

PURE POWER 2006

7th Edition
September 2006

NATIONAL Championships POWER V's PRECISION

The National Championships for 2006 were held on the 23/07/06 at the Strathdale community centre, in Bendigo. This for most of us was a new venue for a competition, which I think satisfied most peoples wishes. Some lifters has the chance to relive the World event hosted there back in 1991. The centre has all the facilities that our association could ever need, however feel for those who have to move all the equipment to this venue, I would like everyone at the next comp to make special effort to thank Ross knight, and John Clow, as without their voluntary support even that comp may not have happened.

The Competition received 36 entries for the day,

Including many in the new division of Single Lifting.

After a small delay in set up and organization the comp kick started with little Jonnie Rodda first to the not so familiar platform, and just as expected performed magnificantly for the entire day, collecting many records along the way.

Have no fear the ladies were not here to go down without a fight, and without specifically naming all of them, congrats to everyone, all ladies performed extremely well on the day, many of whom achieved personal bests if not records. Debbie macer had a huge squat, while Nicole just missed 150kg on the deadlift, and dont worry Julie, Judy, Dianne, Helen, and Jennifer were not



Going to be pressured by this, with big lifts by all.

Single lifters were dominated by benches, and some big benches with Daniel punching up 185kg, and to include the older generation Well Done BOB!

All the SA boys are sure teaching the Vic boys how to bench.

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SPONSOR RECONIGNTION



**THANK YOU
AUSTRALAIAN
BARBELL
COMPANY
And
FERNWOOD WOMENS
HEALTH
CLUBS
FOR YOUR
SUPPORT**

NATIONAL CHAMPIONSHIPS

POWER V'S PRECISION

Paul Anderson registered a big squat for the day just missing his last.

Nathan Shepherd just missed a whopping 261kg on deadie, well done mate.

The remaining full comp lifters followed and some fantastic lifting was witnessed, especially from some of our upcoming lifters such as Curtis.

After a little apparel misunderstanding, Audi successfully rampaged the squat, bench and deadlift to accrue a very healthy total. I think Damien Kruger had almost every family member in the audience which inspired him to great heights. Well done to the long serving guy's too, Barry, Ray, John. Mongie once again succeeded in all lifts with a great chance at the worlds. Frange once again had the bar loaded up, well done big fella.

Adam once again showed he has what it takes to get a gernsey for the world team, and be reminded Adam also assists many of his fellow gym members whilst doing this, well done mate, and congratulations on the successful upcoming of your members, All of whom show commitment and strength thru solid forms of training.

Derek bevins again showed us he may be skin and bone but both are fully gassed with strength, with a huge bench for day, followed by another trademark deadlift, well done Derek.

There were xxx world records broken at this competition, and xxx National as well xxx state, an outstanding achievement by those involved.

Best lifters for the day were:

Spotters, loaders, Desk, Announcer, Runners, Referees, Committee, Remember all of these because like every other comp it is not possibly without the voluntary support and efforts of all of these people, and also consider this these people allow you to enjoy a sport that you enjoy, as without them there is no sport.

Thank you to everyone who competed, assisted, spectated helped setup, and or clean up your help is certainly an asset to this association.

Scott York
(Vice President)

SPONSORSHIP FOR

WORLD EVENT

For anyone who has bothered to attend a meeting this year will have an understanding of the battle we face regarding sponsorship, especially for the job at hand, this being the world single lift competition.

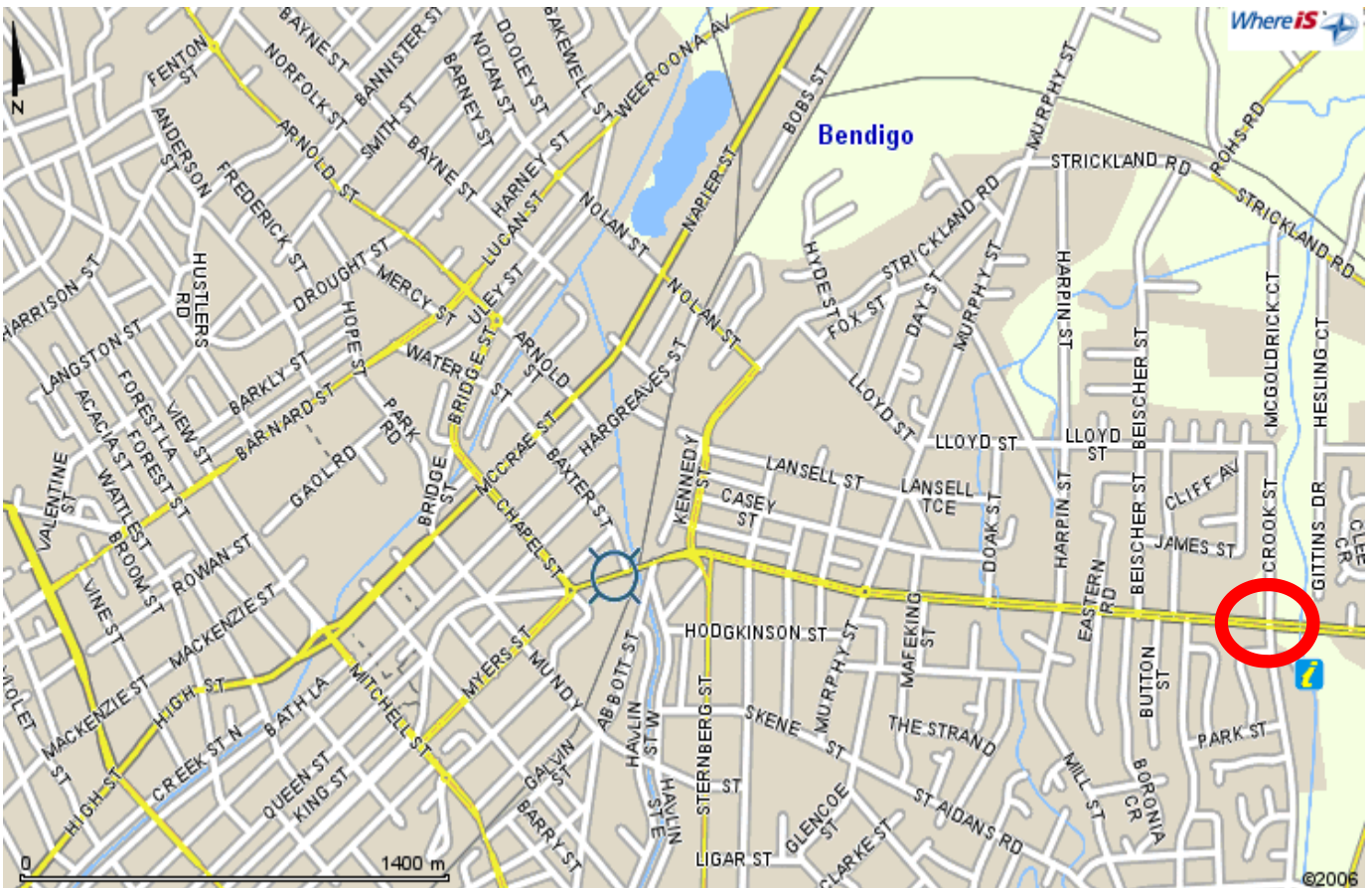
Reluctantly I would suggest that sponsorship nor fundraising has been retrieved as one would have thought, which unfortunately put's extreme pressure on the funds of the association. For those with any passion for this association we urgently require everyone to assist in trying to obtain any funding/sponsorship that we can get, even if only if to cover only a trophie, the more the better however.

I am not suggesting personal sponsorship for your own advantage/benefit but to assist in the enormous amount of funds required to make a comp of world status available to you, in your backyard.

We have witnessed in the past what can be achieved with sponsorship if we put our minds on the job, and actually ask the question.

Hoping for some good news from members on their findings!!!!!!!!!!!!!!

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.

NATIONALS on DVD

The National 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

Or

0418122730

Kind regards Scott.

DRUG CONTROL



100%
Pure Power

Upon conclusion for the Nationals 4 lifters were retained for urinalysis samples,

Lifter's retained were:

Damien Kruger

Nathan Shepherd

Paul Anderson

Audi Roedel

All results have been returned with negative results, Well done guys!!!!!!!!!!!!!!!!!!!!!!

ANNOUNCEMENTS

23 July, 2006

Executive Committee and Members
Victorian Drug free Power lifting Association Inc

Dear Executive Committee of VDFPA Inc, and Members:

Thanks, everyone, for your willingness to assist in making our association thrive.

My role as Vice President, Newsletter Editor, Secretary, Postage Recipient, Editorial Co-coordinator, Webmaster Co-Coordinator, to mention a few, over the last two years has been challenging but rewarding. Thank you for helping me to get such an important effort rolling for our Association.

I feel that the time has come for me to pass the role of these positions along to someone else. Quality time to spend with my family is being jeopardized and I believe that I'll be able to manage work, family life, and obviously some social, however I'm afraid that the Association might receive short shrift if I continue in these positions.

So effective 23rd of October 2006, I'll be resigning from all duties of the Victorian Drug Free Power lifting Association incorporated.

If anyone is willing to discuss taking on these roles after 23rd of October, or you'd like more information about what it involves, please call me on (0418) 122730. So many people have devoted just as much time as I have in getting the association going and running efficiently and I feel certain we can keep the momentum going. If you're moved to consider taking on any of the Administrative roles, please do. I would suggest you'll get all the help you'll need to be successful.

Sincerely,

Scotty

Scott York
Vice President

ISSUES THAT AFFECT EVERYONE

For everyone who attended our AGM upon conclusion of the National Championships, is aware of the circumstances in which the association will be in next year, for those who did not attend then I would certainly recommend that you read and absorb this information as it will affect you directly I am sure.

There will be several positions vacant on the committee next year, with the resignation of myself on conclusion of the World Single lift Comp in October, In contrary to that John Clow has also informed the committee that he will have other adventures in his life that will dissolve if not all of his spare time, so he has advised that next year he will separate himself from if not all duties.

This will leave a huge hole in the administration and co-ordination of the association, and I want to advise everyone that if members do not stand up to the task of assisting to some degree, then there may not be an association at all. The committee needs to have dedicated people in making things run smoothly as possible, and I suggest as my letter on page 5 describes, that most people could handle the position, If many hands are raised it will certainly make the task at hand a much simpler one. It may appear that we may be in crisis and we will be if members do not assist in the operations, so if you have any consideration for the association staying alive then I suggest that you raise your hand and give something back to the association which has provided you a place to do a sport that you enjoy.

Co-ordinator/Meet Director

It would be of great value considering the circumstances if assistance could be gathered from Bendigo, in regards to co-ordinating the competition due to comp venue locations, these duties would include, booking of venue, transport of equipment to venue, delegating tasks to facilitators, arranging trophies etc, these tasks were generally guided by John, and others assisting him. If more information is required you may contact John Direct for greater detail on 0409 442800 or john@fernwoodfitness.com.au

Executive Committee Positions:

Australian Branch:

President ADFPA– John Clow

ILO ADFPA– Austin Morrison

Victorian Branch:

President VDFPA– Luke Stratford.

Luke_stratford@optusnet.com.au

Vice President– Vacant– Scott York resigning.

scotty0901@iinet.net.au or 0418 122730

Treasurer– Liz Dando.

Secretary– Vacant– Scott York unofficially resigning.

Drug Control officer– Paul Mong.

Record keeper– Daryl Dando.

Editorial Co-ordinator–Vacant– Scott York resigning.

Postage Receiptient–Vacant– Scott York resigning.

Webmaster Co-ordinator– Vacant–Scott York resigning.

Meet Director/s– John Clow/Ross Knight.

Public Officer– Barry Wilkes.

As you can see the committee requires several positions to be filled after the world single lift event, This includes a postage hub for all membership and entry forms to be sent too, also someone to collate edit and distribute the newsletter and membership packs for the forth coming year of lifting, Vice President will also need to be filled.

Members who can engage in assisting a great association should contact one of the above to find out more info.

UNDERSTANDING THE RULEBOOK

It has been evident for sometime that there is great misunderstanding of rules for our association, many due simply just to the lack of actually taking the time to read the rulebook, many minor issues have arisen in the past that possibly could have been eliminated if a better understanding of the rule book was gained. Please be advised that there is the latest copy of the world rulebook on our website, this can be viewed or printed, and may I suggest that all members either read or print it, and try to absorb as much of it as possible.

The rule book can be found at:

http://www.drugfreepowerlifting.com.au/downloads/worldrules_june2005.pdf

It is 46 pages long so requires a fair amount of paper, but well worth printing off, even for your own benefit.

In addition to this, to become a referee this is the rulebook that needs to be studied, so if anyone is considering sitting the referees test, please download it asap.

Please be reminded that the World Single Lift Competition, is Hosted by us, not necessarily ran by us, so everyone who competes will be under the very watchful eye of the world officials, which many have been long serving members that could almost recite the rulebook to you, and if you are in breach of any rule there will be no leanienc given as we sometimes have offered in the past.

LIFTERS RESPONSIBILITIES TO BREAK/SET RECORDS

The nationals bought up a few issues, in particular Lifters wishing to break records.

Our record keeper Daryl Dando is responsible for the maintenance and upkeep off all records, and a great job he does, he is not however responsible for lifters at a comp to know between lifts what records are, this is solely a lifters responsibility.

It was an absolute nightmare for the desk over the competition with very few having any idea what records were in their selected weight and age divisions. May I remind you that contact with the desk at the world event is prohibited, and we will endorse it where possible, and some homework for all of us Please hop onto the website where you can view all the records inc a link to world, and investigate the records in your weight and age division prior to entering any future comp, so when you do an attempt you already know what to train for, and also to induce zero fuss at the competition.

If anyone is having trouble obtaining the records for their selected divisions you may email me or phone me and I will advise you of what they are, keep in mind I do not wish to have a barrage of emails and calls to respond to in the last couple of days before a competition.

LOOKING FROM THE OUTSIDE IN

This is a view from one of our facilitators from the national championships, it is very informative, direct and very much to the point, and I personally could not agree more with it,

Open Letter to: - Lifters / Competitors members of V.D.F.P.A

This is not a finger pointing letter but I felt compelled to write this letter after the recent National Titles at Bendigo. I have been involved on and off with Powerlifting as a competitor and organiser for several years with a long absence due to other commitments, when asked to return and assist with competition a few years ago I was only too pleased to do so, as the workers for any association are few and far between and are often overworked.

This association is no different.

There are several areas that concern me directly relating to the lifters and their attitude, especially on competition day, that I have noticed over the last couple of years.

Firstly Lifters are placing too much pressure on organisers to help them with things that take their mind away from their assigned roles.

Such as, when am I lifting, what is the record in my division, can I do this? Can I do that? Why can't I do that? These are things that you should know and have been prepared for.

THE ONUS IS ON THE COMPETITOR TO KNOW THE RULES.

(No excuses) copies are readily available you only have to ask.

Lifters dissenting a referees decision in front of the audience is unacceptable.

Swearing in earshot of the audience after a missed attempt (and for that matter at all) is also unacceptable and can carry a warning and possible disqualification.

Generally making a lot of noise (not cheering) as other lifters are preparing and or lifting is quite unsportsmanlike.

We all have our ways of preparing for lifts and for dealing with nerves etc but what you do should not impact on lifters, organisers or the general public. If it does you should have a serious look at your preparation.

Are you serious about Drug Free PowerLifting?

If you are then please take this on board.

Your association needs your help if you want to see it continue into the future then you need to have a long hard think about what you can do to help.

The alternative is lifting with another organisation whose objectives and ideals may not be as good as ours.

It's up to you

VICTORIAN DRUG FREE POWERLIFTING ASSOCIATION

STATE: VICTORIA EVENT: AUSTRALIAN CHAMPIONSHIPS CATEGORIES: (N) Novice (M) Teenager (JM) Junior Master (SM) Senior Master (O) Open (S) Senior (M) Master (GM) Grand Master

DATE: 23/07/06 VENUE: SPRATTOBYLE COMMUNITY CENTRE

NAME	E	U	EWT	Cat	Club	SQUAT				BENCH				Snp Total	DEAD LIFT				Total	Place Cat.	Grade	S.F.T.			
						1	2	3	4	1	2	3	4		1	2	3	4							
MARGARET KERRA			56.6	M9		40	50	52.5		25	30	31		82.5	50	70	90		152.5						
GRACE HORNBRIDGE			98.9	M1		40	170			40	100			270	40	200			470						
JULIE LEONARD			53.5	M2		60	65	70		40	45	50		115	100	110	115		230						
JUDY McGRATH			55.4	M3		60	75	80		40	45	41.5		127.5	115	125	130		252.5						
NICOLE GIMNACPOULOS			62.2	OPEN		60	85			50	57.5	57.5		110	120	140	150		250						
DEAN GEDDES			120.1	JH		60				120	125	180		185	225	245	255		440						
WAYNE TOWERS			60.5	M4		65	75	85		65	75	71.5		162.5	100	120			282.5						
JENNIFER PHILLIPS			54.1	M4		72.5	77.5	80		37.5	40	42.5		122.5	85	95	95		207.5						
DIANNE CASTRANELLI			67.5	M4		75.0	85	95		40	45	47.5		140	90	110	115		255						
DEBORAH BARRETT WILKES			88.4	M5		75				105	115	120	122.5	195	75				270						
DEBBIE HAZER			75.9	M2		80	90	100		50	55	57.5		157.5	120	140	145		297.5						
HELEN KOSTADIMOS			62.3	M5		90	95	100		57.5	62.5	65		165	115	125	130		295						

REFEREES (A CATEGORY): [Signature] SIDE REFEREE: [Signature]

HEAD REFEREE: [Signature] SIDE REFEREE: [Signature]

VICTORIAN DRUG FREE POWERLIFTING ASSOCIATION

STATE: VICTORIA DATE: 23/07/06

EVENT: AUSTRALIAN CHAMPIONSHIPS

VENUE: STRATHDAYLE COMMUNITY CENTRE

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

NAME	E	U	BWT	Cat	Club	SQUAT				BENCH				Sub Total	DEAD LIFT				Total	Place Cat.	Grade	S.F.T.
						1	2	3	4	1	2	3	4		1	2	3	4				
CURTIS DEHAAN	✓	✓	71.2	T1		110	125	130		65	75	77.5		207.5	150	170	200		407.5		.6931	282.44
NOEL LINDSAY	✓	✓	80.3	M2		135	140	150		120	135	140	140	277.5	185	200	210		487.5		.6312	307.71
DAVE TIMMERMANS	✓	✓	89.55	M2		130	140	145		90	100	105		250	190	200	207.5		457.5		.5873	268.69
JOHN CLON	✓	✓	78.9	M4		150				90				240	150				390		.6394	294.37
RAY ANCIILLERI	✓	✓	89.5	M3		155	160	165		110	117.5	122.5		287.5	190	205	212.5		500		.5873	293.65
BRAD MATHIESON	✓	✓	97.9	OPEN		160	192.5			90	105	107.5		300	190	215	225		525	②	.6694	351.43
PAUL MONG	✓	✓	79.25	M23		162.5	172.5	182.5		107.5	115	117.5		297.5	200	210	220		420		.6376	267.79
GREG HANCOCK	✓	✓	103.1	M2		165	175	185		125	130	135		310	190	210			520		.5473	284.60
DEREK BEVINS	✓	✓	66.9	OPEN		175	185	185		122.5	128	132.5	137.5	307.5	210	225			532.5		.5553	352.61
DAMIAN KRUGER	✓	✓	99.5	OPEN		180	200	212.5		150	162.5	167.5		375	240	260	265		635	①		
ADAM MARRON	✓	✓	108.9	M1		180	215.5	220		130	145	145		365	200	265	265		565			
AUDI ROEDEL	✓	✓	74.9	OPEN		190	200	205		130	135	137.5		340	190	200	205		540			
JASON COLSTON	✓	✓	89.95	OPEN		190	200	210		125	130	135		345	225	240	245		585			
PAUL FRANGE	✓	✓	128.3	OPEN		190	210	228		157.5	165	168		396	300	310	315		706			
PAUL ANDERSON	✓	✓	99.85	OPEN		240	240	240														
NATHAN SHEPHERD	✓	✓	94.5	OPEN											225	245	260					

REFEREES (& CATEGORY): [Signature]

HEAD REFEREE: [Signature]

SIDE REFEREE: [Signature]

SIDE REFEREE: [Signature]

VICTORIAN DRUG FREE POWERLIFTING
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PURE POWER

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Drugfreepowerlifting
.com.au



CHECK OUT OUR

NEW

WEBSITE

**GOOD LUCK TO ALL ENTRANTS FROM OUR ASSCOIATION
AT THE WORLD SINGLE LIFT COMPETITION OCT 20,21,22 2006
GO AUSTRALIA!**

Address label here