



**President:**

**Arnulf Wahlström.**

Grimsrødhøgda 25, 1786 Halden, Norway

Email: [arnulf@europowerlifting.org](mailto:arnulf@europowerlifting.org)

Email: [arnwah@online.no](mailto: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](mailto: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](mailto:ralph@europowerlifting.org)

**Treasurer:**

**Xavier de Puytorac,**

2 Rue des Places,

33310 Lormont, France

Phone: +33 6851 29781

Email: [Xavier@europowerlifting.org](mailto: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](mailto:myriam@europowerlifting.org)

**Law & Legislation Committee:**

Chair: **Tero Juhani Hyttinen**

Alkkulanraitti 72 As 2, 95600 YLITORNIO, Finland

Phone: +358443092263

Email: [tero@europowerlifting.org](mailto:tero@europowerlifting.org)

**Competition Secretary :**

Chair: **Bjorn Astad**

Olav Nygårdsvei 175, 0688 Oslo, Norway

Phone: +47 9181 7979

Email: [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org)

**Finance Committee:**

**Pavol Müller**

A. Hlinku 39/19, 92101 Piestany, Slovakia

Phone: +421 903322326.

Email [mullerp@spapiestany.sk](mailto:mullerp@spapiestany.sk)

**Silva Katutyte**

Phone: +370 615 82192

Email: [silva@europowerlifting.org](mailto:silva@europowerlifting.org)

**Women's Committee:**

Chair: **Maria Pia Mosciamese**

Phone: +39 34 01822448.

Email [mpos@libero.it](mailto: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](mailto:stet@ukr.net)

**Media Secretary:**

**Juliette Memmott**

Phone: +34 693 795 626

E-mail: [juliette.memmott@europowerlifting.com](mailto:juliette.memmott@europowerlifting.com)

## EPF Newsletter Autumn 2021

# ROGUE®



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

**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 our President



*Finally, after a long break of about 15 months, international powerlifting events are back again!*

*This is really good news and the very first event in June 2021, the European Masters in Pilsen, Czech Republic was a great success both for the lifters and the organizer.*

*Less than two months later, the European Equipped was organized at the same venue with the same organizer. Another great success with Covid-19 measures respected by all.*

*Unfortunately, the original spotter team refused to wear protection masks when working at the platform and resigned a few days prior to the championship. With great good fortune, another team of spotters was signed in at the last moment. They worked fast and accurately, wearing masks with no complaint, for the entire championship.*

*The pandemic lockdown in most European countries lasted nearly a year and closed all sport activities and gyms. Yet most of the participants at the European equipped for Open, Junior and Sub Juniors, were in surprisingly good condition breaking personal bests as well as setting new European and World records. They had obviously found new ways to keep up their training despite all the restrictions.*

*Altogether, 47 European and World records were broken, 32 of these by female lifters. There were many highlights and close battles for the medals and it made compulsive viewing on our livestream.*



*Heidi Hille Arnesen of Norway*

*The Covid-19 pandemic is not yet over, but we hope it will be possible to organize the remaining European championships and cups this year even if many countries are for the time being classified as 'Red'. The vaccine program is rolling out well in most countries and is our hope that the pandemic will soon abate.*

## EPF General Assembly



*Signing of the A7-EPF sponsor contract*

*The EPF General Assembly was organized on 2nd August in Pilsen with 16 member nations present plus the EPF board. The economy for EPF during 2020 suffered due to the lock down of sport activities and the balance account showed - 12,600 euros. A good result considering the circumstances. More good news is that during the lock down, the EPF board and the EPF marketing consultant, Emanuel Scheiber, succeeded in signing two important sponsor contracts with Rogue Fitness and A7 Fitness.*

An interesting proposal was accepted by the GA. The proposal was that the referee fine for not sending a referee should be raised from 500€ to 1000€. The reason for this increase is that the cost of sending a referee will now be lower than the possible fine. Competitions cannot be organized without referees and it should be the duty of every attending nation to send one or more referees with their lifters. It was also discussed that the alternative to a referee fine was to deny lifters participation if their nation does not send a referee.

The Minutes from the General Assembly will shortly be distributed.

Finally, the organizers of the remaining European championships and cups this year are looking forward to welcoming you all. To comply Covid-19 rules you should either be vaccinated or submit frequent negative tests as part of your commitment to participate. Individual nation's restrictions and the 'traffic light' system will also be observed. I wish you all good luck to be able to take part in one or more of the remaining championships and cups!

Arnulf Wahlstrøm

## 2. New International Referees

During the European equipped in Pilsen 3-8 August, following referees passed the examination

David TAMAS (M) CAT 2 - Hungary  
 Petra SVADLENKOVA (F) CAT 1 - Czechia  
 Christophe REBREYEND (M) CAT 2 - Netherlands  
 Eva NOVOMESKA (F) CAT 2 - Slovakia



Congratulations to all!

The referee clinic was supervised by the EPF  
 Technical chair, Myriam Busselot



### 3. New Media Secretary



Our new Media Secretary, Juliette Memmott, joined us in March of this year. Her main duties are to report on and produce news updates on all the EPF events, distributing them to press, tv and radio. To write articles and information on athletes and events and publish interviews, press releases, and general information on social media, the EPF website and by email and to strive to bring the sport to a wider audience. She will also be producing the Newsletters and is looking for contributions! Juliette is English but lives and works in Spain. Her background is in television, working as a producer for many years. She would love to meet you all, so please, if you see her at one of our events, go and say hello. If you have a story to tell her she'd love to hear it. Remember, Juliette's here to promote our sport so please help her to do this!

### 4. EPF Consultant – Emanuel Scheiber

Emanuel Scheiber from Austria is contracted as EPF Consultant to help with marketing. His main task is to attract sponsors and co-operating partners and to follow up the EPF duties in these respects. Marketing means to "sell" EPF, as a large powerlifting federation, to sponsors and partners and to highlight that powerlifting is a strong and exciting sport. It's a difficult area as most sponsors want to get more back than they invest.



We are delighted to say that Emanuel has already been successful in helping EPF to sign two important sponsor contracts in the beginning of 2021, and we look forward to a long and mutually rewarding relationship with both Rogue Fitness and A7 Fitness.



## 5. EPF Hall of Fame Awards 2021

The EPF Hall of Fame is awarded to lifters and officials who have either been active at a high level as powerlifters for many years or have been officials with long and high ranked duties within the sport.

For both categories, one of the criteria is that they must have been role models for other lifters, displaying exemplary leadership skills.

EPF Hall of Fame is the highest distinction within EPF and two lifters and one official are the maximum number to be awarded each year.



***Eva Buxbom*** from Denmark. Born 1969 (Lifter)

Competing in European and World championships since 2007 in Open and Master's categories she has won numerous titles and her last victory was the Gold in Deadlift at the European Open PL equipped championships 2021.

Eva is a role model for young lifters and always willing to give a helping hand. Read more about Eva below ....

***Johnny Wiklund*** from Sweden (Official)

Johnny was for many years the chairman (President) of the Swedish PF and prior to that the head coach of the national team.

He is an international Category One referee and assisted for many years the IPF and EPF technical Chairpersons at European and World championships. For several years he was a member of the EPF Technical committee



***Tony Cliffe*** from Great Britain. Born in 1984 (Lifter)

Medallist and/or European and World champion in years 2013-2019 in the Open category both equipped and classic.

Tony is a likable person and a great ambassador for powerlifting



## 6. Interview with Eva Buxom, Hall of Fame

Eva Buxom is an inspirational woman whose passion and dedication to the sport shines from within and is evident by her recent performance at the European Open, Junior and Sub Junior Powerlifting Championships in Pilsen this August. Her face lights up when she talks about powerlifting and the importance of it in her life. Now aged 52, she started lifting late at the age of 34. 'One day I was competing in a Judo competition in my local town and that is where I first saw powerlifting. I joined a club and they were so kind and they taught me. I already knew about squats and bench press which I had been doing at the gym, but I never knew about deadlifts so I started from the ground.



It wasn't long before Eva started competing. She feels immense gratitude to all the clubs she attended in the early days. 'That is why I'm here today. I've always met people who have been kind enough to help me. I'm so grateful, so grateful. Life is so good' she says. 'Now I am the leader in my club and I'm helping new lifters as well. I love the synergy that you have in clubs where you have one sport and one competition and when I train, I'm very focussed. I'm doing the best for myself and really learning techniques but I'm also supporting others'.

2021 has certainly been a good year for Eva. When she's not lifting, she writes. At age 52 she has just secured her first publishing deal and in a few months her novel will be on the shelves. I asked Eva to sum up how she feels about life at the moment. 'I'm in the EPF Hall of Fame. I got a book published. And this is the first gold medal I've ever had. I've had a bronze and a silver but this is my first gold medal in Open. And I've set a new world record in deadlift. Life is so good'.



For the full interview, follow this link: <https://www.europowerlifting.org/news/eva-buxom>



Editor's note: Please send me stories and pictures for the next Newsletter!

[Juliette.memmott@europowerlifting.org](mailto:Juliette.memmott@europowerlifting.org)