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### **1. Introduction**

As we wind down to the end of another year in powerlifting, I would like to take the chance to update you on a few matters and explain some procedures to make all our lives easier. Next year promises to be another big year, which is going to be hard to beat after the successes of this year. On the weekend on the 18<sup>th</sup>, Auckland hosted the North Island Champs and had 34 lifters entered. Similarly, Canterbury hosted the South Island Bench Champs.

I would like to thank the NEC for their support and also the Association Secretaries.

### **2. Oceania's and Oceania Benchpress Champs**

For those going this promises to be an interesting competition with PA running a combined three-lift and bench in one weekend. Whether it's run concurrently or separately still hasn't been decided, but our objections and suggestions have been voiced. We have 35 lifters competing in the three-lift, bench or both. I would encourage as many to attend the technical meeting as possible (and the OPF AGM) and we will probably have a very quick team meeting straight after this. The most popular option is too run the 3-lift with the bench sprinkled through it.

### **3. Results from world champs**

The World Champs have just finished in Norway and we had two lifters competing. From Otago, Sonia Maneana finished 8<sup>th</sup> with 450kg and Steve Varga didn't total; looking at the results it looks like he missed the bench.

#### 4. A major announcement!

The NZPF has been awarded the 2009 World Master's Benchpress Champs. It seems we beat out Poland of the bid, and this will be held around the 3<sup>rd</sup> weekend of April. The plan is to host it out of Sky City in Auckland Central City, the venue having a 5 star hotel, conference centre for the comp, with many other facilities being available. There are 5 or 6 restaurants, a night club, the casino, the tower and the central city and waterfront all very handy. Start training!!

#### 5. World Records- How to get one...

With the caliber of our lifters these days, many are serious contenders for World Records attempts. However there is some necessary preparation required before you can attempt one and have a chance of having it ratified.

- a. You can only break a record in a National Champs or higher.
- b. There must be a drug test carried out.

Note: The Drug Agency, as they are footing the bills, determines who is tested at meets. They are given our calendar at the beginning of the year and therefore are aware of the competitions. At each competition they conduct a fixed number of tests, usually based on class wins. So I can only ask that a world record attempt be tested, if they have already worked out the lifters to be tested or the classes they want to test, you may have to pay for the test ( approx \$600 NZ)

- c. All the equipment has to be IPF approved and the scales and weights certified by a Category 1 Referee. If the weights are out by more than 0.25%, the lift and therefore the record are not ratified.
- d. You need three Cat 2 refs or higher.
- e. We need written advanced notification to make sure we can make it happen, i.e. a letter with your entry form. Spur of the moment record attempts are fine, but you may have the problems in a – d

#### 6. Next year's calendar and poster.

Next years calendar is being made up now but I am waiting on associations to send me their proposed calendars. Remember these are not set in stone because of conflicts, holidays etc you must wait for an entry form before arranging travel to avoid the costly exercise of rebooking travel. Please, most of you know when the major events are on, so **ask if you haven't received an entry form 4 weeks from the proposed event.**

We also have plans to introduce a generic poster to be sent to all the associations, members and as many gyms as possible with details like: important contest dates, contact details for associations, stuff like that. Hopefully this can be re-used year after year.

## **7. Registration and drugs forms**

This year's registration and drug forms have undergone a minor cosmetic change to include a few extra details and also meet the new drug testing code that was introduced at the AGM. These should all be out now to secretaries.

National TUE's (therapeutic use exemption) can be obtained from Drug Free Sport NZ on 0800 drugfree. These are needed if you need to take a banned substance (i.e. asthma medication) International TUE's can be downloaded from the IPF website [www.powerlifting-ipf.com](http://www.powerlifting-ipf.com) and then forwarded to me fully completed and signed.

## **8. Clinics and work shops**

Next February/March, we hope to hold a clinic for new and existing lifters over two days

Day 1 will include information about:

- Technical rules
- Nutrition
- Injury Prevention
- Speakers talking about the three lifts
- Drug testing and education
- Funding issues
- Types of equipment i.e. lifting gear, training assistance
- Supplements with an explanation of what they do.

A referee's clinic and provincial examinations.

Day 2 will be held at a nearby gym and is all about the practical side of wearing and lifting with suits, demonstration of lifts and training assistance equipment.

More details including dates and more involved description of the programme will be put out in January.

The first clinic will be in Auckland and we hope to have one in Christchurch a few months later. The NZPF will apply for some local funding so participants need not pay for anything barring their own travel and accommodation. There will be a limit on participants but the obvious intention is to increase participation in our sport.

## **9. Changes to the IPF rules.**

As of the 1<sup>st</sup> January yet another set of rules changes will be introduced, mostly to do with the bench and the obvious yet unclear attempt to reduce the numbers bombing with excessively tight shirts. I strongly encourage you to check this out but here is a brief précis:

- The press signal at the bottom of the bench attempt

- No foot movement
- Shoes flat on floor
- No head raising
- More uneven extension as long bar doesn't dip??? Work that out....
- A medical certificate must be presented at weigh in for anatomical problems i.e. lock out etc. as well as showing the three referees during the competition.

## 10. NZPF Website

What website you say?

At the last AGM we had several offers to do this and currently Clive Madge from Palmerston North is working on this. Should have an ETA on this shortly.....

## 11. Applying for an international competition

Virtually anyone can go to an overseas competition, but you must have done the following:

- Have done the qualifying total for your weight and age class in a competition refereed by three provincial refs and in the last 12 months.
- Have competed in the National Championship event pertaining to the event i.e. 3-lift Nationals for a 3-lift international event.
- Completed a application for international competition and code of conduct form
- Be financial to both local association and NZPF
- Have been on the drug testing programme for at least three months

If for any reason you can compete due to injury, sickness or whatever you must apply for a **dispensation in writing**. This must include supporting material i.e. doctor certificates.

In extreme or unusual circumstances, the NZPF may grant a blanket dispensation due to a late announcement of a competition, where there would be little chance to compete in the necessary qualifying competition, or traveling costs would be prohibiting.

## 12. Applying for funding

Due to the Anti-smoking legislation introduced in 2003, charitable trusts have been citing lack of funds for turning down applications. You can increase your chances of success by doing the following:

- Apply as a team - individual application for some reason are turned down more than team applications.
- More and more trusts are asking that forms are applied through the National Body (NZPF)
- This is fine but you must help us by supplying some paperwork.

- Firstly **read the form and find out what you can apply for.** Generally it's only airfares and sometimes only the first leg of a flight.
- You must supply at least two quotes, and have them addressed to the incorporated society.
- You need an invitation to the event
- You need a letter confirming your selection
- You need minutes of a meeting and in them, a resolution to apply to the trust. This means if you are going through the NZPF, we need to put them in. Generally we meet every two months.

If these aren't done the trusts delight in sending back your application.

Any questions call me before proceeding....

### 13. Oceania Benchpress 2007

Finally, Canterbury is putting in a bid to host the 2007 Oceania Bench Champs. Brian Armstrong is in the process of constructing the bid so I can take it to Townsville to be presented. I believe if it is successful, it will be in April, which makes it very close to the last Oceania Bench. And before I go, Fiji is hoping to host the 2007 Commonwealth Champs in Suva next December. If they can organize themselves to the CMPC these will be an **open competition.**

### North Island Champs Results

Lifter	Class	B/Weight		Squat	Bench	Dead	Total	Place
T.Green	60	57.15	OW	127.5	87.5	130	345	1
P.Buckman	67.5	67.10	M1W	90	72.5	105	267.5	2
S.Haines	52	51.65	M1W	75	52.5	90	217.5	1
T.Muldrock	48	47.95	M2W	110	85NZMR	132.5	327.5	1
C.Wilson	56	55.15	M2W	90	45	115	250	1
M.Foster	52	51.20	OW	90	55	115	260	1
S.Perry	67.5	66.10	M1W	130	90NZMR	140	360	1
C.Cadman	67.5	65.55	M2W	85	65	100	250	1
S.Griffths	56	54.30	M1W	70	35	110	215	2
D. Watson	75	74.15	OW	135	87.5	130	352.5	1
K.Thomson	56	54.15	M1W	115	85	130	330	1
N. Frank	90	88.65	OM	265	210	260	735	2
S.Parsons	90	89.80	OM	260	202.5	280	742.5	1
L.Pervan	90	84.55	OM	-----	-----	-----	-----	
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T. Williams	75	74.35	SJM	212.5NMSJR	143NZSJR	200	542.5	1
M.Sidko	75	74.30	JM	182.5	95	200	477.5	1
G.Anderson	90	89.20	OM	170	130	210	510	3
G Wright	67.5	67.25	M1M	165	120NZMR	185	470	1

J.Moss	75	74.90	M1M	135	157.5NZMR	200	492.5	1
F.Esterbauer	90	89.55	M3M	165	92.5	220	477.5	1
D. Jennings	90	89.50	M2M	162.5	102.5	190	455	1
B.Wills	90	89.95	M2M	140	117.5	160	417.5	1
S.Lousich	110	109.60	M1M	275	242.5	245	762.5	1
D.Dunford	100	98.50	OM	290	207.5	285	782.5	1
S.Weaver	110	109.20	OM	325	215	310	850	1
R.Simanu	125+	153.40	OM	350	285	305	940	1
J.Tafua	110	102.20	M1M	240	150	250	640	2
B.Potter	125	113.1	OM	265	230	270	765	1
P.Smith	125+	137.5	M1M	-----	-----	-----	-----	
J.Winter	110	103.50	M1M	-----	-----	-----	-----	
R.Williams	100	96.35	JM	250	170	220	640	1
T.Anderson	100	99.95	M1M	265	170	247.5	682.5	1
D.Nemani	110	107.4	OM	280	180	270	730	2

4ths

J.Moss Bench 163.5 NZMR & Oceania

Best Lifters

Best Sub Junior- Trent Williams

Best Junior - Rayon Williams

Best Open Male – Rueben Simanu

Best M1 Male – Steve Lousich

Best M3 Male – Felix Esterbauer

Best Open Female – Tania Green

Best M1 Female – Karen Thomson

Best M2 Female – Trish Muldrock

Teams Womens Team Trophy- WBOP

Men's Team Trophy Auckland/WBOP