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# EUROPEAN POWERLIFTING FEDERATION



## EPF Info no. 4

October/November/December  
2010

By Arnulf Wahlstrom

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**1. Invitation to the EPF General Assembly 2011.**

The EPF Congress will take part in Pilsen, Czech Republic on Monday 2 May 2011, starting at 18:00.  
Election of EC members and chairmen of the committees will take place.  
Name of candidates must be received by the EPF Secretary General, Dietmar Wolf, within 21 March.

Proposals and amendments for the General Assembly must be received by the EPF Secretary General within 2 March.

After the General Assembly, a referee clinic will be organised.

Please prepare to confirm your bids for organising European championships and cups in 2012 and 2013 and send new bids for 2014 to the EPF Secretary General within 18 April.

Here the order of business:

- Roll Call
- President's Address
- Minutes of the last General Assembly
- Treasurer's Report – Auditors report.
- General Secretary's Report
- Committee Reports
- Election
- Action on proposed amendments
- New Member Applicants
- Delinquent Nations
- Hall of Fame
- Future Championships
- Any Other Business
- Adjournment

Welcome to the General Assembly!

**2. European Lifters of 2010.**

Following lifters are appointed European powerlifters 2010:  
**Ielyzaveta Byruk** from Ukraine and **Anibal Coimbra** from Luxembourg.  
The nominations are based on results from both the Open European and Open World championships.

**3. New European record standard.**

EPF has worked out a list of European record standards for the new weight categories. These standards have to be met or exceeded to set European records.  
Present European records in the old weight categories are frozen 31 December 2010 and can not be changed any more.

#### 4. Tested lifters at the European Masters Bench Press Championships in Hagondange, France.

18 lifters were tested and the laboratory in Cologne reports that all are negative.

First name	Last name	Nation	W. class	Remarks
Karin	Engelbrecht	GER	52 M2	1. pl.
Hana	Takacova	CZE	90 M2	1. pl. ER
Claude	Citruk	FRA	67,5 M3	1. pl ER
Juhani	Lindholm	FIN	90 M3	1. pl
Clifford	Haynes	GBR	75 M2	1. pl ER
Magdolna	Petroczki	HUN	52 M1	1. pl.
Sylvie	Mingot	FRA	56 M1	1. pl. WR
Marie Christ.	Pracella	FRA	60 M1	1. pl WR
Claudia	Weinzierl	GER	82,5 M1	1. pl
Bjørn	Iversen	SWE	125 M2	Rand.
Olivier	Waymel	FRA	67,5 M1	1. pl ER
Tomi	Vikla	FIN	82,5 M1	1. pl.
Frans	Van der Putten	NET	90 M1	3. pl.
Svein Olaf	Farstad	NOR	100 M1	2. pl.
Mikael	Jaldefors	SWE	110 M1	1. pl.
Kaido	Leesmann	EST	125 M1	2. pl.
Jean Yves	Minelle	FRA	125 M1	1. pl.
Jürgen	Rockittke	GER	+125 M1	2. pl.

#### 5. Updated EPF Constitution and By-Laws.

Some updates are made in the EPF Constitution and By Laws due to resolutions made at the IPF General Assembly in November.

The updated version can be loaded down from the EPF web and the updates are in red letters.

#### 6. Visible EPF logo at all European championships.

EPF is the owner of all European Championships in Powerlifting. Due to this, it is important that the EPF logo is placed on a central part in the venue to be easy to see for all including spectators and those watching the internet streaming.

EPF will reserve at all European Championships an appropriate place at the wall behind the lifting platform for the EPF logo and EPF sponsors logo.

#### 7. Suspension of Plamen Atanasov.

Plamen Atanasov from Bulgaria competed in the 100 kg category at the European Juniors 2010 in Norway. The doping sample of Atanasov was found positive by the substance testosterone metabolites and he is suspended for 2 years and will lose his placing in the championship.

#### 8. Greetings from the President.

At the EPF General Assembly 2 May, election of new EPF officials will take place. Elections take place every 4th year and members with good knowledge of our sport and willing to work hard and for none profit are welcome as candidates.

Following the IPF General Assembly, new weight categories and some new technical rules will apply from 2011.

Due to new weight categories, EPF has worked out standards for setting new European records. The standards are worked out by Kalevi Sorsa and Robert Wilkes and are based on the present World records. The World record standards are about 5% below the old World records and the European standards are about 2% below the World standards.

Most radical of the new technical rules is the requirement that the elbows must be locked straight at the start and finish positions in bench press. This will for sure mean a high pressure on the referees to be able to determine the correct positions. It will also mean a big challenge for lifters with some injury or dysfunctionality in the elbows. The risk is that they will be shut out from our sport if they can not comply with the new rule.

Another rule is that uneven extension of the arms in bench press is allowed as well as moving the feet during the lift.

From 2011, no change in the nominated weight category is allowed after the final nomination – which is 21 days prior to the championship.

From 2011, the EPF require that all organizers of European championships give space at the wall behind the platform for the EPF logo (1, 25 x 2, 0 m) and some space for EPF sponsors.

It is obvious that the EPF logo must be visible during European championships. Television broadcast from e.g. the Olympics Games, the 5 Olympic rings, representing IOC, are always in focus. It is similar with the other World and Regional sport federations – their logos are highlighted.

During internet streaming from an European Championship, it is an inconvenience if our sponsors and viewers never see the EPF logo – and this situation we must change.

/ Arnulf Wahlstrom



Anibal Coimbra from Luxembourg is appointed the male European Power lifter 2010. (Photo by Bernd Rimarzig)



Ielyzaveta Byruk from Ukraine is appointed the female European Power lifter 2010. (Photo by Arnulf Wahlstrom)