

Ultimate Strength

The Official Newsletter of the East Midlands Weight Lifters Association

April 2005



Maxim Barkhatov (RUS) deadlifting 365kg in the 100kg class

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Editorial

In this issue of the newsletter you will find the results of this year's British Masters Powerlifting Championships, with some very good successes for the East Midlands, also the results and some commentary on the World Masters Bench Press Championships which I attended. Results of the Anglian Open Powerlifting Championships held on 1st May are also included.

Minutes of the East Midlands Weight Lifting Association committee meeting have been provide by Kevin Jane, Divisional Secretary. The newsletters of both the EPF and IPF are also reproduced in this issue.

Unfortunately Pete Weiss has been ill recently and is now recovering; I would like to wish him

well. Pete has decided to cut down his work on the East Midlands committee (see minutes from committee meeting), but will remain as chairman of the division until the next AGM whilst Dave Tucker will take on the role of powerlifting secretary. Should anyone wish to volunteer to take on a role within the division then please contact Kevin Jane.

Date change: The unequipped British bench press championships will now be held on weekend of 23rd and 24th July 2005.

Ian Kinghorn
Newsletter Editor

British Masters Powerlifting Championships

Men Masters 1

Name	Div	B/W	Squat	Bench	Sub-total	Deadlift	Total	Position
56kg								
J Maxwell	Sc	54.4	185.0	107.5	292.5	200.0	492.5	1
60kg								
G Dowers	SM	59.8	170.0	122.5	292.5	190.0	482.5	1
N Patrick	EM	59.5	185.0	95.0	280.0	192.5	472.5	2
S Brown	YNE	59.95	180.0	87.5	267.5	195.0	462.5	3
67.5kg								
S Rowlands	EM	66.35	230.0	115.0	345.0	220.0	565.0	1
A Sharpe	Sc	66.5	182.5	97.5	280.0	205.0	485.0	2
75kg								
S Walker	EM	74.8	242.5	175.0	417.5	245.0	662.5	1
K Singh	WM	74.45	235.0	152.5	387.5	230.0	617.5	2
A Ottolangui	EM	74.55	220.0	132.5	352.5	230.0	582.5	3
M Coopey	YNE	73.75	190.0	110.0	300.0	200.0	500.0	4
N.S. Bassi	YNE	74.35	170.0	122.5	292.5	192.5	485.0	5
82.5kg								
P Hughes		80.6	220.0	177.5	397.5	210.0	607.5	1
M Macey		82.5	230.0	135.0	365.0	227.5	592.5	2
M Eyre		81.5	180.0					
P Guise		82.25						
90kg								
J Harness		88.85	270.0	175.0	445.0	260.0	705.0	1
S Porter	NI	88.7	260.0	185.0	445.0	250.0	695.0	2
J Rice	EM	87.4	260.0	185.0	445.0	240.0	685.0	3
W Carter		89.8	230.0	170.0	400.0	250.0	650.0	4
A Stevenson		88.85	220.0	180.0	400.0	210.0	610.0	5
S Bain		87.75	227.5	155.0	382.5	227.5	610.0	6
J Banks		89.95	220.0	145.0	365.0	240.0	605.0	7
100kg								

Name	Div	B/W	Squat	Bench	Sub- total	Deadlift	Total	Position
I Kinghorn	EM	99.15	237.5	220.0	457.5	235.0	692.5	1
W Catteral	NW	98.6	260.0	180.0	440.0	220.0	660.0	2
S Blackwell	SE	98.95	237.5	165.0	402.5	255.0	657.5	3
110kg								
A Rodney	GL	109.65	332.5	190.0	522.5	300.0	822.5	1
125kg								
B Lee	YNE	119.85	287.5	217.5	505.0	295.0	800.0	1
P Laing	NM	121.85	280.0	170.0	450.0	312.5	762.5	2
G Poole	SW	112.7	320.0	160.0	480.0	270.0	750.0	3
P Frost	YNE	115.6	260.0	192.5	452.5	260.0	712.5	4
F Beckles	GL	118.45	270.0	160.0	430.0	280.0	710.0	5

Men Masters 2

Name	Div	B/W	Squat	Bench	sub total	Deadlift	total	pos
67.5kg								
Mike McBride	Sc	65.8	200.0	115.0	315.0	230.0	545.0	1
John Hibbert	SE	67	185.0	140.0	325.0	220.0	545.0	2
75kg								
Stan Macrow	WM	74.1	202.5	155.0	357.5	220.0	577.5	1
Joga Singh	WM	74.1	212.5	137.5	350.0	212.5	562.5	2
David								
Fairhurst	NM	73	200.0	135.0	335.0	225.0	560.0	3
Miguel Flores	YNE	71.25	230.0	90.0	320.0	200.0	520.0	4
82.5kg								
Dave Barnes	NM	82	250.0	160.0	410.0	305.0	715.0	1
Mick Amey	EM	76	190.0	107.5	295.0	215.0	510.0	2
90kg								
Kevin Jane	EM	89.65	255.0	165.0	420.0	280.0	700.0	1
Paul Kerridge	EM	89.1	192.5	122.5	315.0	220.0	535.0	2
Brian Baker	Sc	89.75	170.0	25.0	195.0	170.0	365.0	3
100kg								
Ken Williams	W	94.85	215.0	150.0	365.0	225.0	590.0	1
Bob Baxter	EM	93.25	200.0	132.5	332.5	200.0	532.5	2
110kg								
Arthur White	EM	109	260.0	150.0	410.0	300.0	710.0	1
125+kg								
Andy Kerr	GL	135.25	282.5	197.5	480.0	300.0	780.0	1

Men Masters 3 & 4

Name	Div	B/W	Squat	Bench	sub total	Deadlift	total	pos	age
67.5kg									
Roger Powell	NM	67.2	145.0	85.0	230.0	180.0	410.0	1	m3
Trevor Harvey	NI	66.7	110.0	70.0	180.0	165.0	345.0	2	m3
75kg									
George leggett	EM	72.9	190.0	110.0	300.0	205.0	505.0	1	m4
82.5kg									
Jim Higgins	Sc	81.4	200.0	127.5	327.5	215.0	542.5	1	m3
Dave Kirkland	NM	80.5	145.0	117.5	262.5	185.0	447.5	2	m3
John									
Gallagher	SW	79.9							m3
Brian Tuffnell	WM	80.6	165.0	117.5	282.5	212.5	495.0	1	m4
90kg									
David Battison	EM	88.4	220.0	155.0	375.0	250.0	625.0	1	m3
100kg									
John Lopez	SE	95.6	125.0	80.0	205.0	180.0	385.0	1	m4

Name	Div	B/W	Squat	Bench	sub total	Deadlift	total	pos	age
110kg Lauri Barayni	YNE	103.2	142.5	95.0	237.5	175.0	412.5	1	m4

Women Masters 1

Name	Div	B/W	Squat	Bench	Sub- total	Deadlift	Total	Position
52kg T.Sawyer	NM	51.75	145.0	92.5	237.5	147.5	385.0	1
56kg J.Hunter	EM	55.95	142.5	92.5	235.0	160.0	395.0	1
60kg G.Lesting	SE	59	117.5	67.5	185.0	135.0	320.0	1
67.5kg J.Banks	YNE	66.2	130.0	52.5	182.5	125.0	307.5	1
75kg J.Blasberry	EM	69.2	167.5	97.5	265.0	185.0	450.0	1
S.Tyson	SE	74.1	155.0	102.5	257.5	165.0	422.5	2
C.Wass	EM	73.75	135.0	72.5	207.5	127.5	335.0	3
90kg G.Fitsimmons	SCO	89.2	160.0	55.0	215.0	140.0	355.0	1

Women Masters 2

Name	Div	B/W	Squat	Bench	Sub- total	Deadlift	Total	Position
44kg Pat Reeves	WM	42.95	60.0	35.0	95.0	100.0	195.0	1
48kg Enid Dixon	YNE	46.25	60.0	40.0	100.0	80.0	180.0	1
67.5kg H.Richards	SCO	67.45	117.5	65.0	182.5	145.0	327.5	1
M.Scoltock	NW	64.4	117.5	67.5	185.0	115.0	300.0	2
75kg D.Dowsett	NM	69.4	125.0	57.5	182.5	142.5	325.0	1
90kg Sue Hollands	YNE	82.8	180.0	90.0	270.0	177.5	447.5	1

Source: results from the website www.britishpowerlifting.org.uk

World Masters Bench Press Championships

The 5th IPF World Masters Bench Press Championships was held in Zlin in the Czech Republic between the 20th and 24th April 2005. All aspects of the venue were well organised, from the hotel to warm up rooms and lifting platform. There were 286 competitors at the venue and between them they produced some very impressive lifting.

The British contingent comprised the masters 1 lifters: Graham Dowers in the 60kg class who finished 2nd; Keith Arkle in the 90 kg class who finished 8th; Dave Normand also in the 90kg class who didn't manage a lift on the day; Ian Kinghorn in the 100kg class who finished 4th (missed out on a medal due to being heavier); and Julian Massey in the 125kg class who finished 7th. This resulted in a respectable 9th place for the team.

In masters 2 we had 1 lifter, John Brookes in the 90kg class who finished in 5th place. In masters 3 Bill MacFadyen in the 90kg class finished in 3rd place and Dave Battisson also in the 90kg class finished 5th.

PL.	Name	Nation	Weight	1 Att.	2 Att.	3 Att.	RESULT
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Men Masters 1

- 56 kg								
1	Skirkanic Dusan	SVK	55,90	100,0	105,0	107,5	107,5	
2	Virzi Carmelo	GER	55,00	87,5	92,5	95,0	95,0	
- 60 kg								
1	Kolsovsky Stefan	SVK	59,00	145,0	150,0	155,0	155,0	
2	Dowers Graham	GBR	59,40	115,0	120,0	125,0	120,0	
3	D'Alessandro Giovanni	ITA	59,70	120,0	125,0	125,0	120,0	
4	Jones Kevin	USA	59,50	92,5	102,5	102,5	102,5	
—	Perasalo Hannu	FIN	59,70	110,0	115,0	122,5	—	disq.
- 67,5 kg								
1	Rajala Erkki	FIN	66,30	172,5	172,5	175,0	172,5	
2	Dacosta Adriano	FRA	67,10	162,5	162,5	175,0	162,5	
3	Landeck Klaus	GER	66,30	150,0	150,0	155,0	155,0	
4	Mori Takashi	JPN	67,30	152,5	160,0	165,0	152,5	
5	Muigg Peter	AUT	67,40	152,5	155,0	157,5	152,5	
—	Mishima Tadashi	JPN	66,70	165,0	170,0	170,0	—	disq.
—	Kihlstrom Pekka	SWE	67,00	167,5	167,5	167,5	—	disq.
- 75 kg								
1	Morioka Kazuyoshi	JPN	73,20	180,0	187,5	192,5	187,5	
2	Gotzke Detlef	GER	73,40	180,0	187,5	187,5	180,0	
3	Ochlan Milos	SVK	74,50	180,0	185,0	185,0	180,0	
4	Lespoix Bruno	FRA	74,10	172,5	172,5	175,0	172,5	
5	Krueger Theodore	USA	74,10	170,0	170,0	180,0	170,0	
6	Turunen Pekka	FIN	74,50	170,0	170,0	175,0	170,0	
- 82,5 kg								
1	Ishimoto Naoki	JPN	80,70	215,0	215,0	215,0	215,0	
2	Heinrich Frank	GER	82,20	200,0	205,0	205,0	200,0	
3	Friedrich Veiko	GER	82,00	195,0	200,0	200,0	195,0	
4	Jezek Tomas	CZE	81,30	170,0	175,0	180,0	180,0	
5	Andersson Conny	SWE	81,40	170,0	170,0	177,5	177,5	
6	Van Der Walt Kalie	RSA	82,00	155,0	165,0	172,5	165,0	
7	Bergan Tom	DEN	82,10	155,0	160,0	165,0	160,0	
8	Berndorff Per	DEN	81,60	157,5	172,5	172,5	157,5	
—	Le Blevenec Patrick	FRA	81,10	195,0	195,0	195,0	—	disq.
- 90 kg								
1	Zubriks Gennadis	LAT	87,30	230,0	230,0	230,0	230,0	
						240,0		wm1
2	Jacob Klaus-Dieter	GER	88,60	217,5	222,5	222,5	217,5	
3	Kitagawa Takeshi	JPN	86,60	210,0	215,0	220,0	215,0	
4	Kati Jiri	CZE	88,90	190,0	190,0	195,0	195,0	
5	Rosenzweig Dana	USA	88,50	192,5	202,5	202,5	192,5	
6	Lewicki Zbigniew	POL	88,20	190,0	190,0	195,0	190,0	
7	Vanhamaki Tarmo	FIN	89,50	180,0	190,0	195,0	190,0	
8	Arkle Keith	GBR	89,70	190,0	190,0	205,0	190,0	
9	Sekot Michal	CZE	87,60	170,0	180,0	192,5	180,0	
10	Norpila Seppo	FIN	89,80	175,0	175,0	175,0	175,0	
—	Rasmussen Erik	DEN	82,70	180,0	180,0	185,0	—	disq.
—	Nurmine Aivo	EST	87,50	205,0	205,0	205,0	—	disq.
—	Normand Dave	GBR	87,80	220,0	220,0	220,0	—	disq.
—	Pares Pascal	FRA	87,80	210,0	210,0	210,0	—	disq.
—	Paley Andrey	RUS	89,30	210,0	210,0	210,0	—	disq.
—	Farstad Svein Olav	NOR	89,40	212,5	212,5	217,5	—	disq.
- 100 kg								
1	Volkov Vladimir	RUS	99,40	260,0	267,5	275,0	267,5	wm1
2	Raskin Swen	GER	98,60	220,0	230,0	235,0	230,0	
3	Lehto Juha	FIN	98,20	212,5	220,0	227,5	220,0	

4	Kinghorn Ian	GBR	98,80	220,0	227,5	227,5	220,0	
5	Turco Charles	USA	99,60	212,5	212,5	222,5	212,5	
6	Hagfors Harri	FIN	98,70	205,0	210,0	222,5	210,0	
7	Schoonraad Chris	RSA	97,40	180,0	187,5	187,5	180,0	
8	Klimo Peter	SVK	99,40	180,0	187,5	187,5	180,0	
—	Terada Masuo	JPN	98,80	200,0	200,0	200,0	—	disq.
—	Bozyczko Krzysztof	POL	99,30	250,0	250,0	250,0	—	disq.
- 110 kg								
1	Doan Dave	USA	109,40	267,5	267,5	270,0	270,0	
2	Semskij Klaus	GER	108,90	250,0	260,0	267,5	267,5	
3	Lousich Steve	NZL	108,90	230,0	240,0	242,5	242,5	
4	Pamplin Gary	USA	108,50	227,5	237,5	240,0	240,0	
5	Kanat Zoltan	CZE	108,80	200,0	210,0	222,5	222,5	
6	Priller Othmar	AUT	103,40	205,0	215,0	222,5	215,0	
7	Lampinen Lars	FIN	108,40	210,0	220,0	220,0	210,0	
8	Guldberg Lars	DEN	107,80	195,0	200,0	217,5	200,0	
9	Marcellin Philippe	FRA	105,80	185,0	195,0	202,5	195,0	
10	Nielsen Bjorn	DEN	109,10	160,0	170,0	175,0	170,0	
11	Sullivan Ian	AUT	105,40	157,5	157,5	162,5	162,5	
- 125 kg								
1	Klinger Brad	USA	124,20	260,0	265,0	272,5	265,0	
2	Koblov Alexander	RUS	110,40	235,0	245,0	265,0	245,0	
3	Sidenko Sergey	RUS	123,80	225,0	232,5	247,5	232,5	
4	Moalli Jean-Luc	FRA	120,40	205,0	217,5	222,5	222,5	
5	Krcmar Jiri	CZE	117,50	205,0	210,0	217,5	217,5	
6	Meyer Bernd	GER	115,40	215,0	222,5	222,5	215,0	
7	Massey Julian	GBR	113,20	185,0	195,0	200,0	185,0	
8	Korhonen Risto	FIN	121,00	185,0	195,0	200,0	185,0	
9	Skala Vladimir	CZE	114,80	175,0	175,0	180,0	180,0	
—	Savonen Kauko	FIN	112,70	230,0	240,0	240,0	—	disq.
125+ kg								
1	Ujii Ichiro	JPN	147,40	247,5	255,0	260,0	255,0	
2	Hritz Ivan	SVK	135,00	230,0	240,0	247,5	247,5	
3	Sundberg Peter	SWE	149,20	240,0	247,5	247,5	240,0	
4	Ambroz Frantisek	CZE	130,70	210,0	220,0	230,0	220,0	
5	Mohsen Erfan	EGY	154,80	200,0	210,0	210,0	210,0	
—	Lochner Jurgen	GER	137,50	250,0	250,0	250,0	—	disq.
—	Kaunismaki Veli-Pekka	FIN	139,10	242,5	247,5	247,5	—	disq.
—	Smith Hanie	RSA	143,80	205,0	205,0	235,0	—	disq.
—	Gaudreau Dan	USA	163,10	277,5	277,5	277,5	—	disq.

Nation (points)

1	Germany	[9+9+9+9+9+9]
2	Japan	[12+12+12+8+7]
3	U.S.America	[12+12+7+7+6+6]
4	Slovakia	[12+12+9+8+3]
5	Finland	[12+8+5+5+4+4]
6	Czechia	[7+7+7+6+6+2]
7	Russia	[12+9+8]
8	France	[9+7+7+2]
9	Great Britain	[9+7+4+3]
10	Sweden	[8+6]
11	Latvia	[12]
12	Austria	[6+5+1]
13	Denmark	[4+3+3+1]
14	South Africa	[5+4]

15	Italy	[8]
15	New Zealand	[8]
17	Egypt	[6]
18	Poland	[5]
	Norway	
	Estonia	

Men Masters 2**- 56 kg**

1	Moiseev Alexander	BLR	55,70	100,0	105,0	110,0	105,0	
2	Kedziora Czeslaw	POL	56,00	105,0	110,0	110,0	105,0	
3	Imba Katsuhiko	JPN	55,20	90,0	100,0	100,0	90,0	

- 60 kg

1	Isagawa Hiroyuki	JPN	59,70	180,0	200,0	200,0	200,0	wm2
—	Kanaya Takashi	JPN	58,80	135,0	135,0	135,0	—	disq.

- 67,5 kg

1	Sitruk Claude	FRA	64,10	160,0	160,0	170,0	170,0	
						177,5		wm2
2	Bohm Rudolf	CZE	67,50	150,0	155,0	162,5	162,5	
3	Kita Yoshikazu	JPN	66,40	140,0	140,0	145,0	145,0	
4	Chesnais Jean-Jacques	FRA	66,80	127,5	127,5	132,5	127,5	
5	Sundstol Birger	NOR	66,60	112,5	117,5	117,5	112,5	
6	Flinck Seppo	FIN	66,70	105,0	110,0	110,0	110,0	
7	Yong Peter	USA	63,10	92,5	105,0	105,0	92,5	

- 75 kg

1	Kato Yuji	JPN	74,40	167,5	172,5	177,5	177,5	
2	Volkov Nikolay	RUS	74,40	160,0	165,0	175,0	175,0	
3	Haines Jay	USA	74,00	160,0	165,0	175,0	165,0	
4	Eriksson Allan	SWE	74,40	155,0	162,5	167,5	162,5	
5	Nikiforov Sergey	RUS	74,90	145,0	152,5	152,5	152,5	
6	Hruby Petr	CZE	74,00	150,0	155,0	162,5	150,0	
7	Sousek Antonin	CZE	74,20	150,0	155,0	155,0	150,0	
8	Fuhr Friedhelm	GER	74,80	150,0	150,0	157,5	150,0	

- 82,5 kg

1	Synstad Bjarne	NOR	80,50	190,0	195,5	197,5	197,5	wm2
2	Pfenninger Paul	GER	80,70	187,5	187,5	192,5	187,5	
3	Thorngren Sven	SWE	81,30	180,0	187,5	197,5	187,5	
4	Di Rocco Luciano	ITA	80,80	170,0	175,0	177,5	175,0	
5	Schuricht Lutz	GER	81,10	170,0	180,0	180,0	170,0	
6	Moyaux Christian	FRA	81,40	150,0	155,0	157,5	157,5	
7	Volgyak Jozef	SVK	82,20	150,0	160,0	160,0	150,0	
8	Clayton Bill	USA	81,80	137,5	142,5	150,0	142,5	
9	Fujimoto Akio	JPN	77,90	135,0	135,0	140,0	140,0	
10	Bombelli Fiorenzo	ITA	79,10	105,0	105,0	107,5	107,5	
—	Launonen Ilkka	FIN	81,30	177,5	177,5	177,5	—	disq.
—	Kitano Toshio	JPN	81,30	155,0	155,0	155,0	—	disq.

- 90 kg

1	Yokoyama Mutuo	JPN	89,00	237,5	240,0	240,0	237,5	
2	Markwat Marek	POL	87,20	215,0	220,0	237,5	220,0	
3	Tachibana Tadashi	JPN	87,00	200,0	210,0	225,0	210,0	
4	Meister Horst	GER	87,80	190,0	197,5	200,0	200,0	
5	Brookes John	GBR	89,20	190,0	190,0	202,5	190,0	
6	Couchy Stanislas	FRA	89,50	185,0	185,0	197,5	185,0	
7	Maska Josef	CZE	89,40	172,5	177,5	180,0	172,5	
8	Ptacek Josef	CZE	88,50	167,5	175,0	180,0	167,5	
9	Harms Steve	USA	89,20	155,0	162,5	170,0	155,0	
10	Ludick Sampie	RSA	89,70	135,0	145,0	157,5	145,0	

11	Cevar Dusan	SVK	83,30	135,0	145,0	150,0	135,0		
- 100 kg									
1	Pawlukiewicz Mieczyslaw	POL	94,40	215,0	220,0	222,5	220,0		
2	Aymon Jean-Pierre	AUT	99,40	210,0	217,5	217,5	217,5		
3	Paavilainen Jouko	FIN	96,90	215,0	215,0	220,0	215,0		
4	Marsik Lubos	CZE	98,50	215,0	220,0	220,0	215,0		
5	Sydengen Leif	NOR	94,90	190,0	200,0	215,0	200,0		
6	Gersdorf Axel	GER	95,10	190,0	195,0	200,0	195,0		
7	Durocher Laurent	FRA	98,00	187,5	195,0	200,0	195,0		
8	Schranz Gerhard	AUT	99,10	192,5	192,5	197,5	192,5		
9	Jaakola Reijo	FIN	98,10	170,0	175,0	180,0	170,0		
10	Koprnický Miro	CAN	95,10	162,5	167,5	167,5	162,5		
11	Tehlar Ladislav	SVK	99,70	150,0	160,0	160,0	150,0		
—	Furmanek Jurek	POL	99,10	235,0	235,0	235,0	—	disq.	
—	Bertelsen Jan	DEN	100,00	180,0	180,0	—	—	disq.	
- 110 kg									
1	Vilppola Kari	FIN	109,60	230,0	237,5	240,5	240,0	wm2	
2	Grabowski Wojciech	POL	106,80	225,0	235,0	240,5	225,0		
3	Georg Manfred	GER	107,30	215,0	222,5	227,5	222,5		
4	Plavka Pavol	SVK	108,40	165,0	170,0	175,0	175,0		
5	Warren Anthony	NZL	104,00	165,0	172,5	172,5	165,0		
6	Caldwell Steve	USA	101,60	150,0	150,0	150,0	150,0		
7	Piowar Krzysztof	POL	106,00	130,0	140,0	150,0	140,0		
—	Maliniemi Niilo	SWE	107,00	205,0	205,0	222,5	—	disq.	
- 125 kg									
1	Sota Antonin	CZE	116,50	215,0	220,0	222,5	222,5		
2	Pawlik Piotr	POL	123,00	222,5	222,5	227,5	222,5		
3	Vana Bohumil	CZE	121,30	215,0	215,0	222,5	215,0		
4	Hutchinson Kevin	USA	116,50	210,0	220,0	222,5	210,0		
5	Speth Anton	GER	120,00	195,0	205,0	205,0	205,0		
6	Tesch Will	GER	110,90	195,0	202,5	205,0	195,0		
7	Fuglsang Allan	DEN	110,10	182,5	182,5	195,0	182,5		
8	Halmond Stanley	NZL	124,40	170,0	170,0	180,0	180,0		
9	Toman Dusan	SVK	120,70	170,0	170,0	180,0	170,0		
10	Bostrom Georg	SWE	110,20	75,0	—	—	75,0		
—	Bartnik Lucjan	POL	123,00	175,0	175,0	175,0	—	disq.	
125+ kg									
1	Beeler Frank	USA	146,00	260,0	265,5	267,5	267,5	wm2	
2	Schwanke Eberhard	GER	131,80	240,0	255,0	265,0	265,0		
3	Sipilainen Raimo	FIN	135,80	230,0	240,0	240,0	230,0		
—	Beuch Ron	USA	126,30	210,0	210,0	210,0	—	disq.	

Nation (points)

1	Japan	[12+12+12+8+8+8]
2	Poland	[12+9+9+9+9+4]
3	Czechia	[12+9+8+7+5+4]
4	Germany	[9+9+8+7+6+6]
5	U.S.America	[12+8+7+5+4+3]
6	Finland	[12+8+8+5+2]
7	France	[12+7+5+5+4]
8	Norway	[12+6+6]
9	Sweden	[8+7+1]
10	Russia	[9+6]
11	Slovakia	[7+4+2+1+1]
12	Belorussia	[12]
13	Austria	[9+3]
14	New Zealand	[6+3]

15	Italy	[7+1]
16	Great Britain	[6]
17	Denmark	[4]
18	Canada	[1]
18	South Africa	[1]

Men Masters 3**- 56 kg**

1	Gallart Pierre	FRA	55,60	122,5	125,0	125,0	125,0
2	Fushimi Hiraku	JPN	55,60	110,0	120,0	120,0	110,0

- 60 kg

1	Shiraida Teruo	JPN	58,60	102,5	107,5	112,5	107,5
2	Geese Rainer	GER	59,00	97,5	102,5	105,0	105,0
3	Diepold Alexander	GER	59,90	95,0	100,0	105,0	105,0
4	Hansen Bent	DEN	59,50	80,0	85,0	90,0	85,0

- 67,5 kg

1	Magome Toru	JPN	67,20	161,0	161,0	170,0	160,0	wm3
2	Russo Jose	FRA	63,40	125,0	125,0	132,5	132,5	
3	Epineau Daniel	FRA	66,20	122,5	127,5	135,0	127,5	
4	Zwick Ivan	USA	64,70	120,0	122,5	127,5	122,5	
5	Tsukuda Tadakazu	JPN	65,50	110,0	110,0	110,0	110,0	
6	Vento Olli	FIN	66,70	92,5	97,5	102,5	102,5	

- 75 kg

1	Tolli Arvo	FIN	74,50	147,5	152,5	155,0	152,5	
2	Kawashima Akira	JPN	73,60	140,0	140,0	145,0	145,0	
3	Peschl Harald	GER	74,60	145,0	150,0	150,0	145,0	
4	Akagi Hideharu	JPN	71,70	127,5	132,5	140,0	132,5	
—	Eriksson Borje	SWE	74,40	147,5	147,5	152,5	—	disq.

- 82,5 kg

1	Escolano Louis	FRA	82,00	165,0	170,5	170,5	165,0	
2	Kallio Olavi	FIN	82,40	160,0	160,0	165,0	165,0	
3	Raiha Matti	FIN	81,30	150,0	157,5	165,0	157,5	
4	Pasternak Werner	GER	80,50	135,0	142,5	147,5	142,5	
5	Reybrouck Daniel	BEL	77,30	135,0	140,0	145,0	140,0	
6	Hemenway Ron	USA	80,10	140,0	140,0	140,0	140,0	
7	Wimmer Josef	GER	79,50	110,0	117,5	120,0	120,0	
—	Jurgensen Hans	DEN	79,20	150,0	150,0	157,5	—	disq.
—	Kumakura Hideo	JPN	79,90	145,0	145,0	145,0	—	disq.

- 90 kg

1	Phillips Bill	USA	88,30	177,5	182,5	182,5	182,5	
2	Silvander Matti	FIN	89,30	165,0	172,5	180,0	172,5	
3	McFadyen William	GBR	85,70	170,0	177,5	177,5	170,0	
4	Reetz Dieter	GER	84,20	140,0	145,0	150,0	150,0	
5	Battisson Dave	GBR	89,30	150,0	150,0	155,0	150,0	
6	Fell Gerd	GER	88,70	132,5	140,0	145,0	140,0	
7	Zimmermann Wolfgang	CZE	89,50	130,0	135,0	140,0	135,0	

- 100 kg

1	Wittkowski Gunter	GER	93,10	170,0	180,0	185,0	180,0	
2	Lebolay Marc	FRA	98,60	180,0	180,0	185,0	180,0	
3	Kawabe Katsuji	JPN	95,40	150,0	150,0	157,5	157,5	
4	Madsen Julius	DEN	97,90	150,0	155,0	157,5	157,5	
5	Waldeck Leif	SWE	98,10	152,5	157,5	157,5	152,5	
6	Uher Petr	CZE	92,40	145,0	145,0	150,0	150,0	
7	Bolgarfalvi Bela	HUN	90,70	135,0	135,0	142,5	142,5	
8	Rohrbacher Adolf	AUT	90,40	120,0	125,0	125,0	125,0	
9	Feldmann Klaus	GER	97,40	110,0	117,5	117,5	110,0	

- 110 kg

1	Vergnes-Blanquer Marc	FRA	104,40	162,5	167,5	167,5	162,5	
2	Kolar Alexandr	CZE	107,60	150,0	155,0	165,0	155,0	
3	Yanovitch Joe	USA	107,70	127,5	137,5	137,5	137,5	
—	Tallman Clifford	USA	107,60	182,5	182,5	182,5	—	disq.
- 125 kg								
1	Rumbler Peter	GER	117,50	175,0	182,5	190,0	190,0	
2	Marsh Murray	USA	114,80	165,0	165,0	165,0	165,0	
—	Nylund Christer	FIN	113,90	200,0	210,5	210,5	—	disq.
—	Huberth Sven	SWE	120,30	150,0	150,0	150,0	—	disq.
125+ kg								
1	Sofferdine Ralph	USA	125,90	177,5	182,5	190,0	190,0	
2	Bjornsson Ludvik	ISL	144,30	162,5	175,0	175,0	162,5	

Nation (points)

1	France	[12+12+12+9+9+8]
2	Japan	[12+12+9+9+8+7]
3	Germany	[12+12+9+8+8+7]
4	U.S.America	[12+12+9+8+7+5]
5	Finland	[12+9+9+8+5]
6	Czechia	[9+5+4]
7	Great Britain	[8+6]
8	Denmark	[7+7]
9	Iceland	[9]
10	Belgium	[6]
10	Sweden	[6]
12	Hungary	[4]
13	Austria	[3]

PL.	Name	Nation	Weight	1 Att.	2 Att.	3 Att.	RESULT
Women Masters 1							
- 44 kg							
1	Friedrich Marion	GER	43,70	80,0	83,0	85,0	82,5 wm1
2	Held Petra	GER	43,20	57,5	60,0	60,0	60,0
- 48 kg							
1	Fallermo Helene	SWE	47,70	74,0	80,0	82,5	80,0
2	Kovacs Hannelore	HUN	47,70	57,5	62,5	62,5	62,5
- 52 kg							
1	Svahn Hanna	DEN	51,30	90,0	95,0	100,0	95,0
2	Simon Aniko	HUN	50,90	75,0	80,0	87,5	80,0
—	Haines Leigh	USA	51,80	75,0	75,0	75,0	— disq.
- 56 kg							
1	Forys Ursula	POL	55,80	80,0	85,0	90,0	90,0
2	Engelbreht Karin	GER	53,10	85,0	87,5	90,0	87,5
3	Bodbacka Paivi	FIN	55,90	75,0	75,0	77,5	77,5
4	Peron-Sahut Françoise	FRA	53,80	72,5	75,0	77,5	75,0
5	Andreani Barnadette	FRA	55,60	70,0	72,5	72,5	72,5
6	Desfranges Luccete	FRA	52,80	65,0	70,0	72,5	70,0
- 60 kg							
1	Taret Daniele	FRA	57,20	100,0	107,5	107,5	100,0
2	Schnoltzer Monika	GER	58,90	90,0	95,0	100,0	95,0
3	Simmons Angela	USA	57,80	75,0	90,0	90,0	90,0
4	Mathias Sylvie	FRA	58,20	75,0	80,0	82,5	80,0
5	Anger Manuela	GER	58,70	55,0	55,0	60,0	55,0
—	Winiarska Iwona	POL	56,20	65,0	65,0	65,0	— disq.
- 67,5 kg							
1	Haas Regina	GER	66,80	107,5	112,5	115,0	112,5

2	Herbin Evelyne	FRA	67,00	95,0	100,0	100,0	95,0
3	Lange Andrea	GER	64,00	92,5	97,5	97,5	92,5
4	Borggaard Kirsten	DEN	67,00	90,0	95,0	97,5	90,0
- 75 kg							
1	Hauser Ursula	GER	73,00	105,0	110,0	115,0	115,0
2	Halvarsson Asa	SWE	75,00	107,5	112,5	112,5	107,5
3	Perry Serena	NZL	74,00	85,0	90,0	92,5	92,5
- 82,5 kg							
1	Witt Birgit	GER	81,60	110,0	115,0	120,0	115,0
2	Pawlik Barbara	POL	80,40	105,0	112,5	115,0	105,0
3	Glomstein Tone	NOR	76,20	95,0	100,0	105,0	100,0
4	Baum Malinda	USA	81,00	97,5	97,5	102,5	97,5
5	Brau Gabriele	GER	81,10	75,0	75,0	80,0	75,0
- 90 kg							
1	Mynttinen Merja	FIN	89,20	120,0	125,0	130,0	125,0
2	Oxford Holly	USA	86,40	90,0	102,5	110,0	102,5
90+ kg							
1	Ferrell Deborah	USA	122,00	170,0	183,0	183,0	170,0
2	Calhoun Paullete	USA	92,80	90,0	95,0	105,0	95,0

Nation (points)

1	Germany	[12+12+12+12+9+9]
2	U.S.America	[12+9+9+8+7]
3	France	[12+9+7+7+6]
4	Poland	[12+9]
4	Sweden	[12+9]
6	Finland	[12+8]
7	Denmark	[12+7]
8	Hungary	[9+9]
9	Norway	[8]
9	New Zealand	[8]

Women Masters 2

- 44 kg							
1	Debacker Ghyslaine	FRA	43,50	60,0	62,5	65,0	62,5
2	Lacombe Claudine	FRA	42,30	57,5	62,5	62,5	57,5
- 48 kg							
1	Vaulakorpi Irmeli	FIN	47,30	65,0	70,0	72,5	70,0
2	Suire Maryse	FRA	47,40	55,0	55,0	60,0	55,0
- 52 kg							
1	Orenicova Eva	SVK	49,80	67,5	72,5	80,0	80,0
2	Muldrock Trish	NZL	49,50	70,0	72,5	80,0	72,5
3	Motais Carmen	FRA	48,80	62,5	65,0	67,5	65,0
4	Turunen Seija	FIN	48,50	55,0	62,5	62,5	62,5
5	Bauer Renate	AUT	48,60	60,0	62,5	62,5	62,5
- 56 kg							
1	Strik Tonia	NED	55,90	72,5	77,5	80,0	80,0
2	Hykova Adina	CZE	55,60	70,0	75,0	77,5	70,0
3	Kumpuniemi Eila	FIN	53,90	60,0	65,0	67,5	67,5
4	McSwain Dagmar	AUT	55,00	62,5	67,5	70,0	67,5
5	Harms Jeanne	USA	54,90	65,0	72,5	72,5	65,0
6	Halmond Julie	NZL	55,40	62,5	65,0	67,5	65,0
7	Dreisig Sabine	GER	54,00	55,0	60,0	65,0	60,0
- 60 kg							
1	Sauer Helen	USA	58,90	97,5	100,0	100,0	97,5
2	Keizer Aly	NED	59,80	85,0	85,0	90,0	85,0
3	Lankau Marianne	GER	59,00	55,0	57,5	60,0	57,5

4	Nothnagel Ursula	GER	59,30	55,0	57,5	57,5	55,0	
- 67,5 kg								
1	Sawa Chiyomi	JPN	66,20	110,0	110,0	120,0	120,0	
						121,0		wm2
2	Thimm Anita	GER	63,10	77,5	80,0	82,5	82,5	
3	Nemeth Jozsefne	HUN	61,60	75,0	80,0	80,0	75,0	
4	Wimmer Erika	GER	66,90	55,0	57,5	60,0	57,5	
- 75 kg								
1	Takacova Hana	CZE	74,90	115,0	115,0	117,5	115,0	
2	Spronk Mariet	NED	70,20	100,0	105,0	—	100,0	
3	Rohrmann Katalin	HUN	70,30	67,5	72,5	72,5	72,5	
4	Beninga Anke	GER	71,80	70,0	75,0	75,0	70,0	
5	Gruber Anna	HUN	72,20	55,0	60,0	60,0	55,0	
- 82,5 kg								
1	Meulen v.d. Joke	NED	77,70	85,0	92,5	97,5	92,5	
2	Eulenstein Ursula	GER	79,20	75,0	80,0	82,5	82,5	
3	Kimber Tilu	EST	81,10	70,0	72,5	72,5	72,5	
- 90 kg								
1	Beer Rosemarie	AUT	83,70	120,0	125,0	130,0	125,0	
2	Speth Eva	GER	88,60	110,0	117,5	122,5	122,5	
90+ kg								
1	Huston Fran	USA	134,50	92,5	102,5	107,5	107,5	

Nation (points)

1	Germany	[9+9+9+8+7+7]
2	Netherlands	[12+12+9+9]
3	France	[12+9+9+8]
4	U.S.America	[12+12+6]
5	Finland	[12+8+7]
6	Austria	[12+7+6]
7	Hungary	[8+8+6]
8	Czechia	[12+9]
9	New Zealand	[9+5]
10	Japan	[12]
10	Slovakia	[12]
12	Estonia	[8]

East Midlands Committee Meeting Minutes**East Midlands Weightlifters Association**

Minutes of Committee meeting held on 9/4/2005 at Cambridge Weight Lifting club.

Meeting opened at 1.15p.m.

- Members present – Dave Tucker, Ian Kinghorn, Kevin Jane
- Apologies – Peter Weiss and Jenny Hunter
- Matters arising from previous meeting – Ian informed the meeting that Yardley Gobion WLC were prepared to stage this years Divisional Masters/junior championships although the date will be Saturday July 30th and not the 31st as originally planned.
- Power Secretary position – Pete Weiss who missed this meeting due to illness has indicated that he wishes to stand down as power secretary. He is happy to continue as chairman for the Division for the remainder of this term of office.

In the meantime Dave Tucker has offered to take on the power secretary role with support from the secretary, who will liaise with Pete re the handing over of information.

5. Justin Manion: A discussion took place around the issue of Justin Manion who recently competed in the British Senior Powerlifting championship held in Birmingham on 6/2/2005. On the day of the competition Justin turned up at the weigh-in expecting to lift despite having not received an official invite or having paid an entrance fee. Justin had also not enquired as to why he had not been invited to participate at these championships.

He was informed at the weigh-in after there had been consultation with a majority of the East Midlands committee that he was not allowed to lift on the grounds that his invite had been retained due to his non- participation in the Divisional Championships or there being any request for dispensation. Justin did when questioned at the weigh-in say that he had informed Andy Hawkins that he would not be competing at the Divisional championships due to an injury. Andy had no knowledge of this and of course is not a current committee member.

Justin was subsequently allowed to lift when the decision already made was ignored by the officials in charge of the competition on the day, and won the 90kg title. There were therefore two issues for the meeting to consider regarding this matter. **A)** The actions of officials at the venue in regard to ignoring the rules of this Division and **B) The** non-compliance to the rules by Justin Manion in relation to this competition and the fact that he had deprived someone else of a rightful title.

The meeting agreed unanimously that Justin should be punished in the first instance for not adhering to the procedures laid down by the Division for competition at national level and this would be in the form of not being allowed to represent the Division for a year beginning 7/2/05. He would be expected to follow the correct procedures if he wishes to receive an invite at national level for next year. The Secretary would inform Justin of this decision and emphasis the views expressed at the meeting re this type of behaviour.

The actions of the officials at the event on the day namely John Halfacre, Jim Mutrie and Peter Fiori needed to be raised in due course at Central Council. After complaints by other competitors at the British championships Peter Fiore did inform me that he would as a result of what had happened not allow Justin to represent the country at an international level.

6. Accounts – the Treasurer had given current details of the Divisional accounts to Ian which he had forgotten to bring to the meeting, but will forward to the Secretary in due course.
7. A.O.B. – Ian informed the meeting that he is expanding his list of Divisional powerlifting records which will include separate records for unequipped competitions and single lift events. He has at present no all round lift records or Olympic records but will try to locate and then update these.

Due to the ever decreasing number of officers within the Division it was suggested that certain people should be co-opted onto the committee to help spread the work load. It was consequently agreed (unanimously) to approach one individual who currently gives much support to the Division.

8. Date of next meeting 16th July 2005 at the Farm WLC Northampton

Meeting closed at 2.15 p.m.

Kevin Jane – Hon General Secretary

Anglian Open Powerlifting Championships

The Anglian Open was held at Hamilton's fitness centre on 1st May 2005.

EQ	BDW.	NAME	CLASS	CLUB	SQUAT			BENCHPRESS			DEADLIFT			Wilk's	Pos		
					1	2	3	1	2	3 SUB.	1	2	3 TOT.				
n	51.5	Claire Bailey	52	Hamiltons	50.00	60.00	-62.50	-47.50	47.50	-50.00	107.50	95.00	-100.00	-100.00	202.50	254.30	1
n	55.9	Jenny Hunter	56	Cambridge	75.00	85.00	90.00	75.00	80.00	-82.50	170.00	110.00	120.00	130.00	300.00	353.50	1
y	60.6	Lucy Gledhill	67.5	Hitchin	57.50	65.00	70.00	27.50	30.00	-35.00	100.00	72.50	82.50	-87.50	182.50	201.90	1
n	76.4	Louise Pennell	82.5	Hamiltons	75.00	80.00	-82.50	42.50	-47.50	-47.50	122.50	100.00	107.50	-115.00	230.00	216.20	1
y	56.8	Chad Mitchell	60	Cambridge	180.00	192.50	-200.00	95.00	102.50	107.50	300.00	170.00	180.00	185.00	485.00	435.50	1
n	64.6	Wayne Macfarlane	67.5	Hamiltons	150.00	-160.00	0.00	125.00	132.50	-140.00	282.50	180.00	195.00	200.00	482.50	385.70	1
n	66.7	Nick Molloy	67.5	n/a	120.00	130.00	-135.00	110.00	-115.00	-115.00	240.00	180.00	-202.50	-202.50	420.00	326.90	2
n	67.5	Frankie Macfarlane	67.5	Hamiltons	110.00	120.00	-135.00	110.00	-115.00	115.00	235.00	120.00	140.00	-160.00	375.00	289.10	3
n	74.4	Chris Creedy	75	Cambridge	175.00	190.00	195.00	107.50	112.50	-115.00	307.50	227.50	240.00	245.00	552.50	395.90	1
y	74.1	Mick Amey	75	Hamiltons	180.00	190.00	195.00	-100.00	100.00	-107.50	295.00	200.00	210.00	-217.50	505.00	362.90	2
n	72.3	Dean Armstrong	75	n/a	-130.00	130.00	-150.00	85.00	-95.00	95.00	225.00	180.00	195.00	-205.00	420.00	307.20	3
y	71.9	Roy Banks	75	Hamiltons	125.00	135.00	-140.00	85.00	-90.00	-90.00	220.00	150.00	160.00	-165.00	380.00	279.10	4
y	82.1	João Arsénio	82.5	south mids	235.00	245.00	252.50	140.00	145.00	-150.00	397.50	252.50	260.00	-265.00	657.50	441.70	1
y	78.1	Steve Gates	82.5	Hitchin	190.00	-200.00	207.50	120.00	125.00	-127.50	332.50	220.00	235.00	-242.50	567.50	393.40	2
n	81.7	Paul R-Thomas	82.5	Hamiltons	-90.00	90.00	100.00	70.00	72.50	-75.00	172.50	125.00	130.00	132.50	305.00	205.50	3
y	85.5	Doug D'Gama	90	Hitchin	190.00	202.50	-210.00	152.50	157.50	160.00	362.50	210.00	222.50	-230.00	585.00	383.80	1
y	88.6	Nick Oliver	90		190.00	200.00	210.00	-107.50	115.00	120.00	330.00	190.00	210.00	222.50	552.50	355.50	2
y	89.5	Paul Kerridge	90	Hamiltons	180.00	190.00	-200.00	115.00	120.00	122.50	312.50	215.00	220.00	-225.00	532.50	340.90	3
n	96.6	Theo Mujyanama	100	Hamiltons	200.00	205.00	-210.00	140.00	-147.50	147.50	352.50	230.00	240.00	250.00	602.50	371.90	1
y	107.5	Simon Norcup	110	north mids	270.00	285.00	292.50	170.00	180.00	-187.50	472.50	-270.00	270.00	287.50	760.00	450.40	1
n	108.7	Felice Miele	110		185.00	-195.00	-195.00	142.50	150.00	160.00	345.00	200.00	220.00	235.00	580.00	342.50	2
y	115.7	Leon Vines	125		200.00	220.00	-250.00	150.00	160.00	-170.00	380.00	-270.00	270.00	-285.00	650.00	376.90	1

Champion of champions equipped: Simon Norcup, unequipped: Chris Creedy

Thanks to the referees: Dave Tucker, Andrew Hawkins, Cathy Wass, Tracy Hawkins, Jackie Blasbery, Jenny Hunter and the Scorekeepers Carol Simpson-Reeve and Cathy Wass and the MC/Promoter Stuart Hamilton

Mar/Apr 2005 EPF Newsletter

1 Congress Agenda: The Agenda for the EPF Congress on 18 May in Luxembourg will be distributed by email to all member federations by 18 April. A copy will also be posted on the EPF website. This year the Constitution and Bylaws shall be revised in full and a copy will be distributed with the Agenda. Please bring your own copies to the Congress!

2 Retirement of Ralph Farquharson: Unfortunately our General Secretary and Treasurer, Ralph Farquharson, has informed that he will retire from his offices. The reason is that Ralph has taken on a new work in Spain and his employer has denied him free to join the Congress and he will also face the same problem travelling to Europeans in the future. We have to respect that the private life must prevail to the hobby, as all our work for the powerlifting sport must be considered as a hobby as long as it is voluntarily and not paid. I am very sad to see Ralph leaving the EC as he has done the work for EPF in an excellent way and contributed in the EC work in the best way. Due to this, an election of a new General Secretary and a new Treasurer will take place at the Congress. All member nations are invited to put forward good candidates that are willing to work hard and unselfish for our sport and are willing to take on one of these central functions in the EPF administration.

3 Report from the Danube Cup: By Jiri Hofirek. 12 Women and 16 Men from 4 nations took part in the Danube Cup. Best lifters were Jana Sedlaekova (SVK) and Stoyan Andreev (BUL). The venue was only 80m from the hotel so it was no need for any bus transport. The bars, collars and the discs for the competition were from Leoko and squat and bench from ER-Equipment. There was very good visible and perceptible scoreboard and a clock in the venue. There was a large warming-up area with plenty of place for lifters and coaches and 3 set of barbells with many discs from 1.25 to 25 kg. The competition was very well organised and the banquet was perfect in the hotel with plenty of food and drinks. 5 Danube Cup records for Men and 3 records for Women were broken and the results can be viewed on the EPF website.

4 World Games News: The World Games take part in Germany from 14 to 24 July. 45 different sports are staged in four cities and 36 of them are official IWGA members while the others are so-called invitation sports. It is estimated that about 3000 sportsmen and women will fight for all in all 177 medals. The powerlifting competition is organised in Duisburg 16 and 17 July and the lifters are competing in 3 groups for Women and 3 groups for Men according to the Wilks score. As some nominated lifters from other regions have withdrawn, the IPF EC has nominated from Europe 20 Women and 16 Men to the World Games. Originally, only 13 Women and 13 Men were selected from the totally world wide group of 36 Women and 36 Men allowing to take part in the World Games. The nominated list can be seen at the IPF web (www.powerlifting-ipf.com). Thanks to the IPF Gen. Secretary Detlev Albrings, all arrangements with the application and reservation of accommodation are now completed for lifters and officials.

5 Western European Cup: Spain is hosting the Western European cup this year near Barcelona. Spain has not hosted an European championships for many years, so I really hope the invited member nations will send lifters and officials to support this organisation. Last year the WEC was organised in Norway with great success and both lifters and officials had a great time as nearly half of the inhabitants in the small town of Sauda went to the competition hall to view and applaud the lifting. July may not be the best time in the future to organise the WEC as it is vacation time in most European countries. We will discuss at the Congress to move the date to late September from next year.

6 Greetings from the President: The yearly EPF Congress is the forum all members can inflate on the development of the EPF. I will ask all delegates to be well prepared and it is important that proposals, candidates to EPF administration etc. is thoroughly discussed internal in each member federations so the delegates have a real mandate at the Congress. As our Gen. Sec. and Treasurer Ralph Farquharson withdraws we have to elect his successor(s) and preferably we want to elect one person as General Secretary and another as Treasurer. These positions are one of the most important in the EPF EC and we need really good persons to take on these duties as it require hard and punctual working. It is also important that the new officials can co-operate in a good manner with both the other EPF officials and the member federations. I look forward seeing you all at the Congress or the Open Europeans!

Published by Arnulf Wahlstrøm, EPF President

IPF Technical Newsletter No 2 2005

Highlight Golds

At the 2004 IPF Congress, a proposal from the Ukraine that winners of individual lifts should be highlighted on the scoreboard and scoresheet was accepted. Although not a written rule, the Technical Committee recommend Meet Director's follow.

Cat 2 Referee Examination

Referee Registrar Goran Gunnarsson responsible for test administration, wishes it to be known that the theory now contains some questions relevant to recent rule changes. Examiners are requested to contact Goran on gorangun42@hotmail.com who will forward the updated papers. On completion of exams the score sheets must be sent to Goran.

IPF Approved

Due to the amount of suits and shirts that are being produced, examining referees are having difficulty in defining what is, or what is not legal. Therefore, we have asked manufacturers to print " IPF Approved " on all suits and shirts that meet our approval. Although not a demand, this request is in both the interest of the manufacturer and the IPF. We have received an excellent example of the IPF logo that Titan will use on future suits and shirts meeting IPF approval.

Weighlifting Suits

The modern type weight-lifting suit with zip at the neck opening is legal for use in IPF sanctioned competitions. Many are now to be seen on the International Circuit.

World Records

As it would appear that the rule needed clarification and to be consistent with other references, the Executive Committee and Technical Committee have introduced the following into the IPF Technical Rules.

EQUIPMENT AND SPECIFICATIONS

Bars and Discs

First paragraph, last sentence to read . . . Only bars and discs that have official IPF approval maybe used at IPF World Championships **or in the setting of World Records.**

WORLD RECORDS

3. Requirements for recognition of a World Record are as follows

(e) Only bars and discs that are listed on the IPF Approved list of apparel and equipment for use at IPF sanctioned competition, as current at the time, maybe used in the setting of World Records.

All other Competitions

(b) 5. The weight **and brand name of the barbell and each individual disc used in each record attempt.**

As this is not a change of rule as such, there was no need to go to Congress on this issue.

Rule books should be adjusted accordingly.

APPROVED LIST OF APPAREL AND EQUIPMENT FOR USE AT IPF SANCTIONED COMPETITIONS

To add - **World records may only be made with bars and plates officially registered and approved by the Technical Committee.**

Competition calendar

East Midlands

Date	Competition	Venue	Contact
1 st May 2005	Anglian Open Powerlifting Championships	Hamilton's Fitness, Colchester	Stuart Hamilton 01206 854319
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
16/17 th April 2005	19 th February 2005	British Masters Powerlifting Championships	Tyesley Fitness Centre, Birmingham
25/26 th June 2005	30 th April 2005	British Unequipped Powerlifting Championships	Tyesley Fitness Centre, Birmingham
23 rd /24 th July 2005	14 th May 2005	British Unequipped Bench Press Championships	Tyesley Fitness Centre, Birmingham
15 th October 2005	n/a	4 Nations Powerlifting Championships	tba

Contacts

East Midlands: Officers of the Divisional Council

General Secretary & Drug Liaison Officer	Kevin Jane 17 Weedon Lane Norton Northants NN11 5NQ	Tel: 01327 312535 e-mail: kevin@kjane.fsbusiness.co.uk
	Note: All enquiries and correspondence should be directed to the General Secretary.	
Chairman	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
Treasurer	Jenny Hunter 22 Abbots Close Arbury Cambridge	Tel: 01223 479511 e-mail: jenny@ced.co.uk
Technical Secretary & Powerlifting Secretary	Dave Tucker 27 Gunhild Close Cambridge CB1 8RD	Tel: 01223 411414
Membership registrar, Newsletter Editor & Records Registrar	Ian Kinghorn 20 Bell Close Helmdon Brackley Northants NN13 5UH	Tel: 01295 760172 e-mail: ian.kinghorn21@btinternet.com
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									
	Women				Men				
Weight Class	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	-	-	-	-