

PURE POWER 2007

8th Edition
January 2007

2006/7 presidents power lifting report.

After a fantastic year for drug-free powerlifting in Australia, things are shaping up to another great year ahead in 2007.

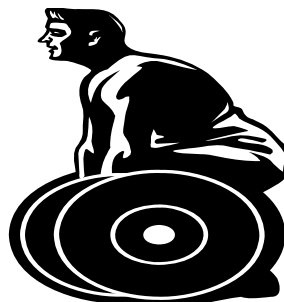
Our lifting locations are expanding, on February 11th firstly to Maryborough VIC, hosted by the ever increasing team of lifters in Maryborough under the watchful eye of Adam Mazzone. The second competition in late March will be hosted by Austin Morrison in Merimbula NSW. Please get behind these new clubs and venues, have a lift and enjoy their wonderful hospitality.

Both of these competitions will be novice/qualifying comps .

With several South Australian lifters joining last year further possible locations in other states will soon be on the cards.

Equipment Upgrade

During 2006 we have renovated all competition equipment which included new rubber for the platform, powder coated platform frames, squat stands, bench press stands and deadlift lever. Prior to the national titles the electronic scoreboard and referee lights were completely rebuilt. New stands were built for both scoreboards and totally new plate holders built to assist our spotter loaders.



Another major upgrade prior to the world titles was all new Ivanko squat bar and competition discs.

The New competition equipment was kindly sponsored by The Fitness Generation, (Nautilus) and the Belgravia Group. Thanks Ron and Andrew for your generous support.

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**THANK YOU
AUSTRALIAN
BARBELL
COMPANY**

**And
FERNWOOD WOMENS
HEALTH
CLUBS
FOR YOUR
SUPPORT**



Presidents report cont

competition discs.

The New competition equipment was kindly sponsored by The Fitness Generation, (Nautilus) and the Belgravia Group. Thanks Ron and Andrew for your generous support.

We were very fortunate to have the major sponsorship from Australian Barbell Company, who built the new plate holders and kindly supplied 3 competition sets of bumpers for the warmup room on loan. A very big thank you to Denise Langford for all of her efforts.

Also during the year most of our paperwork needed to conduct competitions was upgraded. Both the nationals and the world titles were presented very professionally with lifting programs, postcards and posters advertising both events. Thanks so much to Steven Bright and staff at Bart n Print for their magnificent contribution.

Referees

As our Association grows and more competitions are happening, we have a need for new referees. Many have expressed interest in becoming referees and will need to contact Julie Peart on 5447 9723 to sit the exam. We currently only have eight international referees

and require national referees to also sit the exam to reach international standard. Julie is our new national referee coordinator.

The World Titles in Bendigo

Last year our Association was fortunate to host the 2006 Single Lift World Titles. Much preparation by a small dedicated committee held regular meetings each month to ensure these titles did our Association and Australia proud.

It was necessary to refocus on what we had done in the past and how we could improve upon it, plus to upgrade our existing equipment, hopefully without putting a dent in the bank account.

We had expected approximately 150 lifters, so were a little concerned when entries only totaled about half this number.

With the aid of our sponsors and a few minor cutbacks, we managed to stage one of the best world titles I have attended and without dipping into our existing funds.

The presentation and running of this competition certainly made all Australian officials and lifters proud and drew many compliments from the overseas lifters, officials and visitors.

All of our working staff looked immaculate in their new red and black attire as can be witnessed by the photos on the internet.

Many of the overseas officials were most impressed with our electronic scoreboard. It was the same one we had built for the previous world titles conducted in Eaglehawk in 1991 !

Many Word records were set and broken by our Australian team and Australia through weight of numbers and great lifting managed to win the best male and female team awards. Congratulations to all our Ozzie lifters for their fantastic lifting which was well publicized during the three day event.

Well done to Julie Loomes for her efforts in regard to the publicity during the event.

The Venue

For the past 18 years most of our competitions have been conducted at the Eaglehawk YMCA but relocated the National and World titles to the Strathdale Community Centre. This venue was once again kindly donated by the YMCA and offered a larger venue, better warm-up area, a café and easier viewing for spectators. A big thanks to Peter & Sharlene for their continued support of Drug Free Powerlifting.

THE AGM WILL BE HELD AFTER THE NOVICE COMP. ALL MEMBERS WELCOME TO ATTEND.

Cont.

The Stage

We were most fortunate to have the services of Martin Leach during the staging of the National and World Titles. Martin's experience in staging international weight lifting competitions (including the 2000 Olympics in Sydney) was evident. The presentation of the stage area was under Martin's control and certainly separated us from other competitions staged in Australia. Martin was our MC on the Friday Squat Sessions and Ward on Sunday and Monday. Thank you kindly Gents .

Warm up Area

An added bonus for all competitors in the warm up area apart from all of the new equipment to warm up on was the closed circuit television to

see and hear the lifting of the platform whilst warming up for their lifts.

Other upgrades for our association were new loading charts put together compliments of Young Blood Graphic Design. Thank you Drew, they are a very easy to use and a great improvement.

Finally, thank you to all who have supported our association through an exciting 2006, especially Austin, Scott, Ross, Paul and Eggy. Hoping everybody had a great Christmas and New Year.

Train hard, break lots of records and stay healthy in the world's best sport.

Best Regards

John Clow .

RECORDS
RECORDED

MANY COMPETITORS THAT BROKE RECORDS AT THE SINGLE LIFT COMP DID NOT FILL IN CLAIM FORMS AND THEIR LIFTS HAVE NOT BEEN RECORDED DUE TO THIS.

MEMBERS ARE ACCOUNTABLE TO FILL IN THEIR OWN CLAIM FORMS AT THE END OF EACH COMP

2007 qualifying competition

The 2007 Novice/Qualifying competition will be held on the 11/2/07 at the Maryborough Y.M.C.A in Gillies Street. Entry for the competition needs to be received by the 2nd of February. No late entries permitted .

MEMBERSHIP FEES ARE NOW DUE AND NEED TO BE RECEIVED BY THE 2ND OF FEBRUARY!!!!!!

DRUG CONTROL

DRUG CONTROL

Welcome back to all lifters for 2007, I would like to thank all competitors in the past twelve months for their co-operation with undertaking testing for banned substances. Last year we tested a total of 17 lifters. The following lifters were retained for testing at the worlds.

Paul Mong (Aus)
Curtis DeHaan (Aus)
Vladmir Sushchak (Rus)
Mikhail Veber (Rus)
Adam Mazzon (Aus)
Neil Thomas (Eng)
Paul Frangioni (Aus)
Larry White (Eng)

The results found there were **no banned substances**. Thank you to all competitors for keeping our sport clean and good luck for the new year.

Regards, Paul Mong DCO

NATIONAL RECORDS CLAIMED AT WORLD SINGLE LIFT COMP BENDIGO OCT 20-22 2006

| Name | Class KG | Age | Raw/Ass | Squat | Bench | Deadlift |
|----------------------|----------|------|---------|-------|-------|----------|
| Julie Loomes | 53 | M2 | Raw | * 85 | 50 | * 122.5 |
| | | | Ass | 92.5 | | * 130 |
| Nicole Gianacopoulos | 63 | Open | Raw | | | 150 |
| Curtis De Haan | 75 | T1 | Raw | 150 | 90 | * 230 |
| Adam Mazzon | 110 | M1 | Raw | | 150 | 250 |
| Bob Withers | 82.5 | M6 | Raw | | 92.5 | |
| Bernard Crameri | 90 | M2 | Raw | | 120 | |
| Damian Kruger | 110 | Open | Raw | 225 | 170 | 240 |
| Ray Ancilleri | 90 | M3 | Raw | 170 | 125 | 220 |

Note: * denotes World Record

WORLD RECORDS FOR AUSTRALIA

| | | | | | |
|-------------------|-------|--------|----------------|---------------|-----|
| Margaret Rodda | Squat | 55 DL | 95 | | |
| Julie Loomes | Squat | 85 DL | 122.5 DL (Ass) | 130 | |
| | | | Bench(Ass) | | |
| Helen Kostadinis | Squat | 110 DL | 135) | 65.5 DL (Ass) | 140 |
| Debbie Macer | | DL | 140 | | |
| Dianne Castanelli | | DL | 110 | | |
| Jenny Phillips | Bench | 45 | | | |
| Curtis De Haan | | DL | 230 | | |
| John Clow | | DL | 200 | | |
| Adam Mazzon | Squat | 230 | | | |

CONGRATULATIONS

VICTORIAN DRUG FREE POWERLIFTING
ASSOCIATION

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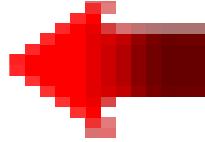
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