

Powerlifting Australia: That was the year that was 2009!

Powerlifting Australia (PA) had its share of ups and downs throughout 2009, but all in all powerlifting in this country will be entering the next decade with a renewed energy buoyed by enormous growth and talent in the sport. Let's take a journey back over the Powerlifting Australia year that was 2009.



For all Powerlifting Australia information, visit:

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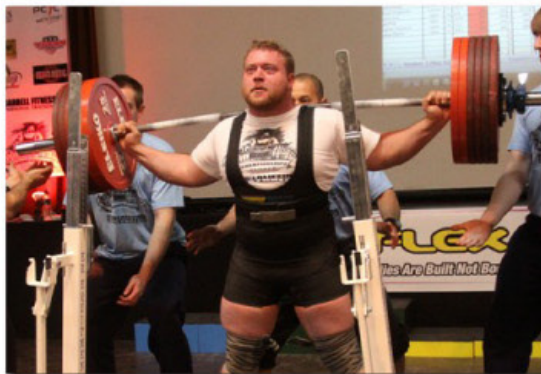


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On the Platform

On the platform, Powerlifting Australia charged from strength to strength throughout 2009. Even though we once again had few open international competitors, (mainly due to the World and Commonwealth Championships being held in the far reaches of an insecure India) PA's lifting numbers and performances have reached new levels. In 2009, four men totalled over 500 Wilks points with the 20 top males averaging a record 478.5 Wilks points. Eight women totalled over 400 Wilks points with the average also being record-breaking at 385.6 points. At the end of the year, the top ranked male and female Powerlifter and Bench Presser were first-time winner and still junior, Chris Caltabiano, in the men's and perennial women's champ, Jeannette Gevers. Chris topped the rankings at the Matti Tikka Challenge hoisting an enormous 910kg total at 115kg bodyweight, along with a 275kg Bench Press. Jeannette did her best numbers at the World Masters Powerlifting Champs with a 422.5kg total at under 60kg bodyweight. The highlight of their year was a gold medal Bench Press performance by Chris at the World Junior Championships and a clean sweep of gold medals at the World Masters Championships for Jeannette.



Chris Caltabiano - Australia's top ranked male powerlifter for 2009



Jeannette Gevers - Top of the women's rankings again!

2009 Australian Rankings

Men				Women			
	BWT	TOTAL	WILKS		BWT	TOTAL	WILKS
1. Chris Caltabiano	115.6	910	528.1	1. Jeannette Gevers	59.3	422.5	475.4
2. Richard Hozjan	97.6	837.5	514.8	2. Anita Millington	139.4	555	431.9
3. Stephen Pritchard	120.2	885	508.7	3. Mary Macken	47.5	320	427.1
4. Nathan Baxter	165.1	930	507.4	4. Lee Anne Dwart	49.3	327.5	425.2
5. Andrew Logan	122.9	872.5	499.0	5. Jacinta Read	51.9	340	424.5
6. Tim Germanchis	99.6	807.5	492.3	6. Vicki O'Brien	66.7	407.5	419.5
7. Theo Lagis	59.9	570	486.9	7. Helen Allen	55.4	345	409.4
8. David Jame	89.9	750	479.1	8. Anne Mort	72.9	415	401.8
9. Neville Harris	74.9	670	477.8	9. Rikki Flanders	59.9	352.5	393.5
10. Peter Koitka	81.7	707.5	476.8	10. Robyn Gleeson	55.3	322.5	383.2

Juniors

The Juniors and Sub-Juniors had their first opportunity to impress for the year at the Australian Junior Championships which were held at the University of Melbourne in April. Laird Ross continued his steady climb up the rankings by first taking out best Sub-Junior lifter before competing at the World Sub-Junior Championships where he placed highly in the Bench Press. Alongside Laird in yet another impressive Australian team, Chris Catalbiano proved beyond all doubt that he is a lifter of the highest quality by winning a World Junior gold medal in the Bench Press. Scott Peisley also had another great performance at the World Juniors by collecting a silver medal in the deadlift, pulling 257.5kg in the 67.5kg class. However, the best international performance by a junior goes to Tasmanian Anita Millington, who totalled 555kg at the Junior Worlds in the women's superheavyweight division. She won an overall bronze medal for her performance. Great promise for the future of lifting there. Well done juniors!!



Scott Peisley on his way to a silver medal 257.5kg deadlift at the World Juniors

Masters



2009 Australian Team at the World Masters Champs in Czech Republic
(L-R: Bessie Bristow (support), Helen Allen, Max Bristow, Jim O'Donovan (coach), Mary Macken, Sue Myers, Jeannette Gevers, Gavin Turrell, John Myers)

The year started with the Australian Masters Powerlifting Championships which was once again back into the Australian Masters Games in Geelong. Crowd support swelled as the lifting hit new heights led by Wim Van Weenan who set new World Records in the over 70/M4 class. Wim followed up this success during the year by setting more World Records at both the Victorian Open in April and the Australian Powerlifting Championships in July. Inspired by these achievements, Powerlifting Australia sent large teams to the World Masters Bench Press Championships in Taupo, New Zealand and to the World Masters Powerlifting Championships in the Czech Republic. Stand out performances for Australia were Anne Mort's gold medal bench in New Zealand and Jeannette Gevers sweeping the pool with four gold medals in the Czech Republic. Jeannette didn't stop there, her and Richard Hozjan having the honour of being selected to represent Oceania at the World Games in Taiwan. The world's audience were in attendance to see the two Australians do battle with the rest of the world. Jeannette capped off yet another stellar year by leading the women's rankings yet again.

Australian Championships

Despite being overtaken in the rankings by Chris, perennial champion and Master's lifter Andrew Logan dodged the bombouts around him, showing consistency in performance as usual and took out best lifter at the Australian Powerlifting Championships in July. There was little fanfare but in the wash-up, few realised that Andrew had broken a long-standing record ... one which many might think would never be beaten. Andrew's victory was his 15th Australian title, which overtakes the previous record of 14 held by former multiple World competitor, Glen Waszkeil. Powerlifting Australia congratulates Andrew on his service and performances over the journey ... well done Andrew! On the women's side, Anita Millington just nudged out PA newcomer, Vicki O'Brien, to win best female lifter as she prepared for her outstanding performance at the World Juniors in Brazil. On another note, the Australian Championships were the first major event after the announcement of a partnership between Powerlifting Australia and Bioflex Nutrition. Bioflex is a 100% Australian owned and operated supplement company that is committed to supporting the development of grass roots Powerlifting in Australia. Bioflex owner Ben Crowley was on hand in Sydney to present trophies and medals to both Andrew and Anita.



Theo Lagis deadlifts an incredible 4 times bodyweight 240kg!

However, a drawback from the competition and the year was the result of two inadvertent doping positives coming from the competition. Rising elite lifters Odell Manuel and Scott Hill tested positive to the banned stimulant Methylhexanamine, ingested through a supplement but were able to successfully prove that it was a case of inadvertent doping - the result being a three month ban for each athlete. This once again serves as strong notice to athletes that they must be extremely careful with what they consume as the athlete is completely responsible with what goes into their system.

Australian School's Bench Press Competition

The mercurial Stephen Ross once again did a great job running the Australian Schools and Youth Bench Press Competition. This competition is postal in nature, where several thousand school-aged participants across the country competed in the Bench Press through school PE classes or sports clubs, in particular junior rugby league clubs this year. Some impressive results this year included a 165kg press from none other than PA's own Sub-Junior Champion, Laird Ross. Angus Ferguson from Queensland's Immanuel Lutheran College had a 130kg raw Bench Press in the 110kg class at 17 years of age.

Off the Platform

Earlier on in the year, Powerlifting Australia was pleased at the announcement that the Rudd Government reinforced its tough stance on doping in sport by investing an extra \$21.1 million over four years. The decision was made to keep Australia at the forefront of international anti-doping efforts according to a press release from the Minister for Sport, the Honourable Kate Ellis. Powerlifters across the country have seen the flow-on effects of this with more in- and out-of-competition tests than ever before.

In 2009, PA was fortunate enough to develop a strategic partnership which saw Bioflex Nutrition become PA's major sponsor. The one year sponsorship deal was worth \$10,000 to Powerlifting Australia. Bioflex's director, Ben Crowley, said he is excited by the prospect of uniting with Powerlifting Australia to develop and enhance the role of Powerlifting and strength training throughout Australia. This was indeed a big step for PA which traditionally has been cautious with sponsorship deals.



As many of you were aware, Australia was starved of competitively priced and prompt delivery of powerlifting supportive equipment for a number of years. Most lifters bought stock from the US, wearing sometimes long delays and high shipping charges for their efforts. In 2009 this all changed when Melbourne University lifter / entrepreneur, Minh Nguyen, formed Titan Australia. The business was an immediate success and has gone from strength to strength in the delivery of a wide range of stock, prompt delivery, great prices and all done with friendly service. Thank you Titan Australia.

During the year, PA was also able to secure the services of prominent businessman, Malcolm Slinger, who was appointed Powerlifting Australia's Chief Financial Officer. Since his appointment, Malcolm has worked hard to deal with PA's finances and develop a professional format of financial planning for the sport.

Finally, in relation to areas of improvement previously identified by PA, a more professional and complete officiating methodology, that including an ASC approved Refereeing and Coaching accreditation system, was introduced. More accreditation took place in regional lifting centres and officials were flown to events where there were shortages.

The Year Ahead

2010 will hopefully become another marquee year for Powerlifting Australia. On the agenda will be an Australian Championships like no other. The event will be hosted by Melbourne, likely to be at Crown Casino and will be the biggest production for some years. The Champs will include only qualified and invited lifters so we will be witness to the best of the best throughout. On this note, athletes should be aware that in 2010 the qualifying totals / gradings will be going up. This is a result of equipment creep and an increase in overall lifting quality in the country. The details of the increases will be documented in the weeks to come.

In 2010, with rising results and more appealing event locations, whispers allude to a return to some substantial open Aussie international teams at both the World Powerlifting and Bench Press Championships. Stay tuned as we enter a year for movement at the pointy end of the lifting spectrum.

What about the rest of us you ask? Well, members will be pleased to know that next year's calendar is slightly fuller than our 2009 calendar which was our largest for a number of years. Moreover, in 2010, PA's strategic plan includes spreading its wings to offer meets in more locations around the country than ever before. We are revisiting previous powerlifting strongholds such as Colac, Mildura and Wynyard, but are beginning new opportunities in places like Bondi in Sydney and Karratha in WA.

2010 is shaping up to be an even bigger and more competitive year so follow the website links to sign up as a membership for 2010.

All the best in your powerlifting journey.