



EPF Newsletter no. 2. 2019

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1. Greetings from the President.



Arnulf Wahlstrøm

2019 has been a step forward for European powerlifting. Newer before we have seen so many lifters at European championships. 2214 lifters competed all together.

The European classic powerlifting championships in Kaunas attracted more than 500 lifters (nominated). 10 days were necessary to run a championship with so many lifters and it is a concern for the Executive if we in the future will find organizers for such long championships. May be this kind of championships must be split in age categories.

We also experience that the quality of the lifters are increasing. Especial in classic lifting, European records in a high number are broken.

At the European classic in Kaunas, 50 doping tests were carried out to verify World and European records.

From 2020, the Executive committee will change the procedure regarding the charge of participation fee, anti-doping fee and hotel bookings at European championships.

Payment of participation and ant-doping fees will be based on the final nomination (and not on the preliminary nomination).

Only hotel bookings reserved and paid for 3 weeks (or date specified in the invitation) prior to the championship will be noted as championship reservations.

Participants booking their own accommodation may do so, but need to pay 100€ administration fee to the Organizer to get accreditation.

As 2019 is soon history, I take the opportunity to wish all members a Merry Christmas and a Happy New Year!

2. Report from the IPF General Assembly 2019.

44 nations took part in the IPF General Assembly in Dubai 17 November.

It was no proposals to vote about at this GA.

The election gave **Gaston Parage** (Luxembourg) a mandate for 4 new years as IPF president and **Arnulf Wahlstrom** (Norway) was re-elected as IPF board member representing the European Region (EPF).

Sigurjon Petursson (Iceland) was re-elected Vice-president and **Dietmar Wolf** (Norway) was re-elected Treasurer.

Robert Keller (USA) continues as Secretary General.

6 of the 13 IPF EC members are from Europe.

In the future, the IPF EC will be extended to 15 members.

IPF Hall of Fame was awarded to:

Natalia Salikova (RUS), **Jennifer Thomson** (USA) and **Hassan ElBelgitti** (FRA) - all athletes.

Robert Keller (USA) was awarded as official.

Congratulation to all – this is the highest honourably award in powerlifting!



Victory ceremony in the 47 kg Juniors in Kaunas: From left: **Zuzanna Kula** (POL), **Mariia Zabelina** (RUS) and **Sabina Shah** (GB)

3. The European University cup.

The first European University cup will be organized in Merignac in France 25-29 February 2020. 5 universities from each nation may be nominated with up to 8 lifters of both genders. The age of the students must be between 17 and 25 years. The deadline for the preliminary nomination is 6 January 2020.

4. Suspended lifters.

It is reported that the following two lifters have been tested positive in 2019:

Krum Krumov from Bulgaria. He competed at the European Masters classic championships in Hungary. He is suspended for 4 years.

Rafal Szendera from Poland. He competed in the European equipped Bench Press in Finland. He is suspended for 4 years.

5. New European referees 2019.

KAUNAS

Remy Roger	M	BEL	Cat 2	passed
Cayuela Jose Carlos	M	ESP	Cat 2	passed
Vulchanov Kiril	M	BUL	Cat 2	passed
Ihnatsenka Volha	F	BLR	Cat 2	passed
Raica Marius	M	ROM	Cat 1	passed

SIBIU

Lillbacka Timo	M	FIN	Cat 2	passed
Cioflica Andrei	M	ROM	Cat 2	passed
Apostolidis Panagiotis	M	GRE	Cat 2	passed
Giagmouris Kostantinos	M	GRE	Cat 2	passed
Olah Lucica	F	ROM	Cat 2	passed
Grouet Jean-Michel	M	FRA	Cat 1	passed

PILSEN

Kvist Jouni	M	Finland	2	passed
Kaj Mattila	M	Finland	2	passed
Olafsdottir Asa	F	Iceland	2	passed
Borisov Borislav	M	Bulgaria	2	passed
Vasilev Todor	M	Bulgaria	2	Failed for practical
Kailey Pardeep	M	Netherl.	1	passed

GYØR

Javier Ruiz	M	ESP	2	passed
Drazen Moslavac	M	CRO	2	passed
Milena Durdavic	F	CRO	2	passed
Teresa Palmisano	F	ITA	2	passed
Feraud Nathalie	F	FRANCE	1	passed



Olga Ihnatsenka from Belarus are congratulated by Gaston Parage and Myriam Busselot for passing the cat II referee examination in Kaunas.



Marius Raica from Romania passed his cat I referee examination in Kaunas. Her he is congratulated by the EPF technical chair Myriam Busselot.

6. Doping tested lifters at the European equipped Master PL Championships in Sibiu, Romania 3-7 July 2019.

Age cat.	Weight cat.	Last Name	First Name	Nation	Reason
M1	-72 kg	Boersch	Nicole	Germany	1st
M1	+84 kg	Hammeroe	Sparby Runi	Norway	Random
M2	-74 kg	McGurk	Bernard	Great Britain	1st
M2	+105 kg	Opstad	Oddarne	Norway	1st
M2	+120 kg	Leesmann	Kaido	Estonia	M2 WR Bench
M1	-74 kg	Richard	Phillip	Great Britain	1st
M1	- 83 kg	Buccioni	Massimiliano	Italia	1st
M1	-105 kg	Olar	Petro	Ukraine	Random
M1	-105 kg	Marcus	Denke	Sweden	1st
M1	-120 kg	Cazacu	Sorin	Romania	Random
M1	-120 kg	Bak	Sune H.	Denmark	1st
M1	+120 kg	Soukal	Jaroslav	Czech Republic	1st

All samples are reported to be negative.

7a. Doping tested lifters at the EPF Classic Bench press Championship in Hamm/Luxembourg from: 03 - 15 June

Nr.	Lifter's Name	Completion Date	Country
1	Paulauskas Amandas	10.08.2019	Lithuania
2	Bast Jan	10.08.2019	Germany
3	Szabo Agnes	10.08.2019	Hungary
4	Lombosi Melinda	10.08.2019	Hungary
5	Zelander Annika	10.08.2019	Sweden
6	Parkhomenko Serhii	10.08.2019	Ukraine
7	Gabelaia Davit	10.08.2019	Georgia
8	Birzhevaia Anna	09.08.2019	Russia
9	Kozdryk Justyna	09.08.2019	Poland
10	Francilien Windoy	09.08.2019	France
11	Torronen Susanna	09.08.2019	Finland
12	Plocins Aivis	08.08.2019	Latvia
13	Obelashvili Simoni	08.08.2019	Georgia
14	Peyraud Clara Marie-Claude	08.08.2019	France
15	Lieonienko Kristina	08.08.2019	Ukraine
16	Cheremenko Nataliia	08.08.2019	Ukraine
17	Bouteiller Marc	08.08.2019	France
18	Klotz Christian	08.08.2019	Austria

All Tests reported negative.

7b. Doping tested lifters at the WEC in Italy 6-8 September.

Name	Nat.
Orhan Bilican	BEL
Jane Ilrish Kensenhuis	NED
Matthieu Romuald Masse	FRA
Dominik Pahl	GER
Bastien Poyet	FRA
Laura Savolainen	SWE

All tests are negative

8. Doping tested lifters at the Arnold Classic Europe in Barcelona 20-22 September.

First name	Last name	Nation	Remarks
Sodnompiljee	Enkhbayar	Mongolia	Random
Hassan	El Belghiti	France	1.pl
David	Coimbra	Brasil	1.pl
Kimberly	Walford	USVI	1.pl

All tests are negative.

9. Doping tested lifters at the European Open/ Junior/Masters equipped Bench Press 2019 in Tampere.

First name	Last name	Nation
Petri	Kuosma	FIN
Oleg	Smirnov	RUS
Mathilda	Vilmar	SWE
Eva	Engskar	NOR
Rafal	Szendera	POL
Kaido	Leesman	EST
Evgeni	Roeknko	RUS
Marte Egnskar	Ramsrud	NOR
Linda	Kristensen	NOR
Viktor	Leskovets	UKR
<i>Volodymyr</i>	<i>Ryeyev</i>	<i>Ukraine</i>

Rafal Szendera tested positive.

10. Doping tested lifters at Danube cup in Mukachevo, Ukraine 7 September.

First name	Fam. Name	Nat.	W.cat.	Reason
Oleh	Dudohenko	UKR	105	No. 1
Marija	Rakic	SRB	72	No. 3

Both tests are negative.

11. Doping tested lifters at the European classic Powerlifting Championships in Kaunas 28 November to 8 December.

First name	Last name	Nation	Weight-class	Remarks
Pleun	Dekkers	NET	52 kg o	WR
Joy	Nnamani	GB	57 kg o	WR
Ivana	Horna	SLO	63 kg o	ER
Prescilia	Bavoil	FRA	63 kg o	ER
Angelina	Elovikova	RUS	72 kg o	ER
Ielja	Strik	NET	84 kg o	ERM1
Nuga	Temitope	GB	84 kg o	ER
Amelie	Mierger	FRA	84+ kg o	ER
Leigh	Wetheridge	GB	84+ kg o	ER
Camille	Holland	GB	84+ kg o	ER
Olga	Kuzmina	RUS	84+ kg o	ER
Ilrish	Kensenhuis	NET	84+ kg o	ER
Kristina	Lieonienko	UKR	43 kg sj	WR
Elizaveta	Nikitina	RUS	52 kg sj	WR
Fanny	Lamminen	FIN	57 kg sj	No. 1



Roger Remy from Belgium is congratulated by Gaston Parage and Myriam Busselot upon passing the referee cat. II examination.

Julia	Surkova	RUS	57 kg sj	WR
Samantha	Eugenie	FRA	63 kg sj	WR
Drusilla	Coan	ITA	63 kg sj	WR
Clara	Peyrad	FRA	72 kg sj	WR
Mariia	Zabelina	RUS	47 kg j	WR
Donna	Berglund	SWE	57 kg j	WR
Sara	Naldi	ITA	63 kg j	WR
Suzanne	Daniel	GB	63 kg j	WR
Vilma	Olsson	SWE	72 kg j	WR
Iliia	Marichev	RUS	59 kg sj	WR
Niccolo	Zampollo	ITA	66 kg sj	WR
Nahel	Baali	FRA	74 kg sj	WR
Khaled	Benbachir	FRA	74 kg sj	WR
Filip	Naerskog	SWE	83 kg sj	WR
Richmond	Baiden	FRA	83 kg sj	WR
James Stelian	Jejeran	ROM	93 kg sj	WR
Antonio	Perez	SPA	93 kg sj	WR
Kirill	Sakharov	GB	105 kg sj	WR
Artsiom	Savelyeu	BLR	66 kg j	WR
Mikita	Stsepanuik	BLR	83 kg j	Rand.
Youssuf	El Adlani	ITA	93 kg j	WR
Emil	Krastev	BUL	93 kg j	WR
Dmytro	Vovk	UKR	120 kg j	WR
Andrey	Kostenko	RUS	74 kg o	ER
Alexander	Eriksson	SWE	74 kg o	ER
Matti	Christensen	DAN	74 kg o	ER
Owen	Hubbard	GB	83 kg o	WR
Chido	NNoli	NOR	83 kg o	WR
Erik	Karlsson	SWE	83 kg o	ER
Anatolli	Novopismennyi	UKR	93 kg o	ER
Sam	Watt	GB	105 kg o	ER
Joshua	Greenfield	GB	105 kg o	ER
Emil	Norling	SWE	105 kg o	ER
Maris	Juzups	LAT	120 kg o	ER
Daniil	Ermolaev	RUS	120 kg o	ER

