

Ultimate Strength

The Official Newsletter of the East Midlands Weight Lifters Association

June 2005



British Women's Powerlifting Team 2005

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Editorial

The IPF have published on their website world ranking lists for the Bench Press (single lift contests) and Powerlifting. Ranking lists are available for 2004 and to date in 2005. See www.powerlifting-ipf.com.

The results of the Senior's European Powerlifting Championships reflect a good performance by the British team despite two of the team's members failing to put in a total. Overall a 4th place finish in the team competition and Clive Henry taking the gold medal in the 125kg category. Full results below.

The British Women's team finish a good 5th place at the Women's World Powerlifting Championships, see below for full details.

Full results of this years Junior Powerlifting Championships are also in this issue. These were held in the Ukraine.

Four of our divisional referee's have recently been promoted to National level. Well done to Jenny Hunter, Jackie Blasberry, Cathy Wass and Stuart Hamilton.

Ian Kinghorn
Newsletter Editor

Men's European Powerlifting Championships

Clive Henry won gold for Great Britain in the 125kg class with a total of 1022.5kg on the final day of the [2005 Men's European Powerlifting Championships](#). The super-heavyweight title went to Russia's Vladimir Bondarenko, who totalled 1102.5kg to break Lars Norén's 17-year-old European record. The best lifter award went to Sergey Fedosienko and Russia won the team competition.

Russia claimed both gold medals on day three of the [2005 Men's European Powerlifting Championships](#). Maxim Barkhatov won the 100kg class, with a combined total of 1005kg. The 110kg title went to Nikolay Suslov, who totalled 1055kg to increase his own world record by 22.5kg.

Russia's Sergey Bogdanov totalled 877.5kg to win the 82.5kg category on day two of the [2005 Men's European Powerlifting Championships](#). Bogdanov set a junior bench press world record of 247.5kg, and silver medallist Jan Wegiera from Poland broke the senior mark with 255kg. The 90kg title went to Ukrainian Sergiy Romanenko, who squatted a European record 372.5kg and lifted a combined total of 922.5kg.

Russia and Poland shared the spoils on day one of the [2005 Men's European Powerlifting Championships](#) in Hamm, Luxembourg. Russian junior Sergey Fedosienko won the men's 52kg title, and became the first man to total thirteen-times bodyweight with a world record 680kg. Fedosienko also set a deadlift world record of 256.5kg on a fourth attempt. The 56kg gold went to Russia's Konstantin Pavlov, who bench pressed a world record 190kg and totalled 647.5kg. Russian Ayrat Zakiev won the 60kg category with a 710kg total, and also benched a world record 210kg. Poland's Jaroslaw Olech totalled 805kg in the 67.5kg category, winning his eighth successive European title. In the 75kg class, Russia's Dmitriy Dvornikov and Poland's Jacek Spychala agreed to share the gold after both totalling 802.5kg.

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL
- 52 kg							
1	Fedosienko Sergey	RUS	51,88	260,0	170,0	250,0	680,0
						1/w 256,5	w
2	Constantine Patrick	GBR	51,61	210,0	112,5	225,0	547,5
3	Zambrzycki Tomasz	POL	51,90	185,0	90,0	185,0	460,0
- 56 kg							
1	Pavlov Konstantin	RUS	56,00	240,0	187,5	220,0	647,5
					1/w 190,0		
2	Wszola Dariusz	POL	55,77	240,0	140,0	200,0	580,0
3	Tinebra Frederic	FRA	55,52	210,0	135,0	200,0	545,0

PL.	Name	Nation	Weight	Squats		Bench.		Deadlift		TOTAL	
- 60 kg											
1	Zakiev Ayrat	RUS	59,71	285,0	1	210,0	1/w	215,0	2	710,0	
2	Lited Etienne	FRA	57,58	215,0	3	125,0	3	235,0	1	575,0	
3	Golak Dominik	POL	59,73	220,0	2	140,0	2	200,0	3	560,0	
- 67,5 kg											
1	Olech Jaroslaw	POL	66,91	320,0	1	185,0	3	300,0	2	805,0	
2	Sokolov Nikolay	RUS	67,05	295,0	2	187,5	2	275,0	3	757,5	
3	El Belghitti Hassan	FRA	67,21	260,0	5	150,0	8	302,5	1	712,5	
4	Richard Phillip	GBR	67,46	285,0	3	185,0	4	242,5	5	712,5	
5	Selberg Amit	SWE	67,14	265,0	4	195,0	1	230,0	9	690,0	
6	Lettner Richard	AUT	67,36	252,5	6	157,5	6	262,5	4	672,5	
7	Mihok Anton	SVK	67,03	225,0	9	157,5	5	230,0	8	612,5	
8	Ruso Karel	CZE	67,37	240,0	7	115,0	10	237,5	6	592,5	
9	Goffin Vincent	BEL	67,00	217,5	#	142,5	9	230,0	7	590,0	
10	Morten Rasmussen	DEN	64,62	200,0	#	150,0	7	190,0	10	540,0	
—	Andersen Thomas	DEN	66,63	237,5	8	—	—	—	—	—	disq.
- 75 kg											
1	Spychala Jacek	POL	74,67	305,0	3	190,0	4	307,5	1	802,5	
1	Dvornikov Dmitriy	RUS	75,00	315,0	1	195,0	2	292,5	3	802,5	
3	Vateha Peter	SVK	74,55	295,0	5	192,5	3	290,0	4	777,5	
4	Govorin Alexander	RUS	74,32	300,0	4	167,5	5	300,0	2	767,5	
5	Vasilev Todor	BUL	74,27	270,0	6	165,0	6	220,0	5	655,0	
—	Sacco Roberto	ITA	74,42	310,0	2	195,0	1	—	—	—	disq.
- 82,5 kg											
1	Bogdanov Sergey	RUS	81,65	325,0	2	247,5	2/wj	305,0	2	877,5	
2	Wegiera Jan	POL	82,03	330,0	1	255,0	1/w	290,0	3	875,0	
3	Michailov Robert	BUL	77,44	277,5	5	197,5	3	312,5	1	787,5	
4	Schnurr Mario	GER	80,01	282,5	3	150,0	7	270,0	4	702,5	
5	Spoerl Steffen	GER	80,40	250,0	7	185,0	4	240,0	7	675,0	
6	Loitelsberger Thomas	AUT	81,19	252,5	6	170,0	5	245,0	6	667,5	
7	Moth Helmut	AUT	81,83	240,0	8	155,0	6	247,5	5	642,5	
—	Singh Jaswinder	GBR	82,44	282,5	4	—	—	—	—	—	disq.
- 90 kg											
1	Romanenko Sergiy	UKR	89,98	372,5	1/c	230,0	2	320,0	1	922,5	
2	Pevnyev Sergiy	UKR	89,76	325,0	3	240,0	1	315,0	2	880,0	
3	Peeters Andre	FRA	89,30	315,0	4	205,0	5	310,0	3	830,0	
4	Nikolov Aleksander	BUL	89,15	305,0	8	217,5	3	305,0	4	827,5	
5	v.d. Hoek Pjotr	NED	89,93	307,5	6	210,0	4	295,0	6	812,5	
6	Hornik Jiri	CZE	88,95	300,0	9	200,0	6	300,0	5	800,0	
7	Kirketeig Alexander	NOR	89,33	310,0	5	200,0	7	270,0	9	780,0	
8	Hinz Markus	GER	89,00	305,0	7	192,5	8	275,0	8	772,5	
9	Green Fredrik	SWE	89,50	290,0	#	185,0	9	290,0	7	765,0	
10	Servotte Geoffry	BEL	89,43	290,0	#	175,0	10	245,0	11	710,0	
11	Jensen Michael	DEN	89,50	275,0	#	160,0	11	270,0	10	705,0	
—	Siabdallah Mohamed	FRA	89,32	290,0	#	—	—	—	—	—	disq.
—	Wilk Michal	POL	89,44	—	—	—	—	—	—	—	disq.
—	Ghirardi Daniele	ITA	89,80	330,0	2	—	—	—	—	—	disq.
- 100 kg											
1	Barkhatov Maxim	RUS	99,82	370,0	1	272,5	1	362,5	1	1005,0	
2	Coimbra Anibal	LUX	97,27	357,5	2/n	230,0	5	340,0	2	927,5	n
3	Theuser Petr	CZE	97,80	350,0	3	232,5	4	310,0	5	892,5	cm1
4	Omland Tor Herman	NOR	99,49	325,0	5	230,0	6	307,5	7	862,5	
5	Krumov Plamen	BUL	99,77	325,0	6	247,5	3	280,0	11	852,5	

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL				
6	Roessen Sebastiaan	NED	99,16	335,0	4	210,0	10	305,0	8	850,0	
7	Flood Jens	SWE	98,90	295,0	#	215,0	7	325,0	3	835,0	
8	Kanya Roland	HUN	93,55	300,0	7	250,0	2	270,0	12	820,0	
9	Foroni Antonio	ITA	99,68	300,0	#	205,0	11	310,0	6	815,0	
10	Hakkarainen Sami	FIN	98,61	300,0	9	210,0	8	300,0	9	810,0	
11	Grgic Dzoni	FRA	98,17	300,0	8	180,0	13	315,0	4	795,0	
12	Sorensen Thomas Jul	DEN	98,94	275,0	#	210,0	9	257,5	13	742,5	
13	Schranz Gerhard	AUT	98,80	240,0	#	185,0	12	295,0	10	720,0	
- 110 kg											
1	Suslov Nikolay	RUS	109,00	405,0	1	280,0	2/w	370,0	1	055,0	1 w
2	Makrushyn Sergiy	UKR	108,22	357,5	3	265,0	4	340,0	2	962,5	
3	Bilican Orhan	BEL	106,36	385,0	2	265,0	3	305,0	12	955,0	
4	Andreev Stoyan	BUL	109,65	350,0	6	245,0	8	332,5	5	927,5	
5	Heinila Harri	FIN	109,88	350,0	7	250,0	7	325,0	8	925,0	
6	Czegeny Csaba	HUN	108,74	315,0	#	280,0	1	325,0	6	920,0	
7	Belausov Ignat	BLR	109,17	352,5	4	230,0	10	325,0	7	907,5	
8	Kopola Hannu	FIN	109,87	340,0	8	222,5	11	335,0	3	897,5	
9	Czarkowski Marian	POL	107,36	350,0	5	220,0	12	320,0	9	890,0	
10	Taksdal Tollef	NOR	109,65	335,0	9	240,0	9	315,0	10	890,0	
11	Salmela Janne	SWE	106,46	330,0	#	212,5	13	332,5	4	875,0	
12	Krejca Zbynek	CZE	109,60	305,0	#	250,0	6	290,0	14	845,0	
13	Schafer Sven	GER	104,08	300,0	#	250,0	5	280,0	15	830,0	
14	Jensen Tonny	DEN	108,40	290,0	#	210,0	14	312,5	11	812,5	
15	Senn Christoph	AUT	108,28	302,5	#	187,5	15	300,0	13	790,0	
—	Vaassen Yike	NED	109,90	320,0	#	—	—	—	—	—	disq.
- 125 kg											
1	Henry Clive	GBR	123,56	425,0	1	272,5	2	325,0	3	022,5	1
2	Malanichev Andrey	RUS	122,95	390,0	2	250,0	3	370,0	1	010,0	1
3	Lehto Ove	FIN	124,44	360,0	3	292,5	1	350,0	2	002,5	1
4	Randen Asbjorn	NOR	122,40	350,0	5	240,0	4	320,0	4	910,0	
5	Sorig Morten	DEN	124,61	345,0	6	205,0	5	300,0	5	850,0	
6	Collart Jean-Luc	BEL	118,05	320,0	7	200,0	6	280,0	6	800,0	
7	Oliva Marco	LUX	113,55	250,0	8	145,0	7	272,5	7	667,5	
—	Hulden Stefan	SWE	121,23	—	—	—	—	—	—	—	disq.
—	Bowring Dean	GBR	124,15	355,0	4	—	—	—	—	—	disq.
125+ kg											
1	Bondarenko Vladimir	RUS	153,27	415,0	1	287,5	3	400,0	1	102,5	1 c
2	Ljungberg Jorgen	SWE	129,60	390,0	3	275,0	5	355,0	4	020,0	1
3	Martikainen Jari	FIN	143,61	390,0	4	257,5	6	357,5	2	005,0	1
4	Sandvik Kenneth	FIN	148,05	390,0	5	310,0	1	305,0	9	005,0	1
5	Thompson Andrew	GBR	161,44	365,0	6	277,5	4	340,0	6	982,5	
6	Orobets Vasyl	UKR	173,50	412,5	2	210,0	9	350,0	5	972,5	
7	Svensson Frederik	SWE	148,63	345,0	8	307,5	2	317,5	7	970,0	
8	Rui Frode	NOR	126,39	360,0	7	250,0	7	355,0	3	965,0	
9	Haasler Kay	GER	136,33	300,0	9	232,5	8	312,5	8	845,0	

Nation (points)

1. Russia	72	[12+12+12+12+12+12]
2. Poland	58	[12+12+9+9+8+8]
3. Ukraine	35	[12+9+9+5]
4. Great Britain	34	[12+9+7+6]
5. France	34	[9+8+8+8+1]
6. Bulgaria	34	[8+7+7+6+6]
7. Finland	33	[8+8+7+6+3+1]
8. Sweden	26	[9+6+4+4+2+1]
9. Norway	22	[7+7+4+3+1]
10. Germany	19	[7+6+3+2+1]
11. Czechia	17	[8+5+3+1]
12. Belgium	16	[8+5+2+1]
13. Austria	16	[5+5+4+1+1]
14. Luxembourg	13	[9+4]
15. Slovakia	12	[8+4]
16. Netherlands	11	[6+5]
17. Denmark	10	[6+1+1+1+1]
18. Hungary	8	[5+3]
19. Belorussia	4	[4]
20. Italy	2	[2]

Women's World Powerlifting Championships

The 26th Women's Worlds was held in Ylitornio, Finland between the 26th and 29th May 2005.

PL.	Name	Nation	Weight	Squats		Bench.		Deadlift		TOTAL	
- 44 kg											
1	Koskinen Raija	FIN	43,90	170,0	2/wm1	80,0	1	160,0	2	410,0	wm1
2	Chen Wei-Ling	TPE	43,80	170,0	1/w	62,5	3	170,0	1	402,5	wj
3	Anderson Cheryl	USA	43,70	105,0	6	70,0	2	137,5	4	312,5	
4	Hernandez Laurence	FRA	43,80	120,0	3	62,5	3	130,0	5	312,5	
5	Korpak Monika	POL	43,90	120,0	4	62,5	5	120,0	6	302,5	
6	Ruby Thomas	IND	43,55	107,5	5	42,5	6	150,0	3	300,0	
- 48 kg											
1	Tesleva Svetlana	RUS	47,35	172,5	1	107,5	2	172,5	1	452,5	w
2	Fukushima Yukako	JPN	47,05	155,0	3	120,0	1	155,0	3	430,0	
3	Ochoa Vilma	ECU	46,50	157,5	2	75,0	5	160,0	2	392,5	
4	Apuli Sanna	FIN	47,90	135,0	4	75,0	6	152,5	4	362,5	
5	Balogova Marcela	CZE	47,65	122,5	7	85,0	3	142,5	7	350,0	
6	Guillaume Sabine	FRA	47,00	127,5	6	70,0	7	150,0	5	347,5	
7	Martin Vanessa	FRA	47,40	132,5	5	77,5	4	127,5	9	337,5	
8	Mandakini Mohanta	IND	47,30	115,0	9	65,0	10	150,0	6	330,0	
9	Renuka Ch.V.S.N.L.	IND	45,80	115,0	8	65,0	9	137,5	8	317,5	
10	Tanaka Shoko	JPN	47,60	115,0	10	70,0	8	125,0	11	310,0	
11	Macken Mary	AUS	46,85	110,0	11	55,0	11	125,0	10	290,0	
- 52 kg											
1	Lafina Olesya	RUS	51,20	220,0	1/w	130,0	1/w	150,0	6	500,0	w
2	Rantamaki Mervi	FIN	51,85	180,0	2	92,5	4	177,5	2	450,0	
3	Arkipenko Yevgeniya	UKR	52,00	162,5	4	105,0	2	162,5	4	430,0	
4	Hartwig Suzanne	USA	51,70	165,0	3	92,5	3	165,0	3	422,5	
5	Chou Yi Ju	TPE	49,75	155,0	5	80,0	5	180,0	1	415,0	
6	Castro Rosa	ECU	51,50	147,5	6	77,5	6	160,0	5	385,0	
7	Hollaus Karin	AUT	49,80	130,0	7	70,0	7	140,0	7	340,0	
—	Maile Jennifer	USA	51,95	—	—	—	—	—	—	—	disq.

PL.	Name	Nation	Weight	Squats		Bench.		Deadlift		TOTAL
- 56 kg										
1	Eltsova Tatyana	RUS	55,75	202,5	1	127,5	1	190,0	1	520,0
2	Ikeya Ayako	JPN	55,05	185,0	2	107,5	2	177,5	2	470,0
3	Sirkia Mervi	FIN	53,35	167,5	4	92,5	3	162,5	5	422,5
4	Miller Caitlin	USA	53,95	152,5	5	72,5	12	175,0	3	400,0
5	Szymkowiak Maria	POL	55,60	152,5	6	87,5	4	160,0	8	400,0
6	Farque Elodie	FRA	55,35	142,5	9	80,0	8	160,0	7	382,5
7	Sawyer Teresa	GBR	52,40	142,5	8	85,0	5	145,0	11	372,5
8	Eriksson Marie	SWE	54,15	132,5	10	75,0	9	162,5	6	370,0
9	Hunter Jenny	GBR	55,15	130,0	11	85,0	6	155,0	9	370,0
10	Gevers Jeanette	AUS	55,75	150,0	7	75,0	11	145,0	12	370,0
11	Moritsuka Hisami	JPN	54,90	110,0	13	80,0	7	120,0	14	310,0
12	Ip Wing-Yuk	HKG	56,00	115,0	12	67,5	13	125,0	13	307,5
—	Chepil Mariya	UKR	55,40	175,0	3	—	—	175,0	4	— disq.
—	Molina Denisse	ECU	55,40	—	—	75,0	10	150,0	10	— disq.
- 60 kg										
1	Revva Maria	RUS	59,95	210,0	1	127,5	1	225,0	1	562,5
2	Haapoja Paivi	FIN	59,70	200,0	2	87,5	8	200,0	2	487,5
3	Plaksyva Maryana	UKR	60,00	192,5	3/ws	100,0	4	175,0	4	467,5 ws
4	Nogle Carly	USA	59,90	167,5	5	95,0	5	177,5	3	440,0
5	Tajeswini Naide Badeti	IND	59,60	160,0	7	92,5	6	170,0	5	422,5
6	Giffin Mary	AUS	59,85	147,5	8	90,0	7	162,5	6	400,0
7	Radwanska Jadwiga	POL	60,00	140,0	10	110,0	3	140,0	8	390,0
8	Tachibana Kazumi	JPN	59,20	142,5	9	70,0	9	140,0	7	352,5
—	Prymenchuk Tetyana	UKR	58,45	180,0	4	125,0	2	—	—	— disq.
—	Kitamura Mayumi	JPN	59,95	162,5	6	—	—	—	—	— disq.
- 67,5 kg										
1	Skrypka Tetyana	UKR	66,40	232,5	1/ws	142,5	1/ws	220,0	2/ws	595,0 ws
2	Ribic Priscilla	USA	66,95	222,5	3	135,0	2	237,5	1	595,0
3	Barybina Natalia	RUS	65,25	225,0	2	125,0	4	210,0	3	560,0
4	Wright Gillian	GBR	66,85	170,0	6	110,0	6	197,5	4	477,5
5	Koskinen Maria	FIN	67,20	182,5	4	117,5	5	170,0	9	470,0
6	Arntsen Bente	NOR	67,30	165,0	7	127,5	3	172,5	8	465,0
7	Ranu Mohantu	IND	65,85	180,0	5	77,5	9	187,5	5	445,0
8	Blasbery Jackie	GBR	67,00	160,0	8	100,0	8	182,5	6	442,5
9	Terasmaa Inna	EST	66,45	140,0	9	107,5	7	175,0	7	422,5
- 75 kg										
1	Kudinova Marina	RUS	68,05	250,0	1	150,0	1	230,0	2	630,0
2	Humynska Lesya	UKR	68,65	245,0	2	115,0	5	235,0	1	595,0
3	Blikra Inger	NOR	74,55	227,5	4	132,5	4	220,0	3	580,0 wm1
4	Starodubtseva Hanna	UKR	74,15	235,0	3	137,5	2	205,0	4	577,5
5	Gibson Marian	GBR	69,50	187,5	6	132,5	3	195,0	5	515,0
6	Arnesen Heidi Hille	NOR	74,15	205,0	5	107,5	6	195,0	6	507,5
7	Takamaa Leena	SWE	74,70	165,0	8	97,5	8	160,0	7	422,5
8	Tjader Lena	SWE	71,30	155,0	9	100,0	7	150,0	8	405,0
9	Martinez Gily	VEN	73,25	180,0	7	90,0	9	132,5	9	402,5
- 82,5 kg										
1	Boroday Kateryna	UKR	80,80	245,0	1	157,5	1	200,0	4	602,5
2	Strik Ielja	NED	82,30	235,0	2	155,0	2	200,0	5	590,0
3	Rychkova Olesya	RUS	80,50	215,0	4	147,5	4	215,0	1	577,5
4	Hatfield Disa	USA	82,00	220,0	3	145,0	5	185,0	8	550,0
5	Eriksson Malin	SWE	80,60	215,0	5	122,5	8	200,0	3	537,5
6	Porter Monica	GBR	80,95	207,5	7	125,0	6	205,0	2	537,5
7	Koski-Sipila Tarja	FIN	82,30	215,0	6	122,5	9	195,0	6	532,5
8	Beer Rosemarie	AUT	81,95	175,0	8	125,0	7/wm2	187,5	7/wm2	487,5 wm2
9	Hung Min Chu	TPE	82,20	150,0	11	150,0	3	175,0	9	475,0

PL.	Name	Nation	Weight	Squats		Bench.		Deadlift		TOTAL	
10	Shikhare Subhaswa	IND	77,50	160,0	10	75,0	11	170,0	10	405,0	
11	Rajasree T	IND	76,05	160,0	9	75,0	10	150,0	11	385,0	
- 90 kg											
1	Orobets Inna	UKR	89,10	240,0	1	165,0	1	210,0	2	615,0	
2	O'Donnell-Watkins Jessica	USA	89,20	230,0	2	140,0	2	220,0	1	590,0	
3	Brown Bonica	USA	88,15	215,0	3/ws	117,5	3	195,0	4	527,5	
4	Maton Jean	GBR	83,15	175,0	4	115,0	4	185,0	5	475,0	
5	Ambili Gopalakbishnan	IND	89,50	165,0	6	67,5	7	200,0	3	432,5	
6	Chitra T	IND	86,15	165,0	5	85,0	6	160,0	6	410,0	
7	Hartle Monique	CAN	83,10	142,5	7	105,0	5	152,5	7	400,0	
90+ kg											
1	Karpova Galina	RUS	122,50	300,0	1/w	185,0 190,5	1/w	250,0	1	735,0	w
2	Chao Chen Yeh	TPE	120,30	250,0	2	175,0	2	215,0	4	640,0	
3	Olenytsya Viktoriya	UKR	120,40	250,0	3	160,0	4	225,0	2	635,0	
4	Schaefer Joanne	NED	104,00	235,0	4	160,0	3	215,0	3	610,0	
5	Hall Harriet	USA	108,55	227,5	5	157,5	6/wm2	205,0	6	590,0	
6	Meulen v.d. Brenda	NED	105,15	220,0	8	157,5	5	192,5	7	570,0	
7	Sliwiska Anna	POL	90,10	220,0	6	155,0	7	185,0	8	560,0	
8	Nokua Katariina	FIN	96,20	220,0	7	122,5	8	210,0	5	552,5	
9	Vikberg Malin	SWE	96,40	167,5	10	115,0	9	177,5	9	460,0	
10	Sampa Guha	IND	95,45	190,0	9	97,5	10	170,0	10	457,5	

Nation (points)

1. Russia	72	[12+12+12+12+12+12]
2. Ukraine	61	[12+12+12+9+8+8]
3. Finland	51	[12+9+9+8+7+6]
4. U.S.America	48	[9+9+8+8+7+7]
5. Great Britain	32	[7+7+6+5+4+3]
6. India	29	[6+6+5+5+4+3]
7. Chinese Taipei	26	[9+9+6+2]
8. Japan	23	[9+9+3+1+1]
9. Netherlands	21	[9+7+5]
10. France	21	[7+5+5+4]
11. Poland	20	[6+6+4+4]
12. Norway	18	[8+5+5]
13. Sweden	18	[6+4+3+3+2]
14. Ecuador	13	[8+5]
15. Australia	7	[5+1+1]
16. Austria	7	[4+3]
17. Czechia	6	[6]
18. Canada	4	[4]
19. Estonia	2	[2]
19. Venezuela	2	[2]
21. Hong Kong	1	[1]

IPF Approved Equipment List

Approved list of apparel and equipment
for use at IPF sanctioned competitions.

Updated: 17th April 2005

Approved supportive equipment:

Only costumes, support shirts and wraps from commercial manufacturers officially registered and approved by the Technical Committee shall be permitted for use in Powerlifting Competitions. This applies to all championships and records, from Local to World.

Only bars and plates, squat racks, bench racks and benches from commercial manufacturers officially registered and approved by the Technical Committee shall be permitted for use in World , Regional and Continental Championships. The setting of World Records must be made with Bars and Discs featured on this list.

- INZER:**
- "Z-Suit"
 - "Champion Suit"
 - "Hard Core Suit"
 - "MAX DL" Deadlift suit
 - "Iron Wraps A and Z"
 - "Erector shirt with sleeves"
 - "Blast Shirt"
 - "Heavy Duty Blast Shirt (HD)"
 - "High Performance Heavy Duty Blast Shirt (HPPHD)"
 - "Extra High Performance Heavy Duty Blast Shirt (EHPHD)"
 - "Heavy Duty Inzer erector shirt"
 - "Phenom shirt"
 - "The Wrath bench shirt"
 - "The Rage bench shirt"
 - "Rage-X bench shirt"
- TITAN:**
- "Squat Suits"
 - "Centurion Suits"
 - "Red Devil" wraps
 - "Signature Gold" wraps
 - "Titanium" Wraps
 - "Deadlift Suit"
 - "Titan Fury Shirts"
 - "Knee Wraps T.H.P."
 - "Wrist Wraps T.H.P."
 - "F6 Tornado Shirt"
 - "Fury NXG Plus SHP Bench Shirt"
- METAL:**
- "Metal Squatter"
 - "Metal Viking Squatter"
 - "Metal Squatter v-type"
 - "Metal Viking Squatter v-type"
 - "Metal Bencher"
 - "Metal Viking Bencher"
 - "Metal Viking Bencher X Type"
 - "Metal Deadlifter"
 - "Metal Viking Deadlifter"
 - "Metal Blackline Wraps"
 - "Metal Black Wraps"
 - "Metal Triple Blackline Wraps"
- CRAIN:**
- "Power Bench Press Shirt"

"Mega Power Bench Press Shirt"
 "Power Suit"
 "Genesis Power Suit"
 "Genesis Deadlift Suit"
 "Redline Power Wrap"
 "Redline Power Wrist Wrap"
 "Genesis Power Wrap"
 "Genesis Power Wrist Wrap"

PRO WRIST STRAPS:

"APT's Pro Wrist Straps"
 "ZRV - Pro Wraps Wrist and Knees"

Approved bar, plates and racks:

ER EQUIPMENT: Bench/Squat Racks
IVANKO: P/L bars and discs
LEOKO: P/L bars and discs
ELEIKO: All equipment of Eleiko is approved, included bars and discs.
PALLINI: P/L Bars and Discs " Bench/Squat Racks "
UESAKA: P/L bars and discs

Approved logos:

GNC Pro Performance
 Monster Muscle
 Power-House Japan
 Quest Nutrition USA
 KAPPI.NO
 Titan Support System
 (The logo fee costs 250 € each Year)

Courtesy of:

John Stephenson, IPF Technical Committee Chairman
 and Gaston Parage, IPF Treasurer.

European Junior Powerlifting Championships

Competition held between 15th and 19th June 2005 in Mariupol in the Ukraine.

Russia won the men's and women's team competitions at the 2005 European Junior Powerlifting Championships in Mariupol, Ukraine. However, the best lifter awards both went to Ukrainian athletes. Tetyana Skrypka claimed the women's award, after totalling 597.5kg in the 67.5kg class, and setting new world junior records of 148kg in the bench press and 223kg in the deadlift. The men's award went to Yevgen Yarymbash, who bench pressed 320kg and totalled 1075kg to set new world junior records in the super-heavyweight division.

Women's results

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL
- 44 kg							
1	Vermenyuk Valentina	RUS	43,90	150,0	1	80,0	1 155,0 1 385,0
2	Skirkanicova Katarina	SVK	40,60	70,0	2	27,5	2 80,0 2 177,5
- 48 kg							
1	Sokovnina Oxana	RUS	47,90	150,0	1	85,0	1 135,0 1 370,0
2	Pawlicka Agnieszka	POL	48,00	90,0	2	37,5	2 110,0 2 237,5
3	Grodzka Sylwia	POL	44,50	50,0	3	30,0	3 80,0 3 160,0
- 52 kg							

PL.	Name	Nation	Weight	Squats		Bench.		Deadlift		TOTAL	
1	Ryzkova Anna	RUS	51,90	177,5	1	97,5	3	172,5	1	447,5	
2	Arkhypenko Yevgeniya	UKR	52,00	162,5	2	102,5	1	165,0	2	430,0	
3	Rantala Hanna-Elisabet	FIN	52,00	150,0	3	100,0	2	155,0	3	405,0	
4	Vauthier Vanessa	FRA	51,80	145,0	4	82,5	4	137,5	4	365,0	
- 56 kg											
1	Pavlovskaya Kira	RUS	56,00	187,5	1	107,5	1	190,0	1	485,0	
2	Kozyupa Svitlana	UKR	55,80	175,0	2/lws	102,5	2/lws	177,5	2/ns	455,0	
3	Pavlova Anna	RUS	54,40	160,0	3	95,0	3	152,5	3	407,5	
4	Sinkko Elina	FIN	55,40	135,0	5	85,0	4	145,0	4	365,0	
5	Toepler Christin	GER	55,80	140,0	4	80,0	5	140,0	5	360,0	
- 60 kg											
1	Poletaeva Irina	RUS	59,80	207,5	1/wj	145,0	1/wj	187,5	1	540,0	wj
2	Klymenko Kateryna	UKR	59,90	180,0	3	130,0	2	170,0	3	480,0	
3	Plaksyva Maryana	UKR	59,70	180,0	2	90,0	3	180,0	2/lws	450,0	
4	Courqueux Cecile	FRA	56,20	147,5	4	67,5	4	152,5	4	367,5	
- 67,5 kg											
1	Skrypka Tetyana	UKR	66,90	230,0	1	145,0	1/wj	223,0	1/wj	597,5	
						148,0					
2	Medvedeva Yulia	RUS	66,90	195,0	2	137,5	2	185,0	2	517,5	
3	Lefevre Stephanie	FRA	67,20	155,0	3	85,0	3	147,5	3	387,5	
- 75 kg											
1	Gomon Yulia	RUS	71,90	212,5	2	127,5	3	215,0	1	555,0	
2	Starodubtseva Ganna	UKR	73,00	220,0	1	132,5	2	190,0	2	542,5	
3	Pihunyk Ulyana	UKR	71,00	180,0	3	140,0	1/nj	180,0	3	500,0	
- 82,5 kg											
1	Murashova Alexandra	RUS	80,60	247,5	1	135,0	2	235,0	1/cj	617,5	
2	Boroday Kateryna	UKR	80,10	225,0	2	152,5	1	200,0	2	577,5	
- 90 kg											
1	Shcheglova Valeria	RUS	88,80	265,0	1	167,5	1/wj	230,0	1	662,5	
						171,0					
2	Sliwinska Anna	POL	89,70	245,0	2	155,0	2	180,0	2	580,0	
3	Lytvyn Ganna	UKR	89,50	215,0	3	135,0	3	170,0	3	520,0	
90+ kg											
1	Olenytsya Viktoriya	UKR	119,90	255,0	1	155,0	1	230,0	1	640,0	
2	Hugdal Hildeborg	NOR	121,70	245,0	2	150,0	2	190,0	2	585,0	

Nation (points)

1 Russia	72	[12+12+12+12+12+12]
2 Ukraine	60	[12+12+9+9+9+9]
3 Poland	26	[9+9+8]
4 France	22	[8+7+7]
5 Finland	15	[8+7]
6 Slovakia	9	[9]
6 Norway	9	[9]
8 Germany	6	[6]

Men's results

PL.	Name	Nation	Weight	Squats		Bench.		Deadlift		TOTAL
- 52 kg										
1	Baykov Alexander	RUS	51,60	217,5	1	125,0	1	165,0	1	507,5
2	Filanski Marcin	POL	51,80	135,0	2	77,5	2	155,0	2	367,5
- 56 kg										
1	Danilov Konstantin	RUS	55,80	250,0	1	130,0	1	240,0	1/cj	620,0
								245,0		
2	Zambrzycki Tomasz	POL	54,70	200,0	2	100,0	2	190,0	2	490,0
3	Skaba Jaroslaw	POL	55,80	180,0	3	90,0	3	180,0	3	450,0
- 60 kg										
1	Skotchek Sergey	RUS	59,80	260,0	1	185,0	1	260,0	1/cj	705,0
2	Golak Dominik	POL	60,00	212,5	2	135,0	2	207,5	3	555,0
3	Bhang Remi	FRA	59,70	210,0	3	107,5	4	225,0	2	542,5
4	Zuch Alexander	GER	59,60	185,0	4	120,0	3	190,0	4	495,0
- 67,5 kg										
1	Nurutdinov Maxim	RUS	67,50	280,0	1	170,0	2	262,5	1	712,5
2	Rysev Volodymyr	UKR	67,40	265,0	2	175,0	1/nj	252,5	3	692,5
3	Seman Pavol	SVK	66,20	225,0	6	150,0	3	255,0	2	630,0
4	Mastrolorenzo Antony	FRA	66,30	250,0	3	147,5	4	232,5	5	630,0
5	Ehrlicher Michel	GER	66,70	195,0	7	112,5	5	220,0	7	527,5
—	Wrobel Rafal	POL	67,40	245,0	5	—		225,0	6	—
—	Jarosiewicz Tomasz	POL	67,40	250,0	4	—		250,0	4	—
- 75 kg										
1	Govorin Alexander	RUS	73,70	310,0	1	160,0	3	300,0	1	770,0
2	Postovalov Artem	UKR	74,50	292,5	2	187,5	1	280,0	2	760,0
3	Matej Jan	SVK	73,30	250,0	4	165,0	2	240,0	5	655,0
4	Szymkowiak Bartlomiej	POL	74,90	270,0	3	135,0	6	250,0	4	655,0
5	Sadikov Roman	EST	74,80	240,0	6	150,0	4	260,0	3	650,0
6	Kaminski Arkadiusz	POL	68,30	240,0	5	135,0	5	235,0	6	610,0
- 82,5 kg										
1	Ernandes-Ortego Alexey	RUS	82,40	347,5	1	222,5	1	295,0	3	865,0
2	Taranov Sergiy	UKR	81,90	322,5	2	220,0	2	307,5	1	850,0
3	Lindholm Marcel	FIN	81,50	300,0	3	177,5	4	295,0	2	772,5
4	Hentschel Andre	GER	82,40	267,5	5	190,0	3	250,0	7	707,5
5	Pikkarainen Ville	FIN	82,50	270,0	4	147,5	6	270,0	5	687,5
6	Pingeot Mathieu	FRA	82,30	252,5	6	165,0	5	260,0	6	677,5
7	Kaljapulk Arvo	EST	81,30	230,0	7	140,0	7	292,5	4	662,5
- 90 kg										
1	Zamornikov Vadim	RUS	89,80	360,0	1	220,0	2	365,0	1/wj	945,0
2	Dovganuk Vadym	UKR	89,20	332,5	2/ws	230,0	1/ws	290,0	4	852,5
3	Oliyarnyk Volodymyr	UKR	88,20	315,0	3	197,5	3	280,0	8	792,5
4	Tatarynowicz Michal	POL	88,60	285,0	5	190,0	5	285,0	6	760,0
5	Urban Tomas	CZE	89,10	300,0	4	182,5	6	277,5	9	760,0
6	Krasowski Pawel	POL	89,90	280,0	8	177,5	8	300,0	3	757,5
7	Makinen Mikael	FIN	89,10	282,5	6	180,0	7	287,5	5	750,0
8	Salo Juhani	FIN	87,50	280,0	7	150,0	10	300,0	2	730,0
9	Schlichenmaier Andreas	GER	89,00	250,0	10	160,0	9	282,5	7	692,5
10	Quentin Gilbert	FRA	89,90	257,5	9	195,0	4	240,0	10	692,5
- 100 kg										
1	Artsymovych Mykhaylo	UKR	99,10	355,0	1	210,0	2	332,5	2	897,5
2	Bashkatov Oleksandr	UKR	99,80	325,0	4	227,5	1	325,0	4	877,5
3	Pozdeev Konstantin	RUS	91,70	340,0	2	195,0	4	332,5	1	867,5
4	Hjelmtveit Andreas	NOR	99,30	335,0	3	195,0	5	330,0	3	860,0
5	Herrgott Stephane	FRA	92,10	252,5	6	207,5	3	265,0	5	725,0

6	Pauluth Andreas	GER	95,30	265,0	5	172,5	6	262,5	6	700,0	
- 110 kg											
1	Sosnovskiy Sergey	RUS	109,60	380,0	1	232,5	1	355,0	1	967,5	
2	Shepel Oleksandr	UKR	108,00	332,5	2/ws	210,0	4	330,0	2/ws	872,5	ws
3	Grigorjevs Aleksandrs	LAT	102,40	330,0	3	212,5	3	280,0	4	822,5	
4	Rapelo Riku	FIN	107,50	320,0	4	217,5	2	272,5	5	810,0	
5	Matejik Fridrich	SVK	105,80	270,0	6	200,0	5	250,0	6	720,0	
—	Jorgensen Eirik	NOR	109,40	280,0	5	—		302,5	3	—	disq.
- 125 kg											
1	Voroshilin Roman	UKR	112,90	380,0	2	250,0	2	370,0	1	000,0	1
2	Kibirev Anton	RUS	123,70	385,0	1	260,0	1	340,0	2	985,0	
3	Romanchuk Sergiy	UKR	124,40	342,5	3	220,0	3	340,0	3	902,5	
4	Farstad Haakon	NOR	118,90	312,5	4	180,0	4	290,0	4	782,5	
125+ kg											
1	Yarymbash Yevgen	UKR	125,20	407,5	1	320,0	1/wj	347,5	2	075,0	1 wj
2	Klyushev Alexander	RUS	129,00	360,0	2	230,0	2	377,5	1/wj	967,5	

Nation (points)

1	Russia	72	[12+12+12+12+12+12]
2	Ukraine	63	[12+12+12+9+9+9]
3	Poland	49	[9+9+9+8+7+7]
4	Finland	28	[8+7+6+4+3]
5	France	27	[8+7+6+5+1]
6	Germany	27	[7+7+6+5+2]
7	Slovakia	22	[8+8+6]
8	Norway	14	[7+7]
9	Estonia	10	[6+4]
10	Latvia	8	[8]
11	Czechia	6	[6]

EPF Newsletter – May/June 2005

1 Report from the EPF Congress: Delegates from 18 nations took part at the EPF Congress in Luxembourg 18 May. Useful discussions took part and new members to the Executive board were elected.

Election:

As Ralph Farquharson withdrew from his positions as General Secretary and Treasurer, the following new persons were elected: Dietmar Wolf from Norway was elected General Secretary and Alain Hammang, Luxembourg was elected Treasurer. As Dietmar Wolf's successor as Chairman for the Law & Legislation Committee, Kseniya Aloyeva from Ukraine was elected. The function period for all is until the next EPF election Congress in 2007.

Doping fee:

From 1 January 2006 the doping fee is raised from 30 Euro to 50 Euro.

Payment of the participation and the doping fees:

A new rule was accepted stating that a federation has to pay the participation fee and the doping fee for all lifters nominated at the final nomination form. Withdrawal of lifters stated at the nomination list can be made until 7 days prior to the technical meeting for the competition to avoid paying the fee for those. If a reservation fee for the accommodation hotel is specified for a championship, this fee must be paid for lifters not taking part in the competition if information of their withdrawal is not given latest 7 days prior to the technical meeting.

Banquet fee:

An organiser may charge a maximum fee of 20 Euro for the banquet costs.

2 Hall of Fame: Pavol Müller from Slovakia and Andy Kerr from Great Britain were both awarded

the prestigious distinction Hall of Fame at the Congress. Both have served the powerlifting sport in an exemplary manner for many years. Congratulation to both!

3 Organisers of European championships: At the Congress only 3 organisers gave bid for organising European championships in 2008. All member federations are asked to discuss this situation and hopefully some federations can take on the organisation of championships where venues are requested. Please give your bid to Championship Secretary Jiri Hofirek.

4 Knee length socks must be worn in deadlift: At the Open Europeans in Hamm, several lifters did not check in knee length socks at the equipment check. Knee socks must be worn in dead lift and this is mandatory to protect the lifter from the sharp knurling at the bar avoiding blood when the skin is hurt.

5 Danube Cup: The Danube cup, organised in Bratislava 18-20 March, was very well organised as reported in the last EPF Info. It is decided that in the future the Danube cup will be organised every second year. Here the name of the 8 lifters which were doping tested: Gavorníková Monika SVK, Sedláčková Jana SVK, Vidiščáková Ingrid SVK, Marinova Marianna BUL, Csete Bernadett HUN, Kolšovský Štefan SVK, Mihok Anton SVK, Malinovský Tomáš, SVK, Graubauer Harald AUT.

6 Western European Cup: It was discussed at the Congress to move the date of the WEC from late July to late September from 2007. The conclusion was that the EC and the nations concerned will discuss this. For the moment we have no organiser for the WEC in 2007 and 2008. Any organiser interested will be given the option to discuss what date is most suitable.

7 Open Europeans in Hamm, Luxembourg: The Open Europeans was organised 19-22 May with 95 lifters from 20 nations. This was an extraordinary well organised championship. Experienced people prepared everything in a medium size sport hall thinking of all necessary details to make the championship a big success. Alain Hammang and Gaston Parage, in head of the clever organising crew, can be proud of this championship and the loaders were one of the fastest I have ever seen at any championship. Lifters and officials were extremely comfortable during this championship and the day the local champion, Anibal Coimbra, very successfully won a silver medal, the hall was full of spectators and the national television was recording. Many World and European records were broken and hard fights of medals and the placings made this to a very exciting championship. Doping controls were carried out on the following lifters: Sergey Fedosienko RUS, Konstantin Pavlov RUS, Dariusz Wszola POL, Ayrat Zakiev RUS, Hassan El Beghiti FRA, Phillip Richard GBR, Jaroslaw Olech POL, Roberto Sacco ITA, Jacek Spychala POL, Dimitrii Dvornikov RUS, Jan Wegiera POL, Sergey Bogdanov RUS, Robert Michailov BUL, Thomas Loitelsberger AUT, Michal Wilk POL, Daniele Ghirardi ITA, Alexander Nikolov BUL, Jiri Hornik CZE, Sergiy Romanenko RUS, Maxim Barkhatov RUS, Anibal Coimbra LUX, Petr Theuser CZE, Plamen Krumov BUL, Roland Kanya HUN, Csaba Czegeny HUN, Nikoloy Suslov RUS, Ihnat Belausov BLR, Stoyan Andreev BUL, Sergiy Makrushin UKR, Orhan Bilican BEL, Andrey Malanichev RUS, Ove Lehto FIN, Vladimir Bondarenko RUS, Frode Rui NOR, Jörgen Ljungberg SWE, Vasyl Orobets UKR.

8 Payment by bank: A new EPF account will be established in Luxembourg, the country in which our new Treasurer, Alain Hammang, lives. Hammang is working in a bank and he is a professional book-keeper. He has required that EPF must execute all payments in and out of the EPF account by electronic transfer. All EU member countries and most of the other federations from other European countries should have no problem to use the modern banking system. So, in the future all membership fees, championship fees, participation fees, doping fees, fines etc. must be paid by bank. Information will be given when the new EPF account in Luxembourg is established. Also the present EPF account in Spain will be in power at least until the end of year 2005.

9 Stall space for IPF sponsors at European Championships: In the EPF Promoters Contract, a paragraph (10.3) states that organisers of European championships should grant all IPF sponsors the right to purchase retail stall space. This means that the organiser should not give the sole right to one sponsor but accept that all sponsors may rent a table to sell equipment. For the moment IPF has taken away the same paragraph in the corresponding IPF Promoters Contract, so EPF will do the same in future EPF contracts. My opinion is that the lifters and organisers have benefit from allowing more sponsors to pay for the rights of selling equipment at the Europeans but for the moment the organisers are not bound to allow this.

10 Separate medals in individual lifts: At the Congress a vote took part to decide if individual medals should be awarded for the 3 first places in squat, bench press and dead lift in each category at an European championship in powerlifting. This proposal was voted down - probably out of two reasons. As the powerlifting sport consists of 3 individual lifts the highlight should be to award the

best lifters in total and not stimulate each individual lift. The second was that some delegates found it not correct to award medals to lifters that may bomb out in one of the individual lifts but placing at the top in another. After all, in a powerlifting competition the main goal must be to fulfil all the 3 individual lifts.

11 Greetings from the President: The yearly EPF Congress in Luxembourg was organised in a good atmosphere and decisions accepted were all made with a large majority. However, I am somewhat concerned that we had very few bids from future organisers of European championships and cups. A few member federations have taken on several Europeans the last years but after all EPF consist of about 30 member nations so one should expect that more federations should like to give bids. Russia, being a great organiser, has not organised an European championship since the very successful Open Europeans in Syktyvkar in 2001. I should like to see more Europeans being organised in Russia, the federation in EPF with the strongest lifters. Every federation needs usually a strong local club to have a successful organisation of an Europeans. Many trained helpers are needed and they can best be recruited from clubs in the local area. I will ask the federations to work with the strongest clubs in their federation and stimulate and help them to start planning for a big international championship, preferably an European championship. The EPF Championship Secretary, Jiri Hofirek, looks forward to hear from you regarding organisation of the European Juniors and the European Masters in 2008 besides WEC in 2007 and 2008 and the Danube Cup in 2007.

Published by Arnulf Wahlstrøm, EPF President

IPF Technical Newsletter – Technical Committee No 3 2005

IPF Approvals (supportive wear)

Under instruction from the IPF Executive Committee no further approvals of supportive equipment i.e. suits, shirts and wraps will be considered up until at least a meeting has been held in Germany at the time of the World Games in July. Our licensees have been given notice!

IPF Logo

At the " request " of the Technical Committee to all manufacturers of supportive suits and shirts registered with the IPF, Titan Support Systems Inc, are now printing the IPF logo on all of their suits and shirts that have received IPF approval. We thank them for heeding this request, as yet, not a demand. It is in the interest of lifters, examining referees and producers.

Pro Wrist Straps

The T.C. welcome Al Thomas (USA) onto the list of approved suppliers of wrist and knee wraps.

His products are namely:-

"APT'S Pro Wrist Straps"

"ZRV Pro Wraps Wrist and Knees"

He can be found on the IPF Website or e:mail ProWristStraps@aol.com

Incidentally, his wraps were approved before the "moratorium"

Weightlifting Costumes

A question has arisen as to whether or not a weightlifting costume (non supportive) with sleeves is legal with a T. Shirt

or, supportive shirt beneath.

Under IPF Rules, a T. Shirt or support shirt must be worn under the lifting suit during the performance of the squat and bench press, but is optional for the men in the deadlift.

The rule does not change because the weightlifting costume may have sleeves. Double sleeves? How can this be illegal when two thirds of a support shirt may be covered with a supportive lifting suit !!!

All that is asked is that the sleeves of the T. Shirt or support shirt do not protrude beyond those of the weightlifting costume.

New Rule in W/L

As from May the IWF will apparently change the rule on increments (rising bar), lowering to one kg. This will no doubt make for closer competition. Especially womens lighter classes. The IPF are not proposing change as has been rumoured. At this point in time the status quo remains.

Records

The T.C. are in receipt of an interesting letter from Joe Marksteiner (USA) concerning discrepancies in World Records which may occur when discs showing slight percentage differences are totalled. His theory amounted to a lifter having to take up to one and a half kg's to break a World Record. The Executive Committee received a copy and decided that there was no need for change.

On the same theme -

Now that only discs that are IPF Approved may be used for the setting of World Records i.e. Eleiko - Leoko - Ivanko - Pallini -

Uesaka, there is much less chance of divergence. At the recent World Master's Bench Press Championships I weighed every disc to be used on platform (Ivanko). The certified scales showed each and every disc perfectly true.

Lot Numbers

The importance of lot numbers cannot be over emphasised.

At a recent IPF Championships an error by the speaker calling lifter A with lot number 5 with 157.5 kg's to proceed lifter B lot number 2 with the same weight made for both to finish bench pressing. The lighter lifter B was awarded the bronze medal.

Common sense eventually prevailed and both were awarded third place. Of course, the jury could have awarded lifter A a fourth attempt with 160 kg's. Apparently it was well within his capability.

Complaint to Jury

Should coaches wish the Jury to follow up on complaints made to them against opposing lifters, they must produce the said fee with a written protest.

Recently, a coach asked the Jury to look at a shirt (passed by the examining referees) which he thought was illegal, because of a presumed seam across the pec area. He produced the fee eventually and the Jury studied the shirt. In their opinion the extra stitching was due to a repair. The complaint was not deemed frivolous, and the whole of the fee returned.

World Masters Bench Press Championships

Congratulations to Meet Director Vladimir Matti and Technical Director Jiri Hofirek and the Czech Powerlifting Federation for producing one of the most well organised competitions that I have had the privilege to attend in over 27 years officiating on the International Circuit. This will feature in my top ten. The success of the meet can be gauged by the fact that not one complaint was made to the Technical Committee. Three hundred satisfied lifters. Must be a first !

Over 60 / Over 70 . Medals

The first of the IPF medals for the best overall lifter - Women over 60 years of age and Men over 70 years of age, were presented at the prize giving held along with the banquet at the World Master's Bench Press Championships.

One question that arose was, were the medals to be awarded to class winners only, as in rule 12 GENERAL RULES OF POWERLIFTING. No, overall best lifter 1-2-3 on the Wilks Formula.

Combo Rack

The Committee at this time of writing are awaiting a catalogue containing details of the Combo Rack - Steve Howard USA

who wishes to acquire T.C. approval for its use in International events. Look for it on the approved list should it meet our standards.

Failure Card System

After twelve years now that the scheme has been in operation some referees are still having difficulty in raising the correct card.
This must be overcome. As has been said previously, unless the correct card is raised, the scheme is of no help at all!

Commonwealth Championships

Peter Fiore (Director of Powerlifting GB) tells me that there has been a good response for the inaugural meet to be held in September in Northampton England. Fred McKenzie Meet Director will be accepting entries up until 21 days, (as per IPF Rules), prior to the Technical Meeting.

Referees

Nominated referees who continually fail to show, depleting the list of options is becoming an increasing problem. The Technical Committee are considering asking the Executive Committee if some form of penalty should be imposed on the defaulters!

Bombers

Prime reason as always - Too heavy X 3.

Mention was made by Alan Ferguson IPF representative at the World Master's Bench Press Championships at the closing ceremony, of his concern at the amount of bombers there were, especially at a one lift meet, seven, in one weight/age category alone. Perhaps it is considered more embarrassing to take an easy opener than attempt almost maximum. What some lifters do in the gym has little bearing when confronted by IPF referees. Some of the reasons for failure by technicalities maybe lessened if the Rule Interpretation was studied.

Mental Deficiency

Although it is often heard said that one must be slightly deranged to lift weights, it is totally untrue that the IPF will restrict anyone with a mental affliction from competing with the "able" minded, as has been questioned by an Icelandic Coach. The IPF would be scorned upon if this type of discrimination occurred and possibly subject the federation to litigation.

JOHN STEPHENSON
CHAIRMAN IPF TECHNICAL COMMITTEE

Competition calendar

East Midlands

Date	Competition	Venue	Contact
30 th July 2005	EM Masters, Juniors and Novices Powerlifting Championships	Yardley Gobion	Ian Kinghorn 01295 760172
6 th November 2005	Anglian Bench Press Championships	Hamilton's Fitness, Colchester	Stuart Hamilton 01206 854319
11 th December 2005	EM Powerlifting Championships	Hitchin & Letchworth Weightlifting Club	Alan Ottolangui 01462 675952

National

Date	Last qualifying date	Event	Venue/Location
15 th October 2005	n/a	4 Nations Powerlifting Championships	tba

Contacts

East Midlands: Officers of the Divisional Council

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	Note: All enquiries and correspondence should be directed to the General Secretary.	
Chairman & Powerlifting Secretary	Pete Weiss 1 Fairmile Kingsthorpe Northampton NN2 8DQ	Tel: 01604 844669 e-mail: peter.weiss@virgin.net
President	Wally Pullum 22 Dunsby Road Luton Bedfordshire LU3 2UA	Tel: 01582 592841 Fax: 01582 482901 e-mail: info@pullumsports.co.uk
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Olympic Secretary	Vacant	
Disabled Secretary	Vacant	
Course Co-Ordinator	Vacant	

Note: Changes are highlighted in blue

British Powerlifting Championships – 2005														
Qualifying Totals														
Women							Men							
Weight Class	U'18	U'20	U'23	Senior	40+	50+		U'18	U'20	U'23	Senior	40+	50+	60+
44kg	120	140	155	170	165	150		-	-	-	-	-	-	-
48kg	130	150	165	190	185	170		-	-	-	-	-	-	-
52kg	140	165	185	215	205	190		160	270	310	400	350	330	280
56kg	155	185	200	215	205	190		180	300	340	420	375	350	300
60kg	175	205	225	270	265	225		210	340	370	460	410	370	330
67.5kg	200	230	255	300	285	250		250	380	420	510	450	410	365
75kg	220	250	285	325	310	275		290	420	465	580	490	455	400
82.5kg	240	275	305	360	330	300		330	455	505	650	530	500	440
90kg	260	295	315	390	330	300		370	480	550	690	570	525	480
90+kg	260	300	320	400	330	300		-	-	-	-	-	-	-
100kg	-	-	-	-	-	-		400	510	590	720	610	550	510
110kg	-	-	-	-	-	-		400	540	610	760	650	570	530
125kg	-	-	-	-	-	-		410	570	620	780	670	590	550
125+kg	-	-	-	-	-	-		410	580	630	800	670	590	550

British Bench Press Championships – 2005												
Qualifying Weights												
Women						Men						
Weight Class	Under 20	Under 23	Senior	40+	50+	Under 20	Under 23	Senior	40+	50+	60+	
44kg	30	35	40	35	30	-	-	-	-	-	-	
48kg	37.5	42.5	45	42.5	37.5	-	-	-	-	-	-	
52kg	42.5	47.5	50	47.5	42.5	60	65	75	70	65	60	
56kg	45	50	55	50	45	65	70	80	75	70	65	
60kg	47.5	52.5	60	52.5	47.5	70	75	85	80	75	70	
67.5kg	50	57.5	70	57.5	50	80	85	100	90	85	80	
75kg	52.5	62.5	80	62.5	52.5	90	95	120	105	95	90	
82.5kg	57.5	65	80	65	57.5	100	105	140	120	105	100	
90kg	57.5	65	80	65	57.5	107.5	115	155	135	115	107.5	
90+kg	57.5	65	80	65	57.5	-	-	-	-	-	-	
100kg	-	-	-	-	-	115	125	165	150	125	115	
110kg	-	-	-	-	-	120	135	175	160	135	120	
125kg	-	-	-	-	-	120	145	185	170	145	120	
125+kg	-	-	-	-	-	120	145	200	180	145	120	

British Unequipped Championships – 2005 Qualifying Totals									
Weight Class	Women				Men				
	Senior	40+	50+		Senior	40+	50+	60+	70+
44kg	130	120	110		-	-	-	-	-
48kg	150	140	130		-	-	-	-	-
52kg	170	160	150		280	250	220	200	190
56kg	195	180	170		310	280	250	230	200
60kg	210	200	190		360	330	290	260	230
67.5kg	225	210	200		420	370	335	300	260
75kg	240	220	210		480	440	385	345	300
82.5kg	245	230	220		510	460	420	380	340
90kg	260	240	230		540	490	450	410	370
90+kg	275	250	240		-	-	-	-	-
100kg	-	-	-		570	520	490	430	390
110kg	-	-	-		600	550	510	460	410
125kg	-	-	-		630	580	530	480	430
125+kg	-	-	-		650	600	550	500	460

PROVISIONAL QUALIFYING REQUIREMENT FOR BRITISH UNEQUIPPED BENCH PRESS CHAMPIONSHIPS - 2005														
Weight Class	44kg	48kg	52kg	56kg	60kg	67.5kg	75kg	82.5kg	90kg	90+kg	100kg	110kg	125kg	125+kg
Men(Open)	-	-	55	60	70	85	100	110	125	-	135	145	155	195
Men (U23)	-	-	50	55	65	80	90	95	100	-	105	110	115	120
Men(U20)	-	-	47.5	52.5	57.5	65	70	77.5	85	-	95	105	110	115
Men (40+)	-	-	50	55	65	80	90	95	100	-	105	110	115	120
Men (50+)	-	-	47.5	52.5	57.5	65	70	77.5	85		95	105	110	115
Men(60+)	-	-	45	50	55	60	65	72.5	90	-	90	95	100	105
Women(Open)	40	42.5	45	47.5	50	52.5	55	60	65	70	-	-	-	-
Women(U23)	37.5	40	42.5	45	47.5	50	52.5	55	57.5	60	-	-	-	-
Women(U20)	35	37.5	40	42.5	45	47.5	50	52.5	55	57.5	-	-	-	-
Women (40+)	35	37.5	40	42.5	45	47.5	50	52.5	55	57.5	-	-	-	-
Women(50+)	30	32.5	35	37.5	40	42.5	45	47.5	50	52.5	-	-	-	-