



EPF NEWSLETTER SUMMER 2022

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1. Greetings from our President



The year 2022 started well with scheduled championships all organized in an excellent manner and the number of participating lifters is more or less back to the normal amount after the two years of pandemic.

I will highlight the European University cup in Luxembourg. This cup was superbly organized with a relatively high number of athletes. The enthusiasm and joy shown by the

students made this cup special. This is powerlifting at its best and this group of lifters is very valuable for developing and promoting our sport. I hope all member federations will work with their student organizations to stimulate increased participation in 2023, when Albi, in France will be the hosting city.



With the war is still going on in Ukraine, we can see how important the work of our championship computer secretary, **Oleksandre Kopaev**, has been at the Europeans over the years. Oleksandre is currently not able to leave Ukraine, so EPF has hired a substitute from Spain, Alex Perez Garcia, and one from Czechia, Zdenek Tuhacek. They are both very clever operators, but not available for all Europeans or

Worlds as IPF are facing the same problem. So, we really hope the war will come to an end soon, as the situation for all our lifters, officials and all the people of Ukraine is terrible. It is difficult to understand that this is possible in a European country, but the cruel acts of war tell us differently. We strongly feel for the Ukraine people!

As I write this, there are a few days left until the World Games starts in Birmingham USA. 96 lifters in total are competing and 53 of them are from Europe. European lifters are dominant and we can expect them to collect the majority of the medals. I wish them all good luck in the most important championships for our sport! This is our Olympic championships!

Arnulf



2. New International Referees

During the European Open, Junior and Sub-junior Equipped Powerlifting Championships in Pilsen, Czechia 2nd to 8th May 2022, the following referees passed the examination



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

3. Failure of Drug Testing, D'Ámbrosio, Italy

Regretably, Nicola D'Ámbrosio, Italy, tested positive at the European Classic Powerlifting Championships in Hamm, Luxembourg, for the presence of Stanozolol. He has been disqualified from this event and is sanctioned for 4 years until 1st April, 2026. Congratulations to the new winner on total points in the -93 kg class, Hansen Helge of Norway.

4. 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 May we were pleased to add Nathalie Feraud of France, Truls Christensen of Norway and Sirazhutdin Bazaiev of Ukraine to the EPF Hall of Fame for their outstanding contribution to the sport. Congratulations to all!



5. Truls Kristensen, EPF Hall of Fame 2022



Truls Kristensen from Norway was awarded the EPF Hall of Fame at the European Powerlifting Federation's General assembly in May 2022. As he was not present at the GA, the EPF Hall of Fame trophy was recently handed over to him by EPF president Arnulf Wahlstrøm at his home in Askim, Norway. The Hall of Fame distinction is the highest award within EPF and restricted to maximum 2 European powerlifters each year.

Kristensen was born in 1939 and has competed in National, International and World competitions as a Master lifter since 1991, starting at 50 years of age until he reached the age of 80 years – 3 years ago. He has competed in 3 different weight classes, as a Master 2 (50-59 years), Master 3 (60-69 years), and Master 4 (above 70 years old). In 28 years, he has competed in 18 Master World Championships organized all over the world including Australia, South Africa, Canada, Uruguay, Argentina and USA besides Europe.

He has been awarded World champion 10 times and European champion 3 times. And during his career, he has broken 39 World records and 37 European records. Including total and disciplines medals (squat, bench press and dead lift), his collection from World championships is 35 Gold, 17 Silver and 7 Bronze and from European championships 6 Gold, 2 Silver and 11 Bronze.

Kristensen is well recognized and respected in the powerlifting sport both nationally and internationally and known as a man of character, fair, friendly, and a tough competitor. He is well liked and popular with every person he meets. An excellent ambassador of the sport, he still trains in the gym twice a week.

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

Juliette.memmott@europowerlifting.org

6. Bazaiev Sirazhutdin, EPF Hall of Fame, 2022

Bazaiev Sirazhutdin, EPF Hall Of Fame, Four Times World Champion And President, Ukraine Powerlifting Federation. In His Own Words.



I've been in powerlifting since 1988 and since 2012 president of Ukraine Powerlifting Federation. Before I started powerlifting, I was in wrestling. A friend who did powerlifting introduced me to the sport and I was one of the first in the country to start powerlifting in Ukraine. In the former Soviet Union powerlifting was forbidden and it was only later that it was introduced into Ukraine. Since that time, I've been World Champion four times and now I am President of the Ukraine Powerlifting Federation.

Here at the European Equipped Powerlifting Championships in Pilsen, Czech Republic, in May 2022, Ukraine is in the midst of the war with Russia. Because of the situation, I've unfortunately not been able to bring that big a team and most of the athletes didn't have the preparation they needed because they couldn't train correctly but I'm still very happy to be able to bring them, they've done really well. There were also a lot of women who couldn't come because they are preparing for the World Games and need to save themselves for the bigger competition.

A lot of our younger lifters, Juniors and Sub juniors, are spread around Europe at the moment and most of them haven't had the chance to train. I tried to pick the ones that did have the chance to do some training and I've brought them here this week.

It was very difficult to get here because there is always the risk of rocket attacks. When we were leaving Ukraine, we never knew if a rocket would hit and also, they've started to bomb bus stations, train stations and public transport. It was a very risky thing to do to come here. The men aged 18 to 60 must go back because they are mobilised. They got special permission to come here to represent their country, but they are obliged to go back to fight at the end of the competition.

In Ukraine, we have two kinds of military forces, one is at the front and the other is more like territorial defences. One of our older coaches will return to the front. Also, some of our lifters here this week will go back to the front to fight, and some will go to territorial defences. We have a lot of lifters from Mariupol. Most have lost their homes. There are currently heavy attacks on Kharkiv and Donbas as well. And obviously people from these regions have lost their homes as well. Sadly, two of our Ukrainian lifters have died in the attacks.

In the beginning of the war we were fortunate to get a lot of help from all the other federations around the world, and this provided for lifters to take their families to places of safety. It's not just a question of having the chance to train but also being in a safe space during the war. We've had help from a lot of countries around the world, Germany, Poland, Lithuania, Norway in particular, and we are so grateful for that.

One year from now I hope that the war will be over, and I am sure that Ukraine will win, and we will get a new force, a new Ukraine. I am certain that all will be good this time next year and our team will find a new strength. But we will never forget this war.

