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

The IPF General Assembly took place in Orlando in USA and 36 nations took part.

Of major importance was to have a revised Constitution and Bylaws ratified by the delegates. Several amendments were included to customize requirements from IOC to gain Olympic membership.

A large majority voted in favour of the amendments.

The proposals accepted by the EPF General Assembly in May, were put forward to the IPF agenda and accepted. In short, these were regarding final nomination date (21 days prior to the championship) as the final date to cancel payment for the participation and anti-doping fees.

The proposals from EPF regarding referees were accepted as well.

Two Europeans were honoured the IPF Hall of Fame award. This was the lifter **Ina Filiminova** from Russia and **Dietmar Wolf** from Norway.

A big congratulation to both!

**Ina Filiminova** is a top lifter for many years both in equipped and classic lifting.

**Dietmar Wolf** is coach and trainer of highest level for many years, EPF board member in 7 years and IPF Treasurer since 2012.

Since **Mr. Robert Wilks** withdrew his position as the Oceania PF's representative in the IPF EC at the IPF GA in 2015, Oceania PF has in 2016 not been

represented in the EC.

A proposal to reinstate Mr. Wilks as IPF EC board member failed by the GA representatives, meaning Oceania is still not represented in the board.

## 2. New referees.

Two candidates passed the referee examination in Pilsen during the European Masters.

Thanks to Myriam Busselot for conducting the test and congratulation to the new referees!

NAME		NAT.	CAT	Writ-ten	Practi-cal
Heiskanen	Timo	FIN	CAT 2	91,7	97,3
Giusti	Ivano	ITA	CAT 2	86	93,3
Belmas	Jean-Paul	FRA	CAT 1	92,5	97

During the WEC in Italy, 2 new referees passed the examination to cat. II international referee. Congratulation to both and thank you to Myriam Busselot for the examination!

NAME		Nat.	IPF CAT	Written	Pract.
Blanc	Henri	FRA	Cat 2	85%	95,6%
Van Hees-velde	Jeroen	BEL	Cat 2	96,6%	94,6%

## 3. Important information about the Technical meeting prior to European championships.

Some federations taking part in European championships do not attend the technical meeting prior to the championship.

This is causing problems for the organizer to finalize the participating lists of lifters and referees and other preparations, which need to be completed during or after the technical meeting.

For this reason, EPF has established Bylaws 105.6, which reads:

*"All participating nations in European championships should be represented at the Technical Meeting. If a representative of a participating nation is not present at the Technical Meeting prior to the European Championship or has not informed the EPF Championship Secretary about his/her absence by confirming the participation of his/her federation's nominated lifters (by e-mail or phone) a fine of 250 Euro will be imposed to the concerned national federation."*

If by any reason a representative from your federation cannot take part in the technical meeting, send an e-mail to the Championship Secretary Jiri Hofirek or if urgent, you may phone him.

Important is, that by the technical meeting the Championship Secretary is informed about your absence and any changes in the nomination list.

Please keep this in mind to help with the organizing and to avoid the fine of €250.

## 4. Doping tests at the European Masters in Pilsen.

Last name	First name	Weight class	NAT
Buxbom	Eva	-57	DEN
Sjardijn	Carmen	-84	NED
Petrocki	Magdolna	-52	HUN
Den Houting	Sven	-105	NED
Hansen Dahl	Kim	-93	DEN
Panazan	Ovidiu	-83	ROU
Orava	Timo	-66	FIN
Ericsson	Robert	120+	SWE
Griesch	Klaus	-74	GER
Schnurr	Mario	-93	GER
Soukal	Jaroslav	120+	CZE
Cazacu	Sorin	-120	ROU

All tests are analysed and found negative.

## 5. Doping tests at the European Bench Press championships for Open and Juniors at Iceland.

Last name	First name	Weight -class	Nat.	Rem.	Cat.
Fossbakk	Kine Helene	+84 kg	NOR	rand	Jun
Petrova	Anastasia	-57 kg	RUS	No.1	Open
Chistiakova	Yulia	-72 kg	RUS	rand	Open
Gudmunds-dotir	Helga	+72 kg	FIN	rand	Open
Rehoff	Annetta	+84kg	DEN	rand	Open
Samuelsson	Viktor	-120 kg	ISL	rand	Open
Mashinskiy	Arthur	-74 kg	RUS	rand	Open
Dronga	Renars	-74 kg	LAT	No.1	Open
Miller	Daniel	-83 kg	POL	No 1	Open
Wegiera	Jan	-93 kg	POL	WRM 2	Open
Kankkonen	Simon	-93 kg	FIN	rand	Open
Van der Putten	Patrick	-105 kg	NED	rand	Open
Jaeger	Kevin	-120 kg	GER	No.1	Open

**Patrick Van der Putten** from the Netherlands tested positive on Stanazolol and Metandienone and loses his place and medals at the championship. He is suspended for 4 years.

All remaining samples from this championship were negative.

## 6. Doping tests at the WEC in Italy 8-10 September

Last name	First name	M /F	Weight -class	Nat.	Remark
Pes	Andrea	M	74 CL	Italy	1 place
Quai	Joris	M	83 CL	France	1 place
Ma	Joey	M	83 CL	Netherl.	2 place
Graham	Abi	F	63 CL	GBR	2 place

Mattila	Kaj	M	120 CL	Finland	random
Aslanidis	Dimitrios	M	93 CL	Greece	random
Steel	Elie	F	57 EQ	GBR	1 place
Lochschild	Max	M	83 EQ	GER	2 place
Silberzahn	Catherin	F	63 EQ	GER	1 place
Bilican	Orhan	M	120 EQ	Belg.	1 place

The Cologne laboratory reports that all samples were negative – so this is good news!

### 7. Doping tests at the Arnold Classic Europe in Barcelona 23-25 September

Last name	First name	NAT	Weight classe	Rem.
Nnamani	Joy	GBR	52	ER
Graham	Mellor	GBR	+120	1.PL
Tony	Cliffe	GBR	120	ER
Stephen	Manuel	GBR	105	ER

All samples are negative as reported by the Cologne laboratory.

### 8. Doping test at the European Masters Bench press Championship in Luxembourg 13-15 October.

Last name	First name	Weight-class	Nat.	Remarks
Knutars	Aira	-52 kg MA3	FIN	WR Ma3
Duhem	Leila	-84 kg MA2	FRA	random
Malineimi	Niilo	-120 kg MA4	SWE	WR Ma4
Hadrysiak	Janusz	-105 Ma2 kg	POL	random
Mentel	Stanislaw	-120 kg MA3	POL	WR Ma3
Schwanke	Eberhard	+125 kg MA3	GER	WR Ma3
Enzinger	Ewald	+120 kg MA1	AUT	WR Ma2
Ghazal	Khaled	-105 kg MA1	CZE	ER Ma1
Syrjala	Henrikki	-74 kg MA1	FIN	random
Guidez	Jerome	+120 kg MA1	FRA	1st place

### 9. Meeting and championship in Croatia.

In December, the EPF president Wahlstrom was invited to attend the Croatian national powerlifting championship in Zadar.

In Croatia, 3 different fractions are organizing powerlifting and the official one – CPF – have 11 member clubs and about 200 active members. EPF has received letters of concern from the two other fractions, named CPO and Falcon.

At the visit to Croatia, a meeting was organized with representative from the Croatian Olympic Board to be informed about the government policy about recognition of national sports and the status of CPF within the Olympic Board.

The outcome of the meetings and the visit to Croatia was a confirmation that CPF is the official national representative for powerlifting in Croatia and their championship in Zadar was a very well organized championship with about 90 lifters participating.

**Eleiko** kindly sponsored bar and plates of total 285 kg for the championship. This was the only IPF recognized equipment at the championship. In the warm up room, weightlifting equipment was provided besides home made racks.

**SBD Apparel** sponsored t-shirts for the loaders and awards for the lifters.



**Meeting in Croatia.**

From left: Drazen Moslavac ( CPF SG), Ivaca Karin (Major of city Virovitica), Danijel Skopac ( CPF President), Arnulf Wahlstrom ( EPF President) and Alen Bielka (Olympic Board member).



Participants at the Croatian national powerlifting championship in Zadar 9-10 December.

## 10. World Games nomination.

17 Women and 23 Men from Europe are nominated to the World Games in Wroclaw in Poland 20-30 July 2017. A total of 40 Women and 40 Men from 26 different nations will take part in powerlifting, which means that the European region got 50% of the places.

Including powerlifting officials, IPF has registered about 150 persons attending the World Games.



**Antonieta Orsini** from Italy is nominated to WG in the 72 kg category. Antonietta was nominated to the World Games in 1997, 2001, 2005, 2009 and 2013 but did not take part in the last one due to injury. What a long and impressive career!

## 11. IPF membership.

At the IPF GA, **Slovenia PF** was granted provisional IPF membership and the following national federation in Europe were granted full IPF membership: **Croatia PF**, **Serbia PF** and **Ireland PF**.

## 12. Arnold Classic Europe

A promotional poster for the Arnold Classic Europe 2016. It features a large image of Arnold Schwarzenegger in a dark blue t-shirt, with his arms crossed. The background shows a cityscape and a powerlifting competition. The text 'ARNOLD CLASSIC EUROPE 2016' is prominently displayed at the top. Below the main image, there is a 'TIMETABLE' section for Friday 23rd, Saturday 24th, and Sunday 25th September, detailing the sessions and participants for each day.

**ARNOLD CLASSIC EUROPE 2016**

**TIMETABLE**

**Friday 23rd September**

<b>Session One - Classic Bench Press Women/Men</b> Weigh-in 10:00 to 11:30 Start at 12:30 - Finish 14:00 Group One - Women 7 lifters Group Two - Men 14 lifters	<b>Session Two - Equipped Bench Press Men/Women</b> Weigh-in 12:30 to 14:00 Start 15:00 - Finish 15:45 One Group, 7 lifters
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**Saturday 24th September**

<b>Session One - Classic Powerlifting Women</b> Weigh-in 09:30 to 11:00 Start 11:30 - Finish 14:00 One Group, 8 lifters	<b>Session Two - Classic Powerlifting Men</b> Weigh-in 12:30 to 14:00 - Start 15:00 - Finish 18:00 Group One and Group Two, 18 lifters
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**Sunday 25th September**

<b>Session One - Equipped Powerlifting Women/Men</b> Weigh-in 10:30 to 12:00 - Start 12:30 - Finish 15:30 One Group - Women 7 lifters - Men 5 lifters
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**Arnold Classic Europe** took place in Barcelona from 23 to 25 September. 67 lifters took part in powerlifting from 10 different nations.

The venue for powerlifting was in a very big hall together with a numerous of other sports, sale stands and shows.

Body-building and body-building products are the major activity but also a large number of other sports attended. Nearby our powerlifting arena was weightlifting, strongman and wrestling.

Powerlifting attracted a large number of spectators throughout the 3 competition days. The Spanish PF managed to set up a good venue and Oleksandre Kopaev run the competition by his well-known computer program.

World and European records were broken and the spectators could watch several exiting highlights. The lifters received about 9000 Euro in prize money plus medals.

ACE is a place for show and business but also a place to promote sports. Overall - the EPF and IPF are satisfied by the organization of the powerlifting event this year but a goal is to be able to enter the main stage in future ACE organizations. This will give powerlifting a lot more attention.

## 13. Next year EPF General Assembly.

The European Open equipped is in 2017 organized in Malaga in Spain. The General Assembly will take place Wednesday 10 May at 18:00hrs.

Please prepare to take part.

## 14. European powerlifters 2016.

Every year one female and one male lifter from each discipline equipped and classic are awarded the prestigious title "European lifter of the Year". The appointment is based on the highest score at both the European and World Open. The lifters must have taken part in both.

European lifters 2016 are:

Classic: Sofia Loft, Sweden and Kruze Martins Latvia  
Equipped: Victoria Karlysheva, Russia and Oleksiy Rokochiy, Ukraine.

Congratulation to all!

## 15. News from Serbia.

The Serbian PF is a young federation but has now been registered as the official powerlifting federation in Serbia. This means they will gain economic support from the Government and be able to support their best lifters to compete in e.g. European championships. Serbian PF has 87 member clubs and 275 registered lifters but still several clubs are outside the federation. SPF has also gained membership in the Serbian Special Olympics.

Serbian PF is in good communication with other powerlifting federations at Balkan like Makedonia, Bosnia and Montenegro. The SPF's Secretary General, **Aleksandra Milosevic Rapajic**, reports that applications for IPF/EPF membership will soon be sent from these nations as well and Serbia intend to cooperate with all

IPF/EPF members at Balkan to structure powerlifting events across the borders. This is good news for EPF and IPF and we wish Serbian PF good look to promote powerlifting in the area.

## 16. Greetings from the President.



2016 shows us that powerlifting in Europe is growing. Nations with few international athletes in equipped lifting, have big teams in classic lifting. Good examples are Great Britain, France, Sweden and Belarus. Classic lifting has gained high popularity and recruits many new lifters into clubs and federations.

From next year, European championship in classic Bench Press is introduced. It is organized in Ylirornio in Finland and open for all age categories. From 2018, classic Europeans is organized for the Masters as well. From that year the same categories and number of European championships are organized yearly for both disciplines – equipped and classic.

To have two disciplines in powerlifting, opens up for more opportunities to the lifters. It is like skiing, where classic and free style are two different disciplines. I see a big future for the sport to grow and to be more popular with these two disciplines.

As we know, IPF has for about 16 years worked hard to gain IOC membership. In December this year, a comprehensive application was sent to the IOC Sport department for evaluation. It is this department that put forward applications to the IOC board. However, we are informed that the time limit was too short to put the application forward this time. In 2017, the IOC board will meet 4 times and we have received signals that our application will be forwarded at one of these meetings. So, we will continue to cross our fingers for the best results, but be sure that the IPF management has done and will do whatever is requested to gain membership.

At the end of the year, I like to thank all of you for the privilege to be in charge of the European Powerlifting Federation. I am proud to see the good organization of our European championships and the good activity in most of the 35 member nations!

***I wish all of you Merry Christmas and Happy New Year!***

/ text: *Arnulf Wahlström*

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