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1. Greetings from the President.



Powerlifting in Europe started with a few enthusiasts in Great Britain, Sweden, Norway and Finland 40 years ago. They came together in Finland and founded EPF in 1977 and organized the first European championships for Men in 1978 with 64 lifters from 11 nations.

Other important steps to establish “powerlifting for all” was:

- European Open for Women started in 1983 with 52 lifters from 12 nations.
- European Masters for Men from 1988 with 108 lifters from 11 nations, followed by European Masters for Women in 1995 with 16 lifters from 7 nations.
- European Bench Open Press started in 1995 and European Masters Bench Press in 1998.

Many steps during 40 years have brought EPF to what we see today. The members have grown from 4 to about 35 and the lifters taking part in European championships have grown from 64 to about 1100 each year.

Today, EPF and IPF is a member of all umbrella World Sport Federations together with IOC recognized sports.

What we are missing is the IOC recognition but IPF is working hard to reach that goal - hopefully in the near future.

EPF has an excellent platform for the next 40 years and our Strategic Plan is the guide forward.

2. Report from the EPF General Assembly 2017.

18 member nations and 6 EC members formed the General Assembly in Malaga, Spain 5 May. President Wahlstrøm highlighted the 40 years anniversary for EPF and he runs a PP presentation refreshing some of the highlights since the foundation in 1977.

All reports as well as the Balance sheet and the Budget were accepted unanimously.

10 proposals were discussed and voted on, and all except one withdrawal were accepted.

In short, the following new rules will be imposed from 2018:

- The penalties for withdrawal of European organizers in short notice (less than 12 months) are increased.
- If a federation is not able to provide the “Lifters Profile Form” within the final nomination, the lifter (without such profile form) will be withdrawn from the competition.
- Any previous awarded EPF European Lifter of the Year will lose the distinction if he/she is sentenced for an anti-doping abuse.
- Appointed EPF Hall of Fame officials can be up to 2 persons every year (changed from 1 to 2).
- Referees nominated for European championships must be available for at least 2 days during the championship.
- Promoter’s contract must be signed latest 2 years prior to the organization.
- Payment of participation fee and anti-doping fee must be on the account of EPF one day prior to the technical meeting.
- Federations are bound to pay the participation and anti-doping fees for the number of lifters nominated at the preliminary nomination. No fee for reserve lifters if not replacing any nominated lifter.

Hall of Fame was awarded to **Eila Kumpuniemi** from Finland and **Ruso Karel** from Czech Rep. Two worthy persons with long merits as powerlifters – congratulation!

At the GA, the IPF president Parage informed that Robert Wilks (president of Oceania and Australia PF) has launched a lawsuit against IPF in Luxembourg.

Mr. Wilks has previously brought a case against IPF to CAS in Lausanne. This case was however dismissed by the CAS.

The conflict is partly based on the fact that Mr. Wilks withdrew from the IPF EC board at the IPF GA in 2015 but later claims his right to return in this position. However, the IPF GA 2016 turned down his request.

At the end of the GA, Wahlstrøm informed about an anti-doping seminar taking place in the venue later in the week. He also expressed his satisfaction for a constructive GA.

3. Reykjavik International Games.

The Reykjavik International games in the end of January 2017 was a big success for the 17 different sports attending. Powerlifting was represented by 16 lifter and 4 of them were invited from abroad.

World and European records were broken by Joy Nnamani (GBR), Soley Jonsdottir (ISL), Jennifer Thomson (USA), Kimberley Walford (USA) and Julian Johannsson (ISL).

Results can be found at the EPF web under News – News Archive.

4. Reprimand to Mr. Ewald Enzinger from Austria.

At the European Masters Bench Press 2016, Mr. Ewald Enzinger tested positive by use of Hydrochlorothiazide.

This substance is later proved to be necessary for therapeutic use but the lifter had failed to apply for a TUE prior to the championship.

The IPF DHP announces that the lifter receives a reprimand and his result and his World record broken at the championship are decided void.



Best lifters at the RIG in Reykjavik
Jennifer Thomsen , Kimberley Walford
and Joy Nnamani.

5. Doping tested lifters at the European Classic PL 12-19 March in Denmark.

| First name | Last name | Nation | Weight-class | Re-marks |
|------------|-------------|--------|--------------|----------|
| Kristine | Almroth | SWE | 47o | ER |
| Olga | Golubeva | RUS | 52o | ER |
| Melodie | Anthouard | FRA | 57o | ER |
| Ivana | Horna | SVK | 63o | ER |
| Isabella | Weissenberg | SWE | 72o | ER |
| Annika | Zelander | SWE | 72o | ER |
| Ankie | Timmers | NET | 72o | OCT |
| Ielja | Strik | NET | 84o | ER |
| Sniazhana | Subko | BEL | 84o | ER |
| Alina | Sassamahina | RUS | 43sj | ER |
| Fanny | Lamminen | FIN | 52sj | WR |
| Heini | Lipponen | FIN | 57sj | ER |
| Daria | Rusanenko | UKR | 62sj | ER |
| Nusa | Zeleznik | SLO | 72sj | ER |
| Smilla | Hedstrøm | SWE | 72sj | ER |
| Henna | Kaasalainen | FIN | 84sj | ER |
| Anna | Elizarova | RUS | 57j | ER |
| Satu | Pylvas | FIN | 57j | ER |
| Carola | Garra | ITA | 63j | ER |
| Dariusz | Wszola | POL | 59o | ER |

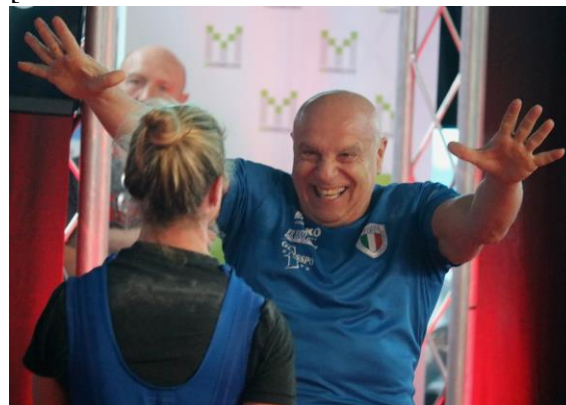
Hildeborg Hugdal from Norway was injured during her bench-press in Malaga.



Here Hildeborg is doing a successful squat, but in bench press, her elbow was severe damaged. Upon completing the stretch out of 220 kg, the elbow slipped out of the position and the bar twisted her arm as it crashed down to the support rack.

The good news is that even a ligament is broken, she will recover without any operation but the healing will take time.

| | | | | |
|-------------|-------------------|-----|-------|----|
| Antti | Savolainen | FIN | 66o | ER |
| Aliaksandr | Hrynkevich-Sudnik | BEL | 74o | ER |
| Jure | Rus | SLO | 83o | ER |
| Jakub | Sedlacek | CZE | 93o | ER |
| Krzysztof | Wierzbicki | POL | 105o | WR |
| Ali | Ben Hadj Ali | FRA | 105o | ER |
| Piotr | Sadowski | POL | 120o | ER |
| Kim | Gustafsson | SWE | +120o | ER |
| Ilya | Marchev | RUS | 52sj | ER |
| Vadym | Hutnyk | RUS | 59sj | ER |
| Vladyslav | Makarevych | UKR | 66sj | ER |
| Vitalii | Konovaltsev | RUS | 74sj | ER |
| Ali | Hamdan | NOR | 93sj | WR |
| Uladzislau | Papelski | BEL | 105sj | ER |
| Marcus | Boesen | DEN | 120sj | ER |
| Bradley | May | GBR | 120sj | ER |
| | | | | |
| Egidijus | Valciukas | LIT | 52j | ER |
| Alejandro | Ivars Amor | SPA | 59j | ER |
| Eddie | Berglund | SWE | 66j | ER |
| Matti | Christensen | DEN | 74j | ER |
| Gustav | Hedlund | SWE | 93j | ER |
| Knut Martin | Halraldsen | NOR | 93j | ER |
| Alexander | Vermetten | NET | 105j | ER |
| Mark | MacQueen | GBR | 120j | ER |



Sandro Rossi, Italy, cheers as he congratulates Antonietta Orsini with a successful attempt.

6. New referees.

During the European Classic Powerlifting Championships in Denmark, 6 new referees were examined by the EPF Technical chair Women Myriam Busselot. All 6 passed their theoretical and practical examination. Congratulation!

| Name | CAT | Nation | Written | Practical |
|--------------------|-----|--------|---------|-----------|
| Henning Thorson | 2 | DEN | 90,2% | 91% |
| Kim Hansen Carsten | 2 | DEN | 91,2% | 94% |
| Ulf Eriksson | 2 | SWE | 87,3% | 96,66% |
| Teitsson Aron | 2 | ICE | 91,7% | 95,66% |
| Fekete Balazs | 2 | HUN | 93,6% | 90,66% |
| Arnis Skelts | 2 | LAT | 88,7% | 97,33% |

Following referees passed the examination during the European Equipped powerlifting championships in Malaga 8-14 May:

| | NAT | | Practical | Written |
|-------------------------|-----|-------|-----------|---------|
| Carl Yngvar Christensen | NOR | Cat 2 | 95,6% | 94,1% |
| Ostlund Jan | SWE | Cat 2 | 94,0% | 88,7% |



Ulf Eriksson from Sweden passed the cat II referee examination at the European Classic in Denmark. He is congratulated by the EPF Technical Committee chair **Myriam Busselot**.

| | | | | |
|--------------------|-----|-------|-------|-------|
| Da ponte Lionel | FRA | Cat 2 | 91,3% | 99,5% |
| Hogberg Thomas | SWE | Cat 2 | 96,3% | 90,2% |
| Nadotti Fabio | ITA | Cat 2 | 97,3% | 88,7% |
| Fortunati Gianluca | ITA | Cat 1 | 91,3% | 90,0% |

7. EPF Hall of Fame

At the EPF General Assembly in Malaga, two lifters were awarded EPF Hall of Fame.

Both lifters have competed in international championships at high level for many years and both are lifters in good standing and role models in their national federations.

Eila Kumpuniemi from Finland is 75 years old and started her career in 1992 and has since then received 20 medals at European and World championships. 9 of them in gold. In 2016 she became both World and European Master champion.



Eila Kumpuniemi from Finland is awarded EPF Hall of Fame.

Karel Ruso from Czech Republic is 52 years old. He has for 30 years competed in powerlifting and has several international medals. His latest victory was gold in the EPF Masters Championships 2016. He is a great role model in his federation and tirelessly promotes powerlifting in the newspapers.



Karel Ruso from Czech Republic is awarded EPF Hall of Fame.

8. Doping controlled lifters at the European Equipped Open/Jun/Sub.jun powerlifting championship 2017 in Malaga.

| First name | Last name | Nation | Weight-class | Remarks |
|------------|------------|--------|--------------|---------|
| Aigul | Sitdikova | RUS | 47O | ERB |
| Marcela | Sandvik | FIN | 52O | ERBM1 |
| Olga | Adamovich | RUS | 63O | 1.pl |
| Marte | Elverum | NOR | 72O | 1.pl |
| Linda | Kristensen | NOR | 72O | ERB M1 |
| Karen | Hesthammer | NOR | 52J | ERS |
| Silvia | Kapatad | 1NOR | 72J | ERB |
| Mariusz | Grotowski | POL | 66O | ERB |
| Evgenii | Vasiukov | RUS | 83O | WRB |
| Kim-Raino | Roelvaag | NOR | 83O | Rand. |
| Sofiane | Belkesir | FRA | 105O | Rand. |
| Kristoffer | Eikeland | NOR | 105O | Rand. |



Martin Flett and Ralph Farquharson are the two experts commenting the live streaming from European championships.

| | | | | |
|----------------|------------|-----|-------|------|
| Sergey | Mashintcov | RUS | 105O | 1.pl |
| Tomas | Sarik | CZE | 120O | Rand |
| Julian J.K. | Johannsson | ICE | 120+O | Rand |
| Kenneth | Sandvik | FIN | 120+O | Rand |
| Denis | Olefir | RUS | 66SJ | ERS |
| Oleksandr | Rubets | UKR | 105J | WR |

Cologne laboratory reports that all samples were negative!

9. 40 years celebration!

EPF was founded in 1977 in Finland by the following countries: Finland, Great Britain, Norway and Sweden.

At the General Assembly in Malaga, a short review of the highlights during these 40 years was presented. At the end, all delegates and supporters of EPF came together to enjoy the big cake (gateau) made for 60 persons.

They all made a toast for the 40 years gone and the 40 years to come!



Delegates at the GA in Madrid made a big toast for celebrating the 40 years anniversary of EPF.



The cream cake was big enough for 60 persons, so some part of the cake was left over to the next day for the referees and the organizing staff to have a taste and to join the celebration.

10. Anti-doping seminar.

In Malaga in connection with the European Open/J/SJ championships, an anti-doping seminar was conducted by a female representative from the Spanish NADO, (AEPSAD) named **Maria Jose**.

22 persons attended the seminar. *Mrs Jose* had good illustrations and videos displaying severe side effects of doping abuses as well as useful information to avoid doping substances.

Participants in the seminar were most officials. EPF should like to see more lifters taking part in future seminars as well.



Anti-doping seminar in Malaga

11. New Referee app.

At the Norwegian championship at the beginning of June, a new referee app was used by the referees.

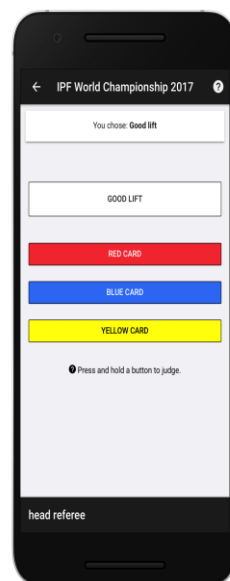
This new app is created by the well known lifter, **Stian Walgermo**, and the set up and use was simple.

Each referee had an iPad or iPhone and the system communicated by wi-fi to a lap top connected to a big screen displaying the referee lights.

As seen from the figure, the referee "tool" was straight forwardly to use. Only press the "good lift" stripe or one of the colored stripes.

The app is for the moment free to be loaded down for testing. It can be found at the Appstore under "referees" or loaded down from www.walgermo.com/referees

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Swift or Bic code: BCEELULL

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-Pro lifters' recommendation-

