



EPF Newsletter no. 2. 2020

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President:

Arnulf Wahlström.

Grimsrødhøgda 25, 1786 Halden, Norway

Email: arnulf@europowerlifting.org

Email: arnwah@online.no

Phone: +47 6918 4538. Fax: +47 6921 2470

Vice President :

Sandro Rossi

Via Gennargentu, 26 00141 Roma, Italy

Phone: +39 34 8894 1148

Email: fipl@libero.it

Secretary Gen.:

Ralph Farquharson,

Calle Galena 5, Casa 44, Villapiedra, 03189 Orihuela Costa, Alicante, Spain.

Tel: +34 966733367, Mobile: +34 650041559

email: ralph@europowerlifting.org

Treasurer:

Xavier de Puytorac,

2 Rue des Places,

33310 Lormont, France

Phone: +33 6851 29781

Email: Xavier@europowerlifting.org

Technical Committee:

Chair: **Myriam Busselot,**

rue de la Procession 55 ,

B-7850 Petit-Enghien, Belgium.

Phone: +32 2 3956327. Fax +32 2 3956327

Email myriam@europowerlifting.org

Law & Legislation Committee:

Chair: **Tero Juhani Hyttinen**

Alkkulanraitti 72 As 2, 95600 YLITORNIO, Finland

Phone: +358443092263

Email: tero@europowerlifting.org

Competition Secretary :

Chair: **Bjorn Astad**

Olav Nygårdsvei 175, 0688 Oslo, Norway

Phone: +47 9181 7979

Email: bjorn@europowerlifting.org

Finance Committee:

Pavol Müller

A. Hlinku 39/19, 92101 Piestany, Slovakia

Phone: +421 903322326.

Email mullerp@spapiestany.sk

Silva Katutyte

Phone: +370 615 82192

Email: silva@europowerlifting.org

Women's Committee:

Chair: **Maria Pia Moscianese**

Phone: +39 34 01822448.

Email mpos@libero.it

Record Registrar:

Anatoliy Stetsenko,

Universytetska, 14/4, 18031 Cherkasy, Ukraine.

Mob +38 050 4432621 Fax. +38 0472 354463

Email: stet@ukr.net

Media Committee:

Chair: **Ralph Farquharson,**

Calle Galena 5, Casa 44, Villapiedra, 03189 Orihuela Costa/Alicante, Spain .

Phone: +34 650 041559

E-mail: ralph@europowerlifting.com

Text: *Arnulf Wahlström*

EPF web: <http://www.europowerlifting.org>

EPF Account:

European Powerlifting Federation

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Content.

1. Greetings from the President.
2. EPF championship organizers
3. Results from the doping test at the European University cup.
4. The European powerlifters 2020.
5. New European referees 2020
6. IPF Hall of Fame awards

1. Greetings from the President.



Arnulf Wahlstrøm

Year 2020 started good with two successful Europeans organized in France.

But then a complete lock-down hit the whole world and still remains more or less as we now are entering into 2021.

As the vaccine program has started, we know the pandemic will slowly decrease and optimists think we are able to return to a “normal life” in the period *late Spring, during the Summer or early Autumn.*

This makes it very difficult to plan for European championships and cups in the coming season.

Organization is one thing but more important is that the lifters must get ample time to train and prepare for an international championship.

But the EPF board and the organizers make all preparations to organize all scheduled championships and cups in 2021.

The first cup is the *European University cup* scheduled to 22-24 April. In February we know better if an organization is possible or if the cup needs to be moved to a later date.

As no open World or European championships have been organized in 2020, the yearly nomination of the “*Best European powerlifters of the year*” will not be done for 2020. These prestige’s awards have been handed out every year since 1995.

The EPF General Assembly 2021 is scheduled to 2. August and takes place in Pilsen. This late date of the year (usually it is organized in May every year) is due to change of the organizer of the European equipped PL championships.

And by that time, we believe the pandemic is reduced to a minimum allowing for normal activity.

From 2021, two new kg categories are established for Women. These are 69 kg and 76 kg replacing the 72 kg category. This equates Men and Women with 8 kg classes each.

Standard World records are worked out for the new classes and European standards will be published within short.

On behalf of the EPF board, I wish you all the best for the NEW YEAR!

We wish that the world returns to “normal” and that athletes are allowed to train without any virus risk and competitions are organized so we all can travel around and meet again!



Enjoyment after a successful lift by *Alejandro Acuna Rodrigues* from Spain during the European Masters Classic PL in Albi.

Coach, *Francisco (Paco) Gutierrez*, is overwhelming happy as well!

Rodrigues became the champion in 93 kg MII category.

2. EPF is looking for organizers

of the following championships/cups:

In 2021:

Danube cup (25-26 September).

In 2022:

The European Masters classic PL (8-13 March)

In 2023:

All championships are open for bids except the European Bench Press championships.

Please evaluate if your federation will take on any of these organizations and send your bid to the SG Ralph Farquharson.

The application form can be loaded down from the EPF web or just contact the EPF EC to get guidelines.

3. Result from the European University cup’s doping sample analyses.

All samples were negative!

4. The European powerlifters of year 2020.

For many years, EPF awards the very best European powerlifters both in classic and equipped.

In 2020, no open European championships has been organized and no World championships.

So, there are no championship results to evaluate from, meaning the awards will not be distributed in 2020.

5. New European referees 2020

Pierre Laplagne	M	FRA	Cat. II	Passed
Edith Guennec	F	FRA	Cat I	«
Bernard Nohales	M	FRA	Cat I Reg	«
Michael Bernard	M	FRA	Cat II	«

All referees were examined by Myriam Busselot.

6. IPF Hall of Fame awards.

IPF has awarded Hall of Fame to the European lifters *Tetyana Melnyk* from Ukraine and *Andrei Konovalov* from Russia.

As officials, *Myriam Busselot* from Belgium and *Johan (Hannie) Smith* from South Africa were awarded.

Myriam Busselot received the EPF Hall of Fame in 2004 and she has since 1999 worked as EPF Technical committee chair.

They have all done outstanding efforts within the sport of powerlifting – congratulation!



Hostesses at the European Masters classic PL in Albi.



Nathalie Feraud from France receives a trophy on behalf of *Hassan El Belghitti* who became the best lifter in Master 1 in Albi.

The trophy is handed over by *Ralph Farquharson*, the EPF Secretary General.



The medallists at the European Masters classic PL championships in Albi cat. 74 kg M1:

3) *Ashkon Farhangi* from Spain. 1) *El Belghiti Hassan* from France and 2) *Jani Haapamaki* from Finland



EPF Championship Secretary, *Bjørn Astad* from Norway, made 182,5 kg in deadlift at the European Masters classic in Albi. He competed in Master II 74 kg and became 5th.



Michael Bernard from France passed the referee cat II examination in Merignac. Here he is congratulated by *Myriam Busselot* – the EPF technical chair.



Xavier Puytorac from France is acting EPF Treasurer and did a great job as Meet director and Speaker and Over-all co-ordinator during the European University cup in Merignac. This cup was organized for the first time and was in all respect very successful



IPF HALL OF FAME 2020.



Tetyana Melnik from Ukraine



Myriam Busselot from Belgium



Johan (Hannie) Smith from South Africa



Andrei Konovalov from Russia