



THE IPF MAGAZINE



THE WORLD'S STRONGEST WOMEN 2011

- + 2011 IPF HALL OF FAME
- + WHY DO WE LIFT IN THE IPF
- + WOMEN'S & MEN'S WORLD CHAMPIONSHIPS
- + 40 YEARS FINNISH POWERLIFTING
- + A LATIN AMERICAN PERSPECTIVE

MAGAZINE CONTENT

03

Message from the President



04

The structure of the IPF



06

General Assembly

08

Interview: Hannie Smith



09

2011 IPF Hall Of Fame

12

IPF at the World Games 2013 in Cali/Colombia



14

World Sub-Junior and Junior Powerlifting Championships



21

The ultimate weapon in the Anti-Doping fight: "Whereabouts"



24

Powerleaks: The IPF Newsflash



26

IPF Women's and Men's World Championships



36

Herolifter: Priscilla Ribic

38

World Masters Championships

45

Regional Report: Europe "Finnish Powerlifting"



51

Interview: John Stephenson



53

Regional Report: South America "A Latin American perspective"



55

Interview: Suzanne "Sioux-Z" Hartwig-Gary



58

Why do we lift in the IPF?

61

Regional Report: Africa "The APF General Assembly"



IPF - INTERNATIONAL POWERLIFTING FEDERATION

Lerchenauerstr. 124a, 80809 München, Germany
marketing@powerlifting-ipf.com

MANAGING EDITORS: Sabine Al-Zobaidi, Miklós Fekete

CHIEF EDITOR: Christina Chamley

CONTRIBUTIONS: Robert Wilks, Heinrich Janse van Rensburg, Alan Ferguson, Emanuel Scheiber, Jari Rantapelkonen, Eduardo Rodríguez Briatures, Elmamoun Mohamed

Magazine Pictures by IPF, USAPL, Heinrich Janse van Rensburg, Arnulf Wahlstrøm, Susanne Hartwig-Gary, istockphotos.com, WADA, Gaston Parage, Harnek Rai, Eduardo Rodríguez Briatures, Elmamoun Mohamed

LAYOUT: Tom Tanzer, goodflow communications, Austria

IPF is taking powerlifting to one of the biggest Strength and Fitness Exhibits of the World - the FIBO. **FIBO will be held in April, 2012 in Essen, Germany**, and it will have some exciting powerlifting contests (**contact: andy-doerner@t-online.de**) and exhibit. **Any volunteers to make our IPF's FIBO appearance are welcome.** Just write to the Magazine editors or the above e-mail.



Dear friends of the sport of Powerlifting,

By the time you have in your hands this issue of the IPF magazine we already have begun a new year of challenges and sporting highlights.

The 2012 Open World Championships in Puerto Rico is already rising on the horizon. This championship is the qualifier for the 2013 World Games in Cali / Colombia and we expect a high number of attendance.

Furthermore we want to include in this Championship a day of competition for the athletes of the Special Olympics movement. Negotiation of a Memorandum of Understanding with the Special Olympics is under way. This will bring athletes with intellectual disabilities together with our athletes and can build up a community of powerlifting athletes and strengthen both parties. It is really an honour for us to cooperate with the Special Olympics.

When you look back now on 2011 we have had well organised championships and this is a sign that we are on the right way to offer the best conditions for our athletes.

We have had also elections at the 2011 Open World Championships in Plzen / Czech Republic. I would like to emphasize that the Technical Committee Chair John Stephenson was not standing for re-election after serving decades for the IPF. The standing ovation he received from the members showed that his work was very well appreciated.

I would also like to express my gratitude's to the member federations for the confidence shown to the officers of the IPF. Unanimous elections are an indicator that we have done our duties in the last years to the satisfaction of our members.

A matter that is near to my heart is the fight against doping. Development is noticeable in that we increased our amount of OCT tests in relation to the ICT tests yet there are less positive doping cases at World level. That doesn't mean that we can now lean back. Rather, it is more like a sign that we have taken the appropriate actions and we must strengthen our efforts against doping. Especially on the national level we have achieved progress but there is still a backlog.

*Not because
it is difficult,
we do not venture it,
but because
we do not venture it,
it is difficult.*

(Lucius Annaeus Seneca)

Having said this I wish you all that you achieve your goals.



Detlev Albrings - President IPF

ANTI-DOPING COMMISSION

Chairman: Robert Wilks, AUS

Members: Kalevi Sorsa, FIN
Steve Lousich, NZL
Alan Ferguson, RSA
Lawrence Maile, USA
Robert Keller, USA
Detlev Albrings, GER

DOPING HEARING PANEL

Chairman: James F. Cirincione, USA

Members: Janie Soubliere, CAN
Dr. Hugo Velasquez, CRI
David Sperbeck, USA
Norbert Wallauch, AUT

APPEAL COMMITTEE

Chairman: Lars-Göran Emanuelson, SWE

Members: Jean-Claude Verdonck, BEL
Eliot Feldman, USA
Tatsuo Togo, JPN
Steve Lousich, NZL

MEDICAL COMMITTEE

Chairman: Marek Kruszewski, POL

Members: Bénédicte Le Panse, FRA
Dr. Josephine Wing-Yuk IP, HKG
Dr. Lawrence Maile, USA
Dr. Hugo Velasquez, CRI

ATHLETES COMMISSION

Speaker: Priscilla Ribic, USA

Members: Dan Gaudreau, USA
Inger Blikra, NOR
Andy Elvis Dörner, GER
Pjotr van den Hoek, NED
Joan Baez, PRI

NON EXECUTIVE OFFICERS

Records Registrar: Anatolij Steczenko, UKR

Championship Sec.: Gaston Parage, LUX

Finance Secretary: Gerhard Geissler, GER
Jean-Claude Verdonck, BEL

Media Officer: Heinrich Janse v Rensburg, RSA

TECHNICAL COMMITTEE

Chairman: Johan 'Hannie' Smith, RSA

Referee Registrar: Patrik Thur, SWE

Members: Xavier de Puytorac, FRA
Johnny Wiklund, SWE
P.J. Couvillion, USA
Myriam Busselot, BEL
Steve Lousich, NZL

COACH COMMISSION

Speaker: Ralph Farqueharson, ESP

Members: Dr. Josephine Wing-Yuk IP, HKG
Dietmar Wolf, NOR
Alain Hammang, LUX
Ivan Cancel, PRI

DISCIPLINARY COMMITTEE

Chairman: Dietmar Wolf, NOR

Members: Gennadiy Khodosevich, RUS
Kalevi Sorsa, FIN

WOMEN'S COMMITTEE

Chairwoman: Eva Speth, GER

Members: Suzanne Hartwig-Gary, USA
GRy Ek Gunnarson, ISL
Tetyana Akhmamyetyeva, UKR
Maria Pia Moscianese, ITA

LAW & LEGISLATION COMMITTEE

Chairman: Jean-Claude Verdonck, BEL

Members: Sandro Rossi, ITA
Emanuel Scheiber, AUT

THE REGIONS OF THE IPF



EXECUTIVE COMMITTEE OF THE IPF

President:	Detlev Albrings (Germany)
Vicepresident:	Johnny Graham (USA)
Secretary General:	Emanuel Scheiber (Austria)
Treasurer:	Gaston Parage (Luxembourg)
Board Member for North America:	Lawrence Maile (USA)
Board Member for Asia:	Susumu Yoshida (Japan)
Board Member for Europe:	Arnulf Wahlstrøm (Norway)
Board Member for Africa:	Alan Ferguson (South Africa)
Board Member for Oceania:	Robert Wilks (Australia)
Board Member for South America:	Julio Cesar Conrado (Brazil)

11 COMMITTEES

Anti-Doping Commission	Law & Legislation Committee
Appeal Committee	Medical Committee
Athletes Commission	Non Executive Officers
Coach Commission	Technical Committee
Disciplinary Committee	Women's Committee
Doping Hearing Panel	

IPF GENERAL ASSEMBLY

More than 80 delegates from five continents representing 35 countries convened on that November day in Pilsen, Czech Republic, to elect the IPF's officials for the next four year term.

The General Assembly and Elections were professionally set up and well prepared, with very little time wasted - which was a welcome improvement to many who had been accustomed to lengthy procedures and endless discussions before.

Legality of proceedings were supervised to make sure everything was in order.

Candidates for offices each had the chance to present themselves and their programs to the voters (member nations). The biggest battle for the votes went down for the post of Technical Chairman, where three candidates were running, Johan Smith of South Africa being elected by majority vote.



AND ELECTIONS

The full Agenda can be found on the IPF website:

http://powerlifting-ipf.com/fileadmin/data/Congress/Minutes_GA_2012.pdf



At the end of the day, the following office bearers were elected:

President: Mr. Albrings (GER)

Vice President: Mr. Graham (USA)

Secretary General: Mr. Scheiber (AUT)

Treasurer: Mr. Parage (LUX)

BOARD MEMBERS:

Africa: Mr. Ferguson (RSA)

Asia: Mr. Yoshida (JPN)

Europe: Mr. Wahlström (NOR)

North America: Mr. Maile (USA)

Oceania: Mr. Wilks (AUS)

South America: Mr. Conrado (BRA)

MEMBER:

Anti Doping Commission:

Robert Wilks (AUS)

Appeal Committee Chairman:

Mr. Emanuelson (SWE)

Athletes Commission Speaker:

Ms. Ribic (USA)

Coach Commission Speaker:

Mrs. IP (HKG)

Disciplinary Committee Chairman:

Mr. Wolf (NOR)

Doping Hearing Panel Chairman:

Mr. Cirincione (USA)

Law & Legislation Committee Chairman:

Mr. Verdonck (BEL)

Medical Committee Chairman:

Mr. Kruszewski (POL)

Technical Committee Chairman:

Mr. Smith (RSA)

Women's Committee Chairwoman:

Mrs. Speth (GER)

NON EXECUTIVE OFFICERS:

Records Registrar:

Mr. Steczenko (UKR)

Championship Sec.:

Mr. Parage (LUX)

Finance Secretary:

Mr. Geissler (GER)

Mr. Verdonck (BEL)

Media Officer:

Mr. van Rensburg (RSA)

INTERVIEW WITH HANNIE SMITH

General Assembly 2011. Longstanding Technical Committee Chariman, John Stephenson announces his retirement, thus creating an opportunity for a new Chairman to step forward and upward to this critical position in the IPF Committees. Out of the list of quality candidates who presented their cases for election, Johan Smith [“Hannie” as he is known to the IPF community] was successful. We spoke with Hannie in the days following the elections.

Hannie, you were elected as Technical Chairman by majority vote at the IPF General Assembly in Pilsen, Czech Republic. So tell us, who is it that is now sitting in the most important technical position of the powerlifting world? How would describe yourself as a person?

First, I'm a very open minded person. It is my belief that there isn't a single person in the world that knows everything. We must be able to listen to others and learn from them.



**Johan 'Hannie' Smith
Newly Elected IPF Technical
Chairman**

I'm an ex-cop, I was serving in the Police Force for 14 years where I learned to cooperate with people from all walks of life. It was a difficult job but I consider myself a hard-worker so I succeeded in it. I'm also very stubborn, us Boers (traditional word for farmers) usually are, but only when I am sure I'm right. The moment I realize I'm wrong I can freely admit it.

How did you get into powerlifting?

I come from South Africa where Rugby is very popular. I played Rugby up to the age of 32. Then I got into Strongman competitions but I left them because I felt it was a fairly uneven playing field. I did some weight training after that and in 1990 I attended my first powerlifting meet where I broke all provincial records in my class. People would tell me I was strong and should continue competitive lifting so I stuck to powerlifting. I had the honor and the privilege of meeting some of the best lifters and officials during these long years past. I still have a t-shirt from Ed Coan and James Henderson just for example. Some years ago I told my son he could have the t-shirt once he squats 300 kgs which he did so he has it now. Hopefully he can also turn it over to his son once HE does that 300 kgs.

What motivation do you find in fulfilling the position you got elected for?

Oh simple, I hate losing! I hate untidiness and I want to do all in my power to help keep powerlifting accessible to all on fair and even terms. I have now been serving 7 years on the Technical Committee, and what John Stephenson, my predecessor, taught me is always judge the lift, not the person. It is my belief that those of us holding

the important positions in the IPF should never fail people. Be fair, be helpful.

I try to embody that principle also in my private life. I have raised orphans in my family and to this day I'm helping them to have a chance of getting along in life. So it is with a certain humility that I approach this post. I want to help and that was my reason for running for this post. I want to thank the Executive Committee (EC) of the IPF for their trust, as well as the delegates at the General Assembly. The purpose is to push the sport forward, it's not about us as individuals.

Can you let us in on your immediate plans as Technical Chairman?

I don't want to reinvent the wheel, but for example I wish to have a catalog made up showing all the IPF approved equipment so referees know clearly and quickly what is approved, as this has been an issue many times before. There is also a plan to "groove-in" host nation referees at every international championships. This would be a service offered by the Technical Committee. We'd like to start a program to educate referees to improve the quality of judging at competitions. We as Technical Committee have already implemented a short briefing to all the appointed referees after weigh-in, so that they go out to the platform with confidence in their updated refereeing skills. I'm very much looking forward to unequipped, raw competitions which should result in cleaner lifts as well. And as I say, and I'm quoting John Stephenson again, always give the benefit of the doubt to the lifter! If you are in doubt if this was a good lift, give it to the lifter!

Thank you for sharing your views and plans with us, Hannie. We wish you a very successful and productive term as TC.

HALL OF FAME 2011 IPF

Each year the IPF inducts three individuals who have made outstanding and internationally significant contributions to the sport of powerlifting, into the IPF Hall of Fame. Inductees are selected for their consistent and honorable conduct either in the area of lifting achievements or service to the sport. At the 2011 IPF General Assembly in Plzen Czech, the inductees from the three categories were announced:



MALE LIFTER: Mr. Kenneth Sandvik (FIN)



FEMALE LIFTER: Ms. Wei-Ling Chen (TPE)

**OFFICIAL:
Dr. Larry Maile (USA)**



Christina Chamley compiled this report on Dr. Larry Maile, who has played many roles in the sport of powerlifting over a period of some 35 years.

AWARDEE DR. LARRY MAILE'S PROFILE:

AS AN ATHLETE:

Competing since 1977, notably he won Master Worlds in 2000. His most recent championships were the 2007 NAPF/ Pan American Championships in Brazil, winning his weight class. In addition, he has travelled and competed in Norway as a guest of the Norwegian Federation (2003) and has also been a guest athlete at the request of Brazil (2004).

AS A COACH:

He has coached athletes from the local level through to the world-class level. He has coached over 12 World Champions, while they set a combination of over 75+ World Records (Master, Sub-Jr, Jr and Open). He has been U.S. World Team Head Coach for the Bench, Junior and Open World Women's and World Games Teams, Coaching the Women's Open World Team for more than a decade (1998 to 2009).

AS AN ADMINISTRATOR:

Larry has served on the Executive of the IPF since 1999, serving also on several committees within the IPF and most recently the IPF Vice President for 2009.

A few remembered positions:

- Referee Since 1986
- 1987 WDPF International Referee (now a IPF Cat I)
- USAPL President (2003-present)
- USAPL Vice President (2000-2003)
- USAPL Executive Committee Member (1998 -2000)
- NAPF President (2001 to present)
- IPF Executive Board - North America (1999 to present)
- USAPL State Chair: Alaska (1984 to 1987), Wyoming (1987 to 1989), Colorado (1988-1989)
- USAPL Armed Forces Chair (1990-1994)
- USAPL Coaching Committee Chair (1999 - 2004)
- USAPL Drug Testing Committee (1985 to 1994)



Larry Maile: New IPF Hall Of Fame inductee

In addition to his roles as athlete, coach and administrator, Mr. Maile has also published 16 articles on powerlifting, from the aspects of coaching, to training, to the physiological effects of drug use on athletes and more than 100 columns in powerlifting publications.

Most remarkable has been his desire to grow the sport, while making anti-doping a primary focus and important agenda item for him. Larry was part of the era before drug testing and split with the USPF to the ADFPA (American Drug Free Powerlifting Federation) to be part of the drug-free movement. In fact, in 2001, he was awarded the Brother Bennett Award, for his vision of drug-free powerlifting. He continues this path as President of the USAPL, overseeing 700-800 drug tests per year performed on US athletes.

Larry's most notable recent contribution to the sport of powerlifting is the promotion of powerlifting at the Arnold Sports Festival. Through his negotiations with the promoters, USA Powerlifting and the IPF have achieved a tremendous presence and impact at this prestigious event. He replaced the former powerlifting federation, with IPF level powerlifting, promoting drug-free competition. This in itself has brought great camaraderie among the athletes and officials as well as great exposure to hundreds of thousands of spectators.

On behalf of all at the IPF, the international community of lifters, coaches, administrators and other interested parties, we thank Larry for his self-less contribution of service to the sport of powerlifting over these many years, and acknowledge that the sport would not be what it is today without his guidance and input on many levels. We asked Larry for a few words following his induction into the IPF Hall of Fame:

Will you continue your service to powerlifting? What is next for you?

I am not sure what is next for me. We continue to work to broaden and diversify the base of powerlifting in North America, and the U.S. As we are the place where much of the popular media exposure comes from, I think it benefits the whole sport and the IPF in particular. I would like to see a legitimate, drug tested professional circuit. Without it, and specifically identified professionals, we will never succeed in taking the next step. We have seven professional meets per year in the U.S. now and will add more as we are able.

What are your hopes and future visions for powerlifting and the IPF?

I have to say that the drug-free ethic is as necessary as it was at the beginning of this era. Most, if not all of the people I started lifting with are dead now. Of course one can't say for certain why that is, but I am in my early 50's. The prospect of my peers dying of heart disease, liver failure, unusual cancers, etc. is disturbing and at the ages of their passing and loss of health, tragic. Lifting purports to be a health improving activity. When doping is a part of it, it is health destroying. When you consider how short the careers of some athletes are, and contrast it with the longevity of those in countries with strong doping control policies, it is clear that we are on the right track.

What did it mean to you to receive the nomination and then be inducted into the Hall of Fame?

It was a great honor to be recognized by my peers for the highest level of achievement. It is gratifying and humbling to see my contributions over this length of time acknowledged and to join the ranks of the distinguished honorees in the Hall of Fame.

Thank you for your comments Larry, we all join to wish you all the best for your future endeavors both within and beyond powerlifting.



'Lifting purports to be a health improving activity. When doping is a part of it, it is health destroying'

IPF AT THE WORLD GAMES

TEST EVENT 2012 UPDATE

In 2013, Powerlifting will again participate in the prestigious World Games, to be hosted by the city of Cali, Colombia.

The IPF have been working diligently for some years to make our attendance at this major event a success, again propelling the sport of powerlifting into the international world games arena. Some say this is an important step for powerlifting to achieve Olympic Games status.

Working tirelessly on behalf of the IPF, Secretary General Mr. Emanuel Scheiber has been meeting and negotiating with the World Games Organising Committee and other important organisations to facilitate a smooth and successful attendance at the upcoming World Games. To that end, a Powerlifting Test Event ahead of the World Games, is being organised to ensure that we have a well-organised and professional competition.

Mr. Scheiber has recently attended further meetings, and furnished us with this report from Cali:

In December 2011, myself and the F.E.S.U.P.O President - Mr. Julio Conrado were in Cali, Colombia for an inspection of the preparations for both the powerlifting test event in 2012, and the powerlifting event of the World Games in 2013. Our main focus of this visit was to prepare and negotiate all terms for the powerlifting test event scheduled for August 2012. In a really friendly atmosphere we were able to negotiate very good conditions in the best interests of all the athletes who will attend.

Here are some facts of the test event:

- The test event will be the F.E.S.U.P.O powerlifting and bench press Championships 2012
- The venue will be the same as for the World Games 2013- the Mariano Ramos Coliseum
- The date will be 22nd to 25th August



2012

- The equipment will be the same as for the World Games 2013, all from Eleiko, which is the official supplier of all powerlifting equipment at the World Games 2013
- The computer system (scoring system) will be the same as at our World Championships and at the World Games 2013 (program from Alexandre Kopayev)
- On 21st August a referees clinic will be held in Cali for all national referees from Colombia and also training for the spotter and loaders of the test event and the World Games.
- The World Games organizers will provide free transport during the whole stay (airport to hotel, hotel to venue and return) and also free accommodation for 2 persons of each participating federation

COLOMBIA 2013



World Games OC with IPF Officials



Cali / Colombia



All preparations for the test event and the World Games are on time. The organizers are very enthusiastic about the powerlifting events, because they want to promote powerlifting as one of the major sports at the World Games 2013. Therefore they are very interested in having a good test event with a lot of athletes participating from the different countries in South America. The organisers are promoting our test event heavily and are assisting the IPF with the administration of the event.

Thirty-two sports will be present at the World Games, and powerlifting is one of only 4 of these sports who will have a test event! This points to the high priority our sport holds with the organisers and naturally makes us very proud!

Myself and Mr. Conrado also had a meeting with the "new" Columbian Powerlifting Federation [CPF]. Prior to now, there had been no functional powerlifting federation in Colombia, thus it has been seen of utmost importance

to develop a functional federation in the host country of the World Games, who are able to comply with the IPF, WADA regulations and World Games requirements. In this meeting the IPF representatives met Mr. Erlyn Bonilla, the designated President of the CPF and 3 representatives of regions in Colombia. I am happy to report these were fruitful negotiations with a friendly spirit of co-operation. Every assistance is also being given to the CPF from Mr. Pedro Chirino, a member of the World Games organizing committee. Mr. Erlyn and his team were very appreciative of the information and the help from the IPF and F.E.S.U.P.O. and they are very confident to have all the necessary work completed by early 2012.

- Report by Emanuel Scheiber

We all wish the newly established CPF every success in its work towards IPF compliance and of course look enthusiastically towards the test event in Cali in August 2012. We acknowledge and thank Mr Scheiber for his important work and contribution to the sport of powerlifting.

IPF WORLD SUB-JUNIOR AND JUNIOR POWERLIFTING CHAMPIONSHIPS MOOSE JAW - CANADA

Report by Heinrich Janse van Rensburg

The 2011 Sub-Junior and Junior World Powerlifting Championships kicked off in the small town Moose Jaw, SK in Canada. Two hundred and thirty-four athletes from all walks of life competed at the Championships. The first day the competition began with the opening ceremony with authentic RCMP (Royal Canadian Mountain Police) escorting the athletes to the platform.

The Championships were opened by the Mayor of Moose Jaw who declared the week: 'Powerlifting Appreciation Week' in the city! The opening was also attended by the city council. There were speeches by the meet-director Mr. Ryan Stinn and also from the IPF Secretary General Mr. Emanuel Scheiber, a statement that he made at there was very true for the competition: 'I was looking around and all I could see, is the Open Champions of tomorrow'.



Russia totalled 277.5kg for the win and the first Gold for the Russian team. The first Gold for USA came their way with Savanna May totalling 315kg in the Sub-Juniors! Sub-Junior means that the person who competes is between 14 years old until the year they turn 18.

Gold came again for USA, with the small Alesha Summer totalling 312.5kg! There was real excitement in the Junior 47kg division with 3 girls battling it out for the Gold! With a hard fought victory and winning with 5kg difference, Tamara Stienkova from Ukraine became the World Junior Champion with a total of 375kg! The 2nd place and 3rd place had each a total of 370kg, Anna Aleksieieva (Ukraine) won the silver on bodyweight while Aygul Redzhepova grabbed the bronze. Anna had the biggest squat and deadlift of the group, with 150kg each! It just shows that small girls can lift big weights!

Sub-Junior 52kg Champion, Anna Filimonova from Russia had basically a perfect day by totalling a World Record of 440kg, she also broke the World Record in the squat with 177.5kg, in the bench press with 102.5kg and in the deadlift with 160kg! Bringing 4 golds home is what she wanted, and she did it! Anna became also the Overall Sub-Junior lifter with a Wilks of 567.99, 30 points more than her next competitor! Congratulations Anna!!!

The Junior 52kg Champion from Southern America, Michelle Cevalos from Equador snatched all the Gold to total 395kg. Her lifts were 157.5kg in the squat and in the deadlift, she bench pressed 80kg.

On to the men, Sub-Junior 53kg Champion was Roman Sayfutdinov, yet bringing the first men's Gold to Russia, he totalled 500kg to stand on top of the podium everyone desires so much.

The Junior 53kg Champion was Dmitry Devyatkin also from Russia! He went to grab all the Gold, he squatted 205kg, bench pressed 135kg and deadlifted 207.5kg to get the winning total of 547.5kg!

DAY 1

had the lightest lifters of the competition, their bodyweights might be light, but when you look at their totals you will definitely think differently! The Sub-Junior Tatiana Taktamisheva from

DAY 2

kicked off with the 59kg men's class. The Sub-Junior World Champion was Russian lifter, Leonid Kuznetsov. He totalled a European Record of an amazing 580kg! In the same division Danis Amirov from Kazakhstan bench pressed a new World Record of 150kg!

With a face of determination the Junior World Champion in the 59kg class was Nelson Jr. Boutte from USA, he totalled 605kg for the Gold! Sergii Antoniuk from Ukraine squatted 250kg for the Gold but came short in the bench and bombed out.

The women's 57kg class was up next with Sub-Junior Russian lifter Viktoria Karlisheva grabbing not just all the gold, but a World record in the squat with 205kg and in the total of 460kg!

In the Juniors Maria Dubenskaya won the gold with a total of 470kg. She also had an impressive bench press of 122.5kg, 30kg more than her next competitor! These Russian ladies are showing the World that women don't just have to be beautiful, but can lift heavy weight as well!

The last session of the day had the exciting 66kg men competing! The World Sub-Junior Champion was Vichet Duong from France; he showed the world his strength as he squatted an amazing World record of 290kg and deadlifted a World record of 260kg, to total also a World record of 690kg! Viva la France!

The 66kg World Junior Champion, Andrey Kostenko from Russia, lifted an impressive 270kg in the deadlift to total 710kg for the win!

DAY 3

of the World Sub-Junior and Juniors Championships had much excitement with the men's 74kg starting the day off. Charles McDonald from USA won the Sub-Juniors with a World Record deadlift of 280kg and a World Record total of 710kg! He attempted a World record in the squat but came up short. He also won all the golds!

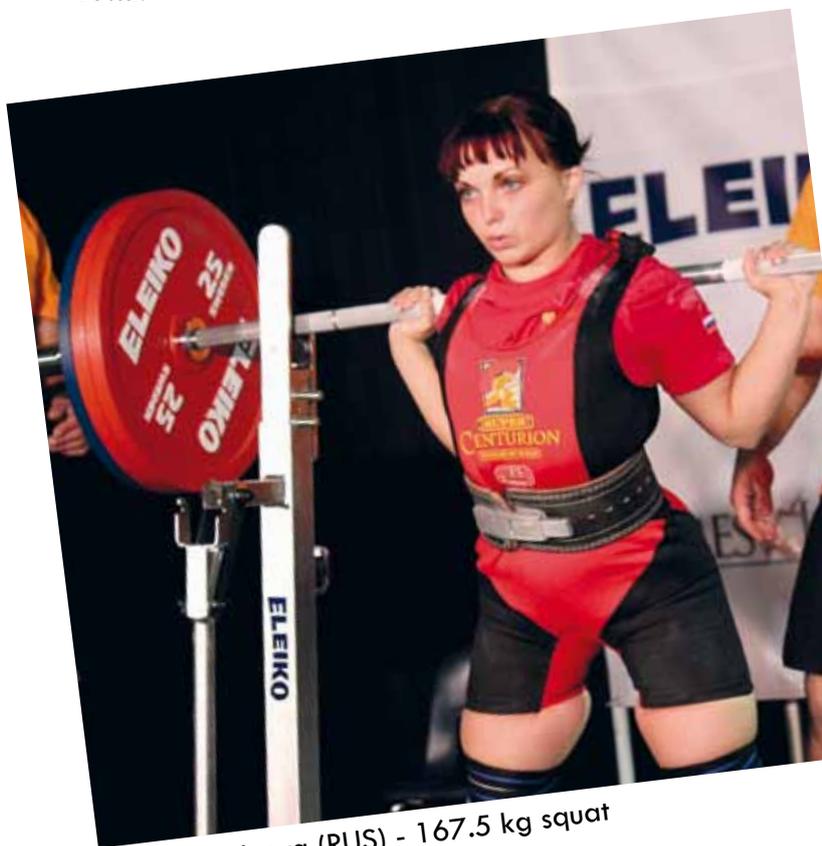
The biggest field of the competition, the 74kg Junior division had 13 lifters in it. Junior World Champion Maliek Derstine from USA showed why he was the best by totalling 805kg for the

SUBJUNIOR WOMEN:

-43 kg			
1. Taktamisheva Tatiana	RUS	277.5 kg	
-47 kg			
1. May Savannah	USA	315.0 kg	
-52 kg			
1. Filimonova Anna	RUS	440.0 kg	
-57 kg			
1. Karlisheva Viktoria	RUS	460.0 kg	
-63 kg			
1. Chukhonastova Lidiya	RUS	475.0 kg	
-72 kg			
1. Aguinaga Johanna	ECU	437.5 kg	
-84 kg			
1. Garcia Veronica	USA	455.0 kg	
+84 kg			
1. Cook Becky	USA	552.5 kg	

win! Dmitry Makarov from Russia came in 2nd place with a Total of 787.5kg. He also had the first 300+kg squat of the competition with 305kg.

In the women's class Lidiya Chukhonastova from Russia won the 63kg Sub-Junior class with a Total of 475kg, she also squatted a World Record of 190kg and deadlifted a European Record of 180kg to bring her a World Record Total.



Anna Filiminova (RUS) - 167.5 kg squat



66kg top 3 - 1 Vichet Duong (FRA) - 2 Danis Amirov (KAZ) - 3 Roman Bakhshev (RUS)

In the Juniors there was much excitement as the intense Tutta Kristine Hanssen from Norway won the 63kg Junior division, she squatted a European record of 210kg and totalled a World Junior record of 542.5kg! Tutta Kristine became the Overall Junior lifter with a Wilks of 584,90. Grabbing the silver was the 2010 European lifter of the year, Liza Byruk from Ukraine with a Total

of 460kg. She came just short of pulling a World Record deadlift.

The last weight class of the day was the 83kg Sub-Juniors, and it sure did not disappoint the crowd as everyone wanted to see one man! Jesse Norris from USA came to the platform weighing 81.95kg and squatting an amazing 332.5kg for a World record! Not only did he squat a World record but also in his speciality lift, he deadlifted 320kg for another World record to up his own total World record of 827.5kg! He won the Overall Sub-Junior men's award with a Wilks of 556.61 points. The whole World hopes to see more of this young man as there is a big and bright future for him in the Open class!

SUBJUNIOR MEN:

-53 kg			
1. Sayfutdinov Roman	RUS	500.0 kg	
-59 kg			
1. Kuznetsov Leonid	RUS	580.0 kg	
-66 kg			
1. Duong Vichet	FRA	690.0 kg	
-74 kg			
1. McDonald Charles	USA	710.0 kg	
-83 kg			
1. Norris Jesse	USA	827.5 kg	
-93 kg			
1. Duran Jesse	USA	727.5 kg	
-105 kg			
1. Usov Sergey	RUS	886.0 kg	
-120 kg			
1. Chertkov Pavel	RUS	722.5 kg	
+120 kg			
1. Mikula Norbert	HUN	860.0 kg	

DAY 4

kicked off with the 72kg women, Johanna Aguinaga became the second lifter from Ecuador to win Gold at the Championships. She won the Sub-Junior division with a total of 437.5kg.

In the Juniors, Ukraine grabbed Gold with Antonina Marochko totalling 510kg! She also squatted 215kg and benched 125kg!

INTERVIEW WITH RHAEA FOWLER

After the women, the Junior 83kg men's class began with the Norwegian lifter winning the World Championships. Kjell Egil Bakkelund totalled 850kg, which was 10kg more than the second place that went to Kirill Pavlenko from Kazakhstan, who missed his last deadlift attempt which would have put him into first place. Kirill pulled 322.5kg for first place in the deadlift. The biggest squat went to USA's Knute Douglas, he squatted 332.5kg for the first place in squat.

In the 93kg Sub-Junior division Justin Duran from USA took the win by totalling 727.5kg! He was 17.5kg ahead of the second place.

The weight class that everyone was looking forward to of the day was the Junior 93kg class. And boy it did not disappoint at all! Sergii Bilyi from Ukraine weighed in at 92.92kg. He showed his strength and power as he squatted 372.5kg and attempted a World Record of 382.5kg but just missed it. He bench pressed a European Open record of 267.5kg. He deadlifted 335kg to total an amazing 975kg for an Open European record total! His Wilks points are 612.729 to win the Overall Junior awards!!! Sergii was 120kg ahead of 2nd place that went to fellow countrymen Vasyi Demianenko who totalled 855kg.



Sergey Usov (RUS): 321kg deadlift

Rhaea Fowler, World Junior Powerlifting Champion, how does that sound?

It sounds pretty amazing, it's been a goal for a quite a while!!!

You've got your whole family here, friends, and the whole town, how was that experience for you when they all cheered you on and you won in your home town?

Being at home it was really neat; I didn't expect the crowd to be as big and loud as it was at all! I don't think I have ever been to a meet event like the World Games 2009, I thought that was loud but I'm pretty sure today was louder than that! Just having that support behind me was really fantastic.

Your preparation for the World Juniors as far as training goes, how was it?

It was pretty good, I felt prepared coming in and hoped things would work out on the day (and it did!)

What went through your mind when Olga (Russia) went for that last deadlift? If she pulled that then she would have won on bodyweight.

I guess that last few minutes between my last deadlift and her last deadlift....I didn't like that time, it was just waiting, there was nothing I could do more to make my total better, it was just waiting to see what her total would end up being. It was a pretty long wait. (The crowd was sitting there very quiet and when she didn't get the lift the crowd went crazy!) But it was also one of those things that you are not happy she didn't make the lift, I went over to her after that and shook her hand and she was crying, you feel bad, I know if it was me that missed the lift I would have been crying because I was disappointed that I didn't win.

What's your secret in training other than the normal routine?

- I don't know, I guess what is normal in
- powerlifting training?! I train 6 days a week, 3
- bench days, 2 squat days and one deadlift day.
- Then with accessory movements on each day. I
- use bands in my training for bench, not often for
- squats but sometimes. I do more higher reps than
- some people, but I don't go heavy every day, it's not
- always 1, 2's and 3's. Most of the time it's 5-8's.

When is your next competition?

- I think I'm going to the Open Worlds in Pilsen,
- Czech Republic this year. Just have to get some
- rest and see how everything works out. I loved
- it last year (Junior Worlds), so I would love to go
- back!

How was it for you to help organise this event itself?

- Organising this competition was a unique
- experience, we hosted nationals before, but a
- Worlds is a next step up for organisation. I don't
- think it was more work than we thought but it
- was a lot of work, a lot of "last minute" work
- that had to be done in the last few weeks. It was
- challenging some days because I would work on
- World stuff some days, then I had to go to the
- gym and get my head into training mode and out
- of planning mode. It was difficult some days and
- there were some days where I could not do it and
- didn't go to the gym those days, I was mentally
- just not there.



'I got goose-bumps and later I felt emotional when everybody sang the Canadian national anthem.'

How did your day go before you lifted? Like in the morning, warm-ups...

Well, waking up in my own bed was really weird and driving myself to a Worlds! It's definitely different than any other Worlds. I was really nervous, more than I normally am, I felt a lot of pressure lifting at home, I knew there were going to be people here watching me. So I was really nervous starting my warm-ups. Once I got going in the warm-ups I felt better, squats definitely did not go as I had planned, they were a little tougher than I had planned. I have done 225kg easily in training a number of times so I was expecting it to be much easier. It was quite a grinder and a little twisted. So squats was not as smooth as I would have liked it to be but it's part of the game.

When you walked out to the platform, and especially when you got white lights, the crowd went nuts! It was pretty awesome watching it, how did it feel?

It's too bad that it's not like that everyday and everywhere you go! I got goose-bumps and later I felt emotional when everybody sang the Canadian national anthem.

Rhea thank you for your time and once again congratulations on your victory...CHAMP!

JUNIOR WOMEN:

-43 kg	1. Summers Alesha	USA	312.5 kg
-47 kg	1. Stienkova Tamara	UKR	375.0 kg
-52 kg	1. Cevallos Michelle	ECU	395.0 kg
-57 kg	1. Dubenskaya Maria	RUS	470.0 kg
-63 kg	1. Hanssen Tutta Kristine	NOR	542.5 kg
-72 kg	1. Marochko Antonia	UKR	510.0 kg
-84 kg	1. Kuzmina Natalya	RUS	560.0 kg
+84 kg	1. Fowler Rhaea	CAN	582.5 kg

DAY 5

of the Sub-Junior and Junior World Powerlifting Championship had the last of the women lifting: the 84kg and 84+kg lifters took to the platform.

In the Sub-Juniors 84kg class USA won the gold with Veronica Garcia totalling 445kg. USA also grabbed another Gold in the 84+kg division, with Becky Cook squatting a World record of 247.5kg to put towards her total of 552.5kg! She squatted the most of all women lifters in Canada!

In the Junior class Natalya Kuzmina from Kazakhstan won the 84kg division with a total of 560kg. She squatted 230kg and also was the first woman of the competition to deadlift more than 200kg, she pulled 205kg.

The 84+kg class was the most exciting of the day, as Rhaea Fowler, the local hero lifted in front of a packed crowd!

With every lift and for every second that Rhaea was visible, the crowd cheered her on, the Championship hung in the balance for Rhaea as Olga Tikhomirova from Russia took to the platform to take the last deadlift of the day in an attempt to beat Rhaea on bodyweight. However, Olga could not prevail and the gold went to the local hero, Rhaea Fowler! Rhaea totalled 582.5kg for the win and World Championships in front of family and friends. Congratulations Rhaea!!!

The 105kg men lifted in the last session, in the Sub-Juniors Sergey Usov squatted a

JUNIOR MEN:

-53 kg			
1. Devyatkin Dmitry	RUS	547.5 kg	
-59 kg			
1. Boutte Nelson, jr.	USA	605.0 kg	
-66 kg			
1. Kostenko Andrey	RUS	710.0 kg	
-74 kg			
1. Derstine Maliek	USA	805.0 kg	
-83 kg			
1. Bakkelund Kjell Egil	NOR	850.0 kg	
-93 kg			
1. Bilyi Sergii	UKR	975.0 kg	
-105 kg			
1. Semenenko Dmytro	UKR	970.5 kg	
-120 kg			
1. Kudryavtsev Alexey	RUS	995.0 kg	
+120 kg			
1. Christensen Carl Yngvar	NOR	1082.5 kg	

World Record of 335kg, bench pressed a World Record of 230kg and had the World Record for 10 minutes in the deadlift with 321kg, Teemu Leppanen from Finland deadlifted 321.5kg for the record. Sergey totalled a World Record of 886kg to bring Gold back to Russia!

In the Juniors Dmytro Semenenko from Ukraine gracefully squatted an amazing 400.5kg for a World Record! Dmytro totalled 970.5kg to become the World Junior Champion! Many people believed his squat was one of the highlights of the Championships!



Squat WR by Jesse Norris (USA)

Beauty of powerlifting - Ayyul Redzhepva (RUS), Tamara Stienkova (UKR), Anna Aleksieieva (RUS)



The last day of lifting had the heavy weight men, and heavy did they go!

In the Sub-Junior 120kg class Pavel Chertkov from Russia won the class by totalling 722.5kg. In the 120kg class there were 2 World Records broken, first with Dmitry Petrov from Russia squatting 360kg, he came second overall and then Norbert Mikula from Hungary with a bench press of 285kg. Norbert won the class with a total of 860kg!

In the Junior division Alexey Kudryavtsev from Russia won the overall gold with a winning total of 995kg! He had the biggest deadlift of the Championships with 360kg. Preston Turner from USA broke the bench press record with an amazing 310kg, it was also the biggest bench press of the competition!

In the 120+kg class Norwegian giant Carl Yngvar Christensen grabbed all the gold, he squatted a European Junior record of 425kg, which is the biggest squat of the competition, he pulled 355kg to total a new World Junior Record with 1082.5kg!!! Carl won 2nd place in the Overall Junior lifter awards!

POINTS BREAKDOWN

The overall Sub-Junior women lifter was Anna Filimonova from Russia with Wilks points of 567.99.

The overall Junior women lifter was Tutta Kristine Hanssen from Norway with Wilks points of 584.90.

The overall Sub-Junior men's lifter was Jesse Norris from USA with Wilks of 556.618.

The overall Junior men's lifter was Sergii Bilyi from Ukraine with Wilks of 612.729.

Russia won the team trophy for the Women Sub-Juniors with 58 points, USA came in 2nd place with Kazakhstan in 3rd place.

Russia won the team trophy (Women Juniors) with 44 points with Ukraine in 2nd place and USA in 3rd.

Russia also won the team trophy for the Men Sub-Juniors with 57 points, USA came in 2nd place with Kazakhstan in 3rd place.

Russia won the team trophy (Men Juniors) with 44 points with USA in 2nd place and Norway in 3rd.

THE ULTIMATE WEAPON IN THE ANTI DOPING FIGHT:

“WHEREABOUTS”

by IPF Executive Committee

What works best in the fight against doping in sport? Surely education regarding the dangers and the unfairness of doping would turn most athletes onto a fair and true path? But if that doesn't work, then in-competition testing is going to catch cheating athletes just when they're putting everything into reaching a peak, right?

Wrong. Without a doubt the anti-doping weapon that deters the most athletes most often is **Out-of-Competition Testing (OCT)**. Education and in-competition testing certainly play major roles in preventing or punishing doping, but the big gun is unpredictable, any time, no-notice testing well before competition, when an athlete might otherwise think they are away from scrutiny. Just ask WADA, the World Anti-Doping Agency and the overseeing body of all world sports anti-doping efforts. WADA's prescriptive International Standard document requires that for almost all sports OCT be “made a priority” and take up “a substantial portion” of all testing, whereas in-competition testing is expected to still be “material” but secondary.

And so it follows that in recent years international sports bodies have put more and more of their resources into OCT programmes. The IPF is no exception and our aim now is to bring our ratio of OCT up to 50% of all our international tests.

But there's just one little problem with OCT. In all the places, in all the nations of the world, just how do you find the athletes to test them? OCT isn't a neat proposition, like in-competition testing when athletes handily almost all turn up at the same place at much the same time. Rather, a quite complex system has been put in place to make OCT work.

The key to this is the so-called “Whereabouts” method, whereby athletes are identified and located for testing. Let's look at the elements of Whereabouts in the IPF international OCT system.

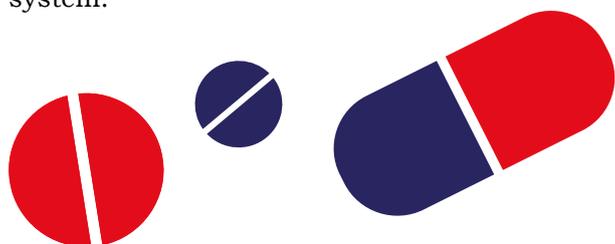
1. IDENTIFY THE ATHLETES WE WANT TO TEST

An overriding principle in world sport is that any athlete can be tested any time. However in practical terms the first step in testing out-of-competition is to narrow down the world's population of athletes to a manageable list of prospects who are suitable candidates for testing. To create that list, just like other sports bodies, the IPF looks not only at the obvious, i.e. the top-ranked performers in each discipline and category, but we also prioritize –

- athletes whose performances have improved quickly and dramatically
- athletes from nations where there have been many positive cases, or where it is known that national testing programmes are less than adequate
- athletes currently serving suspensions for doping violations
- athletes who have had credible third party information presented to suggest that they are of high risk.

This process leads to the creation of an international Registered Testing Pool (RTP). In the IPF's case that is a list of 100 or so athletes who may receive more attention than others in the anti-doping process. This RTP is a public document and so are the criteria for inclusion of athletes in the IPF's RTP. This RTP is updated regularly, as results and information change

See http://www.powerlifting-ipf.com/fileadmin/data/Anti-Doping/IPF_RTP_2012.pdf for details.



2. FIND OUT WHERE THOSE ATHLETES ARE

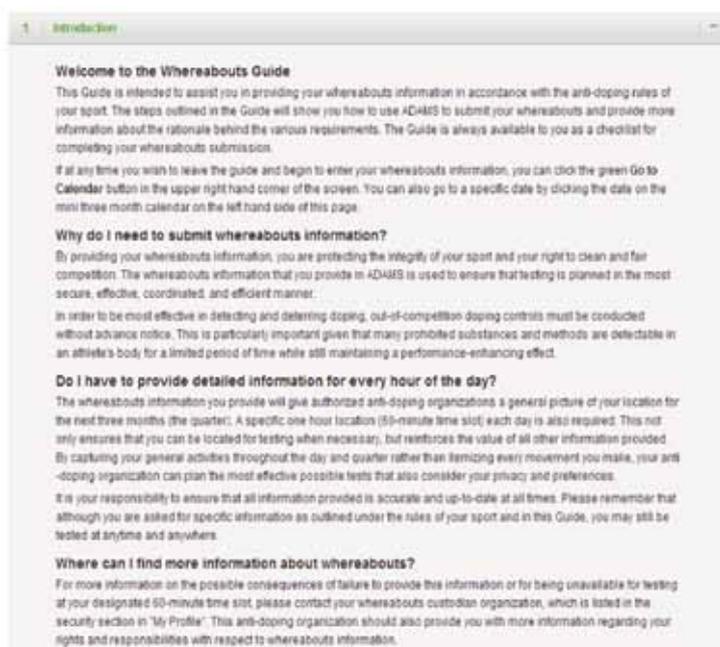
Once the IPF has created its RTP of higher priority test targets, for OCT to happen it is necessary to know exactly where those athletes are. An ingenious method for this has been created – we ask them! That is, each athlete on the RTP is required to provide ongoing details of their locations and movements.

The prime mechanism for effecting the gathering of this information is an on-line system called **ADAMS (Anti-Doping Administration And Management System)**. This has been devised by WADA and is used by almost all international sports federations. ADAMS requires athletes on the IPF's RTP to log on each 3 months and provide information as to –

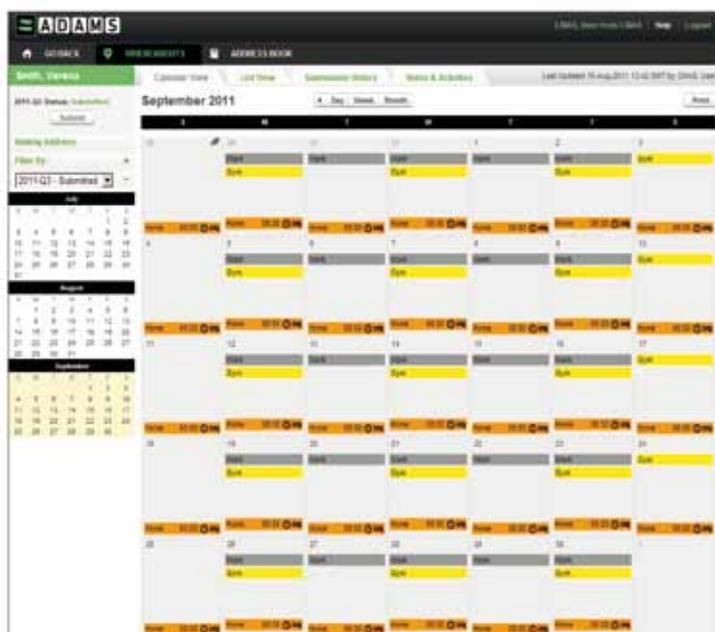
- contact address and residential address
- training routine locations
- planned competition locations
- a 60 minute time slot for each day for which they can virtually guarantee their presence at a particular address.

If an athlete fails to lodge this information, or provides deliberately inaccurate or false information, steps can be taken to record a **Filing Failure** against the athlete. Three Filing Failures in any 18-month period has the effect that the athlete can be suspended, similar to the penalty for a positive drug test result.

This ADAMS-based system is ubiquitous in world sport. But the IPF goes even further, by having a secondary athlete location system. As from 2011 all entrants to **World Junior and Open Championships** have to lodge with their Preliminary Entry, 60 days out from the event, a form detailing their location and movements from that point until the Championships. In this way the IPF has the potential to OCT a much wider range of athletes than just those in the RTP/ADAMS system.



whereabouts introduction



calendar view

All athletes, who are nominated on the preliminary form, must submit a 60-minute time slot for each day until the competition day. Athletes, who are already in a national testing pool and who are already submitting their Whereabouts in ADAMS can provide just their ADAMS-ID. The IPF will have access in ADAMS for a limited period only. The using of this sensible data is of course in strict confidence.

3. GO AND TEST THEM

And then, when the IPF has identified its target athletes and gathered the information as to where those athletes are, the mission is to go out and test them. Easy? – well not always. The IPF engages independent, WADA approved agencies to actually carry out OCT, but those agencies have their work cut out for them. That is, the testing personnel have to trek out to far-flung locations, in rain, snow or burning heat and literally knock on the door of where the athlete is supposed to be. The key to this is the 60-minute slot the athlete nominates for his or her daily guaranteed availability time – although the drug control office can seek out the athlete at any time. Nevertheless the system does revolve around the 60-minute slot and if the athlete cannot be found despite the reasonable efforts of the drug control offices, that will count against them as a Missed Test. Similar to a Filing Failure, if an athlete has three Missed Tests in any 18 month period they are subject to suspension – in fact **Missed Tests** and Filing Failures are interchangeable as offences i.e. any combination of three or more Missed Tests or Filing Failures in any 18 month period can trigger suspension.

And that's how the IPF Whereabouts system works to underpin its OCT programme. This system is simple in principle, but it is time and money-intensive in practice. But every cent and man-hour is worth it, for without Whereabouts and OCT the IPF would not have available the prime weapon in doping control.

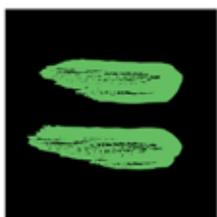
Here we have described only the international Whereabouts system. However the IPF and WADA rules also require each national federation to conduct or arrange a similar Whereabouts and OCT system within their country, thus capturing lower-level athletes than the IPF's international athlete system. Truly it is a case of any athlete, any time when it comes to out-of-competition testing.

For more information go to:

<http://www.powerlifting-ipf.com/49.html>



<http://www.wada-ama.org> (click through to International Standard For Testing)



**WORLD
ANTI-DOPING
AGENCY**
play true

POWERLEAKS

The IPF Newsflash:

ELEIKO IPF PARTNERSHIP ON A NEW LEVEL

World famous weight equipment manufacturer Eleiko and IPF have signed a four year contract of cooperation starting in 2012. Eleiko and IPF are equally dedicated to bringing quality powerlifting competitions to the World, and have decided to upgrade the partnership from a year by year contract to a full Olympic cycle contract.



IPF Executive Board together with the representative from ELEIKO, Mr. Andreas Andreen

AN INCREASE OF OUT-OF-COMPETITION TESTING (OCT)

Making good on previous announcements, the IPF has embarked upon a never-before-seen scale of OCT. The first batch of tests were performed prior to the 2011 Open World Championships held in Pilsen in November 2011. OCT testing is proving to be our most effective tool in our mission of drug-free powerlifting. Stay tuned to news and results of this campaign. Updated test results can be seen on the IPF website: www.powerlifting-ipf.com

At the IPF General Assembly in Pilsen it was also discussed that WADA is now implementing a new way to do blood doping control which will be yet another effective way of detecting infringements. It is also a regulation now that the whereabouts forms of all nominated athletes must be sent along with the nominations for the event, for the nomination to be taken into account.

POWERLIFTING ASPIRING FOR THE OLYMPICS

In the first months of 2012, the IPF is updating its application to the International Olympic Committee for recognition as an Olympic sport. Required in the new application is our documentation and evidence relating to our development of an effective doping program, and also our marketing and business plan to promote our sport.

On that note, the IPF welcomes suggestions and input from the members, lifters or fans and is encouraging volunteers knowledgeable in marketing and promotion to come forward. Applications or expressions of interest should be sent to:

marketing@powerlifting-ipf.com



STEPPING UP THE QUALITY OF COMPETITIONS

The IPF is sending two of its board members, Vice-President Mr. Johnny Graham and Board Member Mr. Larry Maile to Puerto Rico in 2012 to assist in organizing next year's Open World Championship as well as to ensure that the standards required for the greatest powerlifting competition of the year are maintained.

Characteristic of our advances in setting a more and more professional sports image, is the fact that two dignitaries from the city of Aurora, Denver attended the IPF General Assembly in Pilsen in November 2011. Their purpose was to present their bid for the 2014 Open Worlds and to see what it takes to organize superb quality championships.



Johnny Graham - IPF Vice President

COOPERATION BETWEEN NATIONS

It is reported to the IPF Magazine that two nations Luxembourg and Norway regularly hold training camps and share their experience and knowledge about powerlifting.

Results would seem to confirm the efficacy of such co-operative methods, with Luxembourg achieving a prestigious world title in an open men's category in Pilsen in November 2011, and Norway's team also doing well and continuously improving.

This is yet another example of the camaraderie and friendship between powerlifters reaching well beyond the competition itself.



www.powerlifting-ipf.com

IPF Women's and Men's World Championships

Plzen, Czech Republic **Nov 08-13, 2011**

Report and Interviews by Christina Chamley

230 athletes from 36 nations descended upon Plzen, Czech Republic, home of the famous Pilsner Urquell Beer and now home of some of the most exciting and enjoyable IPF powerlifting competitions in living memory. In what Johnny Graham, Vice President of the IPF described as “the best world championships I have ever attended”, the powerlifting world was thrilled by a most spectacular and prestigious presentation of Open Powerlifting. Here showcased before the world was our Sport - in all its glory. Elite athletes - elite event. Organizers were rightfully delighted with the outcome of this most major event on the IPF Powerlifting Calendar. We review the highlights of this 6 day powerlifting extravaganza.

DAY 1 HIGHLIGHTS:

Exploding onto the platform from moment one were the 59kg Men. A ferocious field of 15 athletes headed up by powerlifting giant, Russia's Sergey Fedosienko. Taking a clean sweep of the gold medals with a world record total of 730kgs, Sergey thrilled the crowd with yet another world record squat this time 292.5kgs. Sergey overpowered team mate Alexander Kolbin who took overall silver and Chun-Lin Wang of Chinese Taipei who edged out the Polish lifter Dariusz Wszola for the overall bronze. In the process, Hiroyuki Isagawa of Japan bench pressed 175kgs for a M2 world record, taking his total to an M2 world record 605kgs. Patrick Constantine of Great Brittan posted a M1 world record squat with 237.5kgs while 63 year old Slovakian Milan Gombar inspired us all with a M3 world record dead lift of 212.5kgs.



Natalia Salnikova (- 52kg, RUS): 187.5kg squat



Next on the program 10 lifters in the 66kg Men's division. Clear outright winner Sergey Gladkikh of Russia posted a gold winning total of 787.5kgs set up by a professionally executed gold winning squat of 307.5kgs. However the deadlift gold with 300kgs, belonged to Hassan El Belghitti representing France which helped secure him silver overall. Consistent pressure from Eric Oishi of Brazil earned him the overall bronze.

The 47kg women opened the afternoon session with a fierce battle between Wei-Ling Chen of Chinese Taipei and Yukako Fukushima of Japan. 2011 Hall of Fame inductee Wei-Ling Chen set up an early lead with a world record squat of 187.5kgs, while Yukako posted her own M1 world record squat of 175kgs. But Wei-Ling had to dig in against the formidable bench pressing by Yukako pressing an outstanding world record bench of 122.5kgs! Wei-Ling simply had to pull a world record deadlift of 185kgs to tie for first place total with Yukako, and by the narrowest of margins on bodyweight, took the overall gold medal. Valentina Vermenyuk lifted well to secure the overall bronze against Rajja Jurkko of Finland who posted an equal M1 world record squat of 175kgs.

A field of 14 women contested the 52kg division with Vilma Vargas Ochoa of Ecuador blowing them away with a gold winning world record squat of 207.5kgs. Suzanne Hartwig-Gary of USA kept in touch with a M1 world record squat of 172.5kgs which went on to fuel her M1 world record total of 440kgs. However after bench pressing her way into the lead with 127.5kgs, Natalia Salnikova of Russia could not be reined back in and she went on to take out the overall gold medal despite a gold winning 182.5kg deadlift by Yi-Ju Chou of Chinese Taipei.

WOMEN:

-47 kg			
1. Chen Wei-Ling	TPE		462.5 kg
-52 kg			
1. Salnikova Natalia	RUS		492.5 kg
-57 kg			
1. Ryzkova Anna	RUS		530.0 kg
-63 kg			
1. Soloviova Larysa	UKR		632.5 kg
-72 kg			
1. Ribic Priscilla	USA		620.0 kg
-84 kg			
1. Kozlova Olena	UKR		657.5 kg
+84 kg			
1. Karpova Galina	RUS		721.0 kg

In the evening the official opening ceremony featured a delightful display of Bohemian culture in the performances of the children and young ladies of Plzen. Delegates to the Championships were warmly welcomed by Meet Director Mr Vladimir Mati and an opening address by the President of the IPF, Mr Detlev Albrings, inspired us all ahead of the unfolding competition. The ever-popular parade of nations, filled hearts with pride and fueled the desire to compete!

DAY 2 HIGHLIGHTS:

The 57kg class for women lifted first with a field of 13 lifters. Anna Ryzkova of Russia squatted a world record of 210kg and after taking silver in the bench and the deadlift, finished with the gold winning total of 530kg. Tetyana Prymenchuk of Ukraine bench pressed a gold medaling 135kg and finished second overall with a total of 517.5kg. Notably Laura Locatelli from Italy squatted a M2 world record of 167.5kg, going on to deadlift a M2 world record of 190kg, finally totaling a M2 world record of 442.5kg.

With 22 women competing in two flights, the 63kg class was the longest session of the women's championships. With her trademark

determination Tetyana Akhmamyetyeva of the Ukraine took the first gold medal with a world record squat of 230kgs. Larysa Soloviova of Ukraine then bench pressed an impressive world record 165kg. She finished off her mornings work with a world record deadlift of 245kg, placing her well clear with another world record - a total of 632.5kgs. Tetyana held on for silver in the bench and silver overall. Kira Pavlovskaya of Russia just piped 2010 Hall of Fame inductee Antonietta Orsini of Italy for overall bronze. Antonietta squatted a M1 record of 215kg and deadlifted a M1 record of 200kg.

We caught up with Larysa after the lifting:

Winning this title is a very important achievement for me, I have been working for it for many years, I am very proud for Ukraine and for myself. The most important things that I concentrated upon in preparation for this competition was good nutrition, adequate rest and of course training, training, training! I train almost entirely in just the three lifts: squat, bench press and deadlift. Of course I was hopeful for this victory but my focus is always on performing every single lift, in every competition perfectly. My hope and expectation of myself more than anything else, is to be a consistent lifter. Now that this competition is completed I am looking forward to having a wonderful rest and spending time with

Chalk it up!





Jaroslaw Olech (- 74k, POL) 365.5kg WR Squat

- *my family, my husband and 8 year old daughter,*
- *Anastasia. I will rest now until the national*
- *championships in Ukraine in February 2012.*

Late in the afternoon the 74kg men put on one of the hottest contests of the championships. Ever-popular world record breaker Jaroslaw Olech from Poland had a phenomenal evening as he set the tone by squatting a world record 365.5kg. Rostislav Petkov of Bulgaria shook things up when he bench pressed a gold medaling 230kgs but Jaroslaw came back deadlifting unrivaled world record 320kgs, prompting one in the crowd to proclaim "THIS is powerlifting!" Jaroslaw totaled a massive world record with 903kg. Leaving Rostislav with the silver medal - a world junior record of 837.5kg. Denis Ivkov of Kazakhstan worked diligently to claim the bronze medal overall.

DAY 3 HIGHLIGHTS:

Building on the excitement of the second day, the 72kg women woke the crowd up with commanding performances by Priscilla Ribic USA, Yullia Medvedeva Russia, Ana Castellain Brazil and Inger Blikra Norway. Ana commenced the charge taking gold with a 237.5kg squat, while Inger squatted 220kgs to set a new M2

world record. Yulia was all over the bench press with 167.5kgs setting up an exciting deadlift finale between her and Priscilla. Inger once again put up a fight with a M2 world record deadlift of 212.5kgs. Yulia missed her last deadlift, whilst Priscilla's final deadlift brought the house down when she pulled a world record 240kgs to secure the overall gold medal. Yulia settled with the overall silver, and Ana took the bronze ahead of Inger.

Taking us into the evening of the third day, 19 athletes took to the platform in the men's 83kg class. The two Ukrainians, Volodymyr Rysyev and Andriy Naniev staking a claim on this division, Andriy took the slightest of leads from his team mate after the squats. Eduard Tepper of Germany took the gold medal in the bench press on bodyweight, the 235kg lift matched by both Andriy and Volodymyr. Neck and neck, the Ukrainians would have to slog it out in the deadlift for final honors. But Daniel Williams of the USA with the vocal crowd behind him, trumped them all with the top deadlift of 320kgs. Fighting for the overall placings, Andriy went for the overall gold but missed his 3rd deadlift attempt, Volodymyr snatched the overall gold medal with a final total of 900kgs. It was Kazakhstan the quiet achiever with Davranbek Turakhanov lifting consistently who took the overall bronze just nudging out Daniel.

370 kg deadlift
Anibal Coimbra (LUX)

DAY 4 HIGHLIGHTS:

The 84kg women set about thrilling the crowd in a wonderful display of disciplined, big lifting. Glamorous Chinese Taipei lifter Ya-Wen Chang dominated the squat with a world record lift of 267.5kg! While team mate Min-Chu Hung snatched the gold in the bench press ahead of Ielja Strik of Nederland's and Liane Blyn of USA who were putting together some wonderful lifts. Junior Ukranian lifter Olena Kozlova asserted herself with a world record 250kg deadlift, enough to secure her the overall gold medal with a world junior record total of 657.5kgs. Ielja took the overall silver with some very good, consistent lifting and Liane delighted the crowd with her overall bronze medal performance.

The largest men's field of the competition, the 93kg class promised electrifying lifting. From the outset two lifters battled it out for the overall gold: reigning world champion Mikhaylo Bulanyy of Ukraine and Russian athlete, Vladimir Sholskiy. Vladimir squatted best with 385kg. Vladimir then won the bench press with 260kg,



opening up a 35kg lead on Mikhaylo. It would come down to the last deadlifts - Mikhaylo going for overall gold, attempted 357.5kg on his last lift, however he just missed it! Vladimir only had to pull 320kg for the overall win, which he did, totaling 965kg - overall gold to Russia. Mikhaylo took the Silver with 957.5kgs, and Zdravko Sarafimov of Bulgaria held on for the overall bronze.

DAY 5 HIGHLIGHTS:

The last day of lifting for the women, it was super heavy weight time 84+kg class. A small field of 8 athletes would attempt some of the heaviest lifts by women at this event. Galina Karpova the hot Russian favorite did not disappoint. She systematically controlled the field with a world record squat of 300.5kgs. Again in the bench press world record - 190.5kgs. Notably, young Hungarian Agnes Szabo benched a world junior record of 182.5kgs. Sonia Manaena of New Zealand pulled 235kgs for a gold in the deadlift, but it was not enough to impact Galina who finished well clear of the field with a world record total of 721kgs. Inna Orobets of the Ukraine who took silver and bronzes throughout, finished with overall silver and Brenda Van de Meulen of Nederland's chipped away to finish with the bronze.

MEN:

-59 kg			
1. Fedosienko Sergey	RUS		730.0 kg
-66 kg			
1. Gladkikh Sergey	RUS		787.5 kg
-74 kg			
1. Olech Jaroslaw	POL		903.0 kg
-83 kg			
1. Rysyev Volodymyr	UKR		900.0 kg
-93 kg			
1. Sholskiy Vladimir	RUS		965.0 kg
-105 kg			
1. Coimbra Anibal	LUX		1027.5 kg
-120 kg			
1. Barkhatov Maxim	RUS		1072.5 kg
+120 kg			
1. Svisunov Volodymyr	UKR		1132.5 kg

DAY 6 - FINAL DAY HIGHLIGHTS:

In the afternoon session the men's 105kg class was fought out by 18 lifters. But it would be a thrilling finish between Luxembourg's Anibal Coimbra and Russia's Konstantin Lebedko that would captivate the audience. The first 400kg squat of the championship was performed by Anibal to open up a small lead from Konstanin, but Konstantin then benched a massive 280kgs gaining a slight lead heading into the deadlift. It all came down to the last deadlift, Anibal making the bold decision to attempt 370kgs. With the crowd cheering him on, Anibal pulled the new European record and snatched the overall gold medal from Konstanin by the smallest possible margin! Sofiane Belkesir of France lifted superbly for the overall bronze medal.

The lifting venue filled to capacity for the final day of lifting, the big men: 120kg and 120+kg classes. Twenty-three lifters in each class ensured a huge day of lifting as the strongest men in powerlifting today took their place on the platform. With the bar loaded, records tumbled. First, the epic fight of the 120kg men with Jacek Wiak of Poland setting the tone with a world record squat of 422.5kgs. Lithuania's Amandas Paulauskas then benched over the magical 300kg mark with a world record 317.5kgs

We got a few words from Anibal after the lifting:

In preparation for this competition, Luxemburg held training camps together with Norway. This was really beneficial for me as I do not have the possibility to train with lifters of my level in Luxemburg alone. I was training in Norway with their national coach, Deitmar Wolf and some of his good lifters. I took my training program straight from my coach, starting with first the simple things then increasing repetitions, moving through the chart higher and higher, until we arrived at this period. The result I achieved today was amazing for me because I was not sure that I could do this, I had never attempted this weight before. My coach was in charge of the final attempts and he wanted me to achieve my goal of getting a gold medal total. As the competition proceeded, the coach decided just to go for it, and the audience really helped me lift well and achieve my goal. I want to say that three days ago my dear friend and personal physiotherapist, who was always heavily involved in my preparations, Bernard Boubel, passed away from cancer. Bernard was an international category two referee and treasurer of the Luxemburg Powerlifting Federation. My team had kept this sad news from me until after I had lifted here today. After I was informed of this, the title seemed even more special to me and I want to dedicate it to him. I also want to acknowledge my coach who I started powerlifting with and Deitmar Wolf who worked closely with me and all the people here at this meet who were supporting me, I want to give them a really big thanks because it helped me so much to lift well here today.

Bernard Boubel
(1954 - 2011)



Galina Karpova (RUS)
Women's 84+kg World Champion



300 kg squat



...continued on page 34

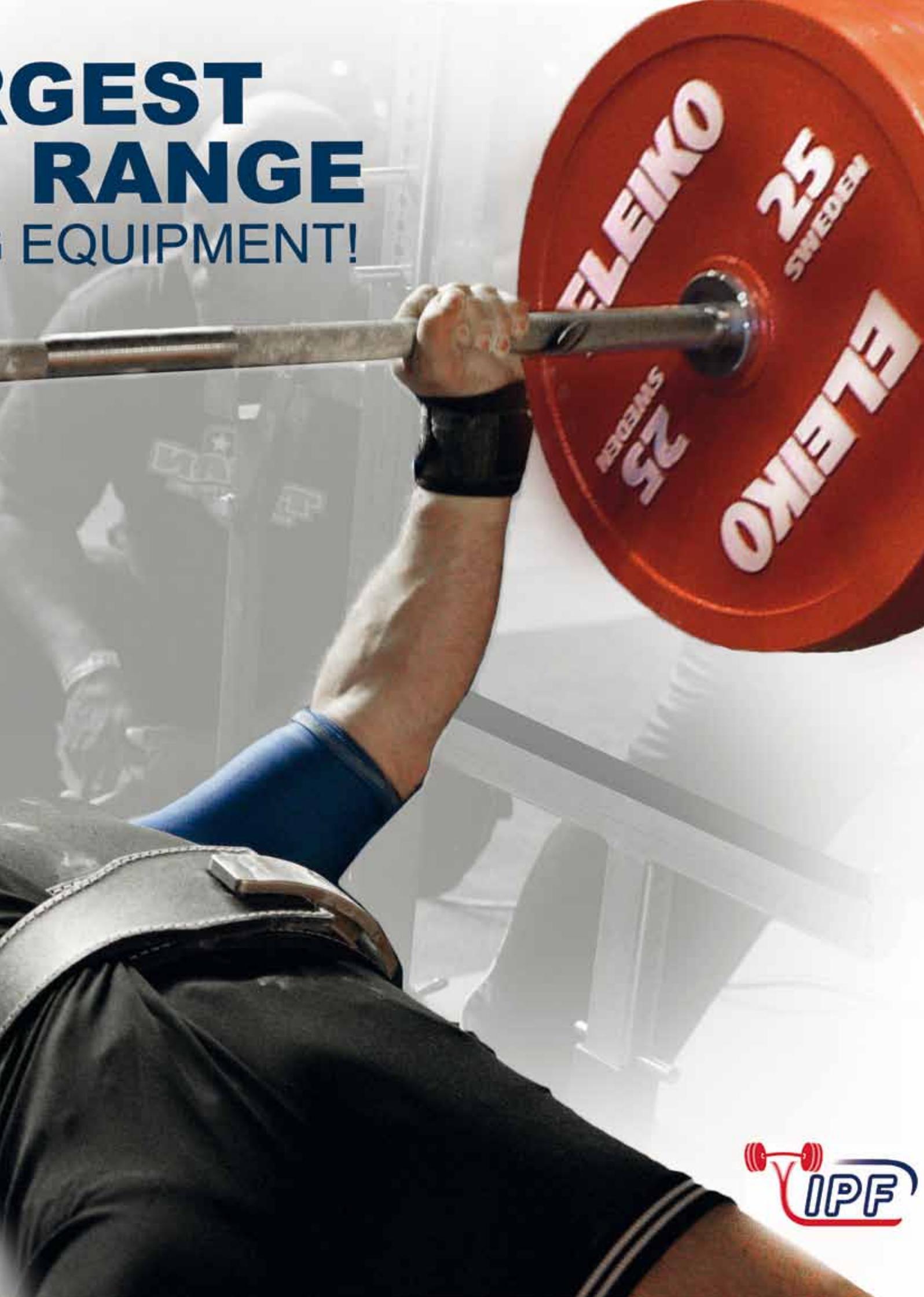


THE LAR CERTIFIED OF POWERLIFTING



View the whole range on
www.eleikosport.com/powerlifting

**LARGEST
RANGE
EQUIPMENT!**



Randall and Brad from USA - two big deadlifters!



and taking the lead heading into the deadlifts. But as so often happens, the deadlifts were to seek out the final placings. The two Russians, Maxim Barkhatov and Andrey Drachev who were just sitting in contention, surged ahead in the deadlifts, Maxim pulling a world record 387.5kgs! The Russians both finished with a total of 1072.5kgs, Maxim collecting the gold on bodyweight. Andrey took the silver and Amandas took the bronze just ahead of Jacek.

Finally the biggest of the big, the 120+kg men had all the drama and intensity you associate with the sport of powerlifting. Dmitry Ivanov of Russia squatted an unbelievable 460kgs - but shockingly was not able to get a bench press in and thus was out of the competition! 2011 Hall of Fame inductee Kenneth Sandvik of Finland bench pressed a world record 332.5kgs only to have Viktor Testsov of the Ukraine, bench press a new world record of 350kgs moments later! Some say "the most popular powerlifter on the planet", Brad Gillingham of USA did what he does best, and pulled an enormous world record deadlift of 397.5kgs to the rapturous applause of the crowd! But the battle for final line honors was being fought by Viktor and his Ukrainian team mate Volodymyr Svistunov. Viktor leading after his last deadlift forced Volodymyr to increase his final deadlift attempt which he successfully pulled, taking the overall gold medal by just 2.5kgs to finish on a world record total of 1132.5kgs! Viktor took the silver and Milan Spingl of Czech Republic finished with bronze to the delight of the locals in the crowd.

Later that night the Championships Banquet was a roaring success giving all who attended the opportunity to relax and enjoy the genuine friendships that are such a unique feature of the international powerlifting community. Time to reflect on the results of the event but also the success of the event itself. The numerous workers and volunteers who assisted in the various ways to ensure a wonderful event and most importantly the lifters and the extended lifting community who make such an event possible. And so it was a fond farewell from Plzen for another year and sights set now on Aguadilla Puerto Rico for the 2012 IPF Women's and Men's World Open Championships.

SUMMARY OF HIGHLIGHTS:

WOMEN'S BEST LIFTERS BY WILKS:

1. Soloviova Larysa 682.01
2. Chen Wei-Ling 629.59
3. Salnikova Natalia 629.52

MEN'S BEST LIFTERS BY WILKS:

1. Olech Jaroslaw 657.32
2. Fedosienko Sergey 648.24
3. Testsov Viktor 634.15

NATION POINTS MEN'S COMPETITION:

- | | |
|------------|---------|
| 1. Russia | 3116.74 |
| 2. Ukraine | 3057.72 |
| 3. Poland | 2938.98 |

NATIONAL POINTS WOMEN'S COMPETITION:

- | | |
|-------------------|---------|
| 1. Russia | 3034.18 |
| 2. Ukraine | 3046.27 |
| 3. Chinese Taipei | 2857.54 |



INTERVIEW WITH VOLODYMYR SVISTUNOV (UKR)

2011 SUPER HEAVYWEIGHT CHAMPION

When did you start to engage in sports?

I started training when I was 15 years old. At first I was interested in weightlifting. But there was not enough dynamics and little rivalry. I decided to try powerlifting and since then I have been training in it for about 7 years, and I really enjoy it.

Who is your inspiration?

My inspiration is our National team. We help each other everywhere, at training and competitions. Our team cheers for everyone just like a big family.

At a World Cup you achieved your first Open World Title - but not only that, you lifted the biggest total in IPF history of 1132.5 kg! What does this mean for you and how you feel?

I feel very satisfied because my coach and I were preparing for the World Championship for about 5 months. We did very serious and hard work.

Can you tell us about your preparation for this competition, and how you saw yourself competing beforehand, especially going against the favourite for the class, your fellow team-mate Victor Testsov? He ended up totalling 1130kg, only 2.5 kg behind you, how did that feel?

There were a lot of strong athletes in my weight category but we didn't focus on anyone of them. Because the strongest rival was the bar and I fought against it.

When you're not doing powerlifting, what do you do for fun?

I am studying at the University and also work as a coach in a fitness center, I am coaching children.

What is your secret to training?

There is no big secret, first of all one needs to follow a schedule: sleep well, eat properly, train and rest.

When will the next big competition be for you?

The next competition will be in my home city Mariupol, Championships of Ukraine. This Championship will be very important for me.

Where do you see powerlifting in the next 10-20 years?

It would be great if powerlifting becomes an Olympic sport. In general powerlifting is developing and progressing every year.

What is your most memorable moment in powerlifting for you?

The most memorable moment was when I went to my first junior world championship in Brazil as a member of Ukrainian national team.

What was the toughest competition that you have ever participated in?

It was the World Championship 2011 when I became the world champion for the 1st time setting the world record. I trained very hard and I was very satisfied about that.

Do you have a message for the powerlifters out there?

I would like to wish everyone good health, new victories and new records.



372.5kg deadlift for total record!

The darling of the 67.5kg division, USA's Priscilla Ribic. Her list of national and international achievements and accolades truly staggering. Known, admired and respected the world over, Priscilla Ribic: a first-class, drug-free IPF powerlifter.

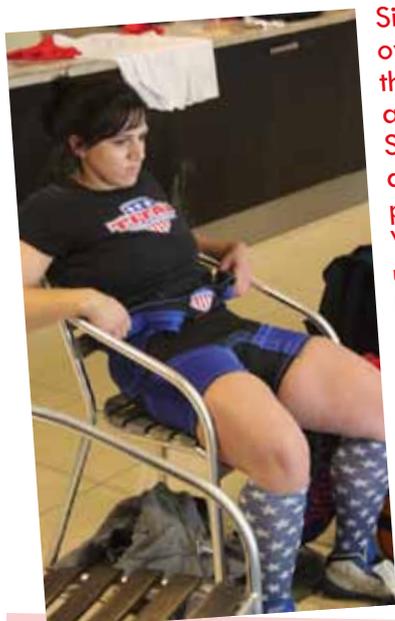
Then in 2009, every athlete's worst, perhaps only nightmare - a serious injury. But true to her own style she remained positive, focused and committed. She recuperated, she applied herself to her rehabilitation, she rebuilt her powerlifting body.

All the while the powerlifting world waited. And some two years later, in November 2011 in Plzen Czech Republic, we stood and we watched and we couldn't help but notice...

PRISCILLA IS BACK!

Our cameras tagged along at the IPF Open World Championships as Priscilla executed her signature lift: the Deadlift. How did she go? Well, she set a World Record of 240kgs in the new 72kg division and became World Champion while she was at it - check her out...

Story: Christina Chamley
Photos: Heinrich Janse van Rensburg



Sitting in overall third place after the Squat and Bench press. Warming up for the Deadlift. What is going through her mind...?



Time to get the straps up!



Coach Larry Maile and Athlete - composure.

Priscilla's success on the platform, combined with her being drug tested over 30 times at every level, has made her one of the most recognizable figures in the sport while serving as a role model for many women- young and old- (and many men as well) and being a great ambassador and example of drug-free lifting!

Lance Slaughter

ABOUT PRISCILLA - DID YOU KNOW?

#1 Ranked Female in the USAPL for 2003, 2004, 2005, 2006, 2007, 2008, 2009

10x USA Powerlifting National Champion

10x USA Powerlifting World Team Member

19x International Competitor

Scored over 600 Wilks points in 21 meets (and counting)

First female in the World and American (male or female) to win both Open IPF Worlds and Open IPF Bench Worlds in the same year. (2004)

First female in the USAPL/ADFPA history to break 600 Wilks formula (scoring 615) ~ Feb 1, 2004

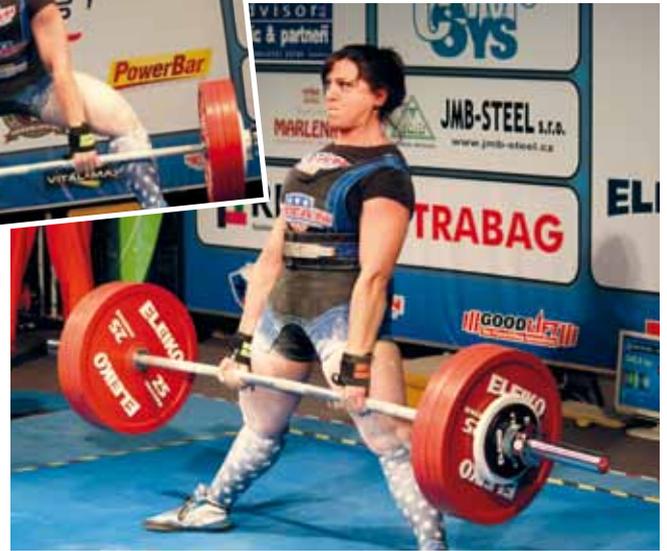
Drug Tested to-date a total of 34 times (25 in-meet / 9 out-of-meet, no notice) since beginning powerlifting in Dec 1999.



One last hitch of the suit.



Set!



And it's up!



VITAL STATS:

Date of Birth: November 21, 1972

Hometown: Spokane, Washington

Current Residence: Anchorage, Alaska

Children: 1 son

Powerlifting Organizations: USAPL and IPF

Coach: Larry Maile

Major Accomplishments up to 2010:

Brother Bennett Award Recipient - 2010

Inducted into the IPF Hall of Fame - 2009

7x IPF World Record holder

4x Open World Champion

Highest Wilks of all-time for females (2004-2009)

2006 IPF World Champion - Best lifter

2005 World Games Silver Medalist

2004 IPF Open Bench Champion



2011 World Champion!
Welcome back, Priscilla!



The Brother Bennett Award is presented to athletes who provide extraordinary service to members of the USAPL and demonstrate leadership in furthering the cause of drug free sport.

WORLD MASTERS CHAMPIONSHIPS

St. Catharines, Canada
26 September – 1 October 2011

Report by Heinrich Janse van Rensburg
Pictures by Harnek Rai

WOMEN

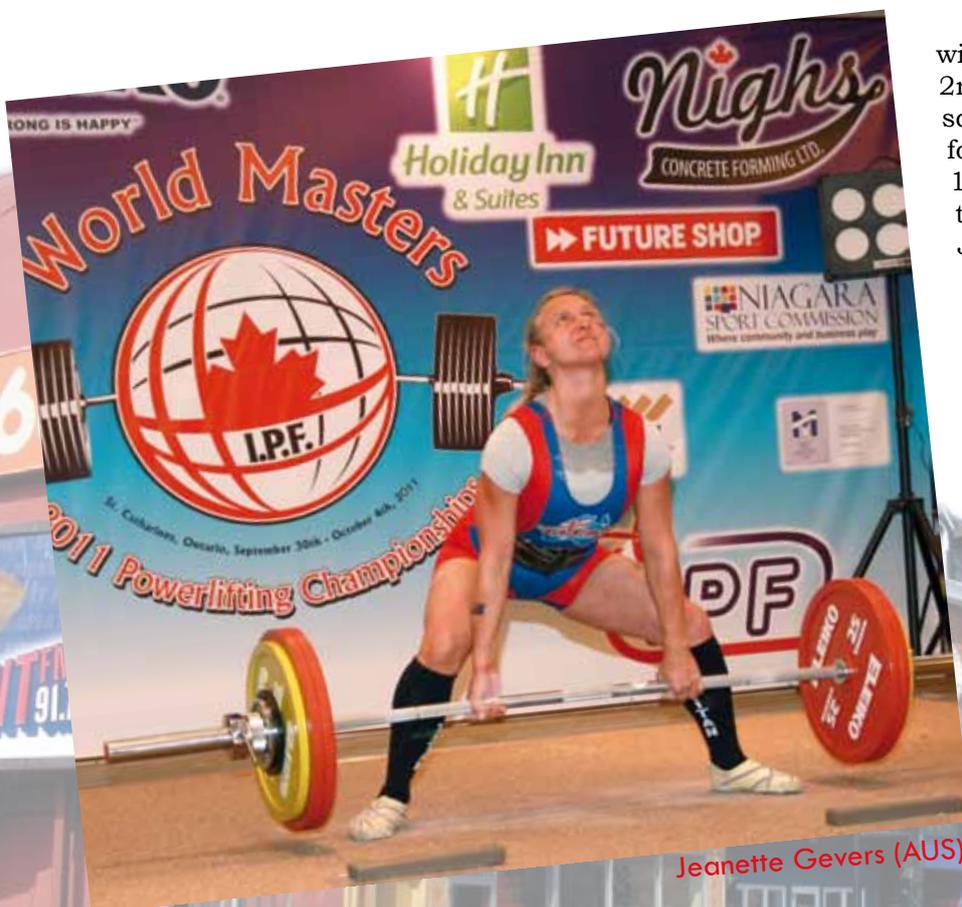
This was the 20th IPF Women's World Masters Championships. In the Master 1 class there were 27 lifters competing from 12 different nations!

MASTERS 1

In the 47kg class Nathalie Feraud from France won the first gold of the competition with a total of 322.5kg. She squatted 115kg for silver but grabbed gold in the bench press with 77.5kg and 130kg in the deadlift.

Eva Buxbom from Denmark won the 57kg class with a 22.5kg lead over her closest competitor, she totalled 407.5kg. She won silver in squat with 157.5kg and gold in the deadlift with 172.5kg! Eva also received 2nd place in the overall awards for Masters 1!

Aussie Aussie Aussie! That's how it went with the 63kg class with both 1st and 2nd place going to Australia. Vicki O'Brien squatted 150kg for bronze, benched 85kg for silver and deadlifted an amazing 195.5kg for a World master 1 record! She totalled 430.5kg for the Overall Silver. Jeanette Gevers won the squat with 170kg, the bench with 102.5kg and silver in the deadlift with 162.5kg. Securing her an astonishing 6th consecutive World Masters title!



Jeanette Gevers (AUS)

MASTERS 1 WOMEN:

-47 kg

1. Feraud Nathalie

FRA 322.5 kg

-52 kg

1. Schuler Lannet

CAN 335.0 kg

-57 kg

1. Buxbom Eva

DEN 407.5 kg

-63 kg

1. Gevers Jeanette

AUS 435.0 kg

-72 kg

1. Zubkova Tatiana

RUS 497.5 kg

-84 kg

1. Smith Cydney

USA 485.0 kg

+84 kg

1. Styrlund Laura

USA 470.0 kg

Cydney Smith from USA was the first lifter that brought the Star Spangled Banner to the ears of the crowd. She won gold in the squat with 175kg, silver in the bench with 115kg and gold again in the deadlift with 195kg. Her total was 485kg. Olga Berseneva from Russia had the biggest bench of the Master 1 class with 120kg. She finished 3rd with a total of 450kg.

In the team points USA came 1st with 49 points. Canada came in 2nd with 36 points with Russia in 3rd place with 29 points.

MASTERS 2

Tatiana Zubkova from Russia weighed in as almost the lightest in the 72kg division with 67.74kg, this was also the biggest class of the Master 1's with 8 lifters involved. She squatted gold with 190kg, came in 5th place in the bench with 92.5kg. Her strongest lift of all was the deadlift, and boy, she did not disappoint! She pulled an amazing 215kg to give her a winning total of 497.5kg! At the banquet she was awarded the trophy for Overall best Women master 1 lifter! Congratulations to you Tatiana!

Travelling all the way from "down under" was well worth it for Mary Macken who won the 47 kg class to put another gold to Australia's name! Not only did she win the squat with 150kg but it was also a new Master 2 World record! She came 3rd in the bench with 65kg but pulled a new World Master 2 record in the deadlift 165kg to give her a winning total and World record total of 380kg! With a Wilks score of 513.89 Mary won overall best female lifter of the competition!



Tatiana Zubkova (RUS)

Great Britain won its first gold with Jennifer Hunter winning the 52kg class with a World record total of 373kg! She pulled a World record of 163kg to win the deadlift. She came first in the squat with 130kg and second in the bench press with 80kg.

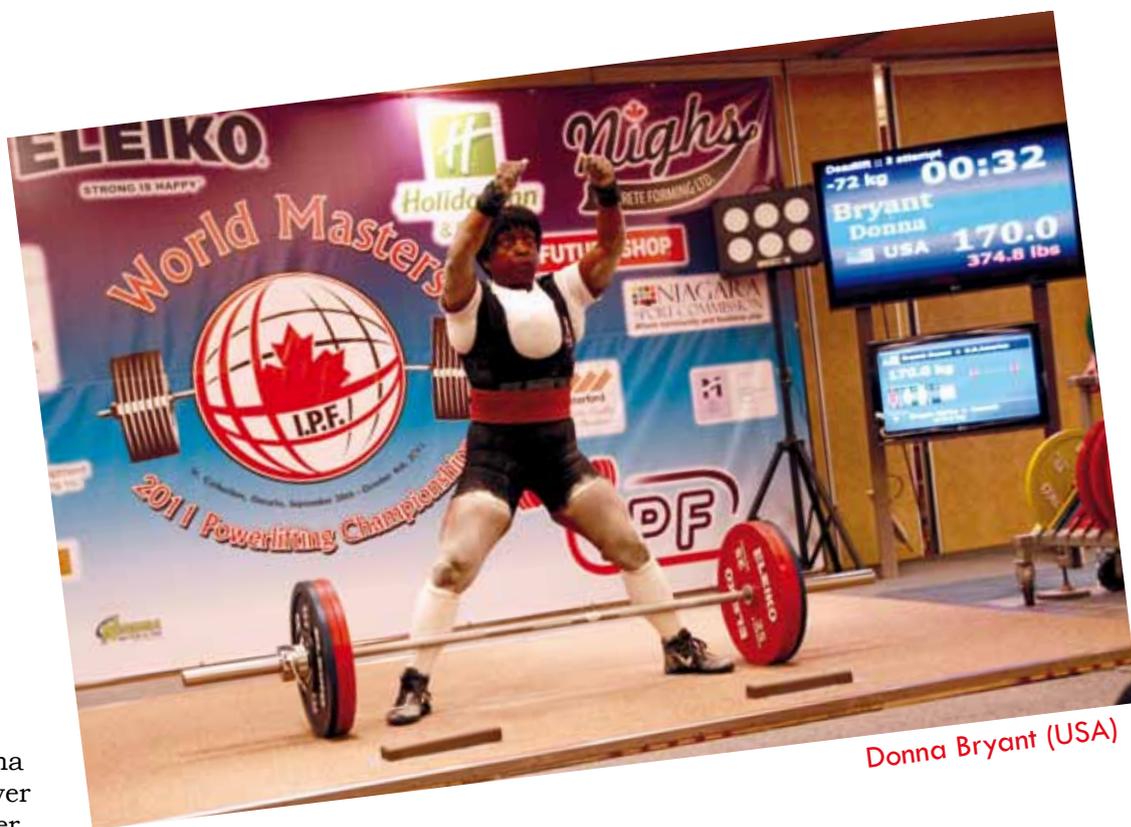
The 63kg class had 5 World Records broken, all of them by the 2 lifters from Russia. Tatyana Fomina squatted 150kg for silver but also a World master 3 record, she pulled also a World master 3 record with 145.5kg! She totalled 355.5kg to grab the Overall bronze. Nina Kondrasheva won the squat with 170kg and also a World Master 1 record, not just that, but won the bench with also a new World master 1 record of 112.5kg! Her winning total of 440kg is also a World Master 2 record! Her results gave her a 3rd place overall in the best lifters awards for master 2.

The 84+kg class had the biggest squat for all the age classes in women, with Jill Arnow from USA squatting 190kg for the Gold! Not only that but she grabbed all the gold, she bench pressed 137.5kg, pulled 185kg to total 512.5kg to become World Master Champion!

In the team points USA won with 51 points, Canada came 2nd with 41 points with Japan in 3rd with 26 points.

MASTERS 3

There were 12 Masters 3 lifters for the women, Hatsuko Kimura from Japan won with a total of 390kg and a wilks of 479.91. In 2nd place was Hisako Hayashi who is also from Japan, she totalled 350kg with a wilks of 404.25. Third place went to Gail Moore from USA with a total of 392.5kg and a wilks of 390.10.



Donna Bryant (USA)

MASTERS 2 WOMEN:

-47 kg	1. Macken Mary	AUS	380,0 kg
-52 kg	1. Hunter Jennifer	GBR	373,0 kg
-57 kg	1. Kimura Hatsuko	JPN	390,0 kg
-63 kg	1. Kondrasheva Nina	RUS	440,0 kg
-72 kg	1. Bryant Donna	USA	420,0 kg
-84 kg	1. Takacova Hana	CZE	430,0 kg
+84 kg	1. Arnow Jill	USA	512,5 kg

MASTERS 3 WOMEN:

-52 kg	1. Laurence Marie	USA	167,5 kg
-63 kg	1. Brady Carol	CAN	252,5 kg
-72 kg	1. Moore Gail	USA	392,5 kg
-84 kg	1. Serre Marsha	USA	302,5 kg
+84 kg	1. Lupton Mary	CAN	270,0 kg

MEN

The 28th Men's Masters Worlds kicked off with the Master 1 division with 45 lifters from 14 different nations!

MASTERS 1

Eric Kupperstein made sure he came in prepared, and boy he did! He won all Gold with 220kg squat, 132.5kg bench press and a new World Masters 1 record deadlift of 245kg! He totalled 597.5kg!

USA grabbed another victory in the 66kg class with Greg Simmons totalling 605kg for the win. He squatted 230kg, bench pressed 147.5kg and deadlifted 227.5kg, he won bronze in all the lifts! Between the 4 lifters that competed in this class there were 7.5kg separating all lifters!

After a 2 year absence of international appearance Wade Hooper came back to the platform as a Master 1 lifter. Wade became the first lifter in IPF history to win the Junior Worlds, the Open Worlds and now the Master Worlds! Wade came and squatted a massive 355kg for a Master 1 World Record, bench pressed 257.5kg for a Master 1 Record and totalled 877.5kg for a Master 1 World record total. Wade also won the overall best male lifter award with a Wilks of 586.95, almost 30 points ahead from 2nd place!

INTERVIEW WITH WADE HOOPER



When did you start getting involved in the sport?

I began competing in the sport when I was 17 years old in high school.

Who is your inspiration?

Over the years there have been many lifter's who have been an inspiration to me. Ed Coan, Jeff Douglas and Dan Austen to name a few.

At this World Master Championships you captured your first Master Championships, not only that but you were awarded best Master 1 lifter, what does this mean to you and how do you feel?

Winning a world title is tough to do in any division, but I was especially happy to have won my first master's title and winning the best lifter was a tremendous honor.

Wade, by winning the Master Worlds you are the first person in IPF history to win the Worlds as a Junior, Open and Master lifter! What's next for you?

MASTERS 1 MEN:

-59 kg	1. Kupperstein Eric	USA	597.5 kg
-66 kg	1. Simmons Gregory	USA	605.0 kg
-74 kg	1. Page Gregory	USA	695.0 kg
-83 kg	1. Hooper Wade	USA	877.5 kg
-93 kg	1. Walters Dave	CAN	830.0 kg
-105 kg	1. Douglas Jeffrey	USA	907.5 kg
-120 kg	1. Mastrean Michael	USA	960.0 kg
+120 kg	1. Puzanov Mikhail	RUS	865.0 kg

- I plan on taking a break from competition for a while. I have a back injury that has been giving me some real problems, so I am letting it rest and don't have any plans to compete in the near future. This will also give me more time to spend with my 5 month old son, who I hope becomes a world class powerlifter one day.

Can you tell us about your preparation for this competition and how you saw yourself competing before?

- Preparation was much different than my training for other World Championships. I had to train around my back injury and I found my recovery wasn't a quick as it used to be. So I trained, 3 days a week, squatting and deadlifting once and benching twice per week. I felt good by the end of my training and felt like I was ready to post a good total.

When you are not doing powerlifting, what do you do for fun?

- I spend all of my free time with family and friends. Being from Louisiana, we have a heritage of great cooking so generally we will have a big get together with family and friends just eating and socializing.

In the 93kg class the Canadian Powerlifting President also competed, Jeff Butt came in overall 4th on bodyweight. He squatted 300kg, won the silver in the bench with 230kg and bronze in the deadlift with 277.5kg.

With USA bringing yet another Gold home Jeff Douglas won the 105kg class convincingly! Jeff squatted 355kg for gold in the squat, benched 220kg and his strong point is definitely the deadlift where he pulled gold with 332.5kg for the winning total of 907.5kg! Jeff also won 3rd place in the overall best lifter award for Master 1 with a wilks of 542.93.

USA again showed their dominance in St.Catharines as they won yet another gold! Michael Mastrean took all the gold as he squatted 385kg, pressed 260kg which is also the most pressed in Master 1 and pulled 315kg to total 960kg! Michael won 2nd place in the Overall best lifter award with 558.64 wilks points!

So the top 3 best lifters were all “stars and stripes” with USA winning the team points with a solid 60 points, Canada in 2nd with 47 points and France in 3rd with 22 points!



Mikhail Puzanov (RUS)

MASTERS 2 MEN:

-66 kg	JPN	565.0 kg
1. Niwa Hironori		
-74 kg	USA	630.0 kg
1. Lewis Carlos		
-83 kg	GER	747.5 kg
1. Hampel Rolf		
-93 kg	USA	850.0 kg
1. Ricks David		
-105 kg	USA	802.5 kg
1. Currence Doug		
-120 kg	USA	820.0 kg
1. Pamplin Gary		
+120 kg	USA	920.0 kg
1. Gaudreau Daniel		

232.5kg and pulled 295kg for a winning total of 850kg! David also won the Overall trophy for the Best Master 2 lifter with a wilks of 545.30 points!

Other highlights include Gary Pamplin who represented USA in the 120kg class. Gary won gold in the squat with 320kg and pressed a new World master 2 record of 255kg! He won silver in the deadlift with 245kg. He totalled 820kg to become World Champion.

In the 120+kg Multi-time World Champion and World record holder Dan Gaudreau was at it again lifting USA's name high. Dan squatted 337.5kg for the gold and once again bench pressed a new World record of 280kg! He also pulled gold with 305kg. He totalled a World record of 920kg to be awarded 2nd place in the Overall standings for Master 2 lifters.

In the team points USA got a full 60 points for 1st place, Canada came 2nd with 39 points and Germany 3rd with 29 points.

MASTERS 2

The Master 2 class had 37 lifters from 13 different nations. Rolf Hampel from Germany won the 83kg class with a total of 747.5kg. He pulled a World Master 2 record of 290kg to win gold in deadlift, and also won the squat with 295kg. Rolf was awarded 3rd place in the Overall standings for Master 2. Ronald Garofalo from USA came 2nd in the deadlift with also a World record attempt of 285.5kg. He won silver in squat and bench press with 265kg and 182.5kg. He totalled 733kg for overall silver.

The 93kg class had the "superman" himself, David Ricks from USA! David had a perfect day as he grabbed all the awards there was to grab. He won gold in all his lifts, he squatted 322.5kg, bench pressed a World Master 2 record of

MASTERS 3

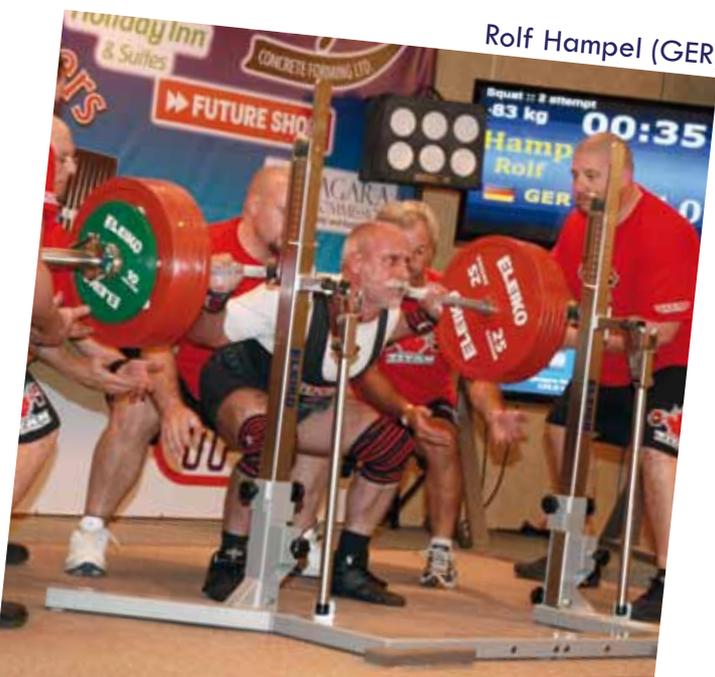
There were 36 lifters in the Master 3 class from 14 different nations. Highlights include Max Bristow from Australia in the 66kg class. Max deadlifted a new World record of 235kg! Max came overall 2nd. He squatted 172.5kg for silver, bench pressed 92.5kg for silver and totalled 500kg.

One of the hardest jobs at a World Championships has to be the work of the meet director, but that did not trouble Glyn Moore. Glyn grabbed all the gold in front of his home town! He squatted a World Masters 3 record of 232.5kg, bench pressed 147.5kg and deadlifted 220kg. He totalled 600kg not for just a World Record total, but also 1st place in the Overall master 3 lifter! Congratulations to you Glyn!

Canada's national anthem played once again when Ron Delany won the 83kg class. With 6 lifters in the field Ron went full out and grabbed all the gold there is to grab. Ron's total of 620kg consisted of 215kg squat, bench press of 142.5kg and a massive deadlift of 262.5kg. Ron also placed 3rd in the Overall Master 3 division with 417.13 wilks points!

Patrick Hartwick from Canada became World Master champion in the 105kg class as he gracefully squatted a new World record of 290kg!

Rolf Hampel (GER)



This is also the biggest squat of all master 3 lifters. He bench pressed 160kg for the bronze medal and pulled a 235kg also for bronze. He totalled 685kg for gold, that is 90kg more than the next competitor! Patrick also received 2nd place at the banquet for Overall Master 3 lifter.

The top 3 lifters for Master 3 is from Canada. Canada also won the team points with 52 points. France came 2nd with 44 points and USA 3rd with 41 points.

MASTERS 4

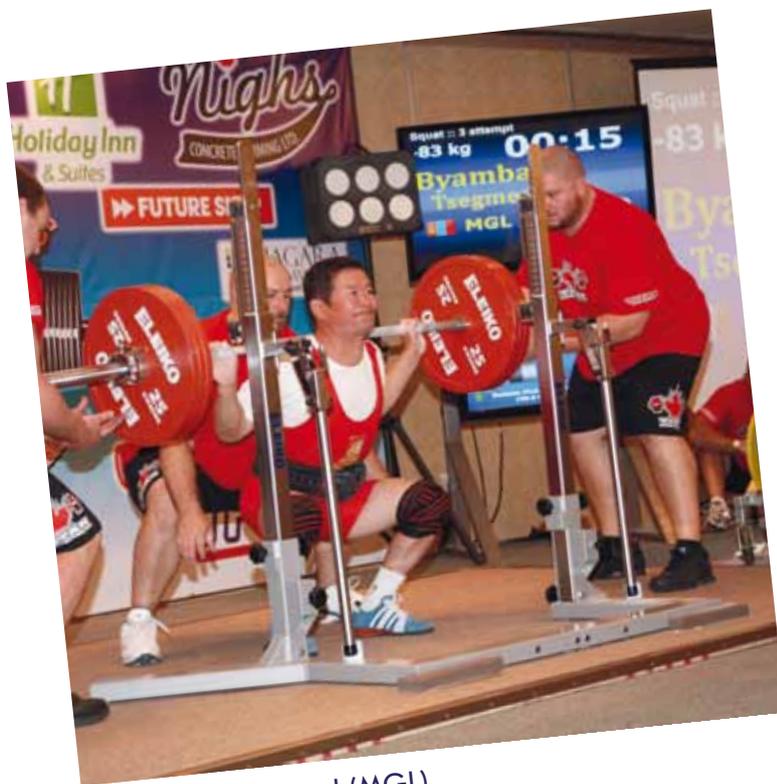
There were 14 Masters 4 lifters competing. Truls Kristensen (120kg) from Norway won the Master 4 with 357.77 wilks points. His total is 605kg. 2nd Place went to Mitsuru Osawa (74kg) from Japan. He totalled 490kg with a wilks of 353.55 points. Bent Hansen (59kg) from Denmark totalled 372.5kg with a wilks of 324.60 points to get 3rd place.

Stan Chatis (105kg) representing USA was the only lifter who broke a World master 4 record. Stan deadlifted an amazing 225kg to total 535kg. Stan is also the oldest lifter at the Master Worlds, he is 74 and pretty strong also!

Patrick Hartwick (CAN)



MASTERS 3 MEN:		
-59 kg	JPN	410.0 kg
1. Oshiro Shinjun		
-66 kg	USA	515.0 kg
1. Jacobs Jeffrey		
-74 kg	CAN	600.0 kg
1. Moore Glyn		
-83 kg	CAN	620.0 kg
1. Delany Ron		
-93 kg	FRA	627.5 kg
1. Mokadem Boucif		
-105 kg	CAN	685.0 kg
1. Hartwick Patrick		
-120 kg	USA	705.0 kg
1. Sindelar William		
+120 kg	FIN	447.5 kg
1. Sandelin Raimo		



Byambaa Tsegmed (MGL)

MASTERS 4 MEN:		
-83 kg	MGL	405.0 kg
1. Byambaa Tsegmed		
-93 kg	CAN	487.5 kg
1. Taylor Jack		
-105 kg	USA	535.0 kg
1. Chatis Stan		
-120 kg	USA	520.0 kg
1. Grisham Robert		

FINNISH POWERLIFTING FEDERATION CELEBRATES ITS 40TH ANNIVERSARY

by Jari Rantapelkonen
Secretary of Finnish PL Federation

2011 has been important year for the Finnish Powerlifting Federation. It was 40 years ago that the sport of powerlifting was officially born in Finland. The first Finnish Championships were held in Tampere. Since the 1970s, Finnish lifters are thankfully still competing amongst the elite lifters in the world.

Historically Finnish powerlifters have been notorious for nailing championships with their last Deadlift effort. This is part of the honorable Finnish powerlifting history, that carries on to this day in world championships. However, the most current state of the art strategy in Finnish powerlifting, is the golden achievement in the bench press, particularly in the strongest class: the super heavyweights.

Since the '70s, Finnish lifters have won 38 world Powerlifting Champions in the open class and since 1990, they have won a total of 24 world benchpress champions. Which is not bad for a Northern European country of only 5 million inhabitants. Especially given that this is a country recognized nowadays as a predominantly high-tech society, of nerds sitting behind computer screens. This is more or less a challenge of information age societies for a top sport.



Summer in Helsinki

Salonen: "Powerlifting suits Finns well"

Strength-training among Finns is older than the state of Finland. Weightlifting competitions came way before powerlifting competitions and date back to the 1950s and '60s. Powerlifting became an official sport in Finland as the federation was established in January 1971. The evolution of strength competitions was most probably universal and led to the origination of games that later became known as modern powerlifting with the squat, bench press and deadlift.

In January 1971, first official sports federation to include powerlifting was established. The federation combined two different sports: bodybuilding and powerlifting and was called - Finnish Bodybuilding and Powerlifting Federation (SKVL). One of the most important people behind it was Heikki Salonen, now honored chairman, and who himself competed in both these strength sports. Mr. Salonen announced clearly the reasons behind building up new power sports in Finland: "Powerlifting suits Finns well". If now we look back at more than 40 years of Finnish Powerlifting history, how right he has been proven.

Active member of the IPF

Finland, from the first years, has been a very active member in the international powerlifting community. Finland applied for IPF membership only three years after the IPF was established. The Nordic Powerlifting Federation (NPF) took its first steps in 1975 in Finland. In a mutual agreement, Finnish bodybuilders and



Finnish PL history - a book for the 40th anniversary



Kalevi Sorsa - President of the Finnish PL Federation

powerlifters each got their own federations in 1976. As European Powerlifting Federation (EPF) were established in 1977, the first chairman was Jaakko Parviainen from Finland.

Just six years after the IPF was founded, Finland hosted in 1978 her first world powerlifting championship in Turku. The President of Finland himself, Mr. Urho Kekkonen accepted to protect the world powerlifting championship.

"The venue was in the hotel auditorium with a seating capacity of 2000. With a raised stage and giant scoreboard, everything was in place for a successful Championships. Even a band to play the winner's national anthem. TV cameras were there every day. Well organized by J. Parvainen and the Finnish Powerlifting Association – these Championships set a standard for all others to follow." said Dennis Unitt, who has been very active both on stage and behind the keyboard since the 1970s.

To this day to hear legendary stories of those championships and the Finns in Turku. Most of the stories are probably true - more or less...

Sauna with Finns

The first USA powerlifters on Finnish soil were eager to test if stories about the Finnish sauna were true. Our USA friends couldn't wait to give one a try. Soon Larry Pacifico (a man who won 9 straight world powerlifting champions) and Dr. Terry Todd, the first man to squat 700 lbs and to total 1900 lbs, among others, were naked as jaybirds, grouping their way up to the top tier of by far the biggest, darkest sauna either of these American lifters had ever seen.

Terry Todd describes the experience: "Gradually, as our eyes became accustomed to the gloom, we saw two fair-headed men sitting across from us, smiling. "Americans?" one of them asked, to which we replied, also with a smile, "yes". This seemed to please them greatly, and they looked at one another, smiling even broader smiles, as one of them reached for the dipper in a bucket at his feet, and said to us, "A little hotter, yes?" as he flipped about two quarts of water onto the huge pile of electrically heated rocks. I should point out that it was already so hot, sweat pouring out of and down our bodies, that when that half gallon of water hit those rocks, the first shock wave of heat felt like it gave me at least a first degree burn. Pacifico, to my right, lent over to me and said softly, "Doc, I can't breathe, let's get out of here", to which I replied, also quietly, "Take a look at our two buddies." Now Pacifico doesn't see too well, without his glasses, but what he finally saw was two men whose smiles now seemed to take up half their face as they watched us expectantly, nudging one another in the ribs from time to time. That did it. Anyone who knows the true extent of Pacifico's competitive nature would not have been surprised at what he said when he saw two big grins across the room: "I'll stay here til I'm medium rare before I'll let a couple of pencil-necks like those two run me out of a sauna."

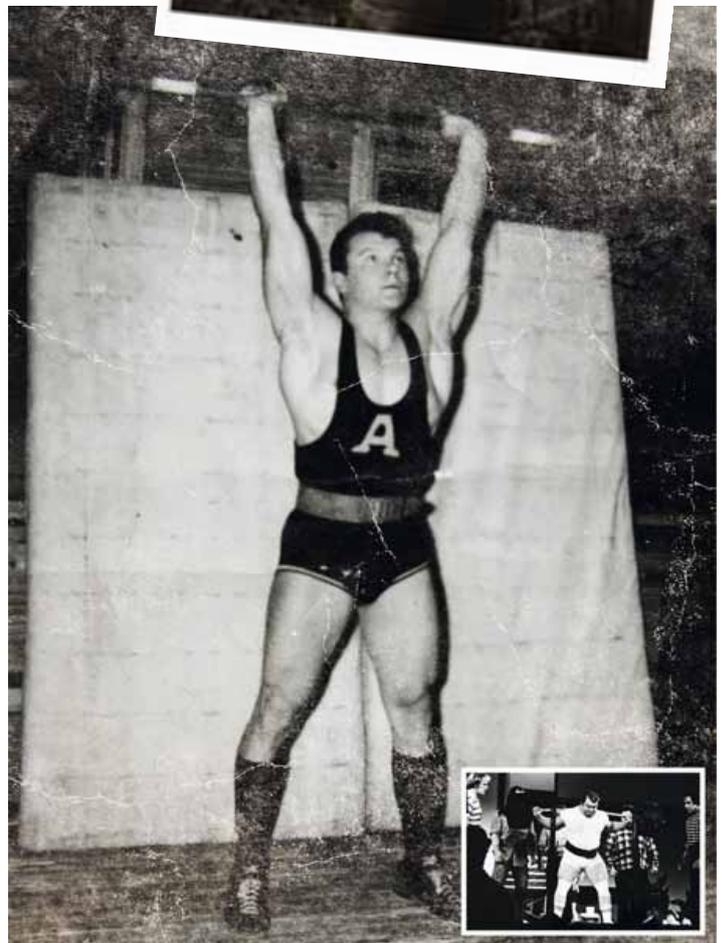
Heroes from Haare to Virtanen

The 1970s was a decade full of enthusiasm to take the first permanent steps in Finnish PL history. In 1975 seven brave men traveled to Birmingham, England to compete in the first world powerlifting championship for the Finns. Seven men, seven world medals, was the result of that world powerlifting meet. Not bad for guys who most of them had never been abroad before.

In 1977, Taito Haara became the first Finnish world powerlifting champion. In Perth Australia, right after Haara, Finland's Kari Kemppainen took silver in a super heavy class. The double win was widely celebrated in newspapers all over Finland. Success in worlds also started a golden time in media publicity for the sport.

The Finnish Powerlifting Federation in 2007 honored Taito Haara as a member of the Finnish Powerlifting Hall of Fame. Also during the 40th year's anniversary celebrations, the federation made a high quality DVD, a one hour interview on this Finnish living legend who also attended the Olympics in weightlifting twice, telling his sport stories from the 1970s.

Taito Haara



Strong women

While Haara tried in front of the home audience in 1978 at Turku, a new squat world record, the world did not know then the future “Finnish Golden Boy” was present at the audience. Fifteen year old Jarmo Virtanen was to become the most successful Finnish powerlifter in history. Jarmo started winning his open world championships in Finland in 1985 in Espoo, and ended his career also at home in 1995 in Pori. Jarmo Virtanen was crowned nine times as world champion in powerlifting in the tough, highly competitive 75 and 82.5 kg classes. For good reason, Jarmo earned a membership in all powerlifting Halls of Fame (IPF, EPF, SVNL). Jarmo, a phenomenal talent, has said that one of his secrets has been determination, target orientation and awareness of his body of when and how to train. In addition to being a nine-time world powerlifting champion, Jarmo Virtanen has always given back to the sport of powerlifting that he loves so much. He owns a gym with his wife Maria, where he delivers his experience and knowledge about powerlifting, and also does a bit personal training.

Women have been another success story in Finnish strength sport. Since 1980, at the first women’s world powerlifting championships, Finnish lifters have been on stage to fight for the brightest medals. It only took until 1987 when Anna-Liisa Prinkkala (44 kg) did what Finns were dreaming about: being the first woman to win the world championship in powerlifting. Right after Anna-Liisa, only few minutes later, Vuokko Viitasaari (48 kg) won second gold for Finland. Both Anna-Liisa, a 4 times world champion and Vuokko, 2 times world champ, reaffirmed their first gold with their last deadlift taking them to the number one podium position lifting only 2.5 kg more than their competitors.

The most successful Finnish woman in powerlifting is Raija Jurkko, born as Koskinen. She has seven world gold medals and 11 European championships in powerlifting. Her first victory came in Chiba, Japan in 1995, and the latest being won at Stavanger, Norway



World champs Vuokko Viitasaari, Jarmo Virtanen, Helena Heiniluoma and Tuula Saari celebrating Finnish PL 40 years anniversary

2006. Raija, also a member of IPF and EPF Hall of Fame, is still going strong hunting seriously golden medals at world championships in front of the younger competitors.

From deadlift nation...

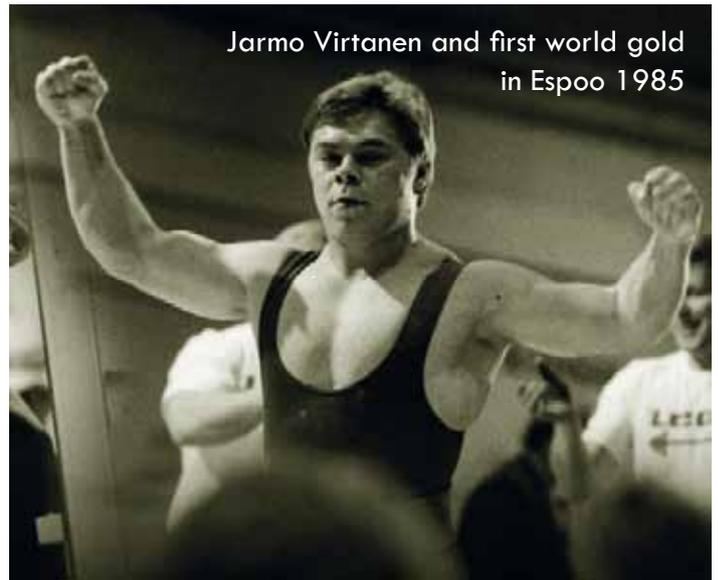
The deadlift as a species of powerlifting looks like it is all about the brute strength, which might be true. However, the deadlift is also very much about a crazy attitude - to be found in the last rounds of a powerlifting competition.

Why Finns have been throughout history, specifically good at the deadlift could be a question of Finnish history and culture. Finns are very practical people. Taming the country from wild areas to green fields needs strong attitude and practical hands. There is a phrase: "Suo, kuokka ja Jussi" (Swamp, hoe and Jussi) which tells about simple and rough history where a man most often called Jussi needed a tool, a hoe to tame swamps and other areas for his survival. This tradition has formulated the Finns characters and carried, at least a bit, into powerlifting venues to lift more weight with hands from feet than anyone else.

The deadlift nation draws its fame from 1975 when the first world record was born by the Finnish farmer, Raimo Välineva. Since Raimo's example, Finns have left great stories permanently into a powerlifting history such as a battle between Finnish Veli and the English Ron Collins in Europeans in Switzerland in 1980. Also in 1996 Janne Toivanen in Worlds in Salzburg showed such determination with an extra fourth lift [given by the jury because his third lift was wrongly loaded], such that no-one was left in any doubt as to who can deadlift - truly becoming a world champion.

...to super-heavy benching at the top of the World

The bench press as a "little brother" for powerlifting has also raised strong emotions and dropped a few teardrops of fortune among Finnish sport friends. The first world championships in bench press were held in 1990 in Russelsheim, Germany which gave Finland surprisingly five championships. 1992 was the

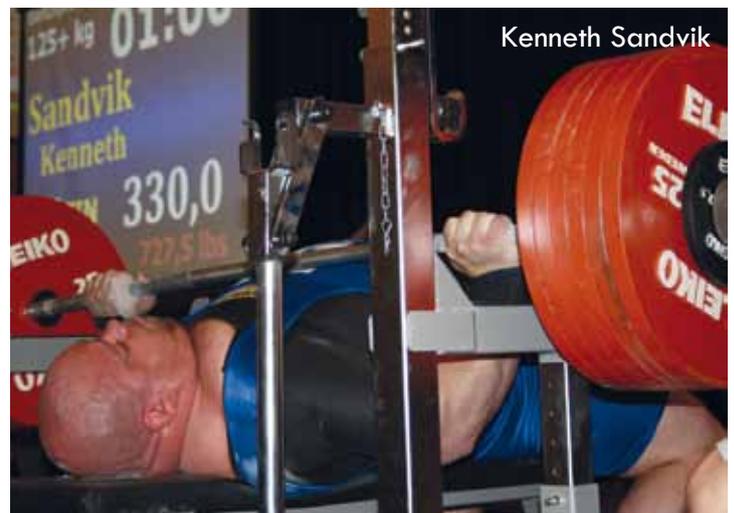


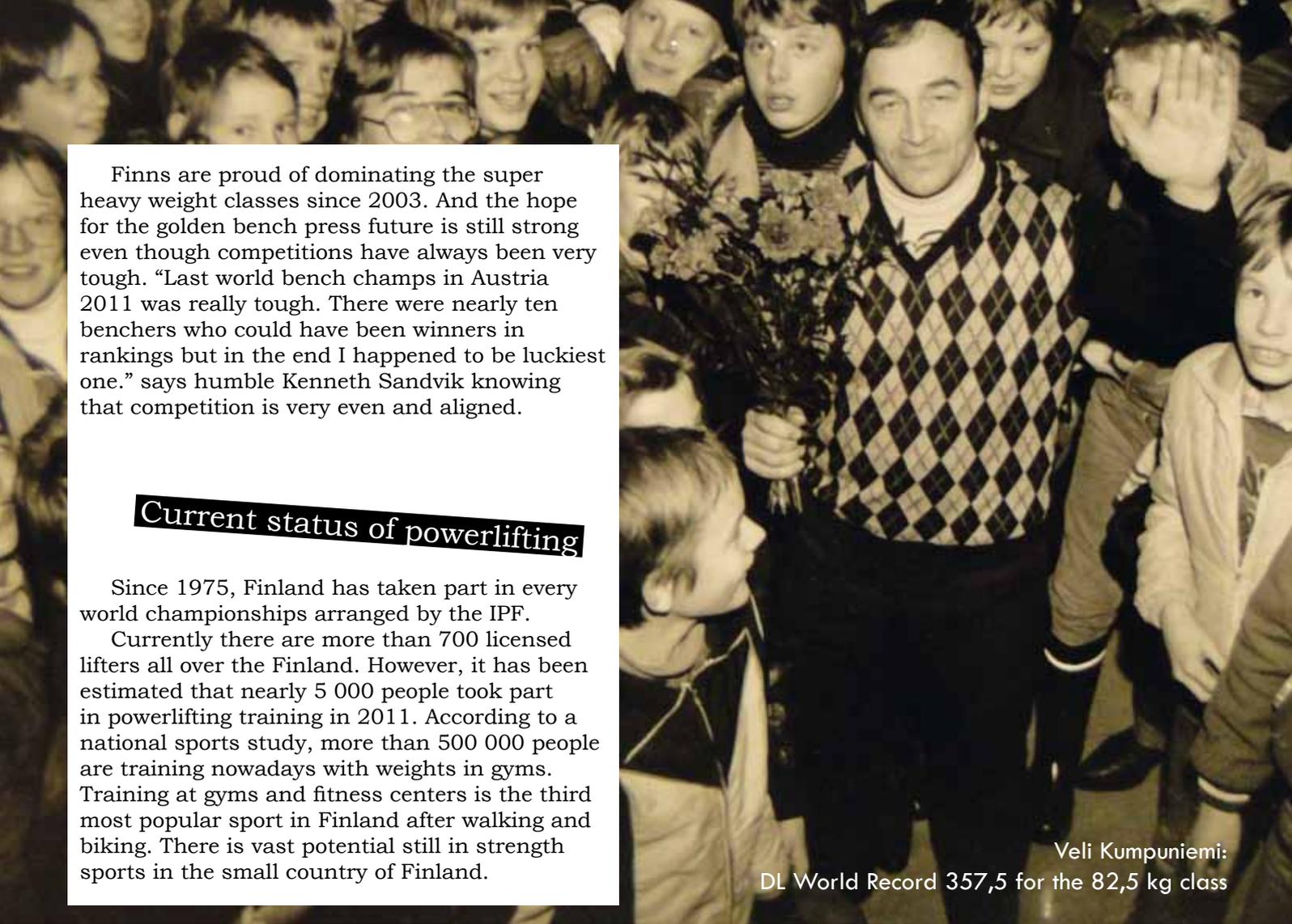
Jarmo Virtanen and first world gold in Espoo 1985

best year so far as six lifters won gold at the world benchpress championships.

The most successful benchers in the women's classes have been Tuula Saari and Helena Heiniluoma with three world championships.

The most triumphant bencher in Finland is super heavy weight Kenneth "Kenta" Sandvik with overall seven world championships. No-one in the world has won as many worlds as Mr. Sandvik. Kenta took his first world championships in Trencin, Slovakia. Kenneth Sandvik told one of his friends how great it was to win the first world champion: "It was a fantastic feeling. I told my team-mate Ove Lehto that I celebrated my first worlds gold medal, and he said that I should celebrate it properly because it won't happen again..." Ove Lehto took gold five years later in 2008 and another Finn Fredrik Smulter in 2009.





Finns are proud of dominating the super heavy weight classes since 2003. And the hope for the golden bench press future is still strong even though competitions have always been very tough. “Last world bench champs in Austria 2011 was really tough. There were nearly ten benchers who could have been winners in rankings but in the end I happened to be luckiest one.” says humble Kenneth Sandvik knowing that competition is very even and aligned.

Current status of powerlifting

Since 1975, Finland has taken part in every world championships arranged by the IPF.

Currently there are more than 700 licensed lifters all over the Finland. However, it has been estimated that nearly 5 000 people took part in powerlifting training in 2011. According to a national sports study, more than 500 000 people are training nowadays with weights in gyms. Training at gyms and fitness centers is the third most popular sport in Finland after walking and biking. There is vast potential still in strength sports in the small country of Finland.

Veli Kumpuniemi:
DL World Record 357,5 for the 82,5 kg class

Future in our hands

Powerlifting is admittedly the most successful sport in Finland as evidenced by world and European medals. Therefore it is not overstated at all in arguing that powerlifting is a golden sport in Finland.

Currently the Finnish powerlifting Federation (SVNL) supports all four different sports we have: powerlifting and bench press without gear (classic/RAW) and equipped equally. However, SVNL believes that the future of Powerlifting has benefits in going back to its roots. Lifting without gear is natural and everyone can compare their powers to sport stars at classic competitions. Finland arranged its first RAW championships in bench press 2011 and our first RAW powerlifting championships will be arranged just before the World Cup in 2012 in Sweden. This might be a path worth going down for powerlifting to be widely recognized as the strongest sport in the world.

In the 1970's Finnish pioneers of powerlifting such as the first chairman Heikki Salonen, and first secretary Jorma Rätty (also a world champ in

bodybuilding), and Raimo Välineva did not have the sophisticated equipment that athletes have today or the research on training and physiology to back up the exercises. However, they did have the most important thing — the desire to lift something heavy for fun, sport, and physical health. They had the attitude. It is still a most important power we have in Finnish powerlifting to carry these days of lifting with equipment or without any gear in classic way.

Honored Chairman of the Finnish Powerlifting Federation, Kalevi Sorsa, still believes the dream can come true because the future is in our own hands. The Finnish Powerlifting Federation supports the great efforts by the IPF pushing powerlifting as a sport of the Olympic Games. Likewise, Finnish lifters, coaches, public audience, and federation are still living a dream to be part of the Olympic family. Sorsa, having vast experience and being an enormously active agent since the 1970s, points out that one of the most important things in aiming for Olympics is a fight against doping. Being a pure strength sport is a dream we hope will come true. Like a deadlift, the future of powerlifting is in our own hands.

INTERVIEW WITH JOHN STEPHENSON

Stepping Down Technical Chairman of IPF

“Éminence Grise” is French for “Grey Eminence” meaning a powerful decision-maker or advisor who operates behind the scenes but not acting in public view.

So can the position of Technical Chairman of the IPF be likened to that of “Grey Eminence”. Sometimes we take technical rules for granted, yet they have been created with precise knowledge of the sport which allows all of us to enjoy a fair powerlifting competition. The people creating the technical rules serve on the Technical Committee. It seems we rarely do them justice for their contributions, for they are working for the lifters and the organization as a whole, never putting themselves in the limelight. The IPF Magazine attempts to shed some light on this group of quiet achievers by focusing on our own “Grey Eminence”.



The ever young-looking (complete with that mischievous light in his eyes) - John Stephenson, stepping down after 17 years at the post of Technical Chairman of the IPF, willingly obliges us with a rare interview:

Let’s just ramble on our questions, shall we? What’s the first thing coming into mind about being interviewed?

All right, it all started with me falling off a building from a height of 9 meters (30 feet) in 1960 while trying to tighten a bolt on a scaffold. In that accident I broke both legs, fractured my jaw and skull as well as my wrists. I’m full of metal

parts now (pulling up his sleeves showing the scars of old operations). But as the saying goes I landed on my feet (and hands).

As a rehabilitation exercise I started to do weight training. The guys were naturally benching in my gym so that’s how I got involved in powerlifting. In those days we were doing the body-building type of lifts, and I myself was rather okay as a bodybuilder.

By 1966 we were benching in our gym, pretty much holding in-house competitions. In 1969 the first British Powerlifting organisation was born. Lifters from the US were invited to the UK and vice versa and that’s how the first international competitions started up. When the IPF was finally formed in the early seventies the membership was not more than about 10 nations at the time.

Except for a very few old-timers the rest of us don’t know anything about how the lifts looked like in those days.

Oh, Squat rules were the same. Required depth hasn’t changed in a long time. In the bench totally even extension was a criterion. The deadlift was also the same rules as today, except that they used in the early days cambered bars where the bar wasn’t a straight piece but had some bends in it, making the lift generally easier. But those bars disappeared pretty soon. Interestingly, I think Great

Britain was the last nation to lift in pounds before converting to kilos.

As the years went by the rules got stricter and stricter. I personally am not very happy about the allowed foot movement and tolerated uneven extension in the bench today but that’s how it is now.

All right, can you give us some background information on yourself?

Right, I’m 75 young now, married for 51 years, living on the Island of Jersey in the English Channel, about a 100 km south of England and 14 km to France.

I have a 49 year old son who took over my business of running a driving instruction school in Jersey. I myself am a pensioner, enjoying my hobby of sailing and having a 10 o’clock breakfast at our yacht club.

How did you become Technical Chairman?

(Jokingly) Oh, the IPF must have been in dire need and that's how they chose me.

But seriously. It was 17 years ago, and at that time I had already been serving as an international referee for 18 years and the Technical Chairman that time was Mr. Jöran Gunnarson from Sweden. His health was failing him at the time so he asked me to take over and I considered it as an honor.

During my career as a referee in the IPF, I officiated at 120 international competitions.

Any other prominent rule change that comes to mind?

In 1981 at the Worlds in Calcutta, India we introduced the round system of competition. Up to that time we were using Weightlifting's system of the rising bar, but there were no rounds. Everybody took their attempts be it first, second or third when the bar got loaded on that weight.

It was also at this competition when 4th attempts for record purposes were introduced. This was later canceled again.

It's also interesting that the cards system (red, blue and yellow cards) was worked out by me and introduced by the Technical Committee in 1992 to inform coaches, lifters and the fans why a lift was red lighted. The reason behind this was that coaches kept swarming the referees and the Jury table for explanation. The system works well ever since.

John, obviously you attended some of the most epic competitions in the history of powerlifting and saw lifting legends competing. Can you give us just a hint of what it was like to be there and your impressions?

What comes to mind first is Ron Collins of Great Britain and Veli Kumpuniemi of Finland going head to head in 1980 in Switzerland in the 82.5 kg class. Ron already was the champion on

the total but the battle was on for gold in deadlift. Collins went to tackle a new world record of 355 kgs on his third attempt and he got it. But the Finnish lifter still had a lift to go. And Veli attempted an unbelievable 357.5 kgs and he got the lift 2 to 1.

I recall this was the worst organized championship by the way, they didn't even have squat racks in the warm-up room. The lifters had to "unrack" the bar from some stairs at about shoulder height. It was also this championship where I took my Category I exam successfully.

Another incident was a famous Ed Coan squat in 1996 in Salzburg at the worlds. Ed was lifting in the 100 kg class and he squatted 430 kgs but it got red-lighted. I was side referee if I recall correctly.

On the other hand the 1978 Championships held in Turku, Finland were one of the best competitions I have ever been. Smooth organization everything in place.

I could go on listing the competitions but no use. It's been a great time for me in powerlifting and a privilege to serve the IPF.

Now that you are retiring after a long and valuable term of service from powerlifting what would be your message to powerlifting fans over the world?

Don't let powerlifting become a business. I many times think if I could go back 30 years in time what I would do different. I come to the conclusion that I would just carry on like I did. But my message if we were 30 years earlier, go raw. The past of raw lifting is our future at the same time. That's why if I don't go anywhere else, I definitely don't want to miss out on the First IPF Classic World Cup in Sweden in 2012!

Thank you John for your time and the interview. We thank you for your extraordinary contributions over decades for our beloved sport of powerlifting. John we wish you good health and hope to see you at our meets in the future.

‘But my message if we were 30 years earlier, go raw. The past of raw lifting is our future at the same time.’

John Stephenson

With the 2013 World Games being hosted in Colombia, South America, we have the perfect opportunity to learn more about this thriving and enthusiastic group of nations from the perspective of powerlifting...

By Eduardo Rodríguez Briatures
IPF Magazine South America correspondent

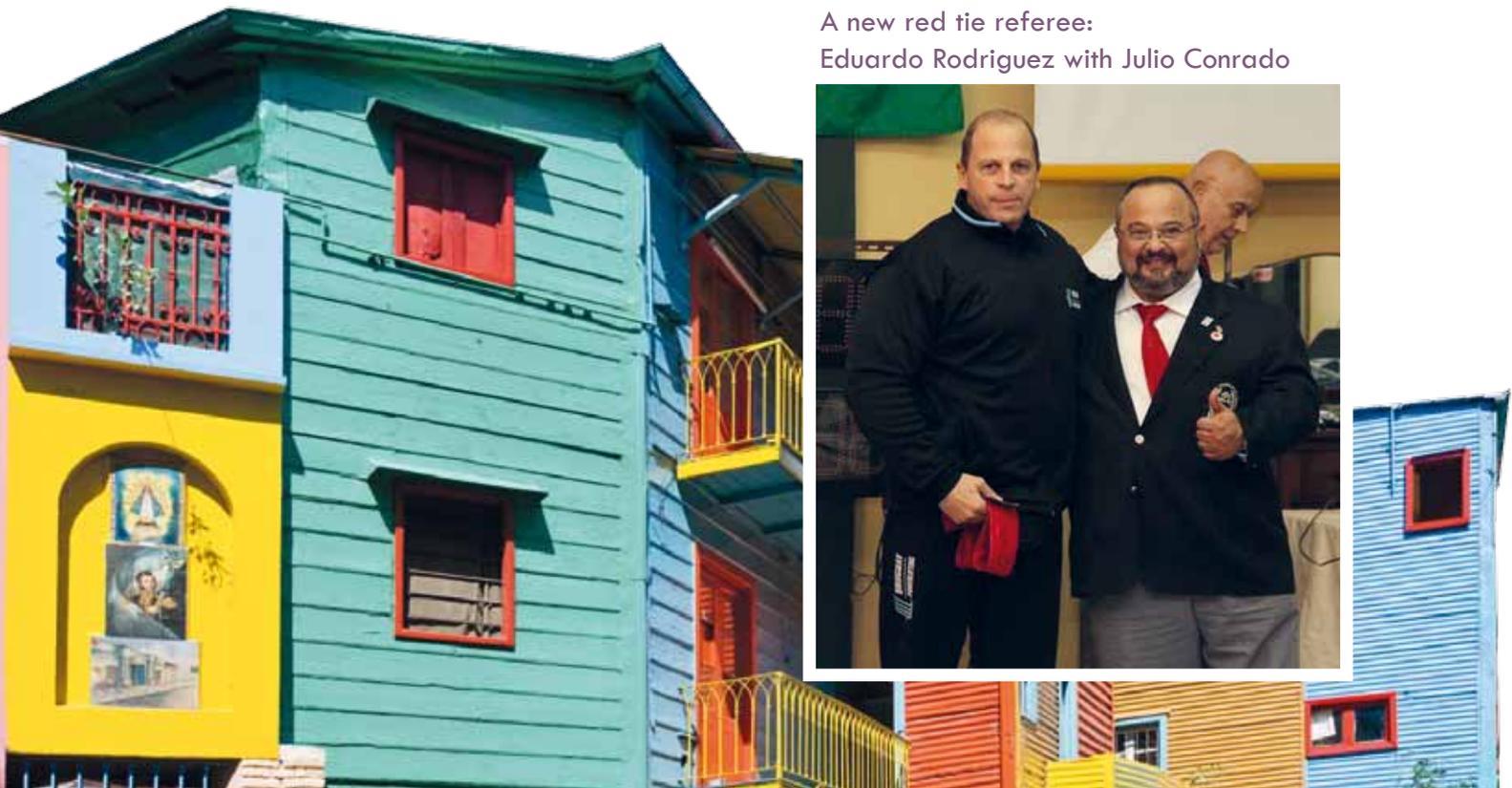
A LATIN AMERICAN PERSPECTIVE

South America is a vast continent which extends over 17 million square kilometers, with a population of about 357 million inhabitants. This extensive territory is divided into 13 countries, among which Brazil is the largest, occupying nearly 45% of it. The countries that comprise South America are: Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Guyana, Paraguay, Peru, Suriname, Uruguay and Venezuela.

The vast majority of the countries which take part in regional powerlifting tournaments governed under IPF rules, do so through meetings between two or more countries, such as the Copa Rio de la Plata between Argentina and Uruguay, or the South American Championship, which most of these countries attend. In the highly international Pan-Am Championship, Mexico, USA and Canada also participate.

A new red tie referee:

Eduardo Rodríguez with Julio Conrado



However, some of these countries such as Chile and Bolivia do not have a very strong development of our sport, although they do have weightlifting, which has been popularized to a greater extent.

I have personally worked as a referee since 1988 and I have seen a great development in South American powerlifting since the mass media have given wide spread coverage to it and especially since we have had access to sports equipment, either as specialized infrastructure or powerlifting aparels (barbels, benches, racks), and especially the possibility of accessing appropriate support clothing.

I once read a note referring to the fact that in the '80s, in a sports exchange between the U.S. and the former USSR, members of the American team including Dr. F. Haltfield, mentioned they had met youngsters who performed squat reps with 300 kgs load, with no more equipment than a shirt and shorts, even without

weightlifting knee wraps to give them any suport. Dr. Squat reflected on the future of these athletes, wondering what their limits would be if they had adequate lifting apparel.

We've personally experienced this little story, which could also apply to leading sportsmen in our countries, and this is something still going on here now, in this globalized world, where full South American sports opportunities are still to be shown.

In fact many worldwide achievements belong to American athletes, something which would have been impossible for us in a not too distant past. Much remains to be done and we must work to further spread powerlifting. Only education and technical exchanges can accomplish that.



Oishi Eric (66 kg, BRA): 300 kg sq



Perez Miguel (120 kg, VEN): 405 kg sq

SPOTLIGHT ON SUZANNE "SIOUX-Z" HARTWIG-GARY (USA)



IPF Magazine caught up with inspirational lifter “Sioux-Z” Hartwig-Gary of the USA, who gave us a fascinating insight into her world of Powerlifting.

When did you start getting involved in the sport?

I discovered powerlifting in 1991. I trained for six weeks, competed, did another competition two weeks later, and then one more a week after that. In May 1992, I moved to Virginia to pursue my powerlifting career.

Who is your inspiration?

God has blessed me with the physical gifts and health to lift heavy weights. I draw most of my inspiration from Him. Early in my powerlifting career, Kirk Karwoski and Carrie Boudreau inspired me. They were consistent, technically sound, and very strong. Today, I’m most inspired by Dave Ricks and my husband Matt Gary. Dave is a master’s lifter who keeps getting stronger and competing at the highest levels of our sport. Matt serves as my coach and biggest cheerleader. His knowledge of the sport and training techniques rivals anyone I’ve met. I’m inspired by his “never quit” attitude as he’s recently battled through some injuries and

forged his way back to hit some all-time personal records.

How does it feel for you as a Master lifter to come to the Open Worlds and compete with the best there, and still break World records?

I am very honored to be able to compete at the Open Worlds as a Master lifter. As long as God keeps blessing me with health and strength, my dream and goal is to be able to be competitive in the Open Worlds for many years to come. I also want to be successful in the inaugural Raw World Cup this coming June in Sweden. Just because we get older, doesn’t mean we can’t get stronger!

What's next for you?

I have a busy year ahead of me. I am currently training for the USAPL Women's Nationals (equipped) in May. After that I have a quick turn-around for the IPF Classics Powerlifting World Cup (raw) this June in Sweden. That's followed by the USAPL Raw Nationals in August and if all goes well, the IPF Master's Worlds in early October and IPF Open Worlds in early November. After that, I think I'll need some rest.

Can you tell us about your preparation for the Open Worlds and how you saw yourself competing before?

My preparation for Open Worlds included four days of training per week. I train every lift twice per week: once heavy (equipped) and once lighter (raw) with some time devoted to assistance exercises to address my weaknesses.

I always try to be positive. Some days things do not go as planned. I may do fewer reps or sets if things feel wrong, but I believe something positive can be taken away each day.

When competing I have a few different things that I do to get myself ready. During warm-ups Matt and I always pray for the safety of everyone at the competition and that God will help me perform at my best. Typically when I am on deck or in-the-hole I will visualize myself doing the lift successfully. Lastly, when I am about to start the lift I always say, "You and me God, let's

go!" My faith in the Lord gives me confidence and hope for greater things. Late in 2003 I had a bulging disc in my neck and was told I should consider surgery and give up powerlifting. I will admit, the first thing I asked God was, "Why?" The next thing I did was pray to Him that He would get me through rehab, teach me whatever lesson I could learn, and give me the courage to persevere and become stronger than I'd ever been before. Praise the Lord, He answered my prayers and almost ten years later, I am competing, enjoying myself, and stronger than ever.



'I consider it an honor and privilege to compete in the IPF. I have been able to travel the world and make friends of many nationalities.'

When you are not doing powerlifting, what do you do for fun?

When I'm not powerlifting, I work as a massage therapist and a bookkeeper. I enjoy church activities, dancing, movies,

photography, travel, and spending time with loved ones.

What is your secret in training?

I have no real secrets other than listening to my body and always giving 100%. It doesn't matter how much weight is on the bar, I try to make every rep perfect. Technique is king!

When will be the next big competition for you?

The next really big competition is the inaugural IPF Classics Powerlifting World Cup in Sweden. I am really looking forward to it being a huge success for the IPF.

Where do you see powerlifting in the next 10-20 years?

I hope I am still competing 10-20 years from now. I believe raw lifting will be much more popular and that it will continue to bring new people into the sport. Hopefully, with more exposure, powerlifting will have a better chance of getting into the Olympics.

What is your most memorable moment in powerlifting for you?

Wow, that is a hard one. Most people would think it was when I won the Open World Championships or the first time I set a Master's World Record. I can't really pick one but will add another - the first time I placed at an IPF Open Worlds, when I took the bronze medal in Germany 2002.

What was the toughest competition you ever competed in?

My toughest was 2005 USAPL Women's Nationals in St. Louis, Missouri. It was my first competition back after missing an entire year due to a bulging disc in my neck. My training was going great and just before the competition I tweaked my hamstring. Everything turned out OK but I was very nervous that I would not be able to compete or would irritate the disc in my neck.

Do you have a message for powerlifters out there?

Powerlifting is great for the mind, body and soul. Train hard, train smart but have fun! No matter how successful you are there is always something that you can learn from another lifter. Pay it forward

and give back to the sport. That is how it will continue to grow and be strong.

Tell us (the powerlifting world) something about you that we don't know yet!

When I was 14, I weighed 98-pounds (44kg) and was shown how to squat and bench press on a Monday. On Wednesday we practiced and on Friday we maxed out. I squatted 200-pounds (91kg) and benched 100-pounds (45kg). I wanted to start lifting weights but was told there wasn't room for girls to train. It wasn't until eight years later when someone saw me lift on a universal machine and said, "You're strong! You should be a powerlifter." I asked what that was, and the journey began.

May I take this opportunity to also say this: I consider it an honor and privilege to compete

in the IPF. I have been able to travel the world and make friends of many nationalities. I could not have had this much success on my own. I want to thank Pete Alaniz of Titan Support Systems for his generosity as my gear sponsor and friend over the years. Thanks to my friends and family for their emotional support. My parents have traveled to many competitions, even a few World Championships. Thank you to Matthew Gary - my husband, best friend, and coach. Last but not least, I thank the Lord for the gifts of peace, love, strength, and perseverance. I wish blessings and health to everyone in 2012 and beyond.

Thank you Suzanne, we appreciate your time and allowing us a bit more of a glimpse into your world! We send you and Matt our best wishes for a strong and happy 2012!



Suzanne & Matt

FROM THE VIRTUES OF SPORTING INTEGRITY TO THE JOYS OF GENUINE FRIENDSHIPS... WE EXPLORE WHAT THE DEFINING CHARACTERISTICS ARE OF THE IPF AND ATTEMPT TO ANSWER....

WHY DO WE LIFT IN THE IPF?

by Christina Chamley

Let's face it, there are a lot of powerlifting organizations out there. In every country and region of the world, there are powerlifting federations and organizations other than those aligned with the IPF. From whatever country you are reading this from, there is a choice of organizations to lift with. Some are nation-specific and some are global, but whatever a person's particular needs or wants are in this sport, there is most likely a federation that will cater to them.

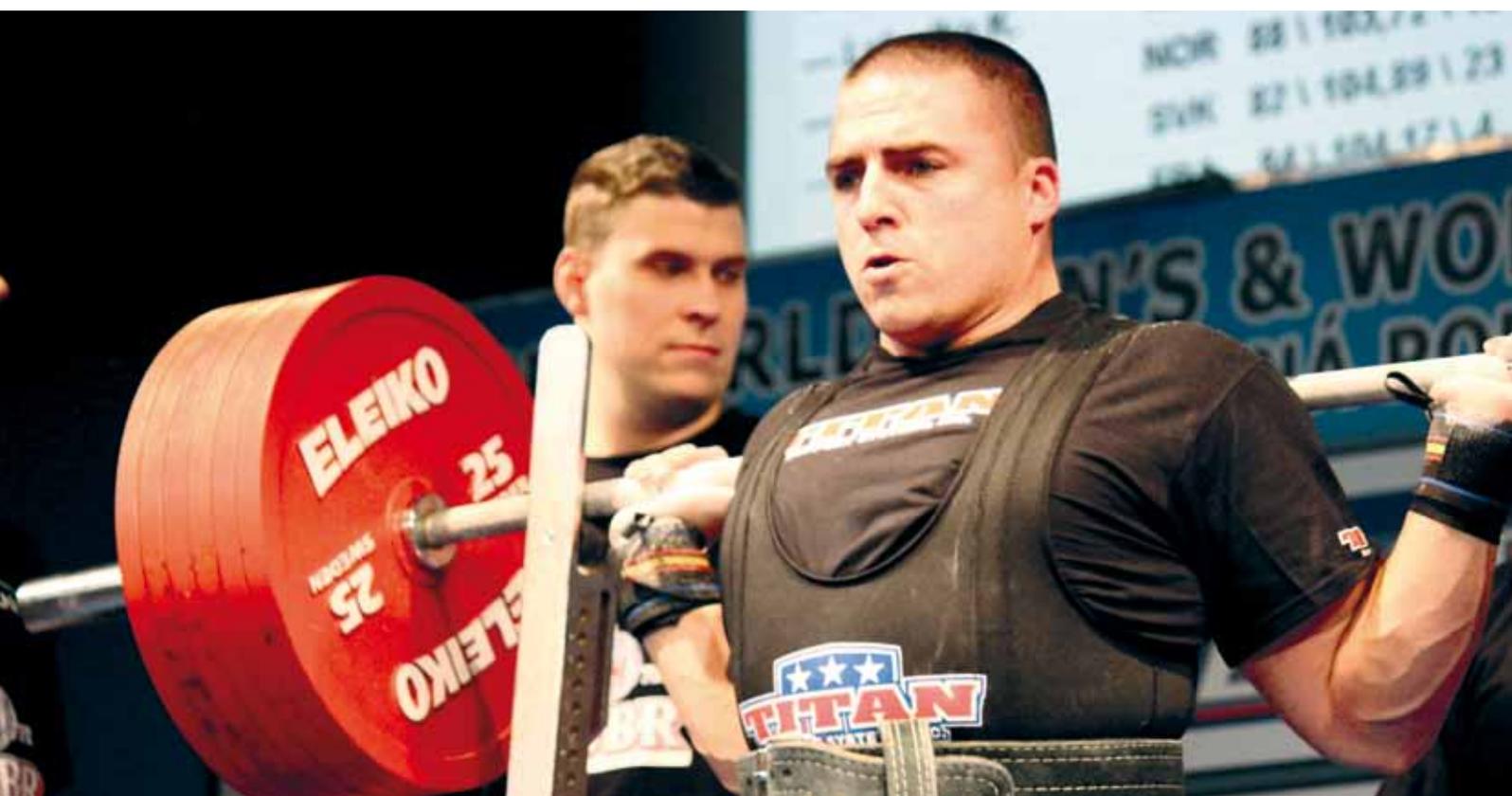
So it got me thinking, why do so many athletes lift with the IPF affiliated powerlifting organizations in their countries? What is the difference between IPF organizations and non? I did some admittedly non-scientific enquiry [ie, I just asked people] and here is what they talked about in answer to the question: why the IPF?

Sporting Integrity - Anti-Doping:

Bottom line - IPF and its affiliated member nations are committed to the purposes of the World Anti-Doping Agency (WADA) Program and the Code, namely to:

- protect the athletes' fundamental right to participate in a doping-free sport and thus promote health, fairness and equality for athletes worldwide; and
- ensure harmonized, coordinated and effective anti-doping programs at the international and national level with regard to detection, deterrence and prevention of doping.

Athletes who recognize that doping is fundamentally contrary to the spirit of sport, choose to compete in IPF competitions, hopeful of a fair, clean competition. Whatever outcomes these athletes achieve, are done so within an organization highly determined and truly committed to the concept of a level playing field.





Any achievement in an IPF competition, has respect and integrity by virtue of the fact it is done so in a strict WADA Code of Practice.

The IPF has numerous programs within its member federations to help them to adhere and comply with the WADA Program and Code, and ever-increasing resources are being directed towards that type of support to nations and lifters. I have spoken to many athletes who in all conscience could only ever lift in an IPF affiliated organization and would never consider any other, on the grounds of the commitment to the anti-doping issue alone.

Titles and Records mean something:

I guess partially because of the point about the strong commitment that IPF has to anti-doping, other reasons for lifting in the IPF are even more meaningful. It turns out that athletes want to achieve titles and records within their IPF affiliated national organization and indeed the IPF world events because they actually mean something!

There are limited classifications or divisions within an IPF event, and there are often many talented competitors in each division. In other words, it's hard to win a title and even harder to take a record. An athlete's ranking after an IPF competition, far from being handed to them, has been earned. And in the athletes mind that is the burning question that they are always

wanting to answer: did I really earn it? It's pretty easy to rock up to a "Mickey-mouse" competition where by design, everyone will finish first, second or third. It's quite another thing to get on the podium in the IPF. Hard fact.

Raising the status of our great sport:

Athletes, coaches, officials, interested people, are united in this goal: we want our sport to have a greater sporting profile, to be right up there in the world sporting arenas. To that end the IPF is clearly the leading powerlifting organization, professionally working towards and lobbying for inclusion of our sport in the major sporting events of the world. Constant work towards making powerlifting a recognized sporting entity in member nations is done by the IPF, being a member of Sportaccord and the International World Games Association.

It means putting a lot of energy and effort into having strategic plans, constitutions and by-laws, professional structures, financial accountability, technical committees, rules and standards, processes, policies and procedures, professional associations, affiliations and sponsors. It's all about a commitment to professionalism, honesty and accountability. Being a respectable organization in the eyes of the world sports organizations. IPF takes on this task alone. Why? To promote and propel the sport of powerlifting into the international sports event arenas, for the benefit of us all and future lifters.



Friendship - but what is it based on?

Of course I could reflect on my own wonderfully joyous and positive experiences in this domain but time and time again I hear of the friendship issue being touted as one of the big reasons that very many athletes love to compete in the IPF or IPF affiliated organizations.

But surely friendships are also true of powerlifting organizations other than IPF? I personally know lifters in such other organizations and yes, indeed they enjoy friendships. There is a difference though. Friendships in other organizations, I believe arise from something other than from where it arises within IPF athletes.

IPF athletes respect each other, deeply. Not only do they understand and appreciate all the training and everything else that they have done to get to their competitions. Not only do they understand how much the athletes want these achievements with every fiber of their being. But they also know that the athletes have done so fairly, honestly, under strictly imposed standards with no motivation other than respectable sporting integrity. These are friendships that are born out of genuine respect for each other. And this explains why there is a genuine hope between athletes that they will lift well and safely.

... I can't help thinking that IPF athletes, coaches and officials are also just inherently great fun and make wonderful mates!

Summary:

Lifters looking for a quick fix will always be tempted by the easy options, be it drugs, flimsy standards or hollow achievements. But it seems to me that the hard road, the road worthy of respect is the only way worth pursuing for the people with clear vision, true courage and determination.

My respect goes to those who travel the difficult road and stick with it. Even in the face of their personal trials and tribulations, knowing what they stand for, what is important and being clear about the organization that also reflects these qualities. This is the road with integrity. My hope is that these athletes realize that they are already winners by the choices they make.

THE AFRICAN POWERLIFTING FEDERATION GENERAL ASSEMBLY AND LOCAL NEWS



The APF General Assembly and election took place in Khenifra, Morocco on the 14th and 15th October 2011.

The following officials were elected with a majority vote:

- **Alan Ferguson** was unanimously elected for a further term as President
- **Moussa Massour**, Algeria elected as Vice President
- **Elmamoun Mohamed**, Morocco, elected as General Secretary
- **Gail McKenzie Kerr**, South Africa, elected as Treasurer
- **Hannie Smith**, South Africa, elected as Technical Director
- **Peter Adejei**, Ghana, elected as Communications Officer
- **Hamid Jamal**, Morocco, elected as Board Member

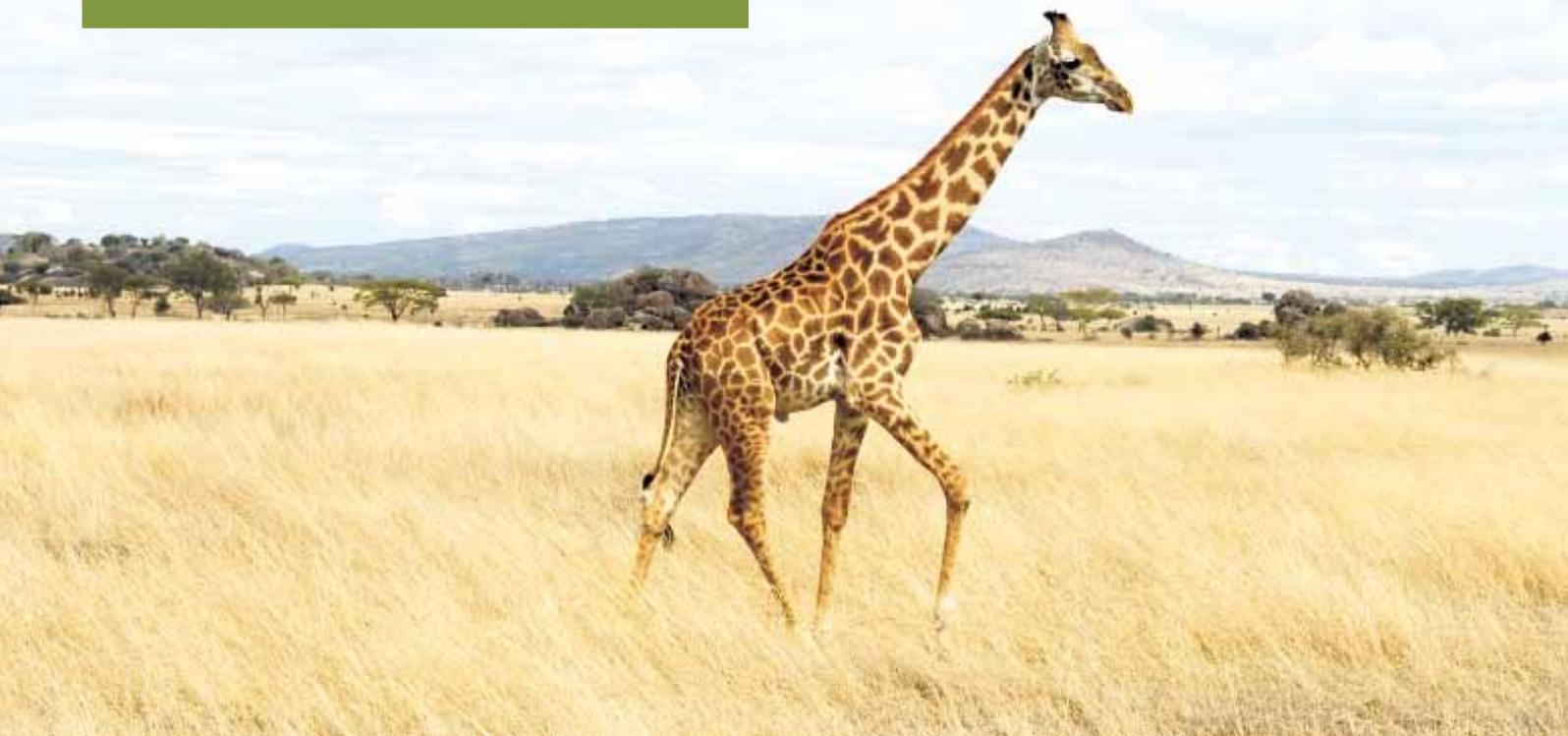
The following is a message from the new Secretary General, Elmamoun Mohamed, who kindly hosted the assembly and the competition the following day.

As you know the African Powerlifting Federation works hard to encourage and develop new African members to the sport and organization and the road is not easy. With no official sponsors the task is onerous especially with the distances between countries and communication is difficult.

However as the new General Secretary I will do my best to maintain contact and develop the sport.

At the moment I am working with various personnel including Mr Khalid Nabaoui in Egypt to establish a new Egyptian Federation.

Elmamoun Mohamed



The lure of Powerlifting is strong world wide and this was shown by the fact that this congress and competition was held at a location pretty isolated virtually in the middle of Morocco.

The city of Khenifra is situated some 250 kms from Casablanca and the only access to the city is by road which was interesting to say the least. The city is modern and has all the amenities and facilities of any large city and proved to be an adequate venue.

The congress was well attended and the day after the congress the Powerlifting competition took place in the town hall and the accompanying photograph shows some of the winners of the various divisions.

As Elmamoun stated the Egyptian Federation is the process of being restructured and we hope to have them aboard as members in the very near future.

Libya, due to the uprising is still sitting in limbo and as one of the strongest nations in the area the APF needs them aboard and contact is being made to find out if they are able to reorganize themselves.

A P Ferguson

President African Powerlifting Federation



2012 EVENTS

19.-22.04.	World Masters Bench Press Championships IPF	Denver, USA
21.-26.05.	World Bench Press Championships Open, Sub-Junior & Junior IPF	Plzen, Czech Republic
11.-17.06.	IPF Classic Powerlifting World Cup (unequipped)	Sweden
28.08.-02.09.	World Sub-Junior & Junior Championships IPF	Szczyrk, Poland
02.-07.10.	World Masters Championships IPF	Killeen, USA
29.10.-04.11.	Men's and Women's World Championships IPF	Aguadilla, Puerto Rico

COMING IN OUR NEXT ISSUE...

- **Blacksmithing your bars and plates**
- **Introducing little known powerlifting country of El Salvador**
- **Reports from the upcoming Championships**
- **Exclusive Interviews**

THE DEFINITION OF DEFINITION.

9 WEEKS.



PowerBar

POWER TO PUSH

**THE INNOVATIVE 9-WEEKS SUCCESS CONCEPT FOR
EFFECTIVE MUSCLE BUILDING AND DEFINITION!**

Enough of the slogans it's time for visible results. Scientifically tested and proven. A balanced concept consisting of effective training, individual nutrition plans and high quality sports nutrition.

TNS CONCEPT: TRAINING + NUTRITION + SPORTS NUTRITION

FREE training and nutrition plans as well as attractive product packages under WWW.9WEEKS.EU





INTERNATIONAL MANUFACTURERS UNION

POWERLIFTING