

PURE POWER 2004

Issue 1

December 2004

NATIONAL CHAMPIONSHIPS 2004

Once again the National Championships were held at Eaglehawk on Sunday the 15th August 2004, with 16 lifters competing from all over the State, in a rush for dominance in their selected age and weight divisions.

The competition saw 16 State, National and even World records broken.

Best raw male lifter was Audi Roedel who totaled 515kg in the open 75kg male division, and best assisted male lifter with a total of 690kg's in the 110kg open male was John Watters. Sam Draper took out the best female lifter of the day with 237.5kg's in the open 50.5kg division.

Well done to Helen Kost-

dinos for breaking world records.(No details at time of print).

Congratulations to all lifters I am sure most broke personal best's on the day if not records, I indeed certainly was entertained with some top quality lifting.

There were 3 lifters tested for anabolic steroids at this competition with all tests returning negative, which is sensational.

A big thankyou goes out to all the members who make a day like this one run so smoothly, from administration, to meet directors, to spotters, loaders and referees thankyou these events are not possible without your continued help, support and commitment.



Thankyou to all competitors ,I am sure most will train hard in off season to make even greater achievements in the year 2005, which the first competition will be held on **Febuary 10th**, please refer to our website for location details.

Kind regards

Scott York

(Vice President)

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Special points of interest:

- Committee seeking new members.
- New Rules regarding set-up, weigh in times.
- Competition results from Nationals.
- Please visit our website www.drugfreepowerlifting.com.au.

COMMITTEE MEMBERS REQUIRED

The association still requires volunteers for several positions on the committee, at present we do not have a meet director which in turn means that until we do all competitions will be cancelled. Bendigo associates would still be preferred for

the position for obvious reasons, however it has come time for others to have a hand in the operations side of this organisation, and anyone willing to assist in any way, please feel free to contact myself or Barry to discuss what is

involved. Anyone else interested in other positions may contact our president Barry Wilkes on 56 234574.

Seeking help!

Scott York

(Vice President).

MESSAGE FROM THE PRESIDENT

Welcome to our long coming News letter. Thanks to Scott York. Editor, for putting it all together. Through the news letter and the website we will be able to provide more up to date information to members.

Current office bearers of the VDFPA are as follows:

President: Barry Wilkes

Vice President: Scott York

Secretary: Vacant

Treasurer: Liz Dando

Record keeper: Dayrl Dando

Meet Director(s): Vacant

Referee co-ordinator: Barry Wilkes

News Letter: Scott York

Long standing President and current lifter Mr Barry Wilkes



The VDFPA has parent body, which is Drug Free Powerlifting Australia Pty Ltd.

Current office bearers are as follows:

President: Barry Wilkes.

Secretary: Austin Morrison.

International Liaison Officer:

Julie loomes.

The future of drug free powerlifting relies on us all. The reason I have stayed on as president, was to try and ensure I had a drug free environment to lift in, also to put something back into the sport that has given me so much enjoyment and satisfaction.

Yours in Drug Free Lifting

Barry Wilkes

(President)

MEET DIRECTOR PUTS LIFTING FIRST



Ross Knight our current meet director has resigned from full-time meet director for most competitions, he has however offered to assist in any way in the future but does not want the responsibility of the full time position.

Ross's decision means we need a new meet director, as most may have not noticed Ross has not lifted since his acceptance of this position, and this is the sole reason for him stepping aside and allowing someone else to take the reigns and have a go. I will point out that Ross has done a great job in all past competitions and is a great asset to the present and future presence of the Victorian Drugfree Powerlifting Association remaining in operation.

Anyone interested in becoming a Meet Director should contact Ross directly on 03 5425 5507 to discuss what is involved.

PERSONAL PROFILE OF A YOUNG MEMBER

Well, if you haven't had the opportunity to meet, or at least hear young Paul Mong screaming as he reef's some serious KG's from the depth of a Squat, or from the rubber mat platform then perhaps this short profile will allow us to know more about who he is and what he has achieved. Paul has been training for **X years** and has collected a fair swag of records along the way including State, National and even world, quite an achievement.

NAME: PAUL MONG

CLUB: BALLARAT POWERLIFTING CLUB

DOB: XX/XX/XX

BEST SQUAT: XXX

BEST BENCH: XXX

BEST DEADLIFT: XXX

WHAT DO YOU CLASS AS YOUR BEST ACHIEVEMENT? XXX



Successful lifter Mr Paul Mong

EVERYONE PLEASE READ

The last annual general meeting bought some changes to set-up and how competitions are conducted.

The meeting decided that competition set up would be carried out immediately after weigh in's on the day. This means weigh in's will start at 8:00am sharp and finish no later than 9:00am. **(No late weigh in's accepted)**

Upon weigh in all lifters, coaches and associates are to assist in setting up the lifting platform, Announcer's desk and display board before any warm up's begin. By doing this we no longer require the same two or three members to complete all this in their own time, the whole exercise will take approximately 30-40 minutes if everyone assists.

Annual General Meeting

A novice/qualifying competition will be held on Sunday November 21st 2004. Members and associates will be required to assist for the day in the areas of referees, spotters, loaders and helpers etc. Keeping in mind that if a meet director has not been appointed by this time that the competition may have to be forfeited.

The website is up and running with all records and information being available on it, including calendar and also a gallery of photos. Anyone with photo's from competitions may also forward them to Scott Bailey so that the website can be updated with

Competition cancelled

QUALITY LIFTING REVEALS NEW RECORDS

Records broken are as follow:

Apologies to Helen Kostadinou details of your records were not available at time of print.

Women-Raw-50.5kg-Open class
Squat 85kg- State & National Record
 Sam Draper.

Mens-Raw-75kg-Open class
Squat 195kg- State & National Record
 Audi Roedel.

*Record breakers from our
 2004 National Titles*

Mens-Raw-90kg-Masters 55-59yrs
B/pres 127.5kg-State & National Record
 Barry Wilkes.

Mens-Raw-90kg-Masters 45-49yrs
Squat 170kg-State & National Record
B/pre 125kg-State & National Record
D/lift 210kg-State & National Record
Total 505kg-State & National Record
 Ray Ancelleri.

Mens-Assisted-110kg-Open
B/pre 190kg-State & National Record
 Andrew Morton.

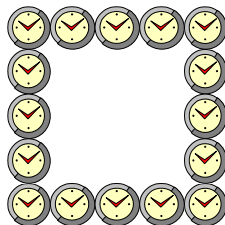
AN EXTRACT FROM THE VDFPA CONSTITUTION

“ Any lifter who intentionally competes in any sporting event sanctioned by any person or body which does not adhere to the Drug free concept or does not adopt all schedules of the international Olympic Committee banned substances list or is not recognized by this association, shall be liable to suspension of membership to this association and all rights and benefits which accrue to such membership”.

VICTORIAN DRUG FREE POWERLIFTING ASSOCIATION

P.O Box 1066
Wendouree Village
Victoria.
3355

Phone: 0418 122730
Fax: 03 5339 9799
E-mail: scotty_0901@bigpond.com



If there is a red dot in this box it means you are no longer financial and this is your last newsletter until your membership is renewed.

Five in competition drug tests carried out so far this year, all tests returned negative!!!!.

We are still to conduct the remainder of our ZERO NOTICE, out of competition tests this year.



~ Please forward your registration form and payment to the above P.O Box no later than of **15/01/2005** - Late registration could lead to refusal to lift in any competition. (Please include your email address if you have one).

~ Competition entry forms along with payment to be received by the nominated date to assure permission to lift. (Late entries will no longer be accepted).

~ Weigh in times will be **strictly** 8:00am and finish no later than 9:00am

Upon completion of weighing in, lifters, coaches, members and associates will be required to assist in assembling the lifting platform and organizing weight's, lights, desk etc, prior to start of any competition.

Address label here