



## GREETINGS FROM OUR NEW PRESIDENT, **BJOERN ASTAD**

At the General Assembly 4th May 2023, I was elected as the new EPF President for the next four years. This is a task for which I am humble, and I will try to serve to my best ability to administrate and develop European powerlifting. But I am lucky to be able to start in a well-functioning organisation. I will start with a big thank you to Arnulf Wahlstrøm who was president of EPF for 32 years. During this time the European powerlifting sport grew from amateur level to the level we have today.

I started with powerlifting as a youngster in 1981 and have been a lifter at national level. I still do competitions but the focus has shifted to be an administrator and a referee. For the last four years I have been the EPF championship secretary and had the privilege to attend championships and meet organisers, lifters, coaches, referees, and other people involved in the sport.

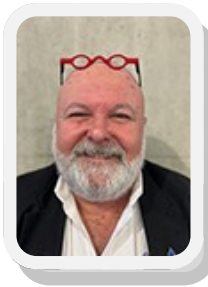
The sport of powerlifting continues to grow. More lifters are attending championships every year. The demand for quality championships, professional spotting/loading teams, medical staff at championships, media coverage with quality streaming has increased greatly. With the help from our sponsors, I am sure that we will succeed in developing the sport to meet this demand.

The Executive board members are the ones who carry out most of the daily work. Today, we have people in the Executive with good qualifications and experience to perform all the necessary work. But all work is voluntary, and the workload is close to a full-time job for many of the officials. I can foresee that we need to continue to be more professional in the administration and that the General Secretary will be a full-time job in the future.

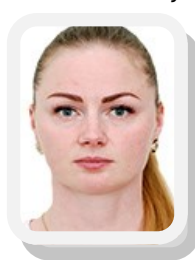
We are delighted to welcome two new committee members to our team.

**Stephane Hatot**, our new Vice-President, will take over from Sandro Rossi, who has taken the chair of the Law and Legislation Committee.

*'I was born in 1966 and started powerlifting at the age of 18. I became a Category One international referee in 1996. As such, I have refereed many European and World championships. For 30 years, I was an independent teacher of law and economics. In 2003, I founded a training centre of which I am still the director. I stopped teaching in April 2022, which allows me to free up my time to spend on my activities as an elected representative in sport. In 2015 I founded the French powerlifting federation of which I became president. I have been an elected member of the board of the French Olympic Committee since 2020, and have been a member of the executive board since 2021. In this position, I am in charge of Olympic Culture and I am particularly involved in the organisation of the Paris 2024 Olympic and Paralympic Games. I am also a sports collector, passionate about everything related to dumbbells in all their forms. I am organising the World Olympic Collectors Fair in June 2023 under the patronage of the International Olympic Committee.'*



We also welcome **Tetiana Melnyk** as our new **Secretary General**. **Tetiana takes over from Ralph Farquharson** who has retired after many long years of service although he is



**still retained as EPF Consultant in recognition of his extensive knowledge and experience.**

Tetiana has been in powerlifting for 20 years. She started in 2003 as an athlete and was many times National, European, World champion, medalist and record-holder and World Games medalist. Since 2005 she has worked as a coach. In 2012 Tetiana started working for the Ukrainian National Powerlifting Federation as Secretary General and also as the Chairman of the UPF Technical Committee. She looks forward to continuing the development and promotion of the EPF. Tetiana describes herself as a happy person because, as Confucius said "Choose a job you love, and you will never have to work a day in your life".



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## IN THIS ISSUE

<b>Greetings from our President</b>	<b>1</b>
<b>New and Retiring Officers</b>	<b>1</b>
<b>Hall of Fame</b>	<b>2</b>
<b>Lifter of the Year</b>	<b>2</b>
<b>Anti Doping</b>	<b>2</b>
<b>New Referees</b>	<b>3</b>



Finally, we say goodbye to our dear friend Jiri Hoffrek who looks forward to a long and happy retirement. Jiri was elected as Championships Secretary of the EPF in 2003 and

served until 2018. After his resignation he worked as Assistant Secretary of the EPF until his retirement this year at the age of 81. In 1993 Jiri qualified as a IPC CAT2 referee and in 1998 as a CAT1 referee. In the ensuing 30 years he has served as a referee or jury member at 180 World and European Championships each year. In addition, he has refereed at two World Games. *'I have had many wonderful times during my time as an EPF official and will always remember with respect and reverence all the competitors, referees and officials I have met over a long period of more than 30 years.'*

### HALL OF FAME 2023



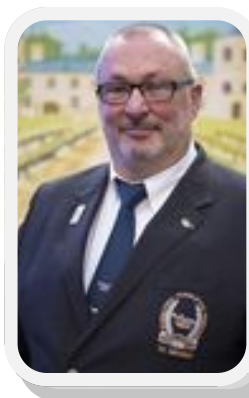
**Hildeborg Hugdal, Norway**  
Hildeborg has been competing in European and World championships since 2000 every year except 2 years when she was pregnant and when she sustained a severe elbow damage at the Europeans 2017. She has broken the

World BP record 21 times and she won gold medals both at the Europeans Powerlifting, the European Bench Press and the World Powerlifting in 2022. We are delighted to elect her into the Hall of Fame this year.



**Sofiane Belkesir, France**  
*'I'm married to Camille, with a four year old son, Camil, and another child on the way and I work as a commercial engineer in electrophysics. I have been a member of the French Powerlifting team*

*since 2010. I was World Champion Classic (-105 kg) in 2015, World Games Champion (-105 kg) in 2017 and European Champion Equipped (-120 kg) in 2022/23 and have lifted over 1,000 kg in 17 international competitions. I thank the EPF for this award, I am very proud to receive it.'*



**Xavier de Puytorac, France**  
*' I am 69 years old, married, with 4 children and 8 grandchildren. Powerlifting has been my passion for almost 35 years. I am currently Treasurer of the EPF and have just been re-elected for the next 4 years.*

*I started Powerlifting as a lifter at the age of 35. Very quickly I turned to refereeing and I became an IPF CAT 1 referee in 2004. I have organized 4 European Championships as Meet Director and I will organize 3 more in the next 2 years. I am very honoured to receive this Hall of Fame award and I thank Arnulf Wahlstrom for proposing me for this distinction. Powerlifting is on the rise in the world of sport. We have more and more sponsors and we need to manage this money with the sole aim of promoting the discipline using an elaborate strategic plan and a very high level of organization with European championships. Long Live Powerlifting !'*

### EUROPEAN POWERLIFTER OF THE YEAR Our congratulations to these athletes for their great achievements this year

LIFTER OF THE YEAR CLASSIC	NATION
Tiffany Chapon	France
Emil Norling	Sweden
LIFTER OF THE YEAR EQUIPPED	NATION
Sonja Stefanie Krueger	Germany
Kostiantyn Musiienko	Ukraine

### ANTI DOPING

The IPF has taken its role as the premier global powerlifting federation very seriously and has worked diligently with our sporting partners and associates to become a responsible, high quality organization governing athletes committed to drug-free, high-standard competition. The IPF Anti-Doping Commission's primary task is to oversee the IPF's anti-doping program and to ensure IPF's ongoing compliance to the World Anti-Doping Code.

EPF are pleased to inform you that all samples collected at the European Classic University Powerlifting Cup (16 to 18 March 2023) have been analyzed at the Paris Laboratory and have been listed as "Negative", meaning that there have been no prohibited substances found at this time.

## REFEREES

Below are all the exam taken and passed from the beginning of 2023 to date. Other exams will follow - 2 at the Western European Championships in Iceland in September, 9 at the European Junior and Sub-Junior Championships in Budapest in October and some more at the European Open Championships in Tartu in December. Congratulations to all and good luck to those who have yet to take their exams!

Compagnie	Kathleen	F	BEL	CAT 2	Budapest, Power CL Masters 28/02-05/03
Brand	Michelle	F	GBR	CAT 1	Budapest, Power CL Masters 28/02-05/03
Teemu	Ahtianinen	M	FIN	CAT 2	Budapest, Power CL Masters 28/02-05/03
Miller	George Arthur	M	GBR	CAT 2	Budapest, Power CL Masters 28/02-05/03
KRIZAN	Sinisa	F	CRO	CAT 2	Budapest, Power CL Masters 28/02-05/03
Petrek	Andrea	F	CRO	CAT 2	Budapest, Power CL Masters 28/02-05/03
Wilkins	Craig	M	GBR	CAT 2	Budapest, Power CL Masters 28/02-05/03
Kaljula	Carmen	M	EST	CAT 2	Budapest, Power CL Masters 28/02-05/03
Girot	Sylvain	M	FRA	CAT 2	Albi, European University Cup 15-18/03
Alves	Agnes	F	FRA	CAT 2	Albi, European University Cup 15-18/03
Zelesnik	Nusa	F	SLO	CAT 2	Albi, European University Cup 15-18/03
Channe	Hviid	F	DEN	CAT 2	Tisted, PL EQ Eur. Open, Suj, Sjun 02 - 07/05
Bagger	Trine Øgaard	F	DEN	CAT 2	Tisted, PL EQ Eur. Open, Suj, Sjun 02 - 07/05
Sohlman	Seppo	M	FIN	CAT 2	Tisted, PL EQ Eur. Open, Suj, Sjun 02 - 07/05
Hordiienko	Oksana	F	UKR	CAT 2	Tisted, PL EQ Eur. Open, Suj, Sjun 02 - 07/05
Zahoruiko	Valentina	F	UKR	CAT 2	Tisted, PL EQ Eur. Open, Suj, Sjun 02 - 07/05
Arvaja	Jarmo	M	FIN	CAT 1	Tisted, PL EQ Eur. Open, Suj, Sjun 02 - 07/05
Prášek	Jiri	M	CZE	CAT 2	Pilsen, PL EQ Masters July 2023
Lahoda	Petr	M	CZE	CAT 2	Pilsen, PL EQ Masters July 2023
Stavik	Anita	F	NOR	CAT 1	Pilsen, PL EQ Masters July 2023
Mattila	Kaj	M	FIN	CAT 1	Pilsen, PL EQ Masters July 2023

The EPF wish you all a happy and successful summer and look forward to meeting some of you at our upcoming events this year in Merignac, Budapest and Tartu!

Finally, a huge thank you to our sponsors for your continued support!

