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**1. Introduction**

Welcome to the first and belated newsletter of 2008. The powerlifting year is well under way; all the associations have had their provincial champs and now are hosting the bench only champs. I hope that you have had a great start to the year and training now for the National and International events.

**2. Commonwealth Champs Christchurch**

In December the Canterbury Association ran what had to have been one of the most successful international competitions held in NZ. One hundred and thirty plus lifters competed in Christchurch in all of the age and weight classes. As a nation NZ did extremely well and won the lion share of the medals. Unfortunately many of our lifters failed to complete the contest letting themselves down after all the hard work done to reach selection. Lifters should take a careful approach to their competitions ensuring the first attempts are easily achievable.

It has also only come to recent light the publication of six positives from this event. Two lifters from South Africa, three from India and one from Scotland tested for either steroids or cannabis. This means Mike Gardiner and Leighton Best are promoted to 1<sup>st</sup> place and Dave Dunford to 2<sup>nd</sup>. They may also be a change in the overall placing for the teams.

Results of the Commonwealth Champs are available on the Commonwealth website [www.commonwealthpf.homestead.com](http://www.commonwealthpf.homestead.com)

**3. Masters Games**

In February, Otago hosted the Powerlifting and Olympic lifting section of the Masters Games. The contest was well run but only a small contingent turned out. Results from this and the provincials can be seen on the NZ website [www.nzpowerlifting.co.nz](http://www.nzpowerlifting.co.nz).

#### **4. World Champs Results**

##### **World Masters Bench – Bratislava, Slovakia**

Three lifters attended the World Masters Champs in Bratislava.

Trish Muldrock, Northland World Champion 77.5kg M2 48kg class

Stephen Pickens Northland 6<sup>th</sup> Place 135kg M2 75kg class

Ted Anderson WBOP 5<sup>th</sup> Place 165kg M1 110kg class

#### **5. Registrations for 2008**

The changes in registration fees have prompted lifters to pay earlier and most of you will have noticed a new doping control form. This one page document is all that is required now for most lifters. Some lifters will be required to participate in the new “whereabouts system” DFSNZ is introducing this year.

#### **6. Clinics and workshops**

In March the NZPF held the third workshop in Wellington at the Powerhouse Gym> Many thanks to Warren Trent for providing the venue and assistance. Twenty eight lifters turned out for the all day event. We hope they enjoyed and benefited from this. The next workshop is planned for Dunedin in July. Next year we plan to start the advanced workshop which will concentrate on all practical aspects of the lifts.

#### **7. World Bench Press Champs- Prague 25-28 June**

Congratulations to Stan Day who has been selected to compete in this event. We wish Stan all the best.

#### **8. Dispensations**

Lifters who cannot attend the provincial champs relating to the National Champs because of injury, sickness or any other reason must write to the NEC *prior* to the relevant event with the reason and any supporting evidence (i.e. medical certificate). The only exception to this rule is:

If a lifter is going to a World Championship event and the National Champs in within one month either side of the World Champs event, they will be provided with an automatic dispensation.

## 9. Oceania Champs

In Dec from the 5-7<sup>th</sup>, the Tahitian Powerlifting Federation is hosting the Oceania three lift champs in the town of Punaauia.

Please note:

- a. You must apply to lift in this event. Please complete the Application for International Competition and Code of Conduct and return to me at:  
NZPF, P.O.Box 51660, Pakuranga Auckland 2140.
- b. **Do not send anything to Tahiti!**
- c. After the close off date (after the Nationals most likely) the NEC will select the lifters with the highest qualifying total from the last 12 months.
- d. The successful lifters will be contacted in writing and asked for payment and any pertinent information (t-shirt size. etc)

A copy of the invitation for your information is enclosed.

## 10. World Champs

Any lifter wanting to go to a World Champs event must send me the appropriate forms (as for the Oceania's). I need to have these forms before the preliminary close off date (60 days out from the events date). If you miss this you *cannot* enter.

All these events can be viewed on the IPF website [www.powerlifting-ipf.com](http://www.powerlifting-ipf.com)

Good luck with the rest of the year!

Yours in strength

Steve Lousich  
NZPF President