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1. Introduction

Well it's been a busy few months for powerlifting. As you can see by the contents, much has been happening and even more is coming up.

2. National Champs

The Northland Assoc ran a very successful national Champs with some spectacular results; over 50 NZ records broken and numerous 300+kg squats and deadlifts plus a dozen 200+kg benches. I would say this was definitely one of the most successful Nationals in regards to results (81 lifters) and it shows how competitive NZ lifters are. The placings show close competition and it was particularly pleasing to see a large number of women competing.

Well done to the Northland team for running a fine competition and a great banquet.

3. South Island Champs

I also attended the South Island Champs in Timaru at the Performance Gym and this showed a big turnout. The CPA ran a great competition and congratulations to them. The results for both these comps are on the NZ Powerlifting website www.nzpowerlifting.co.nz

Results from the Associations Provincial Champs are also available for viewing.

4. National Bench Champs

Around 45 lifters competed in the Bench Champs this year hosted by Waikato, Bay of Plenty Association at the Armitage Hotel in Tauranga. It was a very enjoyable and successful competition and the WBOP team ran a great comp. There was quite a few bombs, especially in the Open section and it shows lifters still struggling to get the fine balance of a tight shirt and the ability to lift the weights. At the IPF World Congress this

same matter was brought up, and although there were several motions to abolish shirts, none of them got passed.

5. World Champs Results

Junior Worlds – France

Shane Lowe – Northland 90kg 6th Place Overall Bronze in squat Total 602.5kg
Coach Jill McCarthy

World Master Bench – Germany

Ted Anderson – WBOP 100kg 11th Place 175kg
Trish Buckman- WBOP 67.5kg 6th Place 70kg

World Masters

Ali Gascoine – Auckland 52kg 1st Place Overall 337.5kg Bronze Bench, Gold Deadlift.
Maria Brightwater- CD 60kg 2nd Place Overall 392.5kg Silver Squat, Bronze Bench, Gold Deadlift.
Stephen King- Auckland 82.5kg 9th Place Overall 617.5kg
Felix Esterbauer- WBOP 90kg 6th Place Overall 460kg Bronze Overall on Wilks M4
Julian Perry- WBOP 90kg 12th Place Overall 625kg
Ted Anderson – WBOP 100kg 13th Place Overall 660kg
Steve Lousich- Auckland 110kg 4th Place Overall 772.5kg Gold Bench.

Coaches

Piers Gascoine
Trish Buckman
Tania Green

Referees

Julian Perry Cat 2
Steve Lousich Cat 1

World Champs Austria

Sonia Manaena 90+ Otago 5th Place Overall 520kg
Jackie Buckley Grey 90kg Otago 5th Place Overall 530kg (M1 WR 140kg)
Tulua Sekone-Fraser 82.5kg Otago 11th Place Overall 430kg

Coaches

Brian Jenkins

6. North Island Champs

A smaller than usual turnout of 15 lifters competed at the North Island Champs in Auckland at the Club Physical Gym at New Lynn. A good aspect of this competition was the number of new lifters competing and winning titles as the more experienced lifters are heading to Christchurch in a few weeks for the Commonwealth Champs. Despite this, it was a great atmosphere and provided some enthusiastic lifting. Well done to Stephen King and the WBOP & Northland helpers.

7. Registrations for 2008

At the 2008 AGM the members presented voted to increase the lifter fees to \$85 for lifters, \$30 for High School Students and \$30 for Tertiary/Under 18 Lifters. That was the bad news. The good news is that if you pay them by the 1st march 2008 you will only pay the same fees as last year, the idea being to get the fees in earlier. Also you must ensure that you complete a doping consent form at the same time.

8. New Rules for Referee Promotions & Registration

All Provincial and National referees will now be required to re-register (unless they are a new referee) each year and keep a refereeing record book which should be filled out when they referee. There is also a referee application and promotion application which will now be carried out by the NEC and National Examiner. A copy of these forms is also attached.

9. Conditions of Competing & Membership.

The NEC has produced an updated conditions of membership and entry to competition form to help lifters know what is required of them when joining and competing. A copy is attached. It is envisioned that this will be put on the back of entry forms.

10. Clinics and workshops

On the 7th and 8th of July the NZPF held the second powerlifting workshop at QE2 park and the practical at the CPA Gym. There was not as big a turnout as the Auckland workshop but those who did attend enjoyed the workshop and commented on the content as being very informative and useful. Many have started to apply the techniques shown into their workouts.

Thanks go to Tania Green for arranging this. The next workshop is tentatively scheduled for Wellington early next year.

11. Wada Conference

This year several officials from DFSNZ and the NZ Govt. attended the WADA conference in Spain. You may be aware the NZPF has just adopted the new 2007 DFSNZ Anti-Doping Policy, and one of the more important aspects of this policy is the introduction of blood testing (as well as urine testing). One can only assume this is for Growth Hormone detection. The 1 hour notice policy was not adopted as it was deemed unworkable. A copy of the minutes from DFS in enclosed for those interested. Lifters going overseas should be aware that they are required to notify DFSNZ of the dates they will be away if it is over three days.

12. Commonwealth Championships-Update

Only 2 weeks to go! And 188 lifters have entered from 12 Commonwealth countries. From the 6-9th December, Canterbury will have it's hands full running this event at the Holiday Inn in Christchurch.

Lifters, the team manager would like to have a team meeting before the competition starts a.) to give you your shirts and b.) to sort out who is helping whom. A copy of the nomination form is attached and you can check the schedule via the Canterbury Website www.powerlifting-cpa.com

13. World Masters Bench

This has now officially been moved to Taupo and will be the weekend before Easter 2009. If you want to apply for this event you need to be sure you can be there for the entire week it is on i.e. technical meeting to banquet.

Yours in strength

Steve Lousich
NZPF President