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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.

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1. Greetings from the President.



Arnulf Wahlstrøm

In May, the yearly EPF Congress is organized in Pilsen. This is an election congress, meaning the EPF officials in the board and the auditors are open for election. The majority of the present officials are available for re-election but I will encourage the federations to put forward good candidates.

The powerlifting sport has increased in popularity after the establishment of the classic style. The number of lifters in our national federations have increased and so has the number of participants in European classic championships and cups.

In 2018, a total number of 10 European championships and cups were organized and 2138 lifters took part. This is about 700 more lifters than the year before.

We have seen a new European championship this year – the European Master classic powerlifting championships. This was a huge success.

At the European classic Open, Junior and Sub Junior championships in Kaunas, about 515 lifters were nominated and about 485 took part. This was the biggest European championship ever and the organisation was of a high standard. Never before, I have seen so fast and clever spotters.

Next year we must prolong the similar championship with 1 extra day – meaning 10 days all together.

Next year we again prepare to organize 10 to 11 European championships and cups. We are also looking to gain access to the European Students cup – may be in 2020 or 2021.

So, the member federations and the individual lifters have a lot of choice which championship or cup to take part in. The economy is of course a limit, but never before the possibilities have been better for our lifters to compete in international competitions.

On behalf of the EPF EC members, I wish all our members, sponsors and supporters a Happy New Year!

2. Invitation to the EPF General Assembly 2019.

All EPF member federations are invited to the General Assembly 2019.

Place: Competition hotel (Park hotel) in Pilsen, Czech Republic.

Date: **Saturday 27 April 2019.**

Time: 18:00 hrs.

Proposals and amendments

to the Constitution and By-Laws must be sent to the Secretary General Ralph Farquharson ralph@europowerlifting.com and the president Arnulf Wahlstrøm arnulf@europowerlifting.com within **27 February 2019.**

Election.

Names of candidates for election of EPF officials must be sent to the Secretary General and the President within **16 March 2019.**



Bids for organising European championships 2022 must be sent to the Secretary General and the President within **27 March 2019**. Please fill in the application form which can be loaded down from the EPF web or requested from the Secretary General.

Please be prepared to conform your bids for organizing European championships in 2020 and 2021.

AGENDA.

1. Welcome by the President
2. Roll call of Nations and Delegates.....
3. Presidents address.....
4. Minutes of the last General Assembly.
5. The Account with the balance sheet.
Treasurers report.....
Auditors report.....
Approval of budget for 2018.....
6. Secretary General report.....
7. Vice President report.....
8. Committee Reports.
9. Elections of President, Vic-president, Secretary General, Treasurer, Technical com. chair, Law and Legislation chair, Championship Secretary, 2 Auditors.
10. Proposals
11. New member Applicants
12. Action on Delinquent Nations
13. Hall of Fame
14. Bids and confirmation on Future Championships
15. Any other Business
16. Adjournment

3. EPF European powerlifters 2018.

Every year, EPF appoint European lifters of the year. The criteria is the highest Wilks score when adding the results from both the European Open and the World Open powerlifting championships.

Candidates not competing in both championships are not evaluated.

Classic: **Joy Nnamani** (GBR) and **Krzysztof Wierzbicki** (POL)
Equipped: **Karen Hesthammer** (NOR) and **Volodymyr Rysiyeu** (UKR)

Congratulation to all!

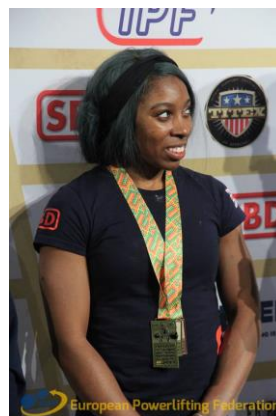
3. New European referees.

Referee examination at the European Masters equipped.

Cat 2	Brand	Michelle	Fem	GBR	*Re-examined
Cat 2*	Barnes	Joanne	Fem.	GBR	at the IPF
Cat 1	Hills	Gary	Male	GBR	World
Cat 2	Delepaut	Bruno	Male	FRA	Students cup
Cat 2	Flores	Joseph	Male	FRA	



Krzysztof Wierzbicki POL
European Powerlifter 2018 (classic)



Joy Nnamani
GBR
European
Powerlifter
2018 (classic)



Volodymyr Rysiyeu UKR
European Powerlifter 2018 (equipped)



Karen Hesthammer NOR
European Powerlifter 2018 (equipped)

Referee examination at the IPF World Student Cup

Cat 2	Vedel	Charlotte	Fem.	FRA
Cat 1	Ellender	Michael	Male	GBR

Referee examination at the WEC.

Cat 2	Bjørn	Astad	Men	NOR
Cat 2	Murtagh	Medb	Fem.	IRL
Cat 1	Per Øivind	Fjeld	Male	NOR

Referee examination at the European Classic O/JR/SJ Powerlifting championships in Kaunas.

Exam.	Name	NAT	Gender	CAT
	Buitkus Juozas	Lithuania	Male	2
	Protchenko Liudmila	Russia	Fem.	2
	Hoare Leslie	Ireland	Fem.	2
	Meilhegga Danny	Ireland	Male	2
	Gardner Jonny	Ireland	Male	2
	Mur Urban	Slovenia	Male	2



Urban Mur from Slovenia passed the referee cat. II examination at the European Classic Championships

4. Negative doping samples.

The Cologne laboratory reports that all urine samples during the European Equipped championships in Pilsen 2018 are negative.

Same report received regarding the European Master Classic Powerlifting championships in Helsingborg, the European Master Equipped Powerlifting championships in Pilsen, the European Equipped Bench press in Luxembourg, Arnold Classic Europe in Barcelona and WEC in Norway.

5. Doping tested lifters at the European Classic Bench Press Championships in France 2018.

Last name	First name	Weight-class	Nat.	Remarks
Halleland	Seline	-84 Jun	Norway	1 place
Szabo	Agnes	84+ Open	Hungary	1 place
Petrek	Andrea	-63 Jun	Croatia	1 place
Berglund	Donna	-57 Open (jun)	Sweden	1 pl. WR jun
Zelander	Annika	-72 Open (jun)	Sweden	1 pl. ER jun
Vero	Alex	120+ Jun	Hungary	1 place
Saralidze	Nikoloz	120+ Mas1	Georgia	Disq.(2pl)
Kozdryk	Justyna	-47 Open	Poland	1 pl. WR
Elvegard	Emilie	-47 Open	Sweden	2 pl. WR jun
Nandoshvili	Jemali	-83 Jun	Georgia	2 place
Lewkinsliy	Nazariy	-93 Jun	Ukraine	1 place
Sedlacek	Jakub	-93 Open	Czechia	2 place
Kudrvavtsev	Alexey	-105 Open	Russia	2 place
Rast	Slim	120+ Open	Estonia	3 place
Balogh	Natan	-66 SubJun	Hungary	1 pl. ER SJ
Plocins	Aivis	-74 SubJun	Latvia	2 place
Poyet	Bastien	-74 Jun	France	1 pl. WR jun

Luchkin	Dmitrii	-74 Open	Russia	3 place
Chuprinko	Ivan	-74 Open	Ukraine	1 place
Jevdokimov	Denis	-83 Open	Lithuania	1 place
Cieplak	Daniel	-93 Mas1	POLAND	random

6. Doping tested lifters at WEC in Hamar, Norway.

First name	Last name	Nation	Weight-class	Remarks
Evita Juanita	Talahatu	NET	57 kg	No 1
Evita Juanita	Talahatu	NET	57 kg	No 1
Elke	Erbs	GER	72 kg	No.1
Marte	Elverum	NOR	72 kg	ER Open
Iris	Kensenhuis	NET	84 kg	No 1
Michele	Cerioni	ITA	74 kg	No 1
Aaron	Thompson	GBR	120+ kg	No 1
Jack	Johnson	GBR	120 kg	No 1

7. Doping tested lifters at the European BP equipped in Hamm, Luxembourg.

First name	Last name	Nation	Weight-class	Remarks
Mykhailo	Malkush	UKR	59 SM	ERJ
Artur	Zolotov	UKR	93 JM	WRJ
Natan	Balog	HUN	66 M	WR SJ
Matti	Christensen	DEN	74 M	WR J, ER Open
Anna Dorteia	Espevik	NOR	84 JW	WRJ
Hanna	Rantala	FIN	52 W	ER
Tetyana	Melnyk	UKR	72W	WR

8. Doping tested lifters at the Balkan Championships in Belgrade.

First name	Last name	Nation	Weight-class	Remarks
Srecko	Spasic	Serbia	105 kg	No.1
Iveta	Kostadinova	BUL	72 kg	No. 1
Antonis	Argirakis	Greece	120 kg	No.1

9. Doping tested lifters at the Arnold Classic Europe 28-30 September in Barcelona.

Last name	First name	Weight-class	Nat.	Remarks
Mashintcou	Sergey		RUS	No. 1
Aranitovic	Sergio		SER	No. 1
Greenfield	Joshua Lewis		GBR	No. 1

All tests are reported negative.

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LEOKO
-Pro lifters' recommendation-

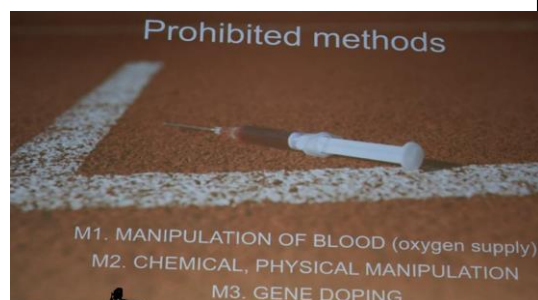
10. Doping tested lifers at the European Masters Equipped PL Championships 3-7 July 2018

First name	Last name	Nation	Weight-class	Cat	Remarks
Nicole	Boersch	GER	Cat 72	F.M1	1 place
Brenda	V.D.Meulen	NED	Cat 84+	F.M1	WR+1pl
Fabrice	Bertin	FRA	Cat 83	M.M2	2 WR
Phillip	Richard	GBR	Cat 74	M.M1	1 place
Radovan	Rak	SVK	Cat 83	M.M1	random
Joachim	Lakso	SWE	Cat 105	M.M1	random
Vaclav	Patocka	CZE	Cat 93	M.M1	1 place
Gernot	Kasperek	AUT	Cat 120	M.M1	ER
Gert	Kooivit	EST	Cat 20+	M.M1	random

11. Doping tested lifters at the European Open/J/SJ Classic Powerlifting Championships 24 November to 2 December 2018.

First name	Last name	Nation	W.-class	Rem.
Klaudia	Poszawa	Poland	47sj	ER
Fanny	Lamminen	Finland	57sj	ER
Lucy	Robinson	GB	63sj	ER
Drusilla	Coan	Italy	63sj	ER
Tetiana	Shchavinska	Ukraine	47j	ER
Madison	Lepoittevin	France	57j	ER
Donna	Berglund	Sweden	57j	ER
Catherine	Smith	GB	57j	ER
Ida	Rönn	Sweden	72j	ER
Vilma	Olsson	Sweden	72j	ER
Chrystal	Williams	GB	84j	ER
Amelia	Mauritzon	Sweden	84j	ER
Noemie	Allabert	France	47o	ER
Joy	Nnamani	GB	57o	ER
Bronagh	McPeake	IRL	65o	ER
Amelie	Mierger	FRA	84+o	ER
Leigh	Wetheridge	GB	84+o	ER
Camille	Holland	GB	84+o	ER
Melinda	Lombosi	HUN	84+o	ER
Ilya	Marichev	Russia	59sj	ER
Viktor	Vazhesov	Russia	66sj	ER
Simen	Myrvold Johansen	Norway	74sj	ER
Turki	Soleiman	France	74sj	ER
Nojus	Cypas	Lithuania	74sj	ER
Vladislav	Ditman	Russia	83sj	ER
Rowan	Kollau	Netherlands	83sj	ER
Bepo	Pediscic	Croatia	93sj	ER
Anton	Biruk	Ukraine	93sj	ER
Kirill	Sakharov	GB	93sj	ER
Corentin	Clement	France	105sj	ER
Artisom	Savelyeu	Belarus	66j	ER
Dawid	Natorski	Poland	66j	ER

.Anti-doping seminar.



During the European Classic championships in Kaunas, an anti-doping seminar was organized. The National Anti-doping Agency conducted the seminar which focused on the severe side effects doping abuses can lead to and how to avoid taking doping by accident. This could among others, be from nutrition supplements and medicine against cold



People taking part in the Anti-doping seminar conducted at the venue in Kaunas.

Matti	Christensen	Denmark	74j	ER
Riccardo	Angelini	Italy	74j	ER
Chido	Nnoli	Norway	83j	ER
Emil	Norling	Sweden	105j	ER
Vladislav	Asennikov	Russia	105j	ER
Mehmet	Kaya	Sweden	120j	ER
Pavlo	Nakonechnyy	Ukraine	120+j	ER
Luke	Richardson	GB	120+j	ER
Eddie	Berglund	Sweden	66o	ER
Erik	Karlsson	Sweden	83o	ER
Anatolii	Novopismennyi	UKR	93o	ER
Barry	Pigott	IRL	105o	ER

12. Suspended lifters.

In 2018, there are four positive urine samples from European championships.

Denis Jevdokimov from Lithuania, tested positive at the European Classic Bench press on the substance Drostanolone which is an exogenous anabolic steroid. He is suspended for 4 years.

Daniel Cieplak from Poland refused to submit to doping control at the European Classic Bench press and is suspended for 8 years by the IPF Doping Hearing Panel.

Srecko Spasic from Serbia tested positive at the Balkan championships on testosterone and is suspended for 4 years.

Antonis Argirakis from Greece tested positive at the Balkan championships on Drostanolone and is suspended for 4 years.

13. Balkan Championships.

The Balkan Championships was organized in connection with a Sport Festival in Belgrade 12-14 October. Lifters from Bulgaria, Croatia, Greece, Romania and Serbia took part – all together 23 lifters.

In spite of rather few participants, the quality of the lifting was good and the enthusiasm to compete in an international championship was shown in great happiness when succeeding and big disappointment if failing.

All together, the Serbian PF managed to provide a good venue, good spotters and warm up facilities that were in line with EPF requirements.

EPF provided them with 5 referees from the EPF board and some Sport Development Fund to secure IPF recognized equipment. Our sponsors, ER Equipment, Titex and Leoko supported the organizer with equipment as well.

Next year, Serbia again intend to host a similar competition named Balkan Cup. They now have all equipment needed and experience to even raise the quality of the organization.

A good thing was that representatives from the Serbian Sport Ministry was present and was impressed by the good organization of an international championship. The week after the championship, the Serbian PF was called for a meeting and was informed that economic support will be granted the federation from next year.

The EPF board see the need for more international referees in the Balkan area and will in 2019 support the 5 federations with EPF Sport Development Fund to make them able to examine referees for IPF cat. II.



Joe Marksteiner from USA has developed the new IPF formula. This formula replaces the Wilks Formula from 1 January 2019.