



Powerlifting Australia: That was the year that was 2010!

Powerlifting Australia continued to grow through 2010 with increasing interest in the sport across the nation and member numbers swelling. New lifters and old contributed to some phenomenal results this year and the trend is set to intensify into 2011 and beyond ...

For all Powerlifting Australia information, visit:

www.powerliftingaustralia.com

Proudly sponsored by:



In cooperation with:



On the platform

Powerlifting Australia produced stellar performances on the platform and this has been reflected in the constantly changing 2010 rankings.

In the men's rankings, 6 of the top 10 men totalled more than 800kg, with Chris Caltabiano and Stephen Pritchard hitting 940 and qualifying Elite 1.

Of our top 10 female lifters 5 totalled more than 400kg with 3 lifters, Jeannette Gevers, Anita Millington and Lee-Ann Dwarte all making Elite 1 grading. Anita Millington, with the highest total of 597.5kg, just missed a magical 600.

2010 Australian Rankings

Women	BWT	TOTAL	WILKS
1. Jeannette Gevers	59.6	415.5	465.7
2. Anita Millington	142.8	597.5	463.0
3. Lee-Anne Dwarte	47.8	343	455.7
4. Vicki O'Brien	66.4	437.5	451.8
5. Mary Macken	47.3	327.5	438.4
6. Jacinta Read	50.1	341.5	438.0
7. Jasmine Higgs	64.2	405	428.8
8. Anne Mort	72.5	435	422.6
9. Pranee Pascoe	47.7	295	392.5
10. Helen Allen	55.8	330	389.4
Men			
1. Chris Caltabiano	114.6	940	546.7
2. Stephen Pritchard	124.9	940	535.9
3. Richard Hozjan	99.8	872.5	531.5
4. David Jame	99.9	815	496.2
5. Sean Muir	74.8	691	493.3
6. Tim Germanchis	99.6	807.5	429.3
7. Nathan Jones	105.7	820	490.0
8. Daniel Anderson	67.2	628	485.9
9. Ray Hope	67.2	625	483.1
10. Theo Lagis	59.8	562.5	480.9

So, what do you know about our top 5 lifters? What puts them at the top?



For all Powerlifting Australia information, visit:

www.powerliftingaustralia.com

Proudly sponsored by:



In cooperation with:



Top 5 female lifters

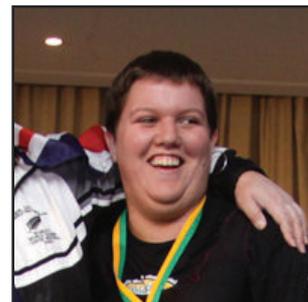


1. Jeannette Gevers

5 times and reigning World Masters 1 60kg class Champion, ranked Australia's No 1 female lifter for the past 5 years. Jeannette grabbed top spot this year in last comp of the year, Oceania Championships in Samoa with a 415.5 total in the 60kg class.

2. Anita Millington

Overall Best lifter at Nationals for the 2nd year running with a 580.5 total in the 90+ class, Anita made her debut at the Open World Championships in South Africa upping her total to 597.5kg. A powerhouse from Tasmania, she has made huge inroads since moving up to the Open class from Junior.



3. Lee-Anne Dwarte

This pint-sized lifter from NSW shows that the little girls cannot be ignored. Setting 10 National records, including a more than triple bodyweight deadlift, Lee-Anne set a record 343kg total in the 48kg division at the Oceania Championships.



4. Vicki O'Brien

Moving up into the top 5 this year for the first time with a brief stint in the No 1 spot after making her debut at the World Masters Championships for a 2nd place result in the 67.5kg class. Vicki was only 2.5kg off an Elite 1 grading with a Masters 1 record 437.5 total.



5. Mary Macken

Multi-talented NSW masters lifter, Mary is at the top of the game in both Powerlifting and Olympic weightlifting. Bounding into to the top 5 late in the year by taking out best female lifter at the Matti Tikka and just edging Jacinta Read out of the top 5 by the narrowest of margins.





For all Powerlifting Australia information, visit:

www.powerliftingaustralia.com

Proudly sponsored by:



In cooperation with:



Top 5 male lifters

1. Chris Caltabiano

In his last year as a Junior, NSW lifter Chris has already shown he's got what it takes to dominate the open classes. In his 2nd year as No 1 Australian lifter he placed 3rd overall at the National Championships and 4th at the World Junior Championships where he seized a mammoth 920kg total in the 110kg class. He followed this up in December with a tremendous equal record 940kg total in the 125kg class at the Matti Tikka.

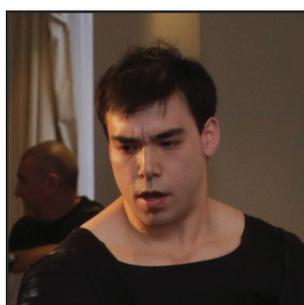


2. Stephen Pritchard

Men's best lifter at the National Championships in July, Stephen set the challenge with a Masters 1 record 940kg total in the 125kg class putting him in top ranked position for a time. Following up later in the year with the first ever Australian 300kg bench press and blowing away his 6th place lift at the World Bench Press Championships he just keeps getting better.

3. Richard Hozjan

4 times top-ranked lifter (2005-2008) Richard put up a 35kg increase to his 2009 total resulting in a record 872.5kg total in the 100kg class giving him 2nd place overall at the National Championships. Keep an eye on this lifter in 2011.



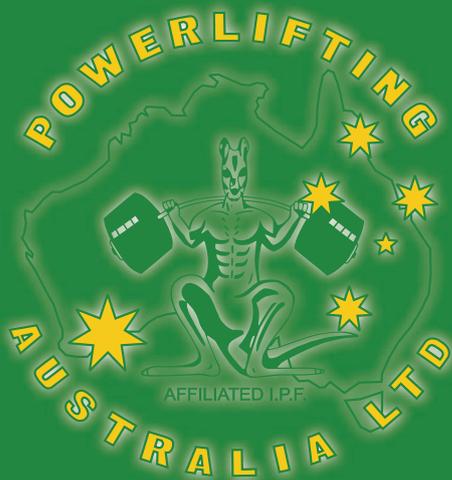
4. David Jame

Melbourne Uni Powerlifting club based and trained by Robert 'The Guru' Wilks, David has made a spectacular jump back into the top 5 this year, coming from a 2009, 8th place, 750 total in the 90kg class to an 815 total in the 100 class. Although not his first time in the top 5, David has made solid gains and it won't be his last.

5. Sean Muir

What a comeback year for Sean!! This 2010 World Masters 1 competitor took first place in the 75kg open class at the National Championships with total of 685kg and topped that again at the Matti Tikka in December for a Masters 1 record total of 691kg. Sean is also no stranger to the top five having been top 3 (2003-2005) and his total just keeps going up.





For all Powerlifting Australia information, visit:

www.powerliftingaustralia.com

Proudly sponsored by:



In cooperation with:



Competition year in review

A tightly packed calendar last year with a record number of overall lifters made for some compelling viewing and spectators were not disappointed. Lets first refresh ourselves with a trip down memory lane as we review what an exceptional year 2010 was...

Capping off these fantastic performances by our lifters this year, so many Australian records were broken. Notably, Stephen Pritchard's 300kg Bench Press at the Victorian Extravaganza in November and Anne Mort's, record squat of 163kg in the 75kg class, at the Matti Tikka Challenge in December. A few up and coming lifters also made their mark: Sub-Junior Glenn Read took home a squat record of 125kg, and new PA lifter Mark Barham scored a record bench press 192.5kg and total 727.5kg in the Junior division along with Lev Susany's 170kg bench press. Not forgetting this, the many top performances of our Masters lifters but with so many Australian records broken perhaps its best to have a look at the records below.

<http://www.powerliftingaustralia.com/AustralianRecords.htm>

Australian Championships

Australian Junior & Masters and ABSF Champs – 8/9 May 2010

The Championships that demonstrate that Powerlifting is the strength sport for life - the National Junior and Masters - were held over the weekend 8-9 May in Mannum, South Australia, with an impressive turnout of close to 50 lifters.

In his final final year as a Junior before moving to the Open division, Chris Caltabiano and Anita Millington were the top performers of the younger lifters. At his first 3-lift comp of the year, Chris totalled a then meet best 850kg at 110kg bodyweight and Anita produced a word class 562.5kg total in the supers.

Masters lifter Vicki O'Brien continued her climb up the powerlifting ranks, outperforming the other women with a strong 422.5kg at 67.5kg bodyweight. Experienced lifter Max Bristow, with a powerlifting history spanning 50 years, claimed the best overall men's master lifter title on Age Wilks, narrowly edging out another stalwart of our sport, John Myers.

The best bench of the weekend went to Master 2 lifter, South Australia's own Steve Little, hoisting anything but "little" with a sweet 240kg press. The Australian Blind Sports Federation Championships were also held at this event, and revealed a new star and potential world champ in the making, Lepeka Nanai. Lepeka (Peks) won best overall lifter with a 672.5kg total and a very impressive and 212.5kg bench press.



For all Powerlifting Australia information, visit:

www.powerliftingaustralia.com

Proudly sponsored by:



In cooperation with:



Australian Open Powerlifting Championships – 24/25 July 2010

The Australian Powerlifting Championships were held over the weekend of 24-25 July at Melbourne's Rydges Hotel, and were a phenomenal success. Powerlifting Australia put on our biggest and best show ever with full-house spectator crowds, world-class platform and weights, multiple large-screen setups around the venue, professional booth setups by Titan Australia and ASADA and the best lifting we've ever seen at a National Championships.

Of the standout performers, Stephen Pritchard left the cheering audience in awe after all his attempts, achieving the highest ever Aussie total at any bodyweight (at the time), totalling 940kg with a 375kg Squat, 270kg Bench Press and 295kg Deadlift in the 125kg class. There was quality action in the 100kg class too. Richard Hozjan smashed the Total record, powering through to a 872.5kg (320kg Squat, 237.5kg Bench Press, 315kg Deadlift) while Dave Jame gave everything he had with a Record 330kg Squat.

Anita Millington successfully defended her overall Best Lifter title in the Womens, just beating out shoulder-injured Vicki O'Brien who put in an excellent performance to down multi-time champ Jeannette Gevers in the 67.5kg class. But the great story of the weekend was the rise and rise of blind lifter, Lepeka Nanai, who finished second behind Pritchard in the 125kg class, pressing out an amazing 220kg Bench Press IBSA World Record in his 712.5kg total.

Finally, always an inspiration, 78 year-young Wim van Weenen reclaimed his lost World Records in the over 70s class with a 225.5kg Squat, a 240kg Deadlift and a 585.5kg Total.



David Jame grinds out an amazing 330kg Squat!



International Competition Performances

World Bench Press Championships – 25-29 May 2010

A strong team of three lifters represented Australia at the Open and Junior World Bench Press Championships in Texas. Stephen Pritchard and Nathan Baxter both broke Australian records on their opening attempts. Pritchard overtook Chris Caltabiano's 2009 record lift with a 280kg press in the 125kg class and Baxter pressed out a phenomenal 290kg in the 125+kg class. Unfortunately both were unsuccessful with their 2nd and 3rd attempts, but the magical 300kg bench mark is certainly not far away for either of these two lifters. Junior Damien Ussia only narrowly missed out on a medal with a 210kg press, taking 4th position.

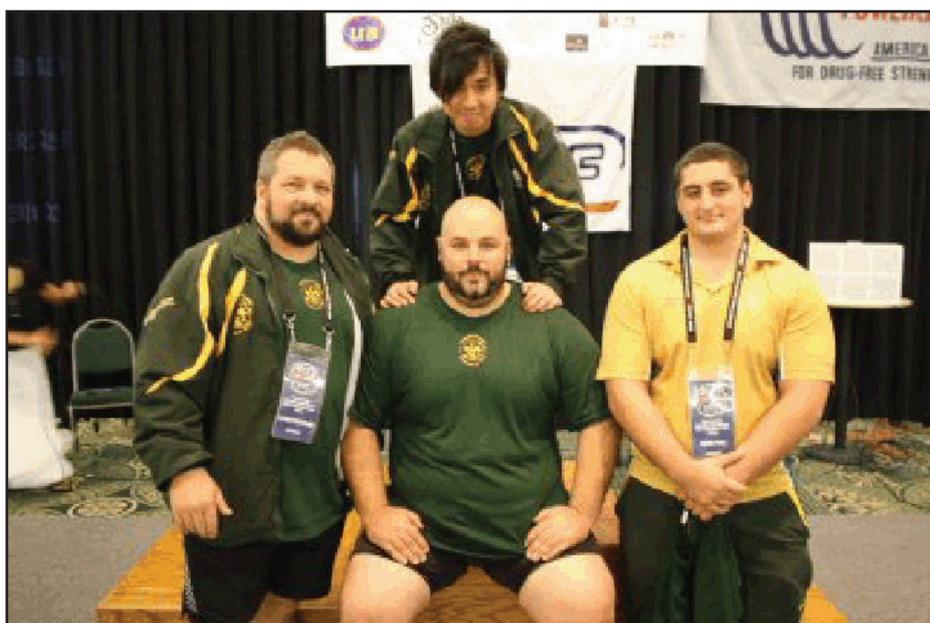
For all Powerlifting Australia information, visit:

www.powerliftingaustralia.com

Proudly sponsored by:



In cooperation with:



World Junior and Open Bench Press team:
Stephen Pritchard, Nathan Baxter, Damien Ussia, Minh Nguyen (coach)

World Junior Powerlifting Championships – 28 Aug-4 Sep 2010

In his final world competition as a Junior lifter, Chris Caltabiano peaked perfectly for the big show in Pilsen, Czech Republic. Flying solo as Australia's only representative this year, Chris didn't disappoint, placing 4th in the super tough 110kg class and taking the silver medal in the bench press. Chris further improved his personal bests in all three disciplines, with a 350kg squat, 265kg bench press and 305kg deadlift, combining to an enormous 920kg total, as well as breaking a heap of Australian, Oceania and Commonwealth Open and Junior records to boot.

World Masters Powerlifting Championships – 27 Sep-2 Oct 2010

Jeannette Gevers led a team of five Aussies at the World Masters Powerlifting Championships, held in Pilsen, Czech Republic. Jeannette claimed an unprecedented 5th World title in a row (a feat that no other Masters lifter has ever achieved), topping the M1 60kg class with a 400kg total. Also chiming in with a phenomenal silver medal performance was Vicki O'Brien with a personal best 437.5kg total in the M1 67.5kg class. Sean Muir and Andreas Reiners put in great performances both taking 5th place in their weight classes in the M1 division. Eric Dumas also improved on each of his Australian Masters lifts to bring his total up to 585kg.



For all Powerlifting Australia information, visit:

www.powerliftingaustralia.com

Proudly sponsored by:



In cooperation with:



World Open Powerlifting Championships - 7-13 Nov 2010

On the biggest powerlifting stage of all, the World Open Powerlifting Championships in Potchefstroom, South Africa, Australia had two mighty competitors from both ends of the size spectrum; 60kg Theo Lagis in the men's event and super Anita Millington in the women's.

Theo brought home our first open powerlifting medal for sometime, winning the bronze in the deadlift with a 232.5kg pull and placing 4th overall. Anita continued going from strength to strength, moving the Aussie bench press record to 145kg and finishing with an enormous 597.5kg total to take 6th place.



Anita Millington at the Open World Powerlifting Champs

2010 Oceania Powerlifting Championships 10/11 Dec 2010

The Oceania Powerlifting Championships were held in Samoa this year, and were a blinding success with over 100 lifters in attendance and nine nations represented including Samoa, Australia, New Zealand, Fiji, New Caledonia, Nauru, Tahiti, Niue and Marshall Islands.

Best lifter awards went to Neil Lauaki (NZ) in the men's, with an 890kg total in the supers, and the unstoppable Jeannette Gevers (AUS) in the women's, with a 415.5kg total at 60kg. Jeannette clearly saved the best for last, claiming back top spot on the Australian women's ranking with this performance at the final comp for the year.

Other notable Aussie performances included Greg Lancaster breaking Oceania squat, deadlift and total M2 records and Lee-Ann Dwarte breaking M1 deadlift and total Oceania and Commonwealth records. Max Bristow also pulled an amazing 240.5kg Oceania and Commonwealth record deadlift and junior lifter Lev Susany took the Oceania bench press record.



Australian School's Bench Press Competition

Once again we had a tremendous response to the Australian School's and Youth Bench Press Competition. Held as a postal competition under the guidance of the Youth Development Manager Stephen Pritchard this year saw Mannum Community College dominate in the results having the most competitors of all the participating schools this year.

Girls and boys from age 14 through to 17+ are able to compete in their weight classes during their school PE class throughout the year with the results collated at the end and medals being distributed to the students. The schools also benefit from a sporting equipment prize for the most competitors (minimum 100).

Extraordinary performances this year were a 65kg press from under 60kg female, Mannum Community College lifter, Everette Cook in the under 16 year age group and both Gregory Holloway from Yass High School and Luke Smith from Ormiston college hit lofty numbers in the boys under 16 division pressing 105kg, the highest numbers of the competition.

Help strengthen our sport and recommend this youth development program to schools in your area. Simply point them to <http://www.powerliftingaustralia.com/SchoolProgram.htm>

For all Powerlifting Australia information, visit:

www.powerliftingaustralia.com

Proudly sponsored by:



In cooperation with:



Off the platform

Once again the Federal government has stood by its commitment to Pure Performance in sport by continuing to fund ASADA's testing program and along with the new Minister for Sport, the honourable Mark Arbib, maintain Australia's reputation as an international leader in the campaign against doping in sport.

The 2011 Prohibited list is now in effect. Ensure you are up to date with the latest changes: <http://www.asada.gov.au/>

Continued support from our significant sponsors Titan Australia and Bioflex is warmly welcomed as we continue to develop and nurture our relationships with our strategic partners. Titan Australia is now well established and able to provide both lifting apparel and equipment at competitive prices. Bioflex is an all Australian company which manufactures Sports Nutritional supplements.

Next Lifter Software package made its Powerlifting Australia debut at the 2010 Victorian Open in April.





Next Lifter makes Powerlifting meets run smoother, helping to manage all aspects of the competition from weigh-in to tallying the results. The software is based on Microsoft Excel and is simple and intuitive to use. It only requires a single computer, projector and printer.

Meet Directors interested in using Next Lifter at their next local or state competition should contact Tim Germanchis for more info.

For all Powerlifting Australia information, visit:

www.powerliftingaustralia.com

Proudly sponsored by:



In cooperation with:



The year ahead - Change is upon us!

The slate is wiped clean! 2011 brings with it new weight classes, new grades and new record standards to be broken. All the amazing records from 2010 and earlier are to be archived and will stand forever as a testament to those holding the records. More details can be found on our website under the Competition tab.

2011 also fully integrates Raw Powerlifting into the calendar; a project which began in earnest in 2010 has now come to fruition. Raw lifting will follow the worldwide standards applied so far, namely use of only wrist wraps, knee sleeves, a lifting belt and pure raw strength! Competitions will be held either standalone or in conjunction with equipped competitions, but will be contested separately. Raw record standards have already been published on the PA website for lifters to take aim at.

Nationals' 2011 is set to dazzle and amaze with Australian competitors being the highest quality produced in decades. The prospect of big name guest lifters and new weight classes will make this the most competitive Nationals ever held. Record standards will be tumbling ... will you be the first to take the records in your class?

Alluring destinations and high calibre competition for International events are fuelling the banter on the grapevine is that this year there will be substantially larger teams than previous years heading overseas to represent Australia and once more bring home the medals. Start planning your strategy now.

Make sure you're a part of this exciting new phase in Powerlifting by joining or renewing your membership with Powerlifting Australia
http://www.powerliftingaustralia.com/Forms/2011_PA_MSHIP.doc

As Powerlifting Australia continues to advance, sensational new developments will be forthcoming. Keep ahead of the game by following PA on Facebook and Twitter and get the inside scoop on what's coming up by visiting our website at: <http://www.powerliftingaustralia.com>

Good luck with your lifting and stay strong.