



## *European Powerlifting Federation*

### **General Assembly 2023.**

4 May 16:00 hrs at Vigsø Feriecenter.

#### **AGENDA.**

1. Welcome by the President Arnulf Wahlstrøm,
2. Roll call of Nations and Delegates..... Ralph Farquharson
3. President's address..... Arnulf Wahlstrøm
4. Minutes of the last General Assembly.
5. The Account with the balance sheet 2022.  
Treasurers report..... Xavier de Puytorac  
Auditors report..... Pavol Müller and Silva Katutyte  
Approval of budget for 2023..... Xavier de Puytorac
6. Secretary General report..... Ralph Farquharson
7. Vice President report..... Sandro Rossi
8. Committee Reports:  
- Technical ..... Myriam Busselot  
- Law and Legislation ..... Tero Hyttinen  
- Finance.... (see Auditors report) ..... Pavol Müller and Silva Katutyte  
- Women's ..... Maria Pia Moscianese  
- Championship Secretary ..... Bjørn Astad
10. Elections:  
*President, Vice President, Treasurer, Secretary General,  
Technical com. Chair, Law and Legislation chair, Championship Secretary,  
2 Auditors, Chair of Women's committee.*
11. Proposals.....
12. New member Applicants
13. Action on Delinquent Nations
14. Hall of Fame
15. Bids and confirmation on Future Championships
16. Any other Business
17. Adjournment

### 3) President's report.

#### **Welcome.**

On behalf of EPF I wish delegates and guests welcome to the 2023 General Assembly. I want to thank the meet director Jan Lyhne and the Danish powerlifting president Klaus Bostrøm for inviting us to Thisted!  
I am looking forward to a pleasant stay and a well organised championship!

#### **Stepping down as President.**

I was elected EPF President in 1990, which is 33 years ago. This time I will not stand for re-election. All these years, I have enjoyed working with European powerlifting and I have really seen a big change in the sport during these years. From being an amateur sport, it has grown into a highly respected and more or less a professional sport. Powerlifting is in line, or even better than many Olympic sports and the economy in EPF has increased to a good level. This is good for our organizers, all athletes and officials.

All the planning and all the work to achieve such a progress and success, are thanks to many individuals both at the EPF administration, key persons in the federations and clubs and the athletes themselves. Hard work year by year has made small steps forward.

For me this has been a unique experience and I have met a lot of interesting people that both have impressed me by their enthusiasm, cleverness and friendly behaviour. This has for me created friendships Europe and World around.

The memory of all these great people, is the best reward I can think of for what I possibly have achieved as President for this great federation.

#### **General status.**

Year 2022 was more or less a normal year after the Covid pandemic with respect to championships and number of athletes competing. But the war between Russia and Ukraine is a black shadow over Europe and harm the people and the economy. Europe will not return to a normal condition before the war ends.

Mainly because of the strong sponsorship from Rogue, A7 and SBD as well, the economy ended sound with about 23.000 Euro plus.

#### **Awarded European Powerlifters 2022.**

The best lifters at both European and World Open championships according to IPF GL points, have every year since 1995 been awarded *European Powerlifters of the year* except for year 2020. In this year no World championships and only one European championship was organized.

The following lifters are appointed European Powerlifters of the year 2022, selected from the average highest IPF GL score at the Europeans Open and the Worlds Open:

Equipped: **Sonja Stefanie Krueger** GER and **Kostiantyn Musiienko** UKR

Classic: **Tiffany Chapon** FRA and **Emil Norling**, SWE

#### **European Championships 2022.**

Statistics show that all together 2154 (1070 in 2021) lifters took part in European championships and cups in year 2022.

*European championships 2022 were organised in:*

• Vilnius Lithuania	PL	Master classic	Men: 113	Women: 94
• Hamm Luxembourg	PL	University cup classic	Men: 67	Women: 42
• Pilsen Czechia	PL.	Open/Jun/SJun. equipped	Men: 125	Women: 100
• Eskilstuna Sweden	PL	Master equipped	Men: 82	Women: 46
• Budapest, Hungary	BP.	O/M/Jun/SJun classic/eq.	Men: 163* + 237**	Women: 87*+177**
• Aulnat, France	PL.	WEC classic/equipped	Men: 18*+50 **	Women: 10*+48**
• Zlatniky, Slovakia	PL	Danube cup equip./classic	Men: 4*+9 **	Women: 3*+7**
• Skierniewice, Poland	PL.	Open/Jun/SJun classic	Men: 306	Women: 253

\* = equipped \*\* = classic

### **Antidoping.**

All doping controls are the responsibility of IPF (CCES) both in competition at World and European championships and cups and out of competition.

IPF focus now on Out of competition testing as instructed by WADA, because this kind of testing can be done at any time throughout a year independent of championships.

EPF will continue the anti-doping work by promoting anti-doping seminars and our member federations should focus on anti-doping if they want powerlifting to reach IOC status.

Fair play and a healthy sport must be in focus.

### **Strategic plan.**

The Executive board have every year worked out GA proposals and made up documents and routines to improve the organisation of powerlifting in Europe and to prepare for the future.

The document named "**Strategic plan**" was introduced in 2016 and is now updated for 2021 to 2024.

In this document the federation's views and plans for the future are included and helps us to work towards common goals. This document is our guideline for the coming years.

The EPF Strategic plan can be downloaded from the EPF web.

### **Marketing strategy.**

The Executive members, in co-operation with **Emanuel Scheiber, Eric Rupp and Richard Haywood**, work to line out all information needed to present EPF as an attractive partner for sponsors and collaborators.

Such information is necessary because any sponsor must know what benefit his company will get from EPF if the company puts money or resources into the federation. Any sponsor looks at how he can get his investments at least double back.

### **Media.**

The by far most important media measures are high quality streaming of our championships.

This reaches people all over the World and a high number of followers are registered at all streamings we do.

As the economy has raised – mainly through the sponsorship of Rogue, A7 and SBD as well, EPF intend to make up to 5 streamings in year 2023.

Each streaming has a cost of 25.000-30.000€.

Our Secretary, **Juliette Memmott**, works effectively to post PR's previous, during and after our main championships. She is conducting interviews to highlight our lifters and officials and is now the author of the EPF Newsletter.

### **Sponsors.**

The strong support from our sponsors in donated materials and economic contribution, strongly helps EPF to support our organizers and maintain the high activity we have to bring powerlifting forward. Our goal is to bring EPF up to the level of Olympic recognized sports.

The donated material of IPF recognised equipment to organizers of European championships and cups are in value 88.500€ yearly paid by the sponsors.

A big thank you to *Rogue Fitness, A7 Fitness, SBD, Titex, Leoko, Eleiko and Pallini* !.

### **Thanks to the EPF Officials.**

The administration and daily workload to run EPF are increasing from year to year. Now we run championships in both classic and equipped and the EPF officials are doing a great voluntary work to keep up everything. Some officials have more or less a full-time work with EPF matters.

No federation or company is better than the people doing the work and I am proud to state that EPF has dedicated and hardworking officials who cooperate very well in the administration team and also cooperate well with our members.

Thank you very much to the Executive Board members **Xavier de Puytorac, Ralph Farquharson, Bjørn Astad, Myriam Busselot, Sandro Rossi, Tero Hyttinen** and assistant **Jiri Hofirek** as well as all EPF officials in various committees - you do a great work to run and administrate EPF!

**Oleksandr Kopaev** is our employed Computer Secretary and he works tireless at every European championship. His efforts on computer programming and competition registration are a great part of running perfect organized championships. A big thank you to "Sacha"! Last year he has been supported by **Alejandro Perez Garcia** which has done a very good job.

**Anatoliy Stetsenko** is the EPF Registrar and sorts out the record lists and issues record diplomas to every record setter. This is quite a comprehensive and time-consuming work. Thank you very much! EPF's two auditors, **Silva Katutyte** and **Pavol Müller** do a great job to control the EPF accounting and our consultant **Emanuel Scheiber** keeps up our sponsors. Our Secretary, **Juliette Memmott**, works with administration and to bring our sport known to the general public as well as to our big family of powerlifters. Thank you all!

#### **Good luck.**

I hope we will have useful discussions and make good decisions at this General Assembly and I wish you all a successful European Open/Junior/S.Junior Equipped Powerlifting Championships 2023!

*Arnulf Wahlstrøm, EPF President*

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#### **4) Minutes of the last Congress.**

The Minutes can be downloaded from the EPF web.

<http://www.europowerlifting.org/about-epf/general-assembly-congress/> .

No remarks have been received.

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#### **5) EPF Account 2022** (All values are in Euro)

### **Treasurer Report 2022**

I am a happy treasurer.

We have a new record with 39 members and certainly 40 in 2023.

EPF continues its development and we are very proud of it.

We have a very good participation with 2154 lifters (without Russia and Belarus) instead of 1500 in the provisional budget. So, we have 60 000€ less in Participation Fees.

It should be noted that the incomes by sponsors 304 000€ is almost equal to the amount of expenses in **Sports Development and Media Marketing**. These are the sponsors who financed our development in 2022 and we will continue this strategy in 2023.

As each year I show you the amount of the penalties, 16 450€ in 2022. The good side of things is that we have a kitty in order to have more referees in 2023.

To finish, it remains a little anti-doping fund, so do not hesitate to ask for some help for educational and anti-doping actions.

We finish with a surplus result of 23 205.72€.

## Please find below 2022 accounts with details in €.

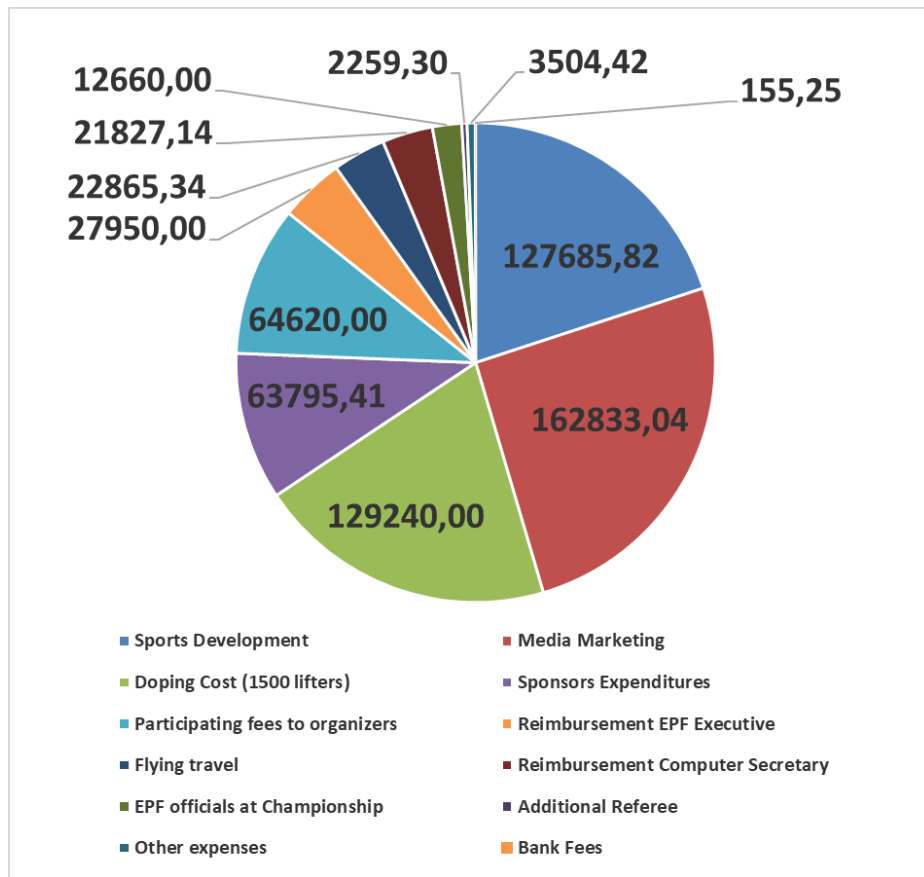
		Budget 2022	Result 2022	% Total
<b>Expenses</b>				
<b>1</b>	Sports Development	100000,00	127685,82	<b>19,97%</b>
<b>2</b>	Media Marketing	143150,00	162833,04	<b>25,47%</b>
<b>3</b>	Doping Cost (1500 lifters)	90000,00	129240,00	20,21%
<b>4</b>	Sponsors Expenditures	60000,00	63795,41	9,98%
<b>5</b>	Participating fees to organizers	45000,00	64620,00	10,11%
<b>6</b>	Reimbursement EPF Executive	33850,00	27950,00	4,37%
<b>7</b>	Flying travel	18000,00	22865,34	3,58%
<b>8</b>	Reimbursement Computer Secretary	22000,00	21827,14	3,41%
<b>9</b>	EPF officials at Championship	12000,00	12660,00	1,98%
<b>10</b>	Additional Referee	4000,00	2259,30	0,35%
<b>11</b>	Other expenses	4000,00	3504,42	0,55%
<b>12</b>	Bank Fees	200,00	155,25	0,02%
	<b>TOTAL</b>	<b>532 200,00</b>	<b>639 395,72</b>	
<b>Incomes</b>				
<b>13</b>	Sponsors	288000,00	304021,44	<b>45,88%</b>
<b>14</b>	Participating Fees (1500 lifters)	135000,00	193860,00	29,26%
<b>15</b>	Anti Doping Fees (1500 lifters)	90000,00	129240,00	19,50%
<b>16</b>	Membership Fees (36 countries)	11400,00	11100,00	1,68%
<b>17</b>	Sanction Fees	5800,00	5800,00	0,88%
<b>18</b>	Penalty (referee etc,,)	0,00	16450,00	2,48%
<b>19</b>	Other incomes	2000,00	2130,00	0,32%
	<b>TOTAL</b>	<b>532 200,00</b>	<b>662 601,44</b>	

**BALANCE 662 601.44 – 639 395.72 = 23 205.72€**

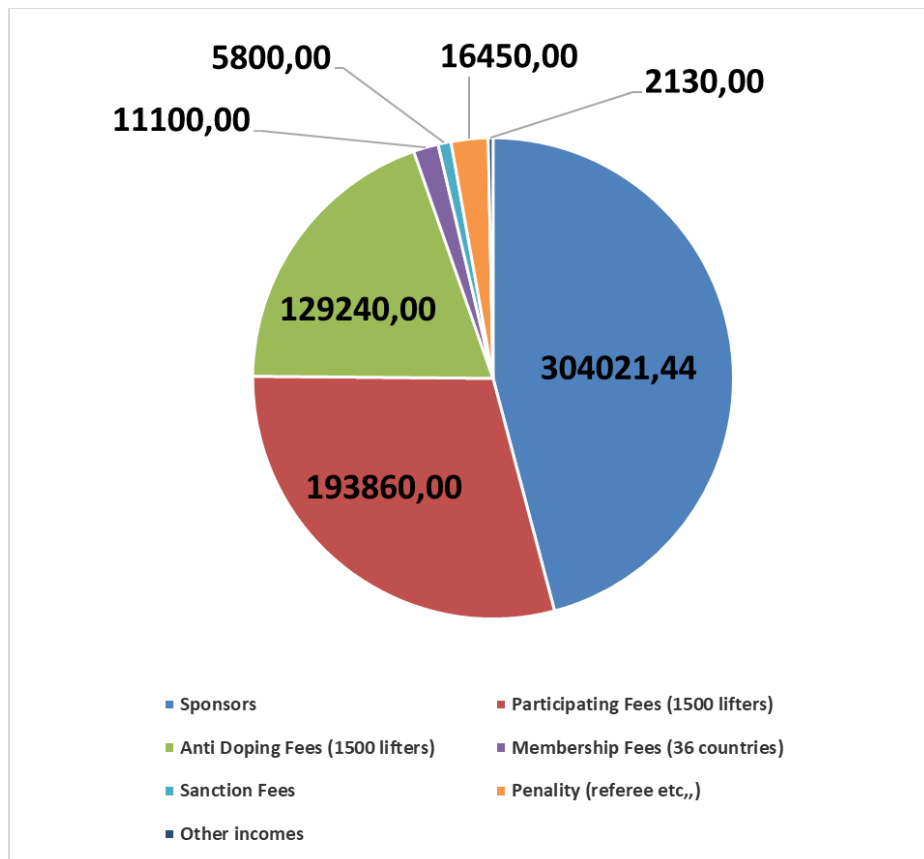
- 1 - Sports Development
- 2 - Media marketing, included cost of one high quality streaming and help organizer for Wifi to have good streaming
- 3 - Doping cost to IPF
- 4 - Sponsors Expenditures
- 5 - Participating Fee to organizers 30 € each lifter
- 6 - Allowance cost of fulfillment of EPF duty (internet, phone, office support etc.)
- 7 - Travel for EPF officials
- 8 - Contract cost for 1 200 €/month + reimbursement of additional cost etc.
- 9 - Daily allowance cost of 60 €/day for EPF representatives
- 10 - Additional Referee
- 11 – Other Expenses
- 12 – Bank Fees
- 13 - Sponsors 2022: Rogue, A7, Eleiko, Leoko, Titex, SBD, Pallini, White Light
- 14 - Participating fee 2022: 90 €, split 60 EUR to EPF and 30 EUR to organizer
- 15 - Anti-doping fee 2022: 60 € per lifter
- 16 - Membership fee 2020: 300 € per federation
- 17 - Sanction fee 2020: 1000 € European championship, 400 € WEC, 200 € Cup
- 18 - Fee for not nominating referee or late payment (after technical meeting) or

not present at the technical meeting without sending a email  
 19 – Other Incomes

### Expenses 2022



### Incomes 2022



Financial situation 31 December 2022	
EPF Account	231 744,31 €
Anti-doping fund	2 468,86 €
<b>Total</b>	<b>229 275,45 €</b>

**And finally, here is the evolution of our cash for 10 years.**

2013	92 155,65 €	(EPF business account 50,45 + EPF savings account 92.105,20)
2014	94 910,66 €	(EPF Business account 1713,20 + EPF savings account 93.197,46)
2015	94 085,32 €	(EPF Business account 264,87 + EPF savings account 93.037,46)
2016	111 290,01 €	(EPF Business account 18.243,56 + EPF savings account 93.046,45)
2017	140 549,22 €	(EPF Business account 26.594,67 + EPF savings account 113.954,55)
2018	155 645,15 €	(EPF Business account 5 654,02 + EPF savings account 149 991,13)
2019	179 999,99 €	(EPF Business account 30 003,49 + EPF savings account 149996,50)
2020	167 389,80 €	EPF Business account
2021	208 538,59 €	EPF Business account
2022	231 744,31 €	EPF Business account

Xavier de PUYTORAC, EPF Treasurer

**Provisional Budget 2022 (Euro).**

<b>BUDGET 2023</b>	Result 2022	Budget 2023
<b>Expenses</b>		
Sports Development	128192,88	196220,00
Media Marketing	162833,04	159580,00
Doping Cost (2100 lifters)	129240,00	126000,00
Sponsors Expenditures	63795,41	91200,00
Participating fees to organizers	64620,00	63000,00
Reimbursement EPF Executive	27950,00	45300,00
Flying travel	22358,28	
Reimbursement Computer Secretary	21827,14	31000,00
EPF officials at Championship	12660,00	30900,00

Additional Referee	2259,30	8000,00
Other expenses	3504,42	8600,00
Bank Fees	254,81	200,00
<b>TOTAL</b>	<b>639 495,28</b>	<b>760 000,00</b>
<b>Incomes</b>		
Sponsors	304121,00	424124,00
Participating Fees (2100 lifters)	193860,00	189000,00
Anti Doping Fees (2100 lifters)	129240,00	126000,00
Membership Fees (39 countries)	11100,00	11700,00
Sanction Fees	5800,00	6600,00
Penalty (referee etc,,)	16450,00	0,00
Other incomes	2130,00	2576,00
<b>TOTAL</b>	<b>662 701,00</b>	<b>760 000,00</b>

Xavier de Puytorac, EPF treasurer

## Report from the Auditors Committee.

Dear members of the EPF Congress,

Mr. Xavier de Puytorac as a treasurer provided both auditors, i.e. Mrs. Silva Katutyte and Mr. Pavol Müller with all accounting documents and bank statements needed to perform the audit. Thus, via Dropbox tool, the whole accounting system was available for an accounting records evaluation and a comparison of moves on bank accounts, as well. Financial situation is presented in a simple accounting system.

As for 2022 year only one accounting issue/failure in regard to financial results were found out in amount of 525,35 EUR . All other minor faults have been all corrected, of course.

Certain structural deficiencies in reporting are limited by the excel program in which the accounting itself has been kept.

As in the previous year for a post of additional referee, we recommend to set up relevant selection criteria for a nominee and put them in the rules. This is important from the point of view of accounting principles and reimbursement of costs of such nominated referees.

As for using of free financial resources we recommend to evaluate all possibilities available so they meet valid Norwegian legislation in force, where the EPF is registered.

On the basis of the audit performed we can confirm following:

**The presented financial result in amount of 23 205,72 EUR is based on accounting and it does correspond with the bank statements within 31.12.2022. Within 31.12.2022 the current bank account status is 231 744,31 EUR.**

Last but not least we would like to thank Mr. Xavier de Puytorac for his hard work.

We wish you all a successful Congress.

Silva Katutyte, Pavol Müller  
EPF auditors



## 6) Secretary General Report

Dear Delegates, Ladies and Gentlemen

Welcome all member nations to the 2023 General Assemble.

I want to start by paying tribute to our President Arnulf Wahlstrøm who after successfully led the EPF over 33 years decided to stand down. This makes him the longest serving President in the history of IPF and make European Powerlifting Federation one of the strongest Region within the IPF. His dedication and leadership will be difficult to follow. I hope the EC will honor him with the title of honorable president.

### *Sponsors*

I'm pleased to report the following sponsors Rogue Fitness, SBD, Maniak Fitness and Hansu Power this has raised the profile of the sport and enable the executive to support all Organizers with a package of support to ensure athletes have the best condition to perform their skill. We supply all spotters with t-shirts, shorts, socks, and safety shoe. Starting in 2023 we supply all championships and cups with EPF standardized medals and medals for team award. Sponsors are the life and blood of our sport and to that end I would like to say a big thank you to all our sponsors.

### *Marketing*

A special thank you must go to our marking consultant Emanuel Scheiber who has work tiresome to bring new sponsors to EPF, He also working with TV company like Eurosport, World Game channels to get the sport seen around Europe by the public.

### *EPF Media*

Juliette Memmott has joined the EPF as secretary one of her duties is to try and develop social media she is looking to develop a pool of good quality speakers and livestream commentators if you can master the English language and willing to do some work for EPF please contact Juliette, she is also looking for your support to put her in contact with media in your federation.

her contact [juliette.memmott@europowerlifting.org](mailto:juliette.memmott@europowerlifting.org), please help her to development the sport.

### *Livestream*

Viva TV and Eric Rupp continues to develop EPF Powerlifting in Europe and worldwide, the viewing figures are increasing every year. they are now broadcasting on World Game channel. This year they will livestream 4 of our main championships, together with Goodlift System and France Streaming we now livestream all European Championships and Cup.

I would like to thank the EC board members and volunteers for their hard work throughout the year. My best wishes for a successful General Assemble.

Ralph Farquharson, EPF Secretary General

## 7. Vice President Report.

Dear Members Nation

As Vice President I cooperated with the other Members of the Executive. This cooperation has resulted in the exchange of numerous and daily email and some meetings held by the internet platforms, in order to optimize the operation of our sport and democratic life.

The year 2022 was year of the confirm of the growth of our sport in Europe (at least for classic), after the dramatic 2020 and the partial activity of 2021.

Under the guidance and the stimulus of the Executive, the Organizers of the European Championships were doing a wonderful job and we had a good 2022.

As known I am in charge to process some statistics, on behalf of the Executive.

Regarding these statistics it must be noted that:

- although our Secretary general sent at least five reminders since October 2022, to February 2023, only 16 Nations, and EPF has 39 Member Nations, sent to me the requested formats within the 15<sup>th</sup> of February 2023 (the data requested in these formats are necessary to build the statistics)
- In this way any statistics is valid, but it is vital to have a general overview of the status of our sport in Europe and if there are perspectives of growth for the future.
- As always consider in the following analyses the absence of Russia.

As decided in the last meeting of the Executive in February, I have processed the data regarding the lifters in competition present on the godlift platform, analyzing the years 2019 (one of the best year of our recent past), 2021 and 2022.

Also 2023 was analyzed to see if any sign of growth for the 2023 is present, taking into account the available data on the good lift system regarding the European University Cup and the Classic Masters.

The conclusion that we can have observing the statistics are:

- the member Nations were doing a great action regarding the powerlifting classic, namely in the young age classes;
- the member Nation should make a better action of promotion of powerlifting equipped;
- as there are some indicators that give back a positive hope for the increasing of the numbers in powerlifting (at least classic see in the comments of table 4 and 5), it is absolutely necessary that the member Nations send more referees in the European competition.

The results of these analysis are shown at the EPF web under "*Services*"- "*National statistics*" [National\\_statistics\\_2022.pdf \(europowerlifting.org\)](http://europowerlifting.org/National_statistics_2022.pdf)

This GA will elect the EC members for the next four years period.

I can say to my Colleagues of the Executive that for me it was a great honour and privilege to be member of this group, since 2007.

A special word to Arnulf: only thanks Arnulf! for your invaluable guide for all EC, for all European Federations and personally for me.

I wish to all Delegates a fruitful General Assembly.

I want also to express to the Danish Powerlifting Federation many thanks for the organization of 2023 European SJ/J/O equipped Championships.

Sandro ROSSI, EPF Vice President

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**8. Committee Reports.**

**- Auditor Committee Report**

See chapter no. 5  
.....

**- Technical Committee report.**

After the Covid-19 pandemic, 2022 had a rush of athletes. All athletes came back and also a lot of new lifters. The athletes really needed powerlifting.

Also, a lot of referees made their exam CAT 2 or CAT 1.

During our European Championships, 8 referees passed the exam CAT 1 and 21 referees passed with success the exam CAT 2.

In 2022, I have had the opportunity to assist at then international championships.

I hope that in 2023 the life of our sport can get back on the right way.

We will continue to take initiative and take a proactive approach by working for the best interests of our powerlifting family.

## European referees in 2022

21 European Referees Cat 2 and 8 Cat 1 passed the examination during the Europeans in 2022. Congratulations to all these new referees and hope to see you all back at the next championships.

All welcome for an exam in 2023.

Register in time, because it is no longer possible to take the CAT 2 exam during an Open World Championship.

All the best to the Danish Powerlifting Federation with the European Open, Junior and sub-Junior Equipped Powerlifting Championships.

*Myriam Busselot*, EPF Chair Technical Committee

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### **- Law & Legislation Committee report.**

Dear Delegates of member federations,

The Committee consists of two members from May 2019; Tero HYTTINEN (Chairman) from Finland, and Patrik THUR (Member) from Sweden.

The EPF Law and Legislation Committee duties are ordered in the EPF Constitution and By-Law documents. The four basic tasks are:

- Shall receive any proposals regarding Constitution and By-Law documents of the EPF from member nations within the proper time frame, evaluate accordingly and suggest to the EPF Executive Committee alternative courses in action
- Shall serve as the parent committee in further amending the Constitution and By-Laws
- Is responsible for updating the Constitution and the By-Laws
- Shall study the Constitutions of new applicant nations and report the results to the Secretary General.

The latest activity year has included two main events affecting to the contents of the EPF Constitution and By-Laws. They were IPF General Assembly held in South Afrika, Sun City 5<sup>th</sup> June 2022 and EPF General Assembly held 2<sup>nd</sup> May 2022 in Pilsen, Czech Republic. Also, EPF EC held few fruitful meetings in Zoom and a meeting in Bordeaux from 3<sup>rd</sup> to 6<sup>th</sup> March 2022 to discuss important issues of rules to further develop.

The co-operation between the Committee and the other EC Members and committees has been done in extremely good spirit and been very professional even middle of this pandemic situation that we are having just now.

We wish you all good health and future so we can continue our sport in good spirit. We also wish that war in Ukraine will end and we can develop our sport for better future.

Tero Hyttinen (Chairman), and Patrik Thur (Member)

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### **- EPF Championship Secretary Report.**

The Championship Secretary shall ensure that major international events do not clash to achieve an orderly calendar. With the increase in international events there are difficult to avoid clash between IPF and EPF championships.

The sport of powerlifting is growing in popularity and the number of lifters attending championships are increasing every year. A consequence of this is long days during championship. One example is European

Classic Open, Junior & Sub-Junior Powerlifting Championships 2022 in Poland where weighing inn start at seven a clock and the last victory ceremony was at eleven a clock in the evening.

The organizers of the championships are of immense importance to the sport. Without the organizers there would not be any championships. I would like to thank the organizers for the important job they are doing for the sport.

I would also like to thank all the officials, and above all the referees, for their work and willingness to participate in this demanding and important function. There is still a problem to get a sufficient number of referees, especially at the first part of European Junior Championships and at the Masters Championships. I would like to ask representatives of all European member federations to help us solve this problem.

There has been situation where nations have not attended Technical Meeting. All participating nations should be represented at the Technical Meeting. If a representative of a participating nation is absent from the Technical Meeting, they must inform the Championship Secretary by mail. The confirmation of absence from Technical Meeting must be sent between the date of the final nomination and the start of the Technical Meeting. The confirmation must include changes in the list of referees and changes in the final nomination.

With hope that 2023 will bring greater compliance in the world to the three values of Olympism: excellence, friendship, and respect.

Bjørn Astad Championships Secretary and Jiri Hofirek Championships Secretary assistant

**- Women’s Committee Report.**

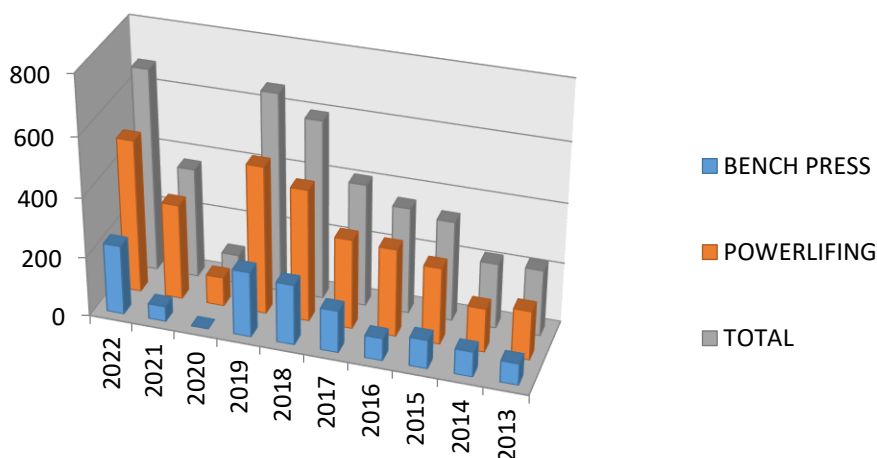
**Women’s Committee Report**

Dear Delegates and Member Federations,

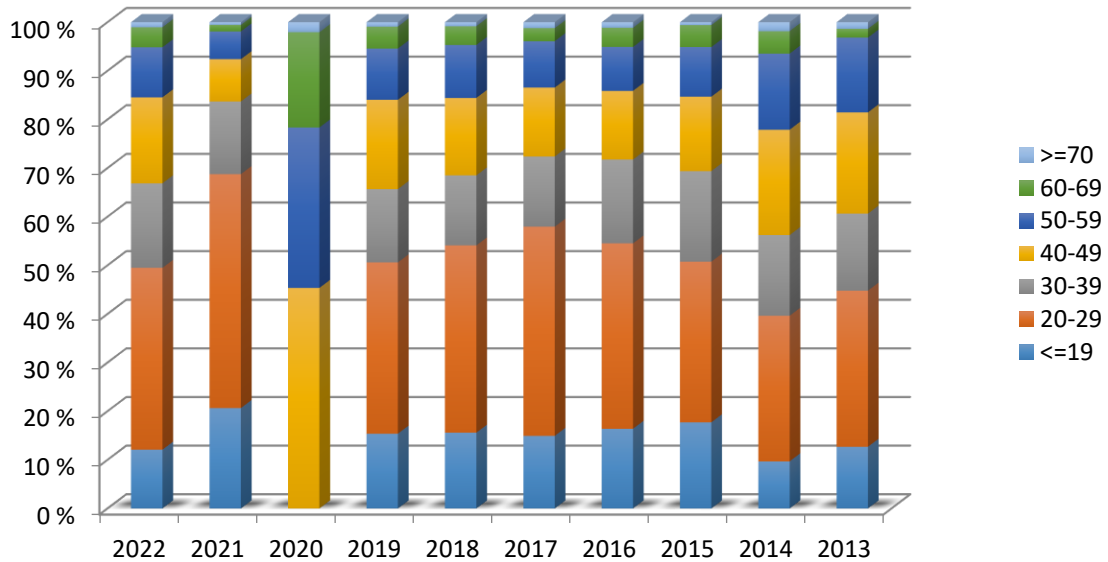
As usual in the EPF website, following the link “About EPF - Women’s Powerlifting”, you can find the statistics for the period 2000-2022 concerning the participation of female lifters in Powerlifting and Bench Press Competition and the distribution by Nation, with special focus of last ten years.

In particular, the trend of the last ten years is shown in the following charts.


**Number of female lifters:**



**Distribution for age class:**



**Distribution by Nation:**

 NATIONS	YEARS/LIFTERS										
	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	
AUSTRIA	7	6	12	10	3	8	9		7	12	
BELARIUS	1	1	8	11	3	5	2				
BELGIUM	2	2	3	3	3	5	7		13	17	
BULGARIA	1		1	1		2			1	3	
CROATIA				1		2	3			5	
CYPRUS										2	
CZECH REPUBLIC	9	8	12	7	8	19	16	2	8	34	
DENMARK	5	5	7	9	21	13	21		17	20	
ESTONIA	1		2	11	1	4	3		5	11	
FINLAND	14	12	38	35	49	42	49	7	11	57	
FRANCE	31	25	27	27	29	48	42	18	23	40	
GEORGIA							1		2	4	
GERMANY	13	26	19	25	26	37	32	6	18	33	
GREAT BRITAIN	13	15	28	39	52	83	86	22	17	64	
GREECE										2	
HUNGARY	14	10	18	4	7	20	21	6	7	28	
ICELAND	2	3	4	7	7	9	9	1	5	8	
IRELAND					10	16	26	5	13	19	
ITALY	9	16	14	25	14	27	34	1	12	35	
LATVIA			2	4	2		3		1	3	
LITHUANIA	1	1	2	3	2	11	12		3	8	
LUXEMBOURG					1				2	3	
NETHERLANDS	6	7	7	13	16	17	23	5	22	24	
NORWAY	15	18	20	23	36	56	55	11	17	58	
POLAND	11	7	19	10	13	29	35		19	43	
PORTUGAL										4	
ROMANIA	3		6	4	3	2	4		3	6	
RUSSIA	33	30	45	41	38	55	74	2	69		
SERBIA							3		1	8	
SLOVAKIA	2	2	1	2	9	6	7		3	10	
SLOVENIA				1	2	2			2	4	
SPAIN			3	1		2	7	3	14	19	
SWEDEN	12	9	13	20	31	39	35	8	16	52	
SWITZERLAND					2	1	3		4	5	
TURKEY										3	
UKRAINE	16	14	22	17	21	37	42		33	35	
<b>TOTAL OF NATIONS</b>	<b>23</b>	<b>20</b>	<b>25</b>	<b>27</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>14</b>	<b>30</b>	<b>34</b>	
<b>TOTAL No. OF LIFTERS</b>	<b>221</b>	<b>217</b>	<b>333</b>	<b>354</b>	<b>409</b>	<b>597</b>	<b>664</b>	<b>97</b>	<b>368</b>	<b>679</b>	

From those charts we can observe in 2022 an increase of female lifters and nation taking part in European Competition, which represents a great success for our sport and our Federation.

I wish you all a successful General Assembly and Open, Junior and Sub-Junior European Equipped Powerlifting Championships.

Maria Pia Moscianese – EPF Women’s Committee Chairwoman

## 9) Election.

Election of officials for 4 years:

- President:	Candidate:	Bjørn Astad, NOR
- V. President:	“	Sandro Rossi ITA, Stéphane Hatot, FRA
- Secr. Gen.:	«	Tetiana Melnyk, UKR
- Treasurer:	“	Xavier de Puytorac, FRA
- Tech. com. chair:	“	Myriam Busselot, BEL
- Law & Leg. com. chair:	“	-
- Championship Secr.:	“	Tero Hyttinen, FIN
- Women’s com. chair:	“	Maria Pia Moscianese, ITA
- 2 Auditors	“	Görel Nedim, LUX and Silva Katutyte, LTE

## 10) Proposals.

### All from the EC.

- **Constitution 10.2.1 new.**

10.2.1. A President, leaving his office after long time service, may be appointed the title of “EPF Honorary President”.

Appointment and duties are decided by the Executive.

- **By-Law 105.7.2 new.**

Booking of hotel rooms.

Prebooking of official championship hotel rooms, as specified in the invitation, are obligatory at the date of the preliminary nomination.

Changes or cancellations of maximum 20% of the booked rooms from one federation are possible until the date of the final nomination. Cancellation of more than 20% of the booked rooms will be subject to full payment of these rooms.

Reason: To give the organizer an indication of how many rooms he needs to prebook for the championship. If not prebooked, hotel rooms outside the official hotel rooms must be booked.

- **Constitution 7.3.1 update.**

Annual.

Unless otherwise determined by the General Assembly, the annual meeting of the EPF will be held ~~one day before the start of~~ **in connection with** the Europeans Men’s and Women’s **Open Classic** Powerlifting Championships.

Reason: The classic championship has more participants and then probably more nations are able to attend the GA.

- **By-law 103.2 update**

An annual membership fee as stipulated above in 103.2., must be paid by the member federations at the latest by the end of ~~March~~ **January** each year to have voting rights at the annual General Assembly of this particular year. ~~The promoter shall be responsible for providing at his own expense all necessary medals, 1st 2nd and 3rd for all competing categories and classes in total and in individual lifts of Squat, Bench press and Deadlift, places in (refer to 104.4 for medals or certificates for individual lifts).~~ The category and class medals are to be ordered

~~from the Treasurer at least three months prior to the championships. as well as 5 medals each for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> team in each category.~~

- **By-law 104.3 Best lifter Award update.**

At all EPF championships, **the Organizer provides** a “Best Lifter” award ~~shall to~~ be given to the lifter who produces the best performance based upon the appropriate IPF **GL** formula. Awards shall be given also to the lifters placed second and third based on the achieved IPF **GL** formula. **EPF provides** a “Best Team” award, represented by 5 medals **to each team**, and given to teams placed first, second and third based on the Technical Rules score system. Awards for Masters are optional. The victory ceremony takes place at the venue.

- **By-Law 104.4 EPF medals update.**

104.4.1 The EPF shall maintain standardized medals which are obligatory for use at all European championships. ~~The medals shall be ordered from the EPF Secretary General.~~ Medals to be presented for first, second and third places in each category based upon totals. In addition, medals ~~or merit award certificates~~ shall be presented for first, second and third places in the individual lifts of Squat, Bench Press and Deadlift in each category. Lifter must make a total in the competition in order to qualify for an award. In the event of two competitors lifting the same weight, the lighter lifter will be declared the winner. The face of medals to be inscribed with the EPF-emblem and suitable wording. The reverse to remain blank for use by the promoter. Participation awards or medals shall be provided **by the Organizer** to the custom of the host nation.

- **By-Laws 104.4.2. delete.**

~~104.4.2 Host nations may prepare medals to use as awards for category winners, in lieu of medals obtained from the EPF. Such medals must be of high quality and must be submitted to the Executive for approval six months prior to the championships in question. Arrangements for manufacture and time of completion must be submitted as well.~~

**104.4.3 renamed as 104.4.2**

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## 11) New Member Applicant

*No applicants*

### EPF Member Nations

	<b>Full Members</b>		<b>Full Members</b>		<b>Suspended members</b>
1	Armenia	21	Italy		
2	Austria	22	Latvia		
3	Azerbaijan	23	Lithuania		
4	*Belarus	24	Luxembourg		
5	Belgium	25	Malta		
6	Bulgaria	26	Netherlands		
7	Croatia	27	Norway		
8	Cyprus	28	Poland		
9	Czech Republic	29	Portugal		
10	Denmark	30	Romania		
11	Estonia	31	Russia		
12	Finland	32	Serbia		<b>New Applicants:</b>
13	France	33	Slovakia		
14	Germany	34	Slovenia		
15	Georgia	35	Spain		
16	Great Britain	36	Sweden		
17	Greece	37	Switzerland		

18	Hungary	38	Turkey		* = Not paid membership
19	Iceland	39	Ukraine		
20	Ireland				

## 12) Action on Delinquent Nations

None.

## 13) Hall of Fame.

Appointed by EPF EC:

**Hildeborg Juvet Hugdal, NOR**

**Sofiane Belkesir, FRA**

**Xavier de Puytorac, FRA**

Congratulation!

### **EPF Hall of Fame history.**

Year	Official	Female lifter	Male lifter
1993	Heiner Köberich, GER	Claudine Cognac, FRA	Jarmo Virtanen, FIN
1994	John Moody, GB	Judy Oakes, GB	Eddy Pengelly, GB
1995	Arnulf Wahlstrøm, NOR	-	Victor Naleikin, UKR
1996	Vic Mercer, GB	Audhild Hansen, NOR	-
1997	Arnold Boström, SWE	-	-
1998	George Legget, GB	Dagmar Wang, AUS	Kenneth Mattsson, SWE
1999	Kalevi Sorsa, FIN	Anna-Liisa Prinkala, FIN	-
2000	Henk Kaiser, NET	Natalia Rumyantseva, RUS	Leopold Krendl, AUS
2001	-	-	Wym Elin, BEL
2002	Ralph Farquharson, GB	-	-
2003	Jiri Hofirek, Czech Rep.	Cecile Jamin, France	-
2004	Myriam Busselot, Belgium	-	-
2005	Pavol Müller, Slovakia	-	Andy Kerr, GBR
2006	-	Inger Blikra, Norway	-
2007	-	Antonietta Orsini, ITA	-
2008	-	Raija Jurkko, Finland	-
2009	-	-	Jaroslav Olech, Poland
2010	Dietmar Wolf, NOR	-	-
2011	Alain Hammang, Lux	Ielja Strik, NET	Anibal Coimbra, Lux
2012	-	-	-
2013	-	-	Jan Wegiera, POL, Dariusz Wszola, POL
2014	-	-	-
2015	Sandro Rossi, ITA	Märvi Särkiä, FIN	Kenneth Sandvik, FIN
2016	-	Riitta Sundvall Liimatainen, SWE	Patrik Turesson, SWE
2017	-	Eila Kumpuniemi, FIN	Ruso Karel, CZE
2018	-	Heidi Hille Arnesen NOR	Phillip Richard GBR
2019	Gaston Parage, LUX	Valentina Nelyubova RUS DSQ	Hassan El Belghitti FRA
2020	Klaus Brostrøm, DEN	Inna Orobets, UKR	Antti Savolainen, FIN
2021	Johnny Wiklund, SWE	Eva Buxbom DEN	Tony Cliffe, GBR
2022	Sirazhutdin Bazaiev, UIKR	Nathalie Feraud, FRA	Truls Kristensen, Norway
2023	Xavier de Puytorac	Hildeborg Juvet Hugdal, NOR	Sofiane Belkesir, FRA



## 14) Bids and confirmation on Future Championships.

### 2023. (given)

European Masters	Classic	PL.	28 Feb.- 5 March	Budapest, Hungary
European University cup	Classic	PL	16-18 March	Albi, France
European Open/Jun./S.Jun.	Equipped	PL	2-7 May	Thisted, Denmark
European Masters	Equipped	PL	5-9 July	Pilsen, Czech Rep.
European Open/Masters/Jun.	Equ/Clas	BP	31 July-6 August	Merignac, France
Western European	Equ/Clas	PL	8-10 Sept.	Reykjanesbär, Iceland
Arnold Classic Europe	Classic	PL/BP	September	Venue requested
European Jun./S.Jun.	Classic	PL	8-15 Oct.	Budapest, Hungary
European Open	Classic	PL	4-9 Dec.	Tartu, Estonia

### 2024 (given)

European Masters	Classic	PL.	12-18 February	Malaga, Spain
European University Cup	Classic	PL	29 Feb-3 March	Nancy, France
European Open.	Classic	PL	12-17 March.	Zagreb, Croatia
European Masters	Equipped	PL	1-4 May	Hamm, Luxembourg
European Open/Jun./S.Jun.	Equipped	PL	7-12 May	Hamm, Luxembourg
European O/M/J/SJ	Equ/clas	BP	29 July-4 August	Merignac, France
Western European	Equ/Clas	PL	6-8 September	Venue requested
Arnold Classic Europe	Equ/Clas	PL/BP	September	Venue requested
European Jun/ S.Jun	Classic	PL	6-13 October	Pilsen, Czechia

### 2025 (given)

European Masters	Classic	PL.	10-16 February	Albi, France
European University Cup	Classic	PL	20-23 February	Hamm, Luxembourg
European Open	Classic	PL	18-23 March	Malaga, Spain
European Open/Jun./S.Jun.	Equipped	PL	6-11 May	Pilsen SZE
European Masters	Equipped	PL	2-6 July	Venue requested
European O/M/J/SJ	Equ/clas	BP	4-10 August	Sofia, Bulgaria
Western European	Equ/Clas	PL	5-7 September	Pornainen, Finland
Arnold Classic Europe	Equ/Clas	PL/BP	September	Venue requested
European Jun/ S.Jun	Classic	PL	30 Nov – 7 Dec.	Druskininkai, Lithuania

### 2026. (bids)

European Masters	Classic	PL.	9 - 15 February	Venue requested
European University Cup	Classic	PL	26 Feb-1 March	Sofia, Bulgaria
European Open.	Classic	PL	17-22 March.	Pilsen, SZE
European Open/Jun./S.Jun.	Equipped	PL	5-10 May	Venue requested
European Masters	Equipped	PL	1-5 July	Venue requested
European O/M/J/SJ	Equ/clas	BP	3-9 August	Druskininkai, Lithuania
Western European	Equ/Clas	PL	4-6 September	Venue requested
Arnold Classic Europe	Equ/Clas	PL/BP	September	Venue requested
European Jun/ S.Jun	Classic	PL	29 Nov.-6 Dec.	Venue requested

PL = Powerlifting Championships    BP= Bench Press Championships

## 15) Any other Business.

## 16. Adjournment.