

# PURE POWER 2006

6th Edition  
June 2006

## VICTORIAN CHAMPIONSHIPS A WINNER ITSELF

Well, may I open this report on the basis that I think everyone was estatic with the running of the Victorian Championships held at the Bendigo Leisure Centre in Eaglehawk, A job well done to meet director John Clow, and also everyone involved in the smooth operations, including spotters, loaders, ref's, and desk, thank you...

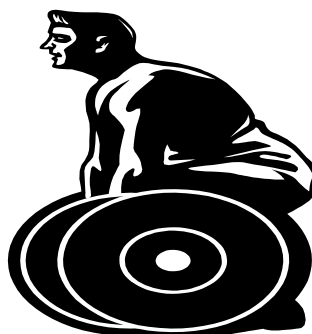
Now down to the serious stuff, as I sat to the side of the platform as side ref, I was to witness some of the best lifting I have seen in some time, with the poundages and techniques being displayed were to say the least very impressive. This competition also welcomed a few new members to our Victorian Association, from South Australia, Welcome guy's!!!, All of whom show

ed they had what it takes to be chosen for the Australian squad to represent Australia later in the year.

38 lifters from across the state competed with a few out there still game enough to tuff it out in the assited category, using equipment such as suits&wraps, well done guy's, this is a category which seems to have faded but let's work together to keep both.

The day bought a big schedule with it all beginning with a few laps of the lake for some to make weight, and from there three flights broke up the enormous congregation of competitors.

The ladies kick started proceeding's and once again I think little "Jonnie Rodda"



Stole the spotlight, what a magnificent effort!!!!!!, but don't discount the aggression shown by many other of the female contenders, including Debbie, Nicole, Judy, Jennifer to name a few, were just some of the ladies strutting their stuff on the platform, Well done ladies!!!!. Middle weight's followed from there displaying that some had potential to be lifting with the big blokes, CONT'D PAGE 2

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### DEADLIFT SOCKS

Please be advised that deadlift socks are now required in all competitions the requirements are as follow:

To protect against blood borne pathogens, all lifters must wear knee socks/soccer socks during the deadlift event. Socks may not come into contact with knee wraps if used or with the lifter's suit.

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

# VICTORIAN CHAMPIONSHIPS A WINNER ITSELF CONT'D

Big squats by Audi Roedel, were among some of the middle weights, a pleasure to watch on the bench was Craig Rogers with a technique that was faultless between three attempts.

I think the deadlift's were enchanted with a new name to our association known as Derek bevins with a big deadlift of 220kg's in the 67.5kg class.

Let us not forget the outstanding all round efforts of Ray, Mongie, Curtis, Noel, and Dave.

Well obviously the only section still to report is the big guy's, and did we see some BIG lifts in the squat, bench and deadlift.

Adam Mazzon pulled on the serious boots for this comp, and executed some very very fine lifting, a great example for his fellow members that he trains., these people all need to take a

leaf out of Adam's book for technique.

Big benching was next, with Daniel Roberts punching up a massive 165kg RAW in the 100kg class, I for one am looking forward to see his future achievements, well done Daniel.

All rounders in the heavy stakes were Jason, Damien, Greg, Adam, Dean. Big boy frange pulled a massive 313kg's on the deadlift, fabulous effort, just missing 317.5kg, better luck next time!.,

Others in the deadlift arena would have to be a relatively new bloke to the powerlifting scene and who has shown a passion to excel if he chooses to do so, I am indeed talking about Dean Geddes, who in under twelve months Dean has increased his best comp deadlift by a whopping 30kg's, and seems as though the sky maybe the limit, time shall pervale I am sure.

Wrapping up a great day of lifting with the presentation of trophies etc, ended what was considered to be one of the better comps the association has held, all in due course of several very dedicated committee members and the outstanding assistance of volunteers, it is also very pleasing to see some of the past members wanting to assist, I thank you all for making the day a success and hope everyone can continue to assist. Thank you also to Julie, our new Referee co-ordinator, a pleasure to have you on board the committee and in the position.

Scott York

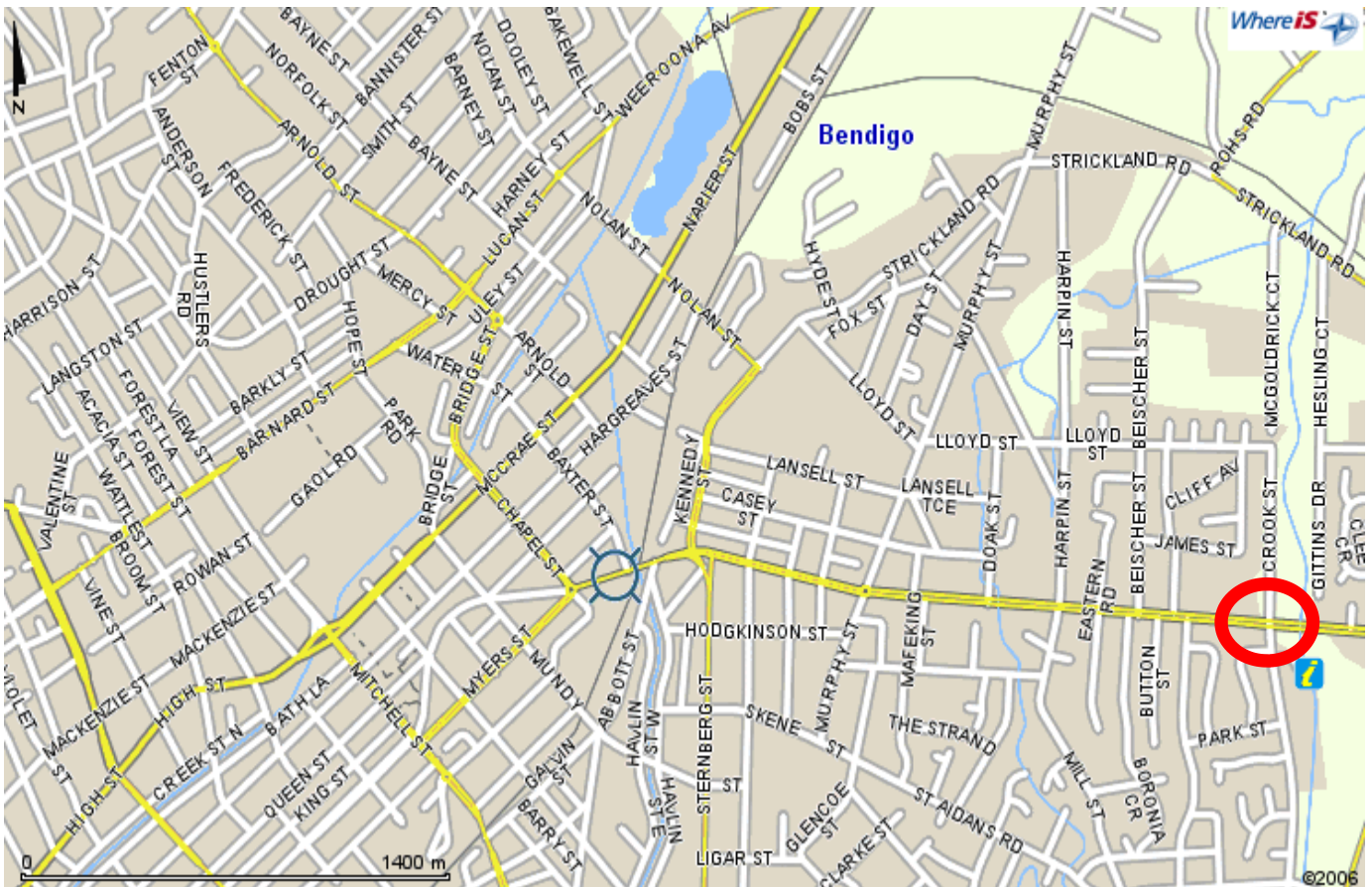
(Vice President)

## IMPORTANT ANNOUNCEMENTS

The National Championships 2006 will not be held at the Eaglehawk YMCA, Instead they are to be held at the same venue as the worlds, this being the Strathdale Hall, Mcivor road, Bendigo.

*Please be reminded that entries close on the 14/07/06, there will be no exceptions what so ever, so everyone will need to post it in with plenty of time allowed for postage delays, please also make sure that your form is complete and contains payment, no payments for entry will be accepted on the day of competition. Single lift entrants will also need to pay particular attention to the payment schedule for competition, as entry costs vary pending on how many lifts you are competing in.*

# DIRECTIONS TO VENUE



STARTHDALE COMMUNITY CENTRE CORNER OF  
MCGIVOR HWY AND CROOK ST BENDIGO SOUTH

## DIRECTIONS:

The Strathdale community centre is approx 4 kilometres from the fountain (centre of Bendigo) heading towards Heathcote, opposite the hall is the all seasons convention centre.

# VIC CHAMPIONSHIPS ON DVD

The Victorian Championships 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.



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](mailto:scotty0901@inet.net.au)

Or

0418122730

Kind regards Scott.

## *DRUG CONTROL*

**DRUG  
CONTROL**

**100%**  
**Pure Power**

Upon conclusion for the vic's, 4 lifters were retained for urinalysis samples, results have been received and all lifters have returned a negative result, which is fantastic, well done to you all.

Lifter's retained were:

**Daniel Roberts**

**Freda Dinakis**

**Paul Frangioni**

**Derek Bevins**

Thank you to these lifters for their co-operation.



# Vic's results 2006

## Victorian Drug Free Powerlifting Association

STATE: VICTORIA EVENT: VICTORIAN CHAMPIONSHIPS  
 DATE: 30<sup>TH</sup> APRIL 2006 VENUE: BENDIGO 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.T.	
					1	2	3	4	1	2	3	4		1	2	3	4					
JULIE LOOMIES		52.85	M2		-	-	-	-	35	40	45		45	90	105	110		155	M2	3 <sup>rd</sup>	146.26	9563
JENNY PHILLIPS		55.7	M4		65	70	75		35	40	40	42.5	110	80	85	90	95	200	M4	1 <sup>st</sup>	183.06	1153
JUDY McGRATH		56.2	M2		60	70	80		40	45	47.5		125	100	120	125	127.5	250	M2	1 <sup>st</sup>	226.8	1072
MARGARET REDDA		56.5	M9		40	50	55		25	27.5	30		80	70	80	86	90	166	M9	1 <sup>st</sup>	49.93	9032
NICOLE GIANNACOPoulos		64.3	OPEN		60	70	80		45	50	55		125	120	130	135		260	OP	1 <sup>st</sup>	210.73	1105
FREDA DINAKIS		64.7	OPEN		-	-	-		70	80	80		80	45	-	-	-	125	OP	2 <sup>nd</sup>	100.91	8273
DIANNE CASTENELLI		66.35	M3		65	75	85		40	45	47.5		130	80	90	100		230	M3	1 <sup>st</sup>	181.65	7418
JOY ROSENDI		73.3	M2		-	-	-		40	45	47.5		47.5	80	90	100		147.5	M2	4 <sup>th</sup>	108.21	7336
DEBBIE MALER		75.2	M2		70	80	90		45	50	52.5		140	120	130	135		275	M2	3 <sup>rd</sup>	197.89	7196

REFEREE (& CATEGORY) Julie Alford SIDE REFEREE .....  
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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					
CURTIS DE HAAN		66.8	T1						60	65	67.5		152.5	160	170	175	180	357.5	211	7327	60	
BRENDAN CAMERON		74.9	OPEN		100	110.5	115		100	110	120		278	190	210			480	319	6652		
AUDI ROEDEL		73.8	OPEN		150	150	160		130	135	140		325	180	190	200		525	353	6730		
NOEL LINDSAY		78.3	M2		125	135	145		120	125	132.5		277.5	190	200	215		477.5	327	6430		
LIATNE TOWERS		78.3	M3		65				65				130	65				195	253	6430		
PAUL MUNG		79.3	U23		160	172.5	180		105	115	120		295	200	211	215		510	324	6570		
BOB WITHERS		82.2	M6						60	70	75		75					75	46.5	6207		
ZEB JONES		82.25	U23						112.5	115	120		120					120	74.5	6207		
CRAIG ROGERS		83.4	OPEN						120	130	135		135					135	82	6147		
MICHAEL BARRY		85.8	OPEN										60							60	60	
BERNARD CAMERON		88.2	M2						100	110	115		110					110	65	5426		
BARRY WINKES		88.7	M5						112.5	122.5	127.5		127.5					127.5	75	5705		
RAY ANCELLERI		88.7	M3		145	152.5	162.5		112.5	120	125		287.5	150	205	220		507.5	294	5905		
DAVID TIMMERMAN		89.9	M1		130	140	145		85	95	102.5		247.5	180	200	205		452.5	265	5857		
DEREK BEVINS		64.95	OPEN		180	180	187.5		115	122.5	128		308	190	210	220		528	397	7524		

REFEREES (& CATEGORY)  
 HEAD REFEREE: *Julia Albert* SIDE REFEREE: *Julia Albert*  
 SIDE REFEREE: *Julia Albert* SIDE REFEREE: *Julia Albert*

**VICTORIAN DRUG FREE POWERLIFTING  
ASSOCIATION**

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.com.au



**CHECK OUT OUR**

**NEW**

**WEBSITE**

**PLEASE REMEMBER THAT THE NATIONAL CHAMPIONSHIPS WILL NOT BE HELD AT THE BENDIGO LEISURE CENTRE (YMCA) INSTEAD IT WILL BE HELD AT THE STRATHDALE COMMUNITY CENTRE.**

Address label here