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1. Introduction

We are well under way with some competitions already held and a heap more planned over the next few months. Even with the new rules being applied, particularly the press signal, provincial and national records are being broken and some huge totals posted.

In the next three weeks we have the WBOP, Champs, the Auckland Champs and the CD Champs.

I receive lots of requests for information regarding competition times and details of weigh-ins and the like and these should be directed to the association hosting the competition as I don't know this information. The list of association contacts is available on the NZ website.

2. New Zealand International Benchpress Selection Competition

On the 21st of April the Canterbury Association hosted an excellent competition with 8 National Records being broken. The former Oceania Benchpress Champs was relegated to a National event due to a no-show of any other Oceania Nations barring one Australian Junior. Despite this 25 lifters supported the competition, and the standard was very high, promising some great potential for the National Benchpress Champs in October.

National Records Broken

Women

Serena Perry M1W 67.5kg	88.5 and 91kg (beat own record of 87.5kg)
Tash Armstrong SJW 75kg	70kg (beat standard of 50kg)
Tania Green OW 60kg	95kg (beat own record of 92.5kg)
Jackie Buckley-Gray OW 90+kg	140kg (previously held by T. Murray at 130kg)

Men

Perry Rogers OM 67.5kg 163.5kg (previously held by P. Cosson at 147.5kg)
Steve Lousich M1M 125kg 243.5kg (beat own record of 240kg)
Tosa Ieti M3M 100kg 135, 145 and 150kg (previously held by B. Wills at 125kg)
Zane Wairama JM 110kg 167.5kg (previously held by B. Blanchard at 160kg)

Some of these are also Oceania Records which explains the strange amounts. Also the total goes towards the Wilks unrounded.

3. Application for World Champs Dates

An email was sent out a few weeks ago with the dates of when you need to have your application requests in so I can submit them to the IPF. The rules for this are new and we are required to have these in 60 days for the preliminary application out from the event and 21 days for the final.

I will remind you when the times are getting close but the next two important dates are the 6th July for the Sub- Junior World Champs and the 15th July for the World Master Benchpress Champs. If you miss these dates you *cannot* enter the competition. So even if you think you might want to go, or are waiting for funding, leave applications or whatever, let me know.

4. Dispensation requests

You need to send one of these in if you want to compete at a National or World event competition but cannot compete at the provincial or qualifying. For example, you want to lift at the Nationals but can't lift at the Provincial Champs because of an injury. Simply forward me a letter or email asking for a dispensation and why and include any supporting evidence i.e. doctors certificate

Reasons such as injury, family events (weddings, births, deaths etc) or work commitments are generally given a dispensation. Reason such as competing in other sports events or your mother not letting you go probably won't cut the mustard.

Whatever the reason, always send in a request for the NEC's consideration.

5. Clinics and work shops

On the 24th March the NZPF held the first powerlifting workshop/seminar at the AUT Institute in Aorangi Road, Northcote, Auckland. The feedback we received from the 24 attendees was very positive and most learned something new, myself included.

A huge thanks goes to our many speakers, Stephen King (The Squat King), Reuben Simanu (Mr Bench), Simon Weaver (Dr Deadlift), Tania Green (Eat what I say, not what I eat) Andrew Sylvester (No, you can't have that testosterone) from DFSNZ, Justin Keogh (Mr Injury) and I raved on about the rules for an hour (sorry about that)

Topics Covered

Rules and rule changes
Nutrition
Sports Injury Prevention
Sports Drug Information
Speakers on the three lifts
Practical demonstrations

As it was so successful we would like to hold another in Christchurch in early July and Tania Green will be coordinating this.

6. Anti-doping Update

Every few years, DFSNZ (Drug Free Sports NZ) puts in submissions to WADA (World Anti-Doping Agency) to have drugs removed or added to the lists, or simply suggests changes in sanction times or penalties. The addition of cannabis to the Prohibited List has caused a lot of submissions regarding its use and the penalties if caught on it.

Of the 12 positive tests recorded last year, 8 were for cannabis related offences and all received a warning, even though the supposed penalty is meant to be 2 years. The addition of cannabis, which we would all agree is hardly performance enhancing, raises the question of whether it should be on the anti-doping list or treated by NSO's under their codes of conduct. Not surprisingly the Dutch Sports Minister came out and stated it should be removed altogether, but the general agreement from most nations is cannabis has no place in sport for safety reasons, and also under the 'spirit of the sport' heading. Not a good look on the platform! The obvious detriment to health is also worth considering.

Plus, it's illegal.

7. Registration Forms

We still have yet to receive some of the association's registration forms so please get yours in as soon as possible. We would hate to have to turn people away from competing because of paperwork.

Most of the forms can be downloaded from the website and forwarded to the secretary with the local forms and payment for both. Please also notify us as soon as possible if you move house or want to be removed from the drug register.

8. Commonwealth Championships-Update

In just the last few days the details regarding the Commonwealth Champs have been released. The competition will be held at the Holiday Inn in Christchurch on the 6-9 Dec possibly with the opening ceremony on the 5th. The competition now is open to juniors and masters and I need all applications in by the 5th October 2007. Earlier would be better. The Commonwealth Committee:

Brian Armstrong - Meet Director
Jim Clifford -Technical Secretary
Craig McGuigan -Technical Committee

9. And Finally

I often get asked about how age classes work and who can break records etc

So for the record (if you'll pardon the pun) here goes:

- 🍏 Sub juniors can break sub juniors records plus junior plus open (providing lift is big enough) so a 14 year old theoretically can lift as an open and break junior and sub-junior records (confused?)
- 🍏 Juniors can break junior records plus open and juniors can lift as open and still break junior records (but not sub junior)
- 🍏 Open lifters can only lift in open age category and can only break open records
- 🍏 Master 1 can break open records lifting as masters 1 and masters 1 can lift as open and break open and master records but only in their own age category, in this case master 1
- 🍏 Master 2 can break M2, M1 and open records if high enough but only lift as M2 or open.
- 🍏 Master 3 can break M3, M2, M1 and open records but only lift as M3 or open
- 🍏 Master 4 can break M4, M3, M2, M1 and open records but only lift as M4 or open.

Hope this clears it up.

Train hard, work hard and play hard

Yours in strength

Steve Lousich
NZPF President