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1. Report from the EPF General Assembly 2013.

- **Election** of following officials took place at the General Assembly in Plzen:

Vice President: **Sandro Rossi** from Italy
Secretary General. **Ralph Farquharson** from Spain
L&L chairman: **Jari Rantapelkonen** from Finland.

- Following lifters were honoured by EPF Hall of Fame:
Jan Wegiera from Poland.

He has competed at international level in both Powerlifting and Bench press from 1996 and achieved in European Open championships 10 gold, 3 silver and 5 bronze medals. In World Open championships, he has 9 gold, 7 silver and 5 bronze medals.

Dariusz Wszola from Poland.

He has also competed in both Powerlifting and Bench press with 10 gold, 10 silver and 6 bronze medals from European Open and 5 gold, 7 silver and 5 bronze medals from World Open championships.

- Following proposals were accepted by the GA:

* European Raw (classic) Open, Sub Junior and Junior championships will be organized from 2017.

* Federations sending more than 4 lifters to an European championship without including a referee are charged 500 Euro.

2. New referees.

During the European Open in Plzen, the following referees passed the examination:

Cat	Name	Nation
1	Helgi Hauksson	ISL
2	Vanessa Martin	FRA
2	Magnus Ekwall	SWE
2	Matti Rajaniemi	FIN
2	Per Oyvind Fjeld	NOR

Congratulation to all!

3. Doping tests at the European Masters Bench Press in Plzen 2012.

First name	Last name	Nation	Weight-class	Remarks
Isabelle	Iliev	FRA	63	No. 1
Joanne	Schafer	NED	+84	WR M1
Jiri	Kati	CZE	93	No. 1
Philippe	Szezepanski	FRA	105	No. 1
Juha	Lehto	FIN	105	Random
Markus	Karner	AUT	120	No. 1
Ewald	Enzinger	AUT	120+	WR M1
Mariusz	Hadrysiak	POL	120	No. 1
Eberhard	Schwanke	GER	120+	No. 1

All tests are reported negative.

4. Doping tests at the Nordic Junior Powerlifting Championships in Reykjavik 23-24 February.

First name	Last name	Nation	Weight-class	Remarks
Lillian	Haaland	Norway	63J	No. 1
Sara	Nyholm	Denmark	72J	Random
Henrik	Fransson	Sweden	83J	No.1
Henrik	Fransson	Sweden	"	"
Henri	Hakonen	Finland	105SJ	No. 1
Henri	Hakonen	Finland	"	"

5. Doping tests at the European sub Junior and Junior Championships in Prague.

Last name	First name	Weight-class	Nation	Remark
Hansen	Majken	63 SJW	DEN	No. 1
Leandersson	Frida	72 SJW	SWE	No. 1
Durand	Andrea	43 JW	FRA	No. 1
Osipova	Ekaterina	57 JW	RUS	No. 1
Ruud	Inger Johanne	84 JW	NOR	No. 1
Shaibekov	Vladislav	66 SJM	RUS	random
Aminov	Marat	74 SJM	RUS	ER
Kovalyov	Danylo	83 SJM	UKR	ER
Frolov	Eduard	93 SJM	UKR	WR
Jager	Kevin	105 SJM	GER	WR
Kuusnomm	Aimar	74 JM	EST	random
Martynenko	Roman	83 JM	UKR	ER
Gunhamn	Erik	93 JM	SWE	random
Raus	Alex-Edvard	105 JM	EST	No. 1
Usov	Sergey	120 JM	RUS	No. 1
Jarota	Kamil	120+ JM	POL	random

All tests are reported negative by the Cologne laboratory.

6. Doping tests at the European Open in Plzen, Czechia.

Last name	First Name	W.class	Nation	Remarks
Ryzhkova	Anna	57 kg	RUS	No. 1
Opdal	Veronica	72 kg	NOR	Random
Pedersen	Annette	72 kg	DEN	No. 1
Strik	Ielja	84 kg	NET	No. 1
Arnesen	Heidi Hille	84 kg	NOR	No. 3
Hugdøl	Hildeborg	+84 kg	NOR	No. 1
Osmialowski	Pawel	59 kg	POL	No. 2
El Belghitti	Hassan	74 kg	FRA	No. 2
Goriachok	Anatoli	74 kg	UKR	No. 1

Palmer	Robert	83 kg	GBR	No. 2
Bakkellund	Kjell Egil	83 kg	NOR	WR
Turesson	Patrik	93 kg	SWE	No. 2
Inzarkin	Dmitry	93 kg	RUS	No. 1
Coimbra	Anibal	105 kg	LUX	WRM1
Simenenko	Dmytro	105 kg	UKR	ER
Walgermo	Stian	105 kg	NOR	Random
Hristov	Ivaylo	120 kg	BUL	No. 1
Rokochiy	Oleksy	120 kg	UKR	No. 2
Sandvik	Kenneth	+120 kg	FIN	No. 1

7. New member in the L&L Committee.

Patrik Thur from Sweden is appointed new member of the Law & Legislation committee.

He replaces **Kalevi Sorsa** from Finland, who has made excellent work in this committee for many years but now decided to step down. Chair of this committee is Jari Rantapelkonen from Finland.

8. Greetings from the President.

By writing this newsletter, the European Open and the General Assembly in Plzen are history.

23 nations out of 32 national EPF members were represented at the General Assembly and especially two items were discussed with great commitment.

Referees:

It is a big problem at all Europeans except the Open that few referees attend the championships. To solve this, EPF has instituted a fine of 250 Euro for not sending referee if a nation has more than 4 lifters attending.

At this GA the fine was raised to 500 Euro and hopefully the nations will send a referee rather than paying the fine. A proposal from Germany to allow only one lifter to compete if a nation does not send a referee, failed by 10 against 17 votes.

If the situation do not change with more referees attending the Europeans, perhaps this proposal should be discussed again.

Raw European championships:

Also the proposal to institute raw European championships was discussed with high commitment from many representatives.

The challenge to institute more Europeans is to find more organizers, money for the nations to send lifters and officials and the workload for EPF to administrate the paperwork and the co-ordination.

One of the suggestion was to organize raw and equipped Europeans every second year in co-operation with IPF and World championships.

The co-operation could be that the year EPF organizes a raw championship; IPF organizes an equipped championship in the same age category.

By such a co operation, the number of championships are as today but the main championships are organized every two year.

The final decision at this GA was that from 2017 raw (classic) European championships are organized for the age category Open, Sub Junior and Juniors – all in one competition – similar as the IPF do.

The future of raw lifting will be interesting to follow but this is a "movement" that is growing stronger and stronger in many nations – so, prepare for 2017.

/ text and photo: Arnulf Wahlström



Dariusz Wszola from Poland has been a World champion 5 times and European champion 10 times. He was awarded EPF Hall of Fame at the General Assembly 2013. (Photo: Heinrich Janse van Rensburg)



Jan Wegiera from Poland was awarded EPF Hall of Fame at the General Assembly 2013. He is 10 times World champion and 9 times European champion. (Photo: Heinrich Janse von Rensburg)



Annette Pedersen from Denmark won gold at the European Open in Plzen in weight category 72 kg.



Kjell Egil Bakkelund from Norway was European champion in 83 kg in Plzen and broke a new World record in Bench Press with 258 kg. He was also awarded overall 2nd place by points.



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STRONG IS HAPPY!

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