

# POWERNEWS

## A U S T R A L I A

Volume 9 - Edition 2

WINTER EDITION 2002

Editor - Nick Butler

## Womens Worlds rip it up at Reisa

**103 fellow lifters & the surprisingly modern town of Reisa in East Germany, were the settings for the four Australians and two New Zealanders taking part in the Womens World Championships, held on May 29th to June 2nd. Unsurprisingly, Russia took out the team title and also unsurprisingly Ukraine was second, with Australia in a respectable 16th and New Zealand 19th.**

The lighter classes were highlighted by Raija Kosteien of Finland's 405kg at 44 and sub junior Jennifer Maile's third at 48kg. However Australia's Mary Macken was far from disgraced with 300kg and 9th place in the 48kg class. This was Mary's best total since her back injury and chilbirth of 2001 and hopefully she will get back in the 315 range before long.

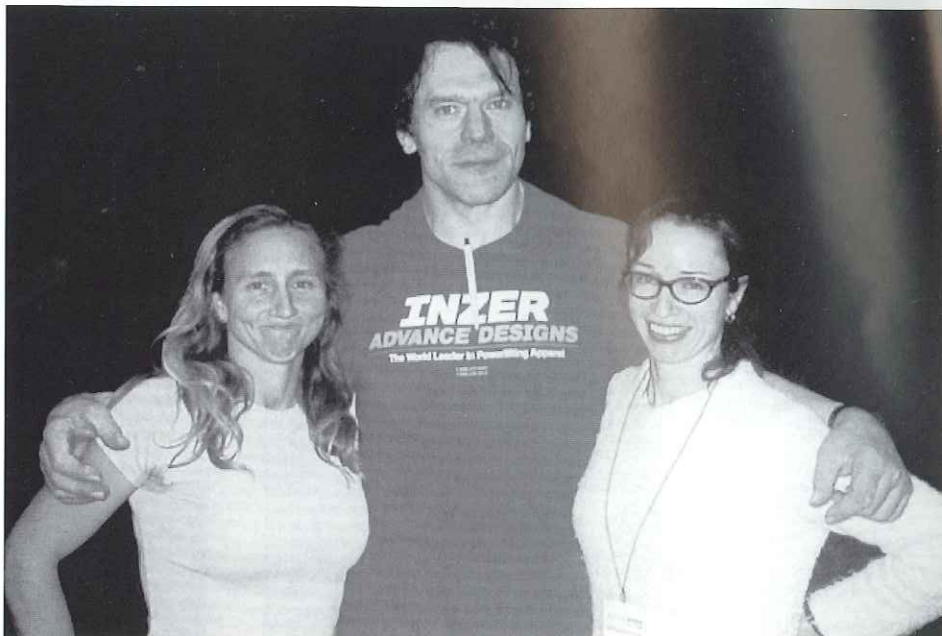
In the 52kg class Nikola Jenko, went close to overall best lifter with 497 1/2kg total. In 8th place Deborah Groves defied the nay-sayers with an unquestionable 325kg total, 110kg opener squat was close to not being locked out, but 117 1/2kg was an outstanding 3 whites effort, as was her 75kg third benchpress. 132 1/2kg was also a clear deadlift, but 142 1/2kg drew two reds for supporting and Deborah will go on from this, only her second contest.

The 56kg class saw more antipodean action with Jeannette Gevers, wine-like growing more sensible with age, steady at 367 1/2kg and a high 7th place. Tania Green of New Zealand came through in her first Worlds with 312 1/2kg and 9th place.

At 67 1/2kg, Kudinova of Russia was lean at 63,4kg and produced a modest, for her, 595kg but was a picture of control in so doing. Labouring in the vineyards of the B Group,

Mary Giffin showed outstanding improvement with 8 successful attempts and 405kg, total and now needs to think in terms of the 460kg-480kg she is capable of and which is needed to make the top 6 in this class. The heavier classes were dominated by Russia, with four winners from 75kg to 90kg + and numerous Worlds Records. Most impressive

was super heavyweight Karpova, who squatted 285kg very easily and turned back many time winner Chao. Jacky Buckley of New Zealand struggled through with only 3 successful attempts, her misses all virtually due to rough technique, for 510kg and 7th in the 90kg class, but showed medallist potential if she can smooth things out.



*Spot the odd one out!*

## REGISTER NOW FOR 2002

*If you have not already registered as a P.A. member for 2002 do so now! If you have not registered by 30th June your membership will lapse, you will no longer receive the P.A. newsletter and the 6 month national competition probation period will have to be served again when you rejoin. Enclosed is a 2002 Membership Form...fill this out now and mail to Karen Lloyd and you will receive your photo ID membership card within 7 days.*

## WOMENS WORLD CHAMPIONSHIPS RIESA, EAST GERMANY

44kg	SQ	BP	DL	TL
1. R. Koskinen (FIN)	167.5	75	162.5	405
2. W. Chen (CTP)	152.5	65	165	382.5
3. B. Lepanse (FRA)	120	67.5	130	317.5

48kg	SQ	BP	DL	TL
1. K. Chen (CTP)	172.5	87.5	160	420
2. N. Sapovalova (RUS)	172.5	87.5	160	420
3. J. Maile (USA)	150	95	167.5	412.5
9. M. Macken (AUS)	110	52.5	137.5	300

52kg	SQ	BP	DL	TL
1. S. Nikolajenko (RUS)	195	117.5	185	497.5
2. T. Yeltsova (RUS)	180	97.5	162.5	440
3. S. Hartwig (USA)	162.5	97.5	167.5	427.5
8. D. Groves (AUS)	117.5	75	132.5	325

56kg	SQ	BP	DL	TL
1. I. Filimonova (RUS)	212.5	105	182.5	500
2. P. Savola (FIN)	187.5	87.5	200	475
3. M. Amsden (USA)	165	100	180	445
7. J. Gevers (AUS)	150	72.5	145	367.5
9. T. Green (NZL)	107.5	82.5	122.5	312.5

60kg	SQ	BP	DL	TL
1. V. Nelyubova (RUS)	197.5	142.5	185	525
2. L. Guminska (UKR)	207.5	110	195	512.5
3. S. Poplarska (UKR)	192.5	110	190	492.5

67.5kg	SQ	BP	DL	TL
1. M. Kudnova (RUS)	240	137.5	217.5	595
2. V. Iskandaova (KAZ)	200	117.5	207.5	525
3. I. Blikra (NOR)	200	110	212.5	522.5
12. M. Giffin (AUS)	150	85	170	405

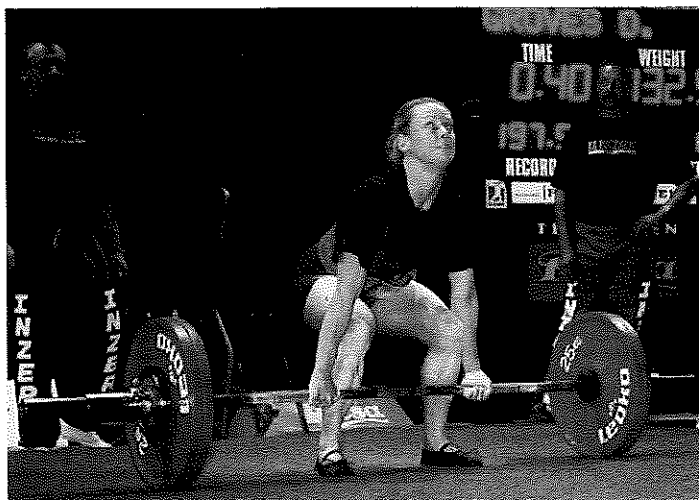
75kg	SQ	BP	DL	TL
1. S. Dedyulya (RUS)	242.5	165	210	617.5
2. L. Ivanova (UKR)	235	125	215	575
3. T. Bahry (UKR)	212.5	137.5	215	565

82.5kg	SQ	BP	DL	TL
1. T. Puzanova (RUS)	240	150	235	625
2. V. Posmitna (UKR)	245	135	222.5	602.5
3. I. Yavorska (UKR)	220	135	222.5	577.5

90kg	SQ	BP	DL	TL
1. I. Lugovaya (RUS)	245	165	225	635
2. I. Orobets (UKR)	227.5	132.5	210	570
3. L. Look (USA)	230	110	222.5	562.5
7. J. Buckley (NZL)	190	110	210	510

90+kg	SQ	BP	DL	TL
1. G. Karpova (RUS)	285	160	225	670
2. C. Chao (CTP)	265	170	220	655
3. L. Willet (USA)	267.5	165	195	627.5

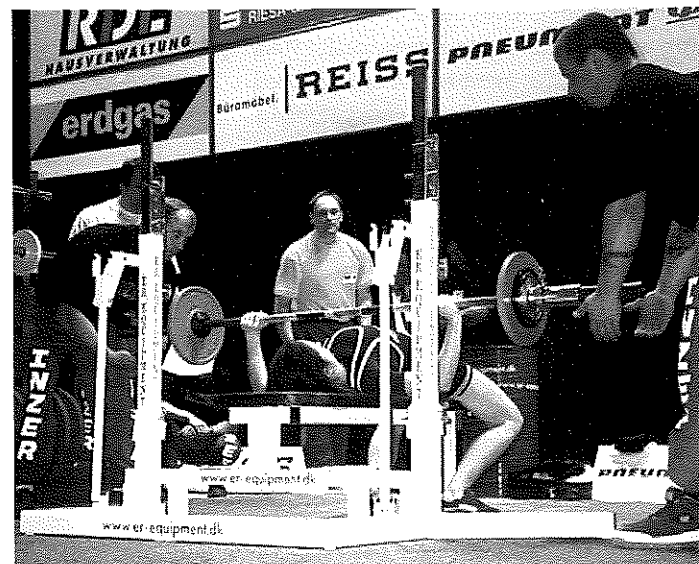
Teams	Points	Best Lifter	Points
1. Russia	72	1. Kudnova	635.94
2. Ukraine	51	2. Nikolajenko	622.97
3. USA	48	3. Nelyubova	593.78
16. Australia	7	69. Buckley	443.60
19. New Zealand	2	73. Gevers	433.03
		77. Cuffin	416.02
		83. Groves	408.20
		96. Green	371.34



132.5kg was strong for Deborah Groves.



A motley crew lurked in the background as Mary Cuffin went for 170kg.



52.5kg was urged up for Mary Macken.



# RESULTS



## QUEENSLAND CHAMPIONSHIPS 5/5/02

	Sq	Bp	DL	Tot
Marshall	55.4	57.5	115	277.5
Connors	55.5	100		100
Rogers	66.9	90		90
Stanton	70.9	135	65	355
Kaibigan	73.8	130	155	415
Winkle	73.9	215	145	580
Lam	74.2	205	Bmb	0
Muir	74.3	225	132.5	602.5
Bromley	74.9	80	70	280
Lulham	76.0	225	135	590
Horvath	79.6	220	130	565
Condon	80.0	251	140	630
Intili	82.0	192.5	137.5	500
Bartels	82.1	210	125	565
Homewood	82.4	195	110	515
Golding	87.0	65	57.5	237.5
Johansen	87.9	220	142.5	615
Collins	91.2	Bmb		0
Lloyd-Jones	95.5	235	110	565
Firman	106.5	240	150	615
Boddice	106.7	220	137.5	587.5
Smith	109.0	170	140	550
Logan	109.6	330	190	825
Batley	116.4	242.5	140	642.5
Pierre	117.5	200	150	570
Young	126.9	270	160	700
Thomson	128.9	295	175	780
Sharp	160.0	225	225	675

## QUEENSLAND JUNIOR CHAMPIONSHIPS 9/3/02

	Sq	Bp	DL	Tot
Marshall	53.9	95	57.5	265
Connors	55.1		92.5	92.5
Amadio	59.3	100	50	270
Rogers	67.3		90	90
How Lum	73.4	182.5	110	505
Horvath	74.4	217.5	130	575
Lulham	81.9	220	137.5	587.5
Mackinley	89.5	200	160	600
Thomsem	93.1	190	115	505
Pierre	117.4		150	150
Lane	117.5	100	60	310

## TASMANIA NORTH QUALIFIER

	Sq	Bp	DL	Tot
Coad	66.5	110	87.5	382.5
Hay	81.0	160	140	450
Crawford	90.0	210	150	550
Long	103.0	BMB		0
Servant	110.0	140	145	565
Burt	117.5	235	120	585
Jacobsen	82.5	220	125	565
Hay	82.5	212.5	150	582.5
Crawford	86.0	210	20	340

## NSW NORTH ZONE CHAMPIONSHIPS 23/3/02

	Sq	Bp	DL	Tot
Macken	47.4	105	50	280
Kyle	55.5	80	50	245
Feltham	66.4		85	85
Dallas-Morgan	67.5	120	70	330
Mort	73.6	105	80	290
Owen	74.9		140	140
Myers	74.9	220	145	605
Jamieson	77.9	200	130	525
Holden	79.3		125	125
Somerville	85.3		147.5	147.5
Roskell	89.4	220	157.5	630
Hassett	89.5		150	150
Thorogood	90.2	180	110	460
Vaughan	93.2	230	160	630
McGrath	98.9	BMB		0
Mort	99.5	155	145	455
Giddy	118.8		152.5	152.5
Wilkinson	124.6	210	160	590

## VICTORIAN SUMMER OPEN

	Sq	Bp	DL	Tot
Trivisonno	63.7	75	52.5	217.5
Fleming	66.8	70	40	185
Tomita	66.8	180	130	500
lloyd	69.0	115	77.5	322.5
Howe	78.8	115	57.5	317.5
Garner	82.2	BMB		0
Medved	86.6	210	105	535
Markov	88.4	105	102.5	362.5
Taranto	89.5	180	127.5	517.5
Sullivan	115.5	125	85	375

## WA CHAMPIONSHIPS 5/5/02

	Sq	Bp	DL	Tot
Ambrose	67.3	185.5	125	230
Ogbum	89.2	230	137.5	235
Weston	73.0	145	90	175

## NSW EAST ZONE GRADING 17/2/02

	Sq	Bp	DL	Tot
Groves	49.8	115	75	145
Gleeson	60.0	100	55	115
Bristow	67.3	175	107.5	230
Jamieson	75.5	167.5	120	190
Cheung	82.4	210	125	220
Somerville	83.0		147.5	147.5
Wisener	88.0		125	125
Sortwell	93.8	215	130	230
Minehan	94.2	180	130	200
Stojanoski	111.2		185	185
Knappick	111.4	120	150	175
Davis	160.0		160	160

## AUSTRALIAN JUNIORS & MASTERS 20/4/02

	SQ	BP	DL	TOT
Macken	47.3	100	47.5	135
Rutherford	56.5	50	30	70
Davis	65.0	115	75	150
Feltham	66.4	60	87.5	90
Bristow	67.1	170	105	235
Coad	67.3	120	90	190
Rutherford	67.4	120	55	135
lloyd	70.5	BMB	0	0
Myers	74.8	220	147.5	247.5
Howe	80.5	117.5	62.5	150
Rutherford	81.4	162.5	85	182.5
Markov	86.1	112.5	102.5	162.5
Traeger	88.8	240	130	255
Vaughan	89.2	230	160	247.5
Smartt	89.8	220	157.5	235
Conway	98.8	235	140	270
Wisemann	98.8	175	110	205
Barbakos	103.0	215	150	225
Tikka	105.5	225	150	235
Servant	109.5	190	130	230
Burt	121.0	240	125	240
Shilson	121.3	160	87.5	180

## NSW CHAMPIONSHIPS

	SQ	BP	DL	TOT
Macken	47.6	107.5	50	135
Van De Geest	52.0	80	45	135
Gleeson	55.2	100	52.5	112.5
Gevers	59.3	142.5	80	150
Feltham	66.5	80	85	100
Bristow	66.6	172.5	107.5	232.5
Mort	72.4	145	100	137.5
Denny	72.5		110	110
Jamieson	79.0	200	130	200
Holden	80.1		130	130
Climstein	81.9		135	135
Cheung	81.9	212.5	115	217.5
MacDonald	82.5	150	100	150
Reynolds	86.9		125	125
Vaughan	89.7	240	162.5	250
Roskell	89.8		110	110
Kyle	90.0	212.5		0
Whymark	98.5	310	170	275
Mort	98.8		145	230
McGrath	99.4	225	140	280
Tikka	101.1	227.5	140	245
Stoianoski	107.2		180	180
Giddy	119.2		152.5	152.5
Wilkinson	126.6	220	155	200
Davis	170.2		BMB	0

## VICTORIAN CHAMPIONSHIPS

	SQ	BP	DL	TOT
Flanders	58.8	117.5	62.5	132.5
Trivisonno	61.6	82.5	52.5	102.5
Tomita	65.8	BMB		322.5
Luu	67.4	200	97.5	250
Hsueh	70.0	137.5	87.5	162.5
Stoddard	71.5	127.5	80	155
papahatzis	74.5	200	120	230
Kent	74.8	230	145	200
Harris	74.9	237.5	165	247.5
Kelepouris	82.5	275	145	242.5
Medved	86.4	217.5	117.5	235
Taranto	86.5	175	132.5	210
Donnellon	90.0	200	145	225
Jones	99.8	267.5	180	270
Inglese	100.0	292.5	170	270
Giffin	108.7	280	182.5	280

## COMPETITION ORGANISERS – OBLIGATIONS

State Bodies and Competition Organisers are alerted to By-law 7.2(ii)

A list of all entrants for any competition is to be forwarded to the Administration Director PRIOR to the competition. This is to enable a check on the membership status of any prospective lifter.

**Tony Burley**

*Administration Director*

## 2002 INTERNATIONAL EVENTS

The remaining International events for 2002 are-

### **JUNIOR WORLD CHAMPIONSHIPS**

Sochi, Russia 10-15 September  
(changed from Venezuela)

### **SUB-JUNIOR WORLD CHAMPIONSHIPS**

Chia Yi, Taiwan 24-29 September

### **MASTERS WORLD CHAMPIONSHIPS**

Villa Maria, Argentina 9-13 October  
(to be confirmed by June 30th subject to financial meltdown)

### **MENS WORLD CHAMPIONSHIPS**

Trencin, Slovakia 12-17 November

### **OCEANIA CHAMPIONSHIPS**

Taurango, New Zealand 6-8 December  
(new date - confirmed as Junior, Open, Masters)

### **WORLD BENCH PRESS CHAMPIONSHIPS**

Hamm, Luxemburg 5-8 December

Teams for these events will be selected after the Australian Championships in Launceston. Check qualifying and selection criteria details at the by-laws section [www.powerliftingaustralia.homestead.com](http://www.powerliftingaustralia.homestead.com) Event information is at [www.powerlifting-ipf.com](http://www.powerlifting-ipf.com).

If you are qualified and wish to make yourself available for selection for any of these events forward \$300 deposit (refundable if not selected, not refundable if selected and withdrawn after costs incurred) plus 2 ID photos to Robert Wilks, GPO Box 2322, Melbourne Vic 3001 - to be received no later than 25th July.

# AUSTRALIAN CHAMPIONSHIPS

**The Australian Championships are on this year at Launceston, in the Earl Arts Centre, site of the 1999 Masters & Junior Championships.**

This event will bring together Australia's best lifters along with teams from Nauru & other Oceania nations. The qualifying total is B Grade for both men and women. In conjunction with the Australian championships will be two other events. The Oceania Invitational will be open to other

Oceania nations and also Australians (Junior, Master or Open) who have not otherwise qualified for the Australian Championships. The Elite Bench Press Invitational will be for Australia & Oceania's top bench pressers, with the qualifying being Elite II bench. So there is a place for everyone in Launceston! Entry forms are enclosed, or can be obtained at [www.powerliftingaustralia.homestead.com](http://www.powerliftingaustralia.homestead.com) Entries close 7th July, so enter now.

## MARATHON SUITS, TITAN GEAR

After initially advising that Marathon suits would cease to be approved wear for competition, the IPF has now stayed that decision. Thus marathon suits will be legal for all competition indefinitely. However note that Marathon suits have long since ceased being manufactured.

Titan Deadlift Suits and Titan NXG Bench Press Suits have been approved for competition and are legal as from 1st June 2002.

## MEMBERSHIP -NOTICE OF DEFAULT

All members of the Association with unpaid dues are reminded that in accordance with by-Law 8(1), your membership shall be terminated on the 30th June 2002, if your membership dues remain unpaid at that date. Dated 31 May 2002

**Tony Burley**

*Administration Director*

## GAY GAMES

What's the biggest sporting event in the world? The Olympic Games? The World Cup?

No...it's the Gay Games, held every 4 years, around the world.

The 2002 Games will be held in Sydney and 14,000 competitors will take part (in comparison to 10,000 for the Olympic Games).

Powerlifting will be held on 3rd November under the direction of none other than Bob Orr.

Entries close 31st July – more information at:

[www.sydney2002.org.au](http://www.sydney2002.org.au).

## DRUG TESTING RESULTS

As a result of drug testing carried out by the Australian Sports Drug Agency under Powerlifting Australia's anti-doping policy the following suspension applies:

Lawrence Hefferman, 11th September 2001 - 10th September 2004

## POWERLIFTING WEB SITES

**More information about events, rules, results etc can be found on the P.A., O.P.F and I.P.F web sites**

**Powerlifting Australia**

[www.powerliftingaustralia.homestead.com](http://www.powerliftingaustralia.homestead.com)

**Oceania Powerlifting Federation**

[www.oceaniapowerliftingfed.homestead.com](http://www.oceaniapowerliftingfed.homestead.com)

**International Powerlifting Federation**

[www.powerlifting-ipf.com](http://www.powerlifting-ipf.com)