stayed the same, Chao Lee and Pavlova again slugging away with 640 kg type weights (Katrina Robertson where are you?), whilst Marina Kudinova, down by her standards with 600 kg, was still out in front as Best Lifter:



Veronica Aguila came to life on the deadlift.



180kg wasn't as hard as this photo makes it look for Julie Deakin!



Easy 202.5kg opener for Julie Deakin - 265kg was harder.

For Sale

1- Size 28 Marathon squat suit - never worn

1- Size 28 Inzer Z suit - worn once

\$50 each

Karen Lloyd 03 9367 6942

0412 868 403



RESULTS



WOMEN'S WORLD CHAMPIONSHIPS FRYDEK-MISTEK, CHEKOSLOVAKIA

44 kg	SQ	BP	DL	TL
1. R.Kaskinen (Fin)	170.5	65	462.5	397.5
2. W. Chen (CTP)	152.5	62.5	165	380
3. B. Lepanse (Fra)	117.5	70	130	317.5

48 kg	SQ	BP	DL	TL
1. N. Shapovalova (Rus)	165	85	167.5	417.5
2. K. Chen(CTP)	462.5	95	160	417.5
3. Y. Fukushima(Jap)	142.5	110	140	392.5

52 kg	SQ	BP	DL	TL
1. T. Eltsova (Rus)	185	97.5	170	452.5
2. R/ Liimatainen (Swe)	165	87.5	180	432.5
L. Lin (CTP)	160	100	170	430

56 kg	SQ	BP	DL	TL
1. V. Nelubova (Rus)	192.5	135	180	507.5
2. P. Savola (Fin)	182.5	85	202.5	470
3. S. Lin (CTP)	172.5	95	180	447.5
1. J. Gevers (Aus)	140	80	152.5	372.5

60 kg	SQ	BP	DL	TL
1. E. Fomina (Rus)	210	125	202.5	537.5
2. I. Abranova (Rus)	205	112.5	202.5	520
3. L. Vitsevska (Ukr)	190	110	205	505
12. V. Aguila (Aus)	135	65	150	350

67.5 kg	SQ	BP	DL	TL
1. M. Kudinova (Rus)	235	145	220	600
2. A. Orsini (Ita)	217.5	125	207.5	550
3. L. Ivanova (Ukr)	217.5	127.5	200	545
- K. Lloyd (Aus)	127.5	77.5	BM	-

75 kg	SQ	BP	DL	TL
1. S. Miklasevich (Rus)	230	160	205	595
2. A. Stiklestad (Nor)	215	110	212.5	537.5
3. T. Bahriy (Ukr)	200	130	205	535

82.5 kg	SQ	BP	DL	TL
1. O. Rychleova (Rus)	220	135	230	585
2. C. Hsieh (CTP)	220	122.5	205	530
3. I. Yavorska (Ukr)	207.5	117.5	205	530
6. J. Deakin (Aus)	180	82.5	202.5	465

90 kg	SQ	BP	DL	TL
1. I. Lugovaya (Rus)	220	135	230	585
2. V. Posmita (Ukr)	245	137.5	225	607.5
3. G. Ganenko (Ukr)	212.5	145	190	547.5
4. J. Buckley (NZL)	185	97.5	210	492.5

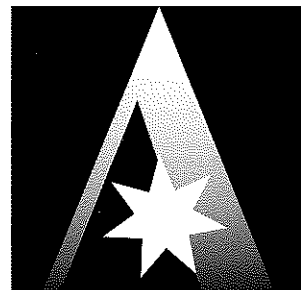
90 + kg	SQ	BP	DL	TL
1. C. Choo (CTP)	260	170	215	645
2. A. Pavlova (Rus)	240	150	230	620
3. L. Willet (USA)	217.5	142.5	200	560

TEAMS	Points
1. Russia	72
2. Chinese Taipei	55
3. Ukraine	49
18. New Zealand	7
19. Australia	7

BEST LIFTER	Points
1. M. Kudinova (Rus)	615.00
2. E. Fomina (Rus)	601.57
3. V. Nelubova (Rus)	600.47

AUST JUNIOR & MASTERS CHAMPIONSHIPS TORONTO, NEW SOUTH WALES

LIFTER	SEX	DIV	AGE	SQUAT	BENCH	D/LIFT	TOTAL
Mary Macken	F	48	Guest	95	42.5	130	267.5
Sonja Rutherford	F	67.5	O/60	115	55	130	300
Diane Hardwick	F	90+	O/60	75	57.7	120	252.2
Greg Lancaster	M	60	O/40	150	60	170	380
Michael Anderson	M	60	Guest	165	115	195	475
Theo Lagis	M	67.5	U/23	160	107.5	200	467.5
Greg Blackley	M	67.5	o/40	160	145	180	485
Max Bristow	M	67.5	O/50	175	110	230	515
Tony Feltham	M	67.5	O/60	65	75	90	230
John Myers	M	75	O/40	212.5	142.5	230	585
Frank Dimasi	M	82.5	U/23	170	105	185	460
James Clarke	M	82.5	Guest	165	105	200	470
Shannon Jacobson	M	82.5	U/23	-	-	-	-
Tom MacDonald	M	82.5	O/50	220	107.5	230	557.5
Keith Hardwick	M	82.5	O/60	127.5	95	180	402.5
John Rutherford	M	82.5	O/60	147.5	77.5	175	400
Aaron Ernst	M	90	U/23	205	127.5	235	567.5
David Vaughan	M	90	O/40	237.5	157.5	257.5	652.5
Brett Smart	M	90	O/40	225	147.5	242.5	615
Ray Posner	M	90	O/40	135	77.5	152.5	365
Mark Roskeil	M	100	Guest	210	140	235	585
Kevin Conway	M	100	O/40	225	170	301	695
Frank Genua	M	110	U/23	195	120	250	565
Glen Farrell	M	110	O/40	250	150	225	625
Victor Burt	M	125	O/40	235	127.5	230	592.5
Kevin Boatwood	M	125	O/50	255	185	250	690



ANSETT AUSTRALIA

Supports

POWERNEWS AUSTRALIA

AUSTRALIAN JUNIOR AND MASTERS CHAMPIONSHIPS

Toronto on the shores of Lake Macquarie, the retirement Mecca of NSW, was the appropriate venue for the Australian Masters (o'40, o'50, o'60) Championships, with the Australian Juniors tacked on. A compact venue (a converted squash court) at the Toronto club did not constrain Australia's best older and younger lifters and 14 national records resulted.

Outstanding amongst the Masters were Sonia Rutherford and David Vaughan. Sonia set 4 o'60 records and David, a relatively youthful 46, put totalled a quality 652-1/2 kg at 90 to take the Best lifter prize. Also outstanding was Kevin Boatwood with 690 kg at o'50 125 that including a record 185 kg bench. Another

record-setter was Kevin Conway with 301 kg dead lift at 100 kg o'40, a shoulder injury holding back his usually enormous bench. Greg Buckley was outstanding in that lift, with an open and o'40 record of 145 kg. In the o'60 men, two combatants saw Keith Hardwick controversially out manoeuvre John Rutherford.

The small field of juniors contained some very promising lifters. A geographically challenged Michael Anderson (went to the wrong town, missed the weigh in and so lifted as a guest) totalled a world Juniors qualifying 475 kg at 60, whilst Aaron Ernst was just short of that standard. Also grappling with international standards was Mary Macken back from childbirth and 12-1/2 kg short of Elite II with 267-1/2 kg.

COMP RESULTS

Enclosed is a lift out set of competition results for 2001. if you think you competed this year your name isn't here, you didn't! That is, for results to be recognized a competition must have all lifters, referees and coaches currently registered with P.A. and the result sheet must be sent to P.A. within 14 days. This is essential for P.A.'s insurance, drug testing and general administrative functioning.

The myriad results for so far this year include some hidden gems, such as

- Tony Burley squatted an enormous 300kg at o'40 100 kg. (not an official AR though)
- Peter Smith dropped back to 110 kg with 757 1/2 kg and at long, long last Franz Bartels broke the 82 1/2 dead lift record at the Queensland Championships.
- David Costello, a former Junior Champion who has languished in the tropical north for the last 3 years, served notice of bigger things to come via 642 1/2 at 82-1/2 kg at Townsville.
- Enfant terrible Achilles Kelepouris (263 SQ at 82 1/2 kg) and Neville Harris (165 BP at 75 kg) set ARs at the Victorian Championships, with Nikki Gaylord rewriting the junior records there.
- Magid Abdou snuck in 740 kg at 100 kg in an obscure NSW comp, whilst rival Fiore Inglese was 2-1/2 kg behind this at the Victorian Championships.

AUSTRALIAN BENCH PRESS CHAMPS

This years Australian Bench Press Championships will be held on September 8th, at the various state venues in the usual format.

Entry forms will be mailed direct to you with the Oceania Championships newsletter, to come out in early August.

DOPING PENALTIES

A result of the application of the Power lifting Australia Doping Policy as recognized by the Australian Sports Commission and the Australian Sports Drug Agency the following suspension applies -

Paul Newman (NSLW) - trafficking - 3 year suspension commenced 16/02/00.

LAST CHANCE - ALMOST!

Enclosed with this newsletter is a 2001 P.A. membership form. If you haven't registered for 2001, do it now. If you haven't entered by 30th June you'll be dropped off the P.A. membership list and mailing list for newsletters and so your life will never be the same again. Fill in the form, tap your wallet for the membership fee and mail the lot to Karen Lloyd, 22 Bellara Crescent, Kealba, Victoria, 3021.

WEB SITES

Thanks to the untiring efforts of Tony Burley the P.A. website now has a simpler address, whilst the Oceania website is up and running. The complete set of websites is now -

I.P.F. - www.powerlifting-ipf.com

O.P.F. - www.powerliftingaustralia.homestead.com

P.A. - www.oceaniapowerliftingfed.homestead.com