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EUROPEAN POWERLIFTING FEDERATION



EPF Info no. 3

June/July/August/September
2010

By Arnulf Wahlstrom

Content:

1. IPF General Assembly
2. WEC.
3. Ivan Pavlyuk suspended
4. Tested lifters at the European Juniors
5. Tested lifters at the European Masters
6. Tested lifters at the European Open Bench Press
7. Tested lifters at the WEC
8. Suspension of 4 positive lifters
9. Greetings from the President.

1. IPF General Assembly 2010.

The IPF General Assembly will be organized 7 November in Potchefstroom in South Africa. A strategic meeting in the IPF in August resulted in several new proposals included in the agenda. These proposals, if accepted, will change the structure of the IPF and involve more of the Committees in the decision-making. The IPF GA Agenda will be distributed early October.

2. WEC

Switzerland and Greece are new member to be invited for WEC participation in 2011.

3. Ivan Pavlyuk suspended for 2 years

Ivan Pavlyuk from Ukraine took part in the European Masters Bench Press 2009 in the 100 kg class for M1. His doping sample indicated an exogenous origin of the testosterone metabolites and he is suspended for 2 years.

4. Tested lifters at the European Juniors.

First name	Last name	Nation	Weight-class	Remarks
Alexandra	Pinzhenina	RUS	48	No. 1
Kristine	Almroth	SWE	52	No. 1
David	Giana	FRA	52	No. 1
Alexander	Kolbin	RUS	60	No. 1
Vichet	Duong	FRA	67,5	No. 1
Angelica	Brage	SWE	56	No. 1
Yulya	Lukina	RUS	60	No. 1
Maxim	Sharikov	RUS	75	No. 1
Vadzim	Bizukovich	BLR	75	No. 2
Raigo	Kuusnomm	EST	82,5	No. 2
Adam	Citko	POL	82,5	No. 3
Antonina	Marochko	UKR	75	No. 1
Magdalena	Bialek	POL	90	No. 1
Dmytro	Semenenko	UKR	90	No. 1
Kamil	Jusko	SVK	90	Rand.
Inger Johanne	Ruud	NOR	82,5	No. 1
Dmitry	Popov	RUS	100	No. 1
Plamen	Atanasov	BUL	100	Rand.
Vadym	Dovganyuk	UKR	110	WRO
Amandas	Paulauskas	LTU	110	ERJ
Tuomas	Korkia-Aho	FIN	+125	WRJ
Volodymyr	Svistunov	UKR	+125	No. 1

Matewsz	Wolowicz	POL	125	No. 2
Damir	Troic	SWE	125	No. 1

5. Tested lifters at the European Masters.

First name	Last name	Nation	Weight-class	Remarks
Laura	Locatelli	ITA	-60 kg M2	WR-Sq. M2
Martine	Roche	FRA	-48 kg M2	ER-Be. M2
Jennifer	Hunter	GBR	-52 kg M2	ER-Be. M2
Anita	Thimm	GER	-67,5 kg M3	ER-DI. M3
Franco	Giummara	ITA	-56 kg M3	WR-Sq. M3
William	Lincoln	GBR	-82,5 kg M3	ER-Sq.t M3
Heino	Maiste	EST	-75 kg M3	ER-DI. M3
Janos	Fabri	HUN	-82,5 kg M3	ER-DI M3
Allen	Fuglsang	DEN	-125 kg M3	ER-Be. M3
John Gavin	Walker	GBR	-100 kg M4	WR-DI. M4
Antoni	Kalinski	POL	-60 kg M2	2nd pl.
Valeria	Levochkina	RUS	-67,5 kg M1	1st pl.
Carmen	Sjardijn	NED	-75 kg M1	1st pl.
Jean-Luc	Collart	BEL	-125 kg M2	WR-Tot M2
Karel	Ruso	CZE	-67,5 kg M1	ER-Sq. M1
Geir	Gregersen	NOR	-90 kg M1	1 st pl.
Kaido	Leesmann	EST	-125 kg M1	ER-Be. M1
Hakan	Persson	SWE	-110 kg M1	1 st pl.

6. Tested lifters at the European Open Bench Press.

All tests are confirmed negative.

Fam. name	First name	Cat	Nation
Schwengl	Ilke	48	Austria
Nagypal	Kristztina	52	Hungary
Petrova,	Anastasia	56	Russia
Chepil	Mariya	60	Ukraine
Samarina	Natalia	67,5	Russia
Virkunen	Susanna	75	Finland
Lönn	Sandra	90+	Sweden
Wyszola	Darius	56	Poland
Gwozdz,	Jaroslav	60	Poland
Gideon	Aaron	60	Great Britain
Yeremashvili	Raman	67,5	Belarus
Pokykio	Janne	75	Finland
Pinguet	Cyril	82,5	France
Grishaev	Vladimir	90	Russia
Kuosma,	Petri	100	Finland
Jamroz	Stefan	110	Sweden
Omland,	Tor Herman	125	Norway
Jensen	Tonni	125	Denmark
Svensson,	Fredrik	125+	Sweden
Korkia	Aho Tuomas	125+	Finland

7. Tested lifters at the WEC.

Fam. Name	First name	Cat	Nation	Remarks
Opdal	Veronica	67,5	NOR	1 st place
Strik	Ielja	90	NED	1 st place
Gade	Sven	67,5	GER	Random
Nielsen	Henrik	90	DEN	Random
Coimbra	Anibal	100	LUX	WEC rec.
Bilican	Orham	110	BEL	Rec. att.

8. Suspension of 4 positive lifters.

The following 4 lifters have testes positive at European championships in 2010 and are suspended for 2 years:

- **Grzegorz Skowronski**, Poland (at European Open)
- **Daniele Ghirardi**, Italy (at European Open)
- **Adam Citko**, Poland (at European Juniors)
- **Antoni Kalinski**, Poland (at European Masters)

9. Greetings from the President.

In August IPF invited key persons to a meeting in Munich to discuss strategies to make IPF a better and more modern organization. Also some revisions of the technical rules were on

the agenda.

Robert Wilks (EC member from Australia) did prepare the meeting with an impressive documentation for a better and more efficient organization of IPF. John Stephenson as well as the Athletes and Coach Committees plus other key persons forwarded inputs on the technical rules.

The output from the meeting resulted in several proposals forwarded to the IPF General Assembly in November.

One of the structural changes of the IPF EC was to include 3 new members to share the burden with the daily work of the federation and to work more strategic with Media and Sponsors.

Several technical rules changes were proposed. Below a few of them are listed,

- Most radical is the proposal to install new weight categories.
Women: 43 (Sub Junior/Junior), 47, 52, 57, 63, 72, 84, +84
Men: 52 (Sub Junior/ Junior), 58, 66, 74, 83, 93, 105, 120, +120.

- The option of allowing 15 degrees in the elbows in Bench Press if providing a certificate from the Medical Committee is proposed cancelled.

- Another proposal is to allow the bar to go down in the press out movement of the Bench Press and in Dead lift.

- Also the guideline of allowing maximum 15 degrees angle in the upper body at start and completion of the Squat was proposed to be removed.

- The meeting also required that no change of nominated weight category is allowed after the final nomination.

Many good ideas of how to establish a more streamlined federation and to make Powerlifting more viewable were the outcome from this meeting. It remains to see how the IPF General Assembly will vote but my opinion is that this was a big step forward to make our sport better organized and hopefully make Powerlifting more interesting for lifters and spectators.

/ Arnulf Wahlstrom