

PURE POWER 2006

5th Edition

April 2006

NOVICE/QUALIFYING COMPETITION 2006

February 5th, kick started our year of competitions, with the novice and qualifying competition held at the Eaglehawk YMCA.

26 lifters performed in front of a healthy gathering of onlookers, among those lifters were quite a few newcomers to our association which we would like to welcome, as usual the day ran very smoothly with John Clow as meet director, assisted by Luke Stratford.

Lifters from various locations proved that competition this year was going to be tough with many novice lifters showing great potential, as well as some very experienced veterans still being able to strut their stuff on the platform.

I was very impressed with

the quality of lifting performed on the day not only by the experienced lifters but novice lifters as well.

Un-officially best female lifter of the day was Cassandra Packham with a total of 245 in the 63kg open division with big boy Paul Frange concluding another victory in the men's department with a total of 700kg in the open 125+kg class, well done to both of you.

A highlight of the day was a new young entrant by the name of Curtis De Haan trained by Adam Mazzon in Maryborough, this young teenager has enormous potential in this sport with some outstanding lifts across all three lifts, endless cheering and support by family and friends was also a pleasure to witness.



Well done to all lifters, and I hope to see you all back for the Victorian Championships to be held on the 30th of April at the Eaglehawk YMCA.

Let us not forget a big thank you to all who assisted on the day from spotters, loaders, to referee's, desk and organizers your tireless support and commitment is what makes this association different to others.

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**WORLD
SINGLE LIFT
CHAMPIONSHIPS
2006
HOSTED BY
VICTORIAN
DRUGFREE
POWERLIFTING
ASSOCIATION**

ATTENTION:

Any member who wishes to sit the referee's exam, should download a copy of the world rule book from the website and study it. On completion of the Vic's there will be an opportunity for those to sit the exam.

NEW FACES TO KICKSTART 2006

Current office bearers of the VDFPA are as follows:

President: Luke Stratford

Vice President: Scott York

Secretary: Vacant

Treasurer: Liz Dando

Record keeper: Daryl Dando

Meet Director(s): John Clow/
Ross Knight/Bob Parker.

Referee co-coordinator:

Vacant

DCO: Paul Mong

News Letter: Scott York

V.D.F.P.A.INC

NEWLY ELECTED PRESIDENT

MR LUKE STRATFORD

Luke Stratford was elected president of VDFPA Inc at our AGM meeting in 2005, Luke has only been with the association a short time, however has certainly proved he has what it takes on the platform, in fact Luke competed last year at both World events and came out guns 'a blazing in both competitions, to be named world under 23, world champion in selected lifts, an achievement most may never reach.

Luke brings a new lease of life to the committee, and an opportunity for the association to expand and to continue to offer it's members a top class drug-free association to compete in.

Welcome Paul Mong also, who has been elected as DCO Officer for 2006, Paul is no newcomer to the association and his willingness to accept responsibility of such an important sector of our sport is overwhelming.

IMPORTANT REMINDERS

Please be reminded that the Victorian Championships 2006 is the last opportunity for lifters to qualify for the world single lift championships 2006, excluding those who competed at the nationals or worlds in 2005, and intend on competing at the national Championships 2006.

Entries for the Victorian Championships on the 30th of April 2006 close on the 21st of April 2006, let this be a warning there will be a no tolerance to late entries, the P.O Box will be emptied late on the 21st of April 2006, if your form has not been received by this time, you will not be permitted to lift on the day, so anyone out of town please forward your forms and completed entry forms immediately.

AGM MINUTES 2005/2006

V.D.F.P.A Incorporated Meeting minutes.

Opening:

The regular meeting of the Victorian Drugfree Powerlifting Association was called to order on 5th of February 2006 in Eaglehawk YMCA by John Clow..

Present:

Luke Stratford, John Clow, Bob Parker, Jason Colstan, Greg Hancock, Dean Geddes, Ross Knight, Zeb Jones, Paul Mong, Scott York, Adam Mazzon, Joy Rosenow.

Approval of Minutes

The minutes of the previous meeting were unanimously approved as announced..

Open Issues

Maryborough town hall declined as venue for world single lift championships.

New Business

Qualifying competition to be held in conjunction with Victorian Championships.

Adam Mazzon forwarded election of Joy Rosenow as Secretary, seconded by John Clow.

Scott York forwarded election of Adam Mazzon as Referee Co-ordinator, position declined.

Paul Mong to stay on as DCO, forwarded by Scott York, seconded by John Clow.

Luke Stratford elected President of VDFPA Inc, forwarded by John Clow, seconded by Scott York.

Several current members to sit referee's exam, Luke, Adam, Freda, Bob, Jason, Paul, Greg, Scott.

Website to be developed ASAP, Scott to initiate/liaise with website developer.

Powerack to be loaned to Donald lifters, Greg Hancock and Dean Geddes.

An inventory of equipment and pricing to be developed and emailed to committee for evaluation, and possible forthcoming sale.

WORLD TITLES:

Fundraising sub committee formed consisting of Luke Stratford, Ross Knight, John Clow.

Scott to draught application for funding letter for corporate mail out.

\$10 spectator entry fee per day agreed upon for the entire competition.

Strath Hall, Mclvor Hwy, Bendigo booked as venue for World single lift championships 2006.

Equipment to be repainted/replaced where required, weights to be replaced with Alenko steels.

Purchase of two new stainless steel bars.

Uniforms to be replaced, (World body standards compliant)

T-shirt design required for sale on days of competition.

Visitor Information packs posted to selected countries for own use/information.

Agenda for Next Meeting

Fundraising initiatives.

Revenue raised

Forming competition background operations.

Discuss ional ideas after nationals competition.

Election of office bearers for 2007.

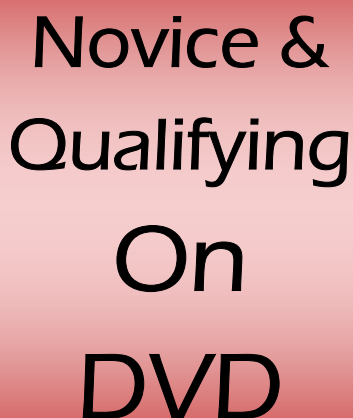
Adjournment:

Meeting was adjourned at by John Clow. The next general meeting will be held at completion of competition on 30/04/2006 in Eaglehawk..

Minutes submitted by: Scott York

NOVICE/QUALIFYER ON DVD

The Novice/Qualifying Competition of 2006 will be available on DVD, any member wishing to order a copy should reply via email or phone to the address or number on the back page of this newsletter, the movie has come out very good, this edition can be played in any DVD player supporting dvd-r burnt formats, which should cover 99% of them. Please order ASAP if you require a copy and provide details if you want your copy posted immediately.



Novice &
Qualifying
On
DVD

COST OF DVD \$ 25 PER COPY

POSTAGE \$ 5.00

OR COLLECT FROM THE
FORTHCOMING COMPETITION

All enquires to Scott York

On:

scotty0901@inet.net.au

Or

0418122730

Kind regards Scott.

DRUG CONTROL



DRUG
CONTROL

100%

Pure Power

The Victorian Drug Free Power Lifting Association Inc would like to welcome Paul Mong as DCO officer for 2006, many may have already met Paul in and around competitions but if not you may meet him under drug testing conditions. The association is required to test a minimum of 10% of all it's paid up members, these tests may be conducted at competitions or out of competition. There were no urinal samples taken from lifters at the novice competition due to inability of new lifters to break records, however be rest assured testing will be evident at the Victorian Championships.

RESULTS FROM NOVICE/QUALIFYING COMPETITION 2006

Victorian Drug Free Powerlifting Association

STATE: VICTORIA EVENT: NOV / QUAK
 DATE: 5th FEB 2006 VENUE: E/HANK YMCA

CATEGORIES (N) Novice (JM) Junior Master (O) Open (M) Master
 (T) Teenager (SM) Senior Master (S) Senior (GM) Grand Master

NAME	Lot	BWT	Cat	Club	SQUAT				BENCH				Sub Total	DEADLIFT				Total	Place	Cat	Grade	S.F.I.
					1	2	3	4	1	2	3	4		1	2	3	4					
JULIE COOMES	RAW	50.6	M2		40	/	/	/	30	/	/	/	70	80	100	110	170	190	168	36		
JENNY PHILLIPS	RAW	55	M3		50	60	70		32.5	37.5	40	110	70	70	30	95	195	190	35			
CASSANDRA PELHAM	RAW	62.5	OEW		45	55	70		50	50	60	120	90	105	115	245	245	203	66			
DIANNE CASTENELO	RAW	66.3	M4		50	70	75		30	40	45	120	70	80	90	210	210	166	06			
FREDA DINAKIS	RAW	66.3	OEW		-	-	-	-	60	70	75	75	-	-	-	75	270	51	31			
NIKKI ANAHOROVOS	RAW	66.35	OEW		50	70	75		40	40	55	110	100	120	125	235	270	185	72			
DEBBIE MACER	RAW	80.9	M2		50	70	75		30	50	50	125	100	120	130	255	250	174	13			
KURTIS DEHAAN	RAW	65.6	T1		70	100	110		50	70	70	160	120	140	150	310	310	230	95			
BARREN BURNS	RAW	78.3	OEW		-	-	-	-	130	140	147.5	147.5	-	-	-	147.5	160	97	74			
PAUL MOUGH	RAW	76.65	OEW		125	162.5	172.5*		70	77.5	107.5	280	190	205	215*	495	495	351	94			
NUCEL LIMPISHY	RAW	80	M2		120	132.5	142.5		115	125	135	275	190	205	210	455	455	306	95			
ZEB JONES	RAW	80.5	M2		-	-	-	-	95	100	107.5	107.5	-	-	-	107.5	100	67	73			
JASON WATSON	RAW	82.0	OEW		-	-	-	-	65	80	100	100	-	-	-	100	100	67	19			

REFEREES (& CATEGORY) SIDE REFEREE SIDE REFEREE

RESULTS FROM NOVICE/QUALIFYING COMPETITION 2006

Victorian Drug Free Powerlifting Association

STATE: VICTORIA EVENT: NOV / QUAL
 DATE: 5th FEB 2006 VENUE: ELIHAUK YMCA

CATEGORIES (N) Novice (JM) Junior Master (O) Open (M) Master
 (T) Teenager (SM) Senior Master (S) Senior (GM) Grand Master

NAME	Lot	BWT	Cat	Club	SQUAT				BENCH				Sub Total	DEADLIFT				Total	Place	Grade	S.F.T.
					1	2	3	4	1	2	3	4		1	2	3	4				
PARRY NIVES	BNV	88	M5		125	130	137.5		110	120	125		257.5	175	195	205		462.5	5935	274.49	
STEVE DOMBLE	BNV	88	M3		✓	✓	✓		110	135	135		110	✓	✓	✓		110	5935	65.28	
PAY ANCELLECI	BNV	88.9	M3		145	155	160		110	120	122.5		232.5	180	200	215		497.5	5897	242.32	
BEKUE CAMERL	BNV	90	M2		✓	✓	✓		80	87	100		100	✓	✓	✓		100	5853	52.53	
DAVE TIMMERMAN	BNV	90.3	M1		100	115	120		70	80	87.5		227.5	150	170	185		392.5	5842	229.29	
JOHN COLSTON	BNV	91.9	OPEN		160	180	200		115	125	130		360	200	230	250		580	5782	335.35	
NORTHON SHEPHERD	BNV	93.5	OPEN		120	140	160		110	130	130		370	220	235	255		525	5730	320.82	
BAKENDON WITFIELD	BNV	94.5	OPEN		140	110	180		100	120	120		280	160	190	200		480	5694	273.31	
ROSS KINLAID	BNV	97.4	M1		65	-	-		65	-	-		130	65	-	-		195	5608	109.33	
SCOTT YOCK	ASS	97.5	OPEN		65	-	-		145	155	160		219	65	-	-		283	5605	158.62	
DAMFEN KEVAK	BNV	98.5	OPEN		168	165	175		160	160	170		325	220	240	280		565	5605	316.68	
ABELL HANCOCK	BNV	105	M2		120	130	140		100	115	130		270	130	-	-		400	5437	277.49	
BOB PARKER	BNV	106.4	M3		180	190	200		130	140	145		345	200	230	240		575	5415	311.36	
PAUL FEARVE	BNV	126.9	OPEN		160	210	237.5		150	160	170		357.5	280	300	312.5		700	5382	363.09	

REFEREES (& CATEGORY)
 HEAD REFEREE
 SIDE REFEREE
 SIDE REFEREE

PERSONAL PROFILE

TORCH CARRIER



NAME: Julie Loomes **AGE:** 48

RESIDES: California Gully **GYM:** My own

HOW OFTEN DO YOU TRAIN: 2 to 3 days a week

YEARS POWERLIFTING: 16 years

BEST ACHIEVEMENT: 3 times body weight for a deadlift of 145.5kg at 49kg body weight, with a 300 total

BEST LIFT: as above

BEST THING ABOUT POWERLIFTING: being fit, strong and sometimes looking good.

Helping other lifters to achieve their best.

Being a referee, and helping at competitions.

WORST THING: the hard work you have to put into it

FAVOURITE FOOD: everything

FAVOURITE MUSIC: ACDC, heavy metal, Rockabilly. any good music

FAVOURITE CAR:: my own collection -56 chev sedan, 57 chev wagon, 68 camaro, 27 T ford roadster

**VICTORIAN DRUG FREE POWERLIFTING
ASSOCIATION**

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