



EPF Newsletter no. 4 - October/November/December 2012

by Arnulf Wahlström

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1. Invitation to the EPF General Assembly 2013.

The EPF General Assembly will take place in Plzen in Czech Republic 6 May 2012.

Proposals and amendments must be received by the Secretary General Ralph Farquharson ralph@europowerlifting.org and President (arnulf@europowerlifting.org), within 6 March 2013.

Please prepare to confirm your bids for organizing European championships and cups in 2014 and 2015 and send new bids for 2016 to the EPF Championship Secretary and the EPF President within 25 March.

Recognition/election of new appointed Secretary General, V. President and chairman for the Law & Legislation committee will take place.

If the federations have alternative candidates, please send your nominations to the Secretary General with a copy to the President within 25 March.

Welcome to the EPF General Assembly!

2. Dietmar Wolf resigns as EPF Secretary General.

Dietmar Wolf was appointed IPF Treasurer during the Worlds in Puerto Rico. According to IPF rules, it is not allowed to hold both the function as IPF Treasurer and EPF Secretary General for one person.

Dietmar has been the EPF Secretary General since 2005 and done an outstanding job. His main focus has always been what is best for powerlifting and timely carried out all his functions and obligations.

EPF thanks him for his outstanding work and wishes him good luck as IPF Treasurer.

3. New EPF appointments of Secretary General, Vice President and chairman of L&L

Due to the resignation by **Dietmar Wolf** as the EPF Secretary General, the EC has made some new appointments to fill in all positions in the Executive needed to run the federation. These appointments are temporary from 1 January until the General Assembly in Plzen where the EC will ask the delegates for approval or alternatively, new persons are elected.

Ralph Farquharson is appointed new Secretary General (SG). Ralph has previously served as SG and Treasurer from 2003 to 2005 and elected V. President from 2008. He is also chairman of the Media Committee, a duty he will serve besides his SG function.

Sandro Rossi is appointed Vice President.

Sandro has served as chairman for the Law & Legislation Committee since 2007 and will continue as a member in L&L besides his Vice Presidential duties.

Jari Rantapelkonen from Finland is appointed new chairman for the L&L. Rantapelkonen is today the SG in the Finnish PF and has long experience in powerlifting administration.

Kalevi Sorsa continues as a member in the committee.

4. New IPF President elected

Gaston Parage from Luxembourg was elected new IPF President at the IPF GA in Puerto Rico.

With his long experience as IPF Treasurer since 1999 and IPF Champion Secretary since 2003, Parage has a good platform to lead IPF for the next 3 years.

Besides his Presidential work he will continue in the function as Championship Secretary.

5. European Powerlifters 2012.

European Powerlifter of the Year is awarded to one male and one female lifter based on Wilks points at both the European and World Open.

Following lifters are awarded for 2012:

Jaroslav Olech from Poland and **Ielja Strik** from the Netherlands.

Olech wins this prestigious award for the 10th time and Strik for the second time.

Congratulation to both!

At the IPF General Assembly in Puerto Rico this year, Olech was as well awarded IPF Hall of Fame.



Jaroslav Olech from Poland is awarded European Power Lifter 2012.
Photo: Heinrich Janse von Rensburg



Ielja Strik from the Netherlands is awarded European Power Lifter 2012.
Photo: Heinrich Janse von Rensburg

6. National Antidoping report.

According to the IPF antidoping rules 14.2, all national member federations must report their national antidoping activity in 2012 within 31 March 2013.

Please send the report to the IPF President Gaston Parage with a copy to EPF President Arnulf Wahlstrøm.

The report must be specified in:

- 1) Name of the reporting National federation
- 2) Total number of doping tests.
- 3) Number of IC/OC tests
- 4) Number of Men/Women tested
- 5) Numbers of positives and the reason
- 6) Name of the analyzing laboratory.

7. Doping tests at the European Masters in Pilsen.

All 9 tests are reported negative by the Cologne laboratory.

8. Doping tests at the European Open Bench Press in Terni.

L. name	F. name	Nation	W. cl.	Rem.
Schwengl	Ilka	AUS	47	ERM1
Nelyubova	Valentina	RUS	72	Random
Hugdall	Hildeborg	NOR	+84	WR
Cuczella	Alphonse	FRA	74	ERM1
Kiseleva	Valentin	RUS	93	WR
Jamroz	Stefan	SWE	105	Random
Janes	Stanislav	SLO	120	Random
Sandvik	Kenneth	FIN	+120	1st.

The Cologne laboratory reports that all tests are negative.

9. Doping control at the Western European Championships in Luxembourg.

The Cologne laboratory informs that all 4 lifters tested were negative.

10. La Manga High Performance Centre.



Throughout 2012, the EPF EC has signed a contract with the La Manga Club in Murcia in Spain regarding a powerlifting centre for training, education and vacation.

Eleiko bars and plates and ER Equipment racks and benches are installed. Platforms and plate holders are built and all are installed in connection with the strength centre in La Manga Club. So, high quality powerlifting training is available together with a wide range of strength and fitness machines.

EPF together with IPF will in 2013 host Coach Seminars in the Centre for coaches to qualify for the IPF international coach licences.

Clubs, federations and individual persons may book together with friends and family and enjoy both high quality training as well as all facilities offered by the La Manga Club for a good vacation. More information is posted at the EPF web.

11. Greetings from the President.

The EPF administration was facing a problem when **Dietmar Wolf** had to resign from the position as Secretary General. The SG is important for any organization to carry out the daily administration.

Fortunately, the EC had a highly qualified person within the Board and **Ralph Farquharson** was appointed to take on the SG duty and **Sandro Rossi** replaces Ralph as the EPF Vice President.

The chairman for the L&L is part of the Executive and to have a full EPF board from 1 January, **Jari Rantapelkonen** from Finland was appointed new chairman replacing Rossi in this function.

As specified in our Constitution any appointments must be ratified by the General Assembly or new elections take place. It is still 3 years of the remaining EPF election period and I believe that the new persons will serve EPF well throughout these years if they get confidence by the GA.

IPF has got a new President by **Gaston Parage** from Luxembourg. When Detlev Albrings rather unexpectedly stepped down in September last year, Johnny Graham (IPF Vice President) was interim President until the election in Puerto Rico. The final candidates for the IPF presidency were Johnny Graham and Gaston Parage.

Parage won the voting with large majority and is elected for 3 years. He has started his duty in an active and good manner and EPF wishes him good luck.

/ text Arnulf Wahlström



La Manga Club in Murcia, Spain. Here the EPF High Performance training Centre is incorporated.

ELEIKO
STRONG IS HAPPY!

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Swift or Bic code: BCEELULL
Name of Bank: Banque et Caisse d'Epargne de l'Etat
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