



BENCHPRESS

SQUAT

DEADLIFT

GREETINGS FROM OUR PRESIDENT, *Arnulf Wahlstrom*

Next year is election year!

Every 4th year, election of all EPF officials takes place and the next one is 4th May 2023 at the General Assembly in Thisted, Denmark.

I was elected EPF President in 1990 and have served to my best ability to administer and develop European powerlifting since then. The development of EPF has been, in my opinion, very progressive throughout these 32 years, but always with small steps forward. Many good EPF board members throughout these years have made great efforts to take all these small steps.

I have seen the European powerlifting sport grow from amateur level to the level we have today, which we can proudly state is compliant to IOC standards. Lifting equipment, personal gear, organizing standards, media with high quality streaming and good sponsorship, have increased tremendously. This has also transformed EPF into a 'company' with a lot of work for the EPF officials and consultants.

Mainly, all work is voluntarily and has turned into more or less full-time jobs for many of the officials. I can foresee that the administration will soon need more people to be able to keep up with the workload. But for the moment, the Executive board members are the ones who carry out most of the daily work and it is extremely important to have people on the board with different skills. Today, we have people in the Executive with good qualifications and experience to perform all the necessary work.

After all these years, I think it is time for me to step down as EPF President.

The change of President has been discussed thoroughly in the Executive and in our opinion; we recommend that Bjørn Astad from Norway is well qualified to act as the new EPF President.

He is well educated, has for the past 4 years worked excellently as EPF Championship Secretary and is familiar with all the procedures and systems needed in the Executive to run the administration effectively. The remaining Executive members are open for re-election and if all are elected, the board must be increased by one person. The deadline to send candidates for the election is 23rd March 2023.

New sponsors

An important step regarding the economy of EPF has been reached this year. New sponsorships have been signed for 2023 and onwards.



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SBD from UK will be, from 1st January 2023, our second Premium Partner. This is a long-term agreement built on many years of good cooperation. Having SBD as a Premium Partner will help EPF to realize many projects in the coming years to benefit the whole organization. **Hansu Power** from Canada will be a 'Gold supporter' of EPF over the next 4 years. Hansu contribute financially and with platform equipment



which will benefit our championship organizers. **Maniak Fitness** from Spain has entered a 2 year 'Bronze Partnership' from 2023. They contribute financially and with 2 sets of

bars and weights each year. And finally, we continue to have

ROGUE®

Rogue Fitness as a Premium Partner since 2021. All these companies bring a sound economy into EPF and a lot of free lifting equipment for the organizers. From 2023, all organizers will receive complete platform equipment free of charge and EPF will also pay for the medals at all Europeans and support the organizers with accommodation of officials and hired personnel. Altogether,

this gives the organizers a better economic platform to organize a high standard competition.

Arnold Classic in Birmingham was a special highlight of our sport. It was organized in a huge Exhibition Centre together with many other sports and numerous sales stands. Tens of thousands of people visited the arena and powerlifting took place at a large podium with space for several thousand spectators. 61 top European powerlifters competed for 17,100 euros in prize money, whilst at the same time, breaking several World and European records. This was an event that brought our sport to thousands of 'ordinary' people who watched some very exciting lifting. Congratulation to GB Powerlifting for a well-organized competition in co-operation with EPF and IPF.

The European Classic PL Championships organized in Skierniewice in 10 days during November and December 2022, was a huge championship. 577 athletes competed with really long days of competition for all involved. The Polish PF prepared this championship very well and the organization was excellent. Good lifting was shown by all the athletes and World and European records were broken. These great performances were streamed worldwide and never before have we had so many viewers, about 410,000 and this was just YouTube.

2022 has been a good year for European powerlifting but in the shadow of the tragic war going on in Ukraine. My highest wish is that this tragic war comes to an end soon - and I wish all athletes, officials and members of EPF's 39 member federations, a successful year in 2023! I hope to see the federation's key people in Thisted, Denmark to make the General Assembly successful for the future of our sport! *Arnulf*



SONJA STEFANIE KRUGER

EUROPEAN POWERLIFTER OF THE YEAR

Our congratulations go to these lifters for their great achievements this year ...



EMIL NORLING



TIFFANY CHAPON



KONSTANTYN MUSIIENKO

LIFTER OF THE YEAR CLASSIC

	NATION	EUROPEAN	WORLD	TOTAL
Tiffany Chapon	France	113,0732	118,4766	231,5498
Emil Norling	Sweden	112,1933	112,7859	224,9792

LIFTER OF THE YEAR EQUIPPED

	NATION	EUROPEAN	WORLD	TOTAL
Sonja Stefanie Krueger	Germany	112,3743	109,1273	221,5016
Kostiantyn Musiienko	Ukraine	109,1933	115,544	225,9792

Award of Merit



Konstantinos Giagmouris from Greece was awarded the prestigious Award of Merit this year, with a diploma and a medal.

Many congratulations Konstantinos!



You can download the new technical rules from the IPF website following this link

<https://www.powerlifting.sport/rules/codes/info/technical-rules>

GENERAL ASSEMBLY 2023

Invitation to the EPF General Assembly 2023

All EPF member federations are invited to the General Assembly 2023 with 2 delegates and one vote
Place: Vigsø Feriecenter - Thisted, Denmark
Date: Thursday 4th May 16:00 hours

Proposals and amendments to the Constitution and By-Laws must be sent to the Secretary General Ralph Farquharson ralph@europowerlifting.com and President Arnulf Wahlstrom arnulf@europowerlifting.com by **5th March 2023**

Bids for organising European championships 2026 must be sent to the Secretary General and the President by **23rd March 2023**

Please fill in the application form which can be downloaded from the

EPF website or requested from the Secretary General.
Please be prepared to confirm your bids for organizing European championships in 2024 and 2025.

Nomination of candidates for EPF officers

must be sent Secretary General and President by **23rd March 2023**
Election of all officers takes place every four years

AGENDA

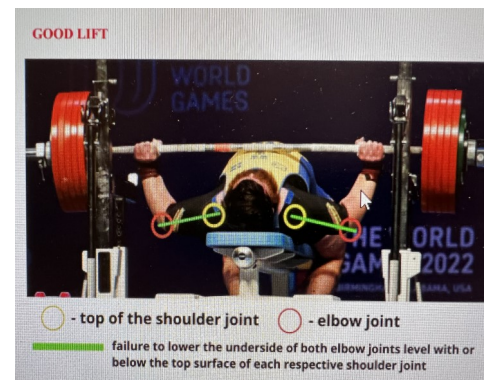
1. Welcome by the President
2. Roll call of Nations and Delegates.
3. President's address
4. Minutes of the last General Assembly
5. The Account with the balance sheet
Treasurer's report
Auditor's report
Approval of budget for 2024
6. Secretary General report
7. Vice President report
8. Committee Reports

NEW IPF RULES from 1st January 2023

For years, some lifters with greater flexibility in the spine or lifters able to expand the chest, have had a great advantage in the bench press by shortening the distance of barbell movement. The most flexible lifters need only a couple of centimetres distance from the start position of the bar to the end position with arms locked.

A new rule has been set that requires the lifter's elbow to be lowered below the top joint of the lifter's shoulders at the start position of the bar. This ensures that the lifter must perform a "real bench press" to move the bar from the chest to the top position. A good illustration is given in the Technical Rules book.

Another new rule is, that the lifter is not allowed to put their feet on the top of the bench when preparing his/her start position. If this happens, the lifter must leave the bench and restart the preparation.



9. Elections:
 - President
 - Vice-president
 - Treasurer
 - Secretary General
 - Technical committee chair
 - Law and Legislation chair
 - Championship Secretary
 - 2 Auditors
 - Chair of Women's Committee
10. Proposals
11. New member Applicants
12. Action on Delinquent Nations
13. Hall of Fame
14. Bids and confirmation on Future Championships
15. Any other Business
16. Adjournment

SAD NEWS

It is with great sadness that EPF send sincere condolences to the Portugal Powerlifting Federation on hearing the news of the death of President, José Monteiro. Our thoughts go out to all his colleagues in the powerlifting fraternity, family and friends at this sad time



NEW REFEREES

Last name	First name	Gender	nation	exam - CAT	Place & date
Wildeman	Sandra	F	NED	CAT 1	Vilnius, LTH - 8-13/03/2022
Olsen	Ole	M	DEN	CAT 1	Vilnius, LTH - 8-13/03/2022
Marcis	Paul	M	LTV	CAT 2	Vilnius, LTH - 8-13/03/2022
Kyriakides	Ioannis	M	CYP	CAT 2	Vilnius, LTH - 8-13/03/2022
Esteves	Joao	M	POR	CAT 2	Hamm, LUX - 24-27/03/2022
Panazan	Ovidiu	M	ROM	CAT 2	Hamm, LUX - 24-27/03/2022
Vesely	Jakub	M	CZE	CAT 2	Hamm, LUX - 24-27/03/2022
Astad	Bjorn	M	NOR	CAT 1	Hamm, LUX - 24-27/03/2022
Schoergenhuber	Andreas	M	AUT	CAT 2	Pilsen, CZE - 03-08/05/2022
Vanhee	Emmerik	M	BEL	CAT 2	Pilsen, CZE - 03-08/05/2022
Vanheesvelde	Jeroen	M	BEL	CAT 1	Pilsen, CZE - 03-08/05/2022
Cowell	Kimberley	F	GBR	CAT 2	Pilsen, CZE - 03-08/05/2022
Evans	Bryn	M	GBR	CAT 2	Pilsen, CZE - 03-08/05/2022
Reilly	Adam	M	GBR	CAT 1	Pilsen, CZE - 03-08/05/2022
Gajdos	Vladimir	M	SVK	CAT 1	Pilsen, CZE - 03-08/05/2022
Skogman	Seija	F	FIN	CAT 2	Eskilstuna, SWE - July 2022
Ostlund	Jan	M	SWE	CAT 1	Eskilstuna, SWE - July 2022
Eriksson Ulf	Ulf	M	SWE	CAT 1	Eskilstuna, SWE - July 2022
Camparsi	Allessandro	M	ITA	CAT 2	WEC - Aulnat, FRA -
Mingot		F	FRA	CAT 2	WEC - Aulnat, FRA -
Mingot		M	FRA	CAT 2	WEC - Aulnat, FRA -
Platzer	Helmut	M	GER	CAT 2	WEC - Aulnat, FRA -
Milos Milicevic	Milos	M	SER	CAT 2	Skieriewice, POL - 25/11-4/12 2022
Isaiah Raza	Raza	F	SWI	CAT 2	Skieriewice, POL - 25/11-4/12 2022
Herssche	Dario	M	SWI	CAT 2	Skieriewice, POL - 25/11-4/12 2022
Cvjeticanin	Kristina	F	SRB	CAT 2	Skieriewice, POL - 25/11-4/12 2022
Karlsson	Peter	M	SWE	CAT 1	Skieriewice, POL - 25/11-4/12 2022
Staszewski	Arkadiusz	M	POL	CAT 2	Skieriewice, POL - 25/11-4/12 2022
Chakarova	Asya	F	BUL	CAT 2	Skieriewice, POL - 25/11-4/12 2022
Hanhur	Denys	M	UKR	CAT 2	Skieriewice, POL - 25/11-4/12 2022