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Content.

1. Invitation to the EPF General Assembly
2. Report from the Open Worlds.
3. New referee.
4. Doping tests at the WEC.
5. Doping tests at the European Masters Bench.
6. Doping tests at the Baltic Cup.
7. Arnold Classic Europe
8. European Lifters 2013
9. Greetings from the President.

1. Invitation to the EPF General Assembly.

The EPF General Assembly will take place in Sofia 6 May at 19:00 hrs.

Proposals and amendments must be received by the Secretary General *Ralph Farquharson* ralph@europowerlifting.org and President *Arnulf Wahlström* (arnulf@europowerlifting.org), within 6 March 2014.

Please prepare to confirm your bids for organizing European championships and cups in 2015 and 2016 and send new bids for 2017 to the EPF Championship Secretary Jiri Hofirek and the EPF President within 25 March.

2. Report from the Open Worlds.

The highlight of 2013, next to the World Games, was the Open Worlds in Stavanger in early November. Stavanger Community sponsored the event with free venue, free banquet for all participants and even put some money and manpower into the organization.

Together with a dedicated organization committee and volunteers from several districts in Norway, this Worlds was, according to the IPF President Gaston Parage, one of the "best ever"!

The quality of the lifting was very high with 37 (!) World records broken and close fights for the medals. The Open Worlds 2013 was really a "big festival" for the powerlifting sport and at the last days, up to 1000 spectators watched and applauded the competition.

The internet streaming was extremely good with high quality cameras, separate commentators and very high resolution of the internet lines and servers. A professional crew operated the cameras like a TV production. This was the standard we want for all Worlds as well as at all Europeans – but the cost is high for such production, so sponsors are needed.

3. New referee.

During the WEC in France, the following referee passed the examination:

Cat	Name	Nation
2	Mark Wolff	DEN

Congratulation!

4. Doping tests at the Western European

First name	Last name	Nat.	W. class	Remarks
Louise	Murray	GBR	57	1 pl.
Carole	Benoit	FRA	93	3 pl.
Fredrik	Svenson	SWE	+120	WR
Hildeborg	Hugdøl	NOR	+84	WR

All tests are reported negative by the Cologne laboratory

5. Doping tests at European Masters Bench Press Championships in Bulgaria.

Last name	First name	Weight-class	Nat.	Remarks
Strik	Ielja	-80 kg WMA1	NED	WR MA1
Vikla	Tomi	-83 kg MMA1	FIN	1st place
Farstad	Svein Olav	-93 kg MMA1	NOR	1st place
Pohjonen	Juh	-105 kg MMA1	FIN	1st place
Karner	Markus	-120 kg MMA1	AUT	random
Soukal	Jaroslav	120+ kg MMA1	CZE	1st place
Vermeulen	Marius	-105 kg MMA2	NED	1st place
Grabowski	Wojciech	-120 kg MMA3	POL	1st place

All tests are reported negative.

6. Doping tests at the Danube Cup in Hungary.

Last name	First name	W.c.	Nat.	Remarks
Moravcik	Peter	105	SLO	No. 3
Koteles	Maria	84+	HUN	No. 1

Both tests are negative.

7. Arnold Classic Europe.

Doping test:

Last name	First name	W.c.	Nat.	Remarks
Philip	Richard	74	GBR	ER M1
Perez	Jose Manuel	83	SPA	Random
Sandvik	Kenneth	120+	FIN	No. 1

All tests are reported negative by the laboratory in Madrid.

Arnold Classic Europe (ACE) took place in Madrid for the 2nd time at 12 October - but first time with IPF participants.

Luis Tudela was the local organizer and managed to set up the necessary equipment in short notice. 20 lifters outside Spain were invited and 10 took part together with national lifters from Spain.

The competition was considered successful and preparations are made to include powerlifting in this big festival also for the 2014 edition.

An agreement is made up between Gaston Parage (IPF President) and Dr. Rafael Santonja (IFBB President) that only powerlifters from IPF will be present in future ACE.

8. European Powerlifters of year 2013.

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 2013:

Anna Ryzhkova from Russia and **Kjell Egil Bakkeland** from Norway. Congratulations!



9. Greetings from the President.

The IPF General Assembly took part 3 November in Stavanger in Norway.

Dietmar Wolf from Norway was elected new treasurer. He has previously been appointed in this position since 1 January 2013.

Classic Worlds for all age categories.

It was decided that World Classic Powerlifting Championship for all age categories shall be organized from 2014.

So, in Johannesburg in June, we can expect a high number of participants, long competition days and hard work for the organizers and the referees.

It is interesting to see how many nations will send Masters and Juniors as well as Seniors.

A proposal to organize Classic Worlds for Bench Press was voted down.

Female Executive member.

As a speaker for the athletes, the IOC has recommended IPF to include a new member in the IPF EC and preferably a female.

Eva Speth from Germany was appointed by the Executive as new EC member. From 2014, the Athletes Commission will propose the candidate, which are to be ratified by the General Assembly

Salary and compensation for IPF officials.

The proposed economic compensation for the IPF officials were accepted. This means that the IPF President, Vice President, General Secretary and Treasurer get a monthly compensation while the other IPF officials receive some minor compensation when representing IPF at championships and meetings.

IPF Hall of Fame were awarded to **Larysa Soloviova** from Ukraine, **David Ricks** from USA and **Robert Wilks** from Australia. Congratulations!

Next Europeans take place in St. Petersburg in Russia with the Sub-Juniors and the Juniors. We all look forward to a well organized championship and we must assume that the young Russian lifters are well prepared to "fight for their country" at the home court.

/ text and photo: Arnulf Wahlström



Larysa Soloviova from Ukraine was awarded IPF Hall of Fame at the IPF General Assembly 2013. Congratulation!



Carl Yngvar Christoffersen from Norway setting a new World record of 475 kg in squat at the Open Worlds. Amazing!



Kjell Egil Bakkelund from Norway is appointed EPF European Powerlifter 2013. He won both the European and World Open Championships in 2013.



The winner of 84+ at the Open Worlds was **Olga Gemaletdinova** from Russia with new World records in deadlift (270,5 kg) and total (753 kg).



Enthusiastic spectators watching the Open Worlds in Stavanger, Norway

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EPF Account:

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

