



## Content.

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### 1. The EPF General Assembly.

The EPF General Assembly took place in Sofia 6 May and delegates from 21 member nations were present. It was decided that from next year, European Classic powerlifting championships for Open, Juniors and Sub Juniors will take place for the first time. It was also decided that every member nations participating with more than 3 lifters in an European championship must send at least one referee to avoid paying a fine of 500 Euro. Further, the final change of nominated lifters and referees is 14 days prior to the technical meeting (instead of the present 7 days).

### 2. Application for referee examinations.

When National federations put forward candidates for referee examinations, please use the following link  
[https://docs.google.com/forms/d/1NRHuf9pe4z3qOatGNqmxHHptOBifgpF\\_cMUz7C0WJc](https://docs.google.com/forms/d/1NRHuf9pe4z3qOatGNqmxHHptOBifgpF_cMUz7C0WJc)  
The application form can also be loaded down from the EPF web – “ Services – Contracts –Forms”.  
Applications should be posted latest 3 months ahead of a championship.

The written category II examination is conducted by a computer program and each candidate may bring his own computer.

If the candidate do not master the English language, he must also bring with him a translator.

### 3. Nomination for European championships.

A new system is developed to make all National federations able to post their nominations directly.

Each President or Secretary General of the national federation must send request for login and password to Alexandre Kopayev. Each Federation will get only one password to login. The e-mail address is: [goodlift@mail.ru](mailto:goodlift@mail.ru) and Alexandre will send you login and password to access the system.

That means that all nominations for European Championships should be done by the President or Secretary General of your National Federation.

Please note that federations must also send the nomination list to EPF Championship Secretary Jiri Hofirek and to Meet Director of each Championship. It is needed to make proper preparations for the Championships.

If you need further information, you may contact the EPF Champion Secretary Jiri Hofirek.

#### 4. La Manga Strength Centre.

IPF and EPF met in February with La Manga Club management to agree about a package of Eleiko equipment for the development of the IPF/EPF Powerlifting high performance centre at the famous La Manga Club, Spain. This centre is important as part of the on going fight for IOC recognition.

La Manga club is a luxurious environment for our athletes to train. On offer are four star accommodations with full or half board, plus access to a wide range of other sport, leisure and medical facilities. This first-class unique setting offers athletes, coaches, officials and their families the opportunity to combine training with relaxation. The training camp will not be just for training, coach and referee education.

We are encouraging athletes and their family to come and enjoy the fabulous environment La Manga club have to offer.

More information at

[http://www.europowerlifting.org/la\\_manga\\_training\\_centre.html](http://www.europowerlifting.org/la_manga_training_centre.html)

During the World Open Bench Press in Denmark, a 5 year contract between EPF/IPF and La Manga Club was signed by Arnulf Wahlstrøm (EPF), Gaston Parage (IPF) and representatives from La Manga Club. The contract secure good conditions for all powerlifters attending the High Strength Training Centre in La Manga.

#### 5. Doping tests at the European Junior Championships in St. Petersburg

Last name	First name	Weight-class	Nat.	Remarks
Oglezneva	Veronika	-47 kg SJW	RUS	1st place
Hansen	Majken	-63 kg SJW	DEN	1st place
Grillet	Celine	-47 kg JW	FRA	1st place
Hyblerova	Katerina	-63 kg JW	CZE	random
Ronnqvist	Elina	-72 kg JW	SW E	1st place
Ruud	Inger Johanne	-84 kg JW	NOR	1st place
Kotova	Ekaterina	+84 kg JW	RUS	random
Chorniyy	Vladislav	-66 kg SJM	UKR	1st place
Malevskis	Klaudijus	-74 kg SJM	LTU	1st place
Kovalov	Danylo	-93 kg SJM	UKR	1st place
Nemov	Vladislav	+120 kg SJM	RUS	random
Mishin	Ilya	-66 kg JM	RUS	1st place
Eriksson	Alexander	-74 kg JM	SW E	1st place
Olak	Harri	-74 kg JM	EST	random
Fransson	Alex	-83 kg JM	SW E	1st place
Riekstins	Marks	-93 kg JM	LAT	random
Raus	Alex-Edvard	-105 kg JM	EST	1st place, ERJ
Usov	Sergey	-120 kg JM	RUS	1st place, WR
Jager	Kevin	-120 kg JM	GER	1st place, WR
Lupac	David	120+ kg JM	CZE	1st place

All tests are reported negative!

#### 6. Doping tests at the European Open in Sofia.

Last name	First name	W.cl.	Nat.	Remarks
Derevyanko	Anastasiya	52	UKR	No. 1
Karlysheva	Victoria	57	RUS	ERJ
Savolainen	Antti	66	FIN	No. 2
Poletaeva	Irina	63	RUS	No. 1
Elverum	Marte	72	NOR	No.1
Olech	Jaroslav	74	POL	WRM1
Orobets	Inna	84+	UKR	ERM1
Hugdall	Hildeborg	84+	NOR	WR
Tepper	Eduard	83	GER	Rand
Bakkelund	Kjell Egil	83	NOR	WR
Berdnikov	Evgenyy	93	RUS	No. 1
Vasilev	Todor	93	BUL	Rand
Belkin	Yury	105	RUS	ER
Germanas	Virginijus	105	LIT	Rand
Bowring	Dean	120	GB	WRM1
Bychkov	Oleksiy	120	UKR	No. 1
Hristov	Ivaylo	120	BUL	No.2
Christensen	Carl Ynvar	+120	NOR	WR
Fedosienko	Sergey		RUS	OCT

#### 7. New referees.

During the European Open in Sofia, following persons passed the referee examination carried out by the EPF technical Committee chair Myriam Busselot:

Cat I: Grzegorz Nocek, POL

Cat II: Longelin Daniel, FRA and Gordienko Julia, UKR.

Congratulation all!



#### 8. Greetings from the President.

At the General Assembly in Sofia, a discussion regarding Classic European championships took place. The outcome was to start European Classic powerlifting championships for Open, Juniors and Sub Juniors from 2015. This will be a new championship meaning one extra Europeans each year. It was also discussed how to structure future European championships when Classic lifting is included for Masters and for Bench Pressers.

A solution could be to combine more age categories in one championship – e.g. Open, Junior and Sub Juniors in one championship for equipped and another championship for Classic. In Bench press, Open and Masters equipped in one championship and classic in another etc.

A proposal of a new structure will be presented at the GA 2015.



The World Classic championships in South Africa set a new record regarding number of participating lifters with more than 500 nominated. It was extremely long days for officials and organizers and the experience from this championship will be evaluated when EPF decide about the new championship structure.

I wish all athletes and officials a nice Summer !

/ text: Arnulf Wahlstrøm

**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.



**3 best female lifters** by points at the European Open 2014:  
From left: Anastasiya Derevyanko (2) Ukraine, Anna Ryzhkova (1) Russia and Kateryna Klymenko (3) Ukraine.  
The trophies were handed over by the EPF President Arnulf Wahlstrøm. (Photo: Ralph Farquharson)



**Carl Yngvar Christoffersen** from Norway in start position to deadlift 377,5 kg during the European Open in Sofia.  
(Photo: Ralph Farquharson)



**Victory ceremony** at the European Open (57 kg).  
From left: Sandro Rossi (EPF Vice President), Victoria Karlysheva (RUS), Anna Ryzhkova (RUS), Marya Chepil (UKR) and Arnulf Wahlstrøm (EPF President).  
(Photo Ralph Farquharson)



**Carl Yngvar Christoffersen** in lock out position with 377,5 kg making 1200 kg in total which is a new World record.  
(Photo: Ralph Farquharson).



EPF (Arnulf Wahlstrøm) and IPF ( Gaston Parage) signed a contract with La Manga Club in Spain regarding the High Performance Training Centre.  
(Photo Sabine Al-Zobaidi)

