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**1. Report from the EPF General Assembly 2016.**

The EPF General Assembly took place in Pilsen in Czech Rep. 10 May with 19 member nations present.

The delegates accepted the new **EPF Strategic Plan** for 2016-2019. Updates will be done at the GA 2017 with inputs from the federations.

**Team and best lifters awards for Masters** are no longer obligatory to be provided by the organizers of European championships. The reason is that the winners seldom pick up these trophies at the banquet.

**The participation fee**, anti-doping fee and any hotel fee must be paid for all lifters at the final nomination list ( 21 days prior to the technical meeting).

It is no longer possible to avoid these fees by cancelling lifters 14 days prior to the technical meeting.

**Referees nominated** at the final nomination list (21 days prior to the technical meeting), may change their allocated duties within one week. 14 days prior to the technical meeting, the referees are bound to their allocated duties as published by the Technical chair. However, changes of duties within referees from the same nation, may be requested to the EPF Technical chair at the technical meeting.

Any changes, withdrawal or no show up by the referees regarding their allocated duties after the technical meeting may impose a warning or €100 in fine. The decision is made by the jury in cooperation with the technical chair.

## 5. Doping tests at the European Junior and S. Junior 14-17 April 2016 in Malaga, Spain

Last name	First name	Weight -class	Nat.	Remarks
Valciukas	Egidijus	53 SJ	LIT	WR
Rikhter	Aleksey	59 SJ	RUS	ER
Cleja	Andreas	105 SJ	ROM	Random
Reich	Dakota	57 SJ	AUT	ER
Krüger	Sonja-Stefanie	63 SJ	GER	WR
Bakshiev	Roman	66 J	RUS	No. 1
Eriksson	Alexander	74 J	SWE	No. 1
Milla	Marius	74 J	GER	Random
Rubets	Oleksandr	93 J	UKR	No. 1
Jaeger	Kevin	120 J	GER	No. 1
Johansson	Julia J.K.	120+ J	ICE	No. 1
Obukhov	Philip	120+ J	RUS	Random
Hesthammer	Karen	52 J	NOR	No. 1
Gonchar	Ganna	57 J	UKR	No. 1
Kapstad	Silvia	72 J	NOR	No. 1

All tests are analysed and the lifter **Philip Obukhov** from Russia tested positive on the substances Stanazolol and Drostanolone. He is suspended for 4 years and must return all medals from the championship.

## 6. Doping tests at the European Open 11-14 May 2016 in Pilsen, Czech Rep.

Last name	First name	W. cl.	Nat.
Martin	Vanessa	52	France
Martin	Vanessa	52	France
Sandvik	Marcela	52	Finland
Karlysheva	Victoria	57	Russia
Adamovich	Olga	63	Russia
Elverum	Marte	72	Norway
Arnesen	Heidi H.	84	Norway
Kucherenko	Elena	84+	Russia
Savolainen	Antii	66	Finland
Gaishinetc	Sergei	74	Russia
Irimie	Andrei Nicolae	83	Romania
Rysiyev	Volodymyr	83	Ukraine
Stendebach	Sascha	93	Germany
Belkesir	Sofiane	105	France
Sarik	Tomas	120	Czech Rep.
Rochiy	Oleksiy	120	Ukraine
Konovalov	Andrey	120+	Russia

All tests are negative.

## 7. New referees.

**Alba Diego** and **Prada Eduardo** from Spain are new international cat. II referees. They passed the examination at the European Juniors in Spain.

At the European Classic in Tartu, following referees passed the cat. II examination: **Denisov Denis** from Belarus, **Peep Pall** from Estonia, **Churkina Aleksandra** from Russia and **Siimensen Carolin** from Estonia.

## 2. EPF Disciplinary Committee and the Appeal Committee are laid down.

At the GA it was decided to lay down the EPF Disciplinary and Appeal committees. All relevant matters within EPF will be handled by the IPF Disciplinary and Appeal committees in the future.

## 3. Raise of the EPF participation fee.

From 2017, the EPF participation fee is raised from 60€ to 90€. 10€ of the increase goes to the organizers and 20€ to EPF.

The raise of fee was necessary to finance part of the plans specified in the EPF Strategic plan and to support organizers of European championships to provide increased standard of the championships.

## 4. Doping tests at the European Classic in Tartu.

Last name	First name	Weight-class	Nat.	Remarks
Rantala	Hanna	47 S	FIN	ER
Loft	Sofia	52 S	SWE	ER
Nnamani	Joy	52 S	GBR	ER
Adolfsson	Jenny	63 S	SWE	ER
Horna	Ivana	63 S	SLO	ER
Weissenberg	Isabella	72 S	SWE	ER
Kankus	Johanna	72 S	FIN	ER
Strik	Ielja	84 S	NET	ER
Szabo	Agnes	+84 S	HUN	ER
Chashchyna	Alina	43 SJ	BEL	ER
Lazebna	Daria	52 SJ	UKR	ER
Kirkanen	Anette	52 SJ	FIN	ER
Burykina	Aliaksandra	63 SJ	BEL	ER
Torronen	Susanna	84 SJ	FIN	ER
Kaasalainen	Henna	84 SJ	FIN	ER
McClean	Abigail	84 SJ	GBR	ER
Sjoel	Lena	57 J	NOR	ER
Garra	Carola	63 J	ITA	WR
Sledz	Slawomir	59 S	POL	WRM1
Kuzmin	Alexey	83 S	RUS	ER
Hubbard	Owen	83 S	GBR	ER
Sedlacek	Jakub	93 S	CZE	ER
Adov	Borislav	93 S	BUL	ER
Silbaum	Margus	93 S	EST	WRM1
Golen	Marcin	105 S	POL	ER
Suomela	Markus	105 S	FIN	ER
Pullinen	Sami	105 S	FIN	ER
Hristov	Ivaylo	120 S	BUL	ER
Kruze	Martins	+120 S	LAT	ER
Valciukas	Egidijus	53 SJ	LIT	ER
Savelyeu	Artsiom	59 SJ	BEL	ER
Zaniewski	Patryk	83 SJ	POL	ER
Bilyk	Andriy	83 SJ	UKR	ER
Papelski	Uladzislau	105 SJ	BEL	ER
Johnson	Jack	120 SJ	GBR	ER
Berglund	Eddie	66 J	SWE	ER
Fedchenko	Volodymyr	66 J	UKR	ER
Poyet	Bastien	74 J	FRA	ER
Vermetten	Alexander	105 J	NET	ER
Sadowski	Piotr	120 J	POL	ER

Congratulation to all and thanks to Myriam Busselot for supervising the referee examinations!

#### 8. New EPF EC member.

At the EPF General Assembly , an EPF Constitutional change was accepted to include the Championship Secretary as EC member. So, congratulation to **Jiri Hofirek** as a new EC member!

#### 9. EPF Hall of Fame.

At the GA, following lifters were awarded EPF Hall of Fame: **Patrik Turesson** and **Riitta Sundvall Liimatainen** from Sweden.  
Congratulation!

#### 10. Full EPF membership.

**The Irish PF** was accepted as full EPF member at the GA.

#### 11. EPF Media committee.

The EPF Media committee is extended and works are done to establish a good system to post more information at our different media channels like web, facebook and Twitter.

The members of the Media committee are: **Ralph Farquharson** (chair), **Eric Rupp** from Germany, **Louise Edwards** from Great Britain, **Clara Sacchi** from Italy, **Francisco (Paco) Garcia** from Spain and **Arnulf Wahlstrom**.

This committee has a very important work to do, as media is the key to make the sport known and popular.

#### 12. Greetings from the President.



**At the EPF General Assembly** in Pilsen in May, a new EPF Strategic plan 2016-2019 was discussed and accepted by the delegates.

Such a plan reflects the most important goals we all need to work towards to make powerlifting a more successful sport.

The strategic plan is not a document only for the working EPF officials. All officials and lifters in our member federations must contribute if we shall bring powerlifting forward. The strategic plan is our guideline.

I am proud that EPF now has worked out such a plan. It documents in which direction we want to bring European

powerlifting.

A big thank you to our newly elected treasurer, **Linda Hoiland**, who has been most helpful with the structure and the lay out of the plan!

**The raise** of the participation fee was a “necessary evil” to be able to improve EPF as organization and to raise the standard of all European championships. To come to a position that powerlifting attracts sponsors, media and more athletes, we must use money to build up the sport and the image of EPF.

As economy from 2017 is improved, the focus from the board members will be to administrate the upgrade of the electronic platforms, improve the identity of EPF and strengthen the Media work.

Part of the plans is also to provide high quality streaming from more Europeans in the future.

By the streaming, we want to highlight our lifters and make them known Worldwide. We will make interesting interviews as well and focus on good lifters to make them good profiles of our sport.

The key to get Media interested is to have well known athletes and focus on their achievements, personality and their opinions.

**In November** at the IPF World Open championships, the qualification for the World Games 2017 takes place. It is important that all European federations focus on this to send their best lifters - and very important is that all lifters must be clean. Any positive test at the World Games may cause that IPF loose the membership in IWGA.

I wish all European lifters good luck to qualify!

/ text: **Arnulf Wahlström**



**Patrik Turesson** from Sweden was awarded EPF Hall of Fame at the General Assembly 2016.

The picture is from the European Masters 2015 in which Turesson took gold. (Photo Rüdiger Hopp).





Riitaa Sundvall Liimatainen from Sweden was awarded the EPF Hall of Fame at the EPF General Assembly 2016.



Marte Elverum from Norway was successful in her last deadlift at the European Open to catch the 72 kg category gold medal in total. Photo: A. Wahlstrom



The super heavy weight champion, **Andrey Konovalov** from Russia, was interviewed by the speaker **Martin Flett** at the European Open. Photo: A. Wahlstrom

EPF web: <http://www.europowerlifting.org>

**EPF Account:**

European Powerlifting Federation  
 IBAN no: LU30 0019 2055 5957 1000.  
 Swift or Bic code: BCEELULL  
 Name of Bank: Banque et Caisse d'Epargne de l'Etat  
 Luxembourg.



*-Pro lifters' recommendation-*



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