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EPF NEWSLETTER SPRING 2022

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CONTENTS

1. Greetings from our President
2. New International Referees
3. Dope test results
4. Great News
5. Hall of Fame
6. Johnny Wiklund

1. Greetings from our President



I am very pleased that it was possible to organize all the Europeans scheduled for 2021 - in the last 6 months of the year. A big credit to all our organizers who managed both to organize and to implement imposed Covid restrictions. The delay of competition dates, the uncertainty to even be allowed to leave the country and other Covid restrictions, were most probably the reason that the number of participants were about half that of a normal year. But compared to 2020, we should be more than pleased. Even if a new wave of covid contamination hits the world at the beginning of this year, I am optimistic that championships can be organized according to the Calendar in 2022. The reason for this is the vaccine program in most countries, we have more experience with how to protect ourselves and the implementation by the governments to control and protect everyone.

This year, the European University Cup will be

organized in Luxembourg. It's important for the growth of our sport and our reputation so that we may gain IOC recognition and I think it will also be of great benefit that Universities from many European nations can take part. I encourage all national federations to actively contact Universities and co-operate in sending lifters to Luxembourg!



Rubén Rodríguez Castro ESP

The last European this year was the European classic PL in Västerås. 451 lifters are a reasonable number of participants, and it was really a championship with high achievements from the big majority.



Annie Nelson GBR

With more than 30 years of leadership in EPF, I was reflecting, whilst serving in the jury, on the excellent technique I saw from many lifters.

Here I see a great improvement from 10, 20 or 30 years back. Lifting with a good technique makes the lifts look easy and of course the lifter gets the maximum out of his or her strength. In Västerås, **90** European and World records were broken by the Sub-junior and Juniors lifters, and **53** by the open category lifters. This is a very high number showing a great development of classic lifters and the sport in general. Well done lifters!



High quality streaming of our championships is very important. In Västerås we reached out to about 230,000 viewers with our live broadcast. And after championships, we know that our videos are downloaded in even a higher number from YouTube. This means that our sport reaches out worldwide and makes powerlifting as a sport known to many people and hopefully to potential sponsors as well. High quality streaming is expensive for EPF (between 30,000 and 40,000 euro for each event), but next year we'll set a budget for quality streaming from 4 or 5 Europeans. This is largely thanks to increased sponsorship, mainly from A7 and Rogue, and an expected positive result 2021 Accounts.

In addition to streaming in Västerås, the EPF media committee members, Juliette Memmott and Francisco Gutierrez, published PR articles and photographs (a total of more than 3500) every competition day. All these photos are stored in the EPF Facebook page and are available for download. In addition, a complete day-by-day account of the competition is available as a PDF to download from the EPF website.

https://www.europowerlifting.org/fileadmin/data/events/2021/Summary_of_the_week_-_Vasteras_2021.pdf

Finally, on behalf of the EPF EC board, I thank you all for the co-operation in 2021 and we wish **YOU** a very **Happy New Year!**

*Regards
Arnulf*

2. New International Referees

During the European Classic Open, Junior and Sub-junior Powerlifting Championships in Vasteras, Sweden 3rd to 12th December 2021, the following referees passed the examination



Marthe Styvik (NOR)



Dan Hurley (IRL)



Dan Marsh (GBR)

Congratulations to all!
The referee clinic was supervised by the EPF Technical chair, Myriam Busselot



Evhen Haibel (UKR)



Milan Smiljanic (SRB)



Radostina Lulova (BUL)



Vadym Voronetskiy (UKR)



Samo Zeleznik (SLO)



Vesna Miloradovic (SRB)

<u>NAME</u>	<u>NATIONALITY</u>	<u>CATEGORY</u>
Vesna Miloradović	Serbia	2
Milan Smiljanic	Serbia	2
Dan Marsh	Great Britain	2
Samo Zeleznik	Slovenia	2
Vadym Voronetskiy	Ukraine	2
Evhen Haibei	Ukraine	2
Marthe Stavik Aas	Norway	2
Dan Hurley	Ireland	2
Radostina Lulova	Bulgaria	2

3. Anti Doping Test Results

We're pleased to announce that the Lab Results have been uploaded to ADAMS with all samples from the Western European Open Powerlifting Championships Equipped and Classic held in Hamm, LUX marked as NEGATIVE

4. Great News!

Great news! Croatian powerlifting federation became a full member of the Croatian Olympic Committee. This is a big day for powerlifting in our country!



5. EPF Hall of Fame Awards



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. In December we were pleased to add Johnny Wiklund to the EPF Hall of Fame for his outstanding contribution to the sport spanning over 50 years. Congratulations Johnny!

Johnny Wiklund , 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



6. Johnny Wiklund – profile of a legend

Johnny Wiklund has been 'in the family' as he puts it, for 50 years and although now retired from lifting he's still involved in the sport and a familiar face, and voice, as a speaker.

An accomplished lifter in the -75 kg class, he stopped lifting in 1980 due to an injury, becoming a Cat 2 referee a year later and a Cat 1 referee in 1993. He was also team coach for the Swedish powerlifting team for many years throughout the 1990's. From there he became President of the Swedish federation, and he speaks proudly of the fact that the first classic world cup in 2012 was arranged in Stockholm, and Sweden was the first nation to introduce live streaming in 2019. Johnny also served on the IPF Technical Committee between 2003 and 2019.

'I do believe that I knew the rule book from the first word to the last word when I was a referee. The rules have changed a little bit but not too much. I worked with John Stevensen when he was chairman of the Technical Committee in 2003 and we sat down for a couple of nights and went through the rule book, changing a little bit here and there to make it easier for referees. Nowadays, there are a couple of things that I might change. For example, in the deadlift, when a lifter is losing balance, sinking the bar a little bit, in my opinion that should be allowed if it happens by accident, because if you are losing balance in the front and taking it back that is not an advantage, it's much heavier to stop and take it back again and the audience like to see a good fight. But apart from that, I think the rules are rather good as they are today.'

Johnny prefers the classic powerlifting of his era. 'Yes, absolutely. We didn't have the kind of equipment that they have today, there was nothing to compare with what they have today. It was much easier then. We are talking about strength, using your body in the right way.' But the basic principals are the same for both, and Johnny's advice to anyone starting out in lifting is 'Take care of your body. If you are not sure about the kind of supplements you get in the protein that you are buying, stop it. Don't take it. In my day it was just testosterone and anabolic steroids but it's much more complicated these days. Be careful. Enjoy your sport and take care of yourself and your body.'

Johnny lives alone in a small town near Stockholm. To relax, he reads a lot. He enjoys walking and training in the gym. 'I'm still training, just as a hobby and to keep the body in good shape. It's very important because when you grow older you still need to take care of the body. And it makes you feel healthier. I walk, I cycle, I do whatever I want.' In 2019 Johnny stepped down from his duties on the IPF Technical Committee to pursue his dream of a worldwide trip. Sadly, Covid put his plans on hold, but Johnny has been able to do some speaking since restrictions were eased. Which is great for Johnny, because, in his own words, 'I enjoy the speaking most of all'.