

Ultimate Strength

The Official Newsletter of the East Midlands Weight Lifters Association

December 2005



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Editorial

This edition sees the end of another year which I trust has been successful for you all especially with striving for, and achieving your personal goals. With the new year this brings about the annual general meeting of the division which is scheduled to take place on

Saturday 28th January 2006 at Robinson College in Cambridge.

Ian Kinghorn
Newsletter Editor

World Powerlifting Championships

The 35th IPF men's world championships were held in Miami, Florida between the 8th and 13th November 2005. Due to reduction in funding available from BWLA Great Britain did not send a team this year, despite excellent recent results and performances. As a result no British lifters at the pinnacle powerlifting event of the year and looking at the results below there would definitely have been opportunities to take individual and overall medals for our lifters.

Results

PL.	Name	BY	Nation	Squats		Bench.		Deadlift		TOTAL	
- 52 kg											
1	Romanov Alexey	1981	RUS	225,0	1	145,0	1	200,0	2	570,0	
2	Hsu Chin-Chiang	1979	TPE	182,5	4	112,5	3	220,0	1	515,0	
3	Buriyev Ilhomiddin	1982	UZB	182,5	3	102,5	4	190,0	3	475,0	
—	Gainer Sr. Ervin	1966	USA	187,5	2	130,0	2	—		—	disq.
- 56 kg											
1	Pavlov Konstantin	1973	RUS	250,0	1	175,0	1	220,0	7	645,0	
2	Holloway Domarrio	1977	USA	225,0	5	137,5	6	252,5	2	615,0	
3	Isagawa Hiroyuki	1953	JPN	212,5	8	170,0	2	232,5	4	615,0	
4	Lu Shih-Wu	1975	TPE	230,0	4	120,0	7	252,5	1	602,5	
5	Kondo Tomoyuki	1978	JPN	220,0	6	160,0	3	220,0	6	600,0	
6	Wszola Dariusz	1978	POL	242,5	2	150,0	4	202,5	8	595,0	
7	Hu Chun-Hsiung	1974	TPE	230,0	3	95,0	10	240,0	3	565,0	
8	Kolsovsky Stefan	1961	SVK	185,0	9	145,0	5	155,0	11	485,0	
9	Beltran Rodrigo Mora	1974	COL	135,0	10	95,0	9	160,0	10	390,0	
—	Elkomi Abdelaziz	1973	EGY	—		115,0	8	180,0	9	—	disq.
—	Lited Etienne	1979	FRA	215,0	7	—		230,0	5	—	disq.
- 60 kg											
1	Sutrisno Bin Darimin	1975	INA	285,0	1	190,0	1	267,5	1	742,5	w
2	Andryukhin Mikhail	1970	RUS	275,0	2	167,5	3	265,0	2	707,5	
3	Hsieh Tsung-Ting	1982	TPE	250,0	4	170,0	2	260,0	3	680,0	
4	Washington Hennis	1970	USA	260,0	3	145,0	5	247,5	4	652,5	
5	Forsman Nils	1977	SWE	220,0	5	157,5	4	200,0	6	577,5	
6	Tinebra Frederic	1978	FRA	215,0	6	132,5	6	202,5	5	550,0	
—	Castiblanco Nieto	1964	COL	—		100,0	7	185,0	7	—	disq.
- 67,5 kg											
1	Olech Jaroslaw	1974	POL	310,0	2	192,5	3	307,5 318,5	1/w	810,0	
2	Kazakov Ravil	1982	RUS	325,0	1	232,5	1/w	252,5	6	810,0	
3	Selberg Amit	1976	SWE	280,0	3	200,0	2	242,5	7	722,5	
4	El Belghitti Hassan	1975	FRA	245,0	7	155,0	7	302,5	2	702,5	
5	Oishi Eric	1979	BRA	250,0	5	175,0	4	260,0	5	685,0	
6	Noppers Lewis	1970	CAN	245,0	7	155,0	7	265,0	4	665,0	

PL.	Name	BY	Nation	Squats		Bench.		Deadlift		TOTAL	
7	Chiu Chung-Liang	1974	TPE	220,0	15	150,0	10	280,0	3	650,0	
8	Andersen Thomas	1979	DEN	247,5	6/n	165,0	5/n	225,0	14	637,5	
9	Cevallos Carlos	1982	ECU	255,0	4	155,0	6	215,0	15	625,0	
10	Ito Takayuki	1964	JPN	235,0	11	152,5	9	230,0	10	617,5	
11	Nagao Hidekazu	1968	JPN	240,0	10	145,0	13	230,0	9	615,0	
12	Mihok Anton	1957	SVK	230,0	14	150,0	11	225,0	12	605,0	
13	Kepczynski Grzegorz	1981	POL	232,5	13	137,5	14	225,0	13	595,0	
14	Ruso Karel	1965	CZE	235,0	12	105,0	17	232,5	8	572,5	
15	Lin Ming-Hui	1983	TPE	240,0	9	120,0	15	210,0	17	570,0	
16	Rios Juan M.	1976	PUR	205,0	16	150,0	12	215,0	16	570,0	
17	Rodriguez Emanuel	1985	PUR	200,0	17	107,5	16	227,5	11	535,0	
- 75 kg											
1	Furazhkin Viktor	1969	RUS	325,0	2	220,0	2	320,0	1	865,0	w
2	Hooper Wade	1971	USA	330,0	1	230,0	1	275,0	6	835,0	
3	Spychala Jacek	1978	POL	280,0	4	187,5	7	292,5	3	760,0	
4	Fukuda Yusuke	1975	JPN	302,5	3	172,5	8	282,5	4	757,5	
5	Nieminen Sami	1975	FIN	262,5	6	187,5	6	305,0	2	755,0	
6	Lettner Richard	1974	AUT	265,0	5	172,5	9	280,0	5	717,5	
7	Summers Brandon	1977	CAN	262,5	7	192,5	4/n	252,5	11	707,5	
8	Rozales Enrique Richie	1976	PHI	245,0	9	200,0	3	255,0	8	700,0	
9	Kean Tom	1972	CAN	252,5	8	190,0	5	252,5	10	695,0	
10	Pall Peep	1970	EST	240,0	10	157,5	14	260,0	7	657,5	
11	Muir Sean	1970	AUS	240,0	12	160,0	13	255,0	9	655,0	
12	Koitka Peter	1979	AUS	235,0	13	160,0	12	250,0	12	645,0	
13	McCormack Brent	1976	NZL	240,0	11	172,5	10	225,0	14	637,5	
14	Elkenany Mosbeh	1969	EGY	215,0	14	170,0	11	210,0	15	595,0	
15	Martines Christian	1986	PUR	190,0	16	115,0	16	245,0	13	550,0	
16	Hernandes Jose	1983	PUR	200,0	15	145,0	15	190,0	16	535,0	
- 82,5 kg											
1	Bogdanov Sergey	1985	RUS	330,0	2	247,5	2	307,5	3	885,0	
2	Wegiera Jan	1965	POL	325,0	3	255,0	1	305,0	4	885,0	
3	Ricks David	1959	USA	317,5	5	215,0	4	317,5	2	850,0	
4	Turakhanov Davran	1974	KAZ	317,5	4	180,0	7	317,5	1	815,0	
5	Doucette Greg	1975	CAN	272,5	9	227,5	3/n	287,5	5	787,5	
6	Sanchez Marcos	1972	ECU	295,0	6	180,0	8	280,0	7	755,0	
7	Nurmine Aivo	1964	EST	250,0	10	212,5	5	285,0	6	747,5	
8	Schnurr Mario	1960	GER	292,5	8	162,5	11	275,0	8	730,0	
9	Theuser Lukas	1981	CZE	295,0	7	165,0	10	265,0	9	725,0	
10	Pardo Favio	1968	ARG	230,0	12	140,0	13	220,0	12	590,0	
11	Lopez Jose	1975	PUR	215,0	13	152,5	12	220,0	13	587,5	
12	Newton Valentino	1983	BAH	145,0	15	105,0	14	182,5	15	432,5	
—	Ramos Ronald	1982	PUR	—	—	165,0	9	222,5	11	—	disq.
—	Benvenuto Luis Manuel	1980	PER	—	—	—	—	—	—	—	disq.
—	Okamura Toshiteru	1983	JPN	245,0	11	—	—	260,0	10	—	disq.
—	Naleykin Sergiy	1981	UKR	345,0	1	—	—	200,0	14	—	disq.
—	Rasmussen Erik	1962	DEN	175,0	14	185,0	6	—	—	—	disq.
- 90 kg											
1	Tarassenko Andrey	1975	RUS	367,5	2	230,0	4	352,5	1	950,0	
2	Wilk Michal	1981	POL	360,0	3	240,0	2	325,0	5	925,0	
3	Romanenko Sergiy	1972	UKR	370,0	1	235,0	3	320,0	6	925,0	
4	Vorona Dmitriy	1983	KAZ	342,5	4	187,5	16	337,5	3	867,5	
5	Turesson Patrik	1974	SWE	320,0	5	205,0	9	310,0	10	835,0	
6	Kholnazarov Toledzhon	1975	TJK	290,0	12	190,0	14	345,0	2	825,0	

PL.	Name	BY	Nation	Squats		Bench.		Deadlift		TOTAL	
7	Green Fredrik	1974	SWE	312,5	7	202,5	10	307,5	11	822,5	
8	Kirketeig Alexander	1979	NOR	315,0	6	217,5	6	287,5	14	820,0	
9	v.d. Hoek Pjotr	1972	NED	300,0	11	220,0	5	295,0	13	815,0	
10	Duarte Paulo	1969	POR	310,0	8	195,0	12	300,0	12	805,0	
11	Recule Herve	1973	FRA	282,5	14	187,5	17	310,0	8	780,0	
12	Arakawa Takayuki	1978	JPN	285,0	13	200,0	11	285,0	16	770,0	
13	Araujo Lawrance	1970	BRA	265,0	18	192,5	13	310,0	9	767,5	
14	Hornik Jiri	1978	CZE	250,0	20	205,0	8	310,0	7	765,0	
15	Jensen Michael	1980	DEN	307,5	9/n	167,5	19	285,0	15	760,0	
16	Butt Jeff	1970	CAN	270,0	17	212,5	7	277,5	18	760,0	
17	Touma Juan	1976	ECU	280,0	16	190,0	15	280,0	17	750,0	
18	Conde Anibal	1982	PUR	257,5	19	170,0	18	245,0	19	672,5	
19	Yang Cheng-Ming	1967	TPE	200,0	21	240,0	1	175,0	21	615,0	
—	Tibault Alejandro	1970	ARG	280,0	15	—	—	—	—	—	disq.
—	Becker Jeff	1963	CAN	—	—	—	—	—	—	—	disq.
—	Silbaum Margus	1976	EST	305,0	10	—	—	337,5	4	—	disq.
—	McInerney Tony	1972	CAY	—	—	—	—	225,0	20	—	disq.
- 100 kg											
1	Freydun Ivan	1981	UKR	377,5	1	290,0	1/w	370,0	1	1 037,5	w
2	Beck Jason	1978	USA	357,5	3	240,0	5	347,5	2	945,0	
3	Coimbra Anibal	1972	LUX	360,0	2/n	237,5	6/n	345,0	3	942,5	
4	Theuser Petr	1961	CZE	345,0	4	232,5	7	310,0	5	887,5	
5	Weatherbie Darren	1975	CAN	320,0	8	240,0	3	295,0	9	855,0	
6	Roessen Sebastiaan	1980	NED	340,0	5	205,0	10	310,0	6	855,0	n
7	Kurzendorfer Mario	1974	GER	325,0	7	242,5	2	280,0	12	847,5	
8	Flood Jens	1965	SWE	305,0	12	210,0	9	320,0	4	835,0	
9	Gagnon Eric	1968	CAN	335,0	6	205,0	11	295,0	10	835,0	
10	Djioev Alan	1977	UZB	310,0	9	232,5	8	290,0	11	832,5	
11	Chida Kohei	1968	JPN	305,0	10	240,0	4	255,0	15	800,0	
12	Dunford David	1967	NZL	290,0	15	197,5	12	270,0	14	757,5	
13	Prieto Carlos	1969	ECU	305,0	11	180,0	13	270,0	13	755,0	
14	Teixeira Jose	1970	POR	270,0	16	170,0	14	300,0	8	740,0	
15	Dos Santos Olicio	1944	BRA	232,5	17/w3	160,0	15	300,0	7/w3	692,5	w3
16	Lopez Carlos	1985	PUR	290,0	14	137,5	16	227,5	16	655,0	
17	Brady Boris	1987	CAY	110,0	19	110,0	18	170,0	17	390,0	
—	Johnson Michael	1975	BAH	205,0	18	110,0	17	—	—	—	disq.
—	Succarotte Anthony	1965	USA	295,0	13	—	—	—	—	—	disq.
- 110 kg											
1	Suslov Nikolay	1979	RUS	410,0	1	282,5	1/w	367,5	2	1 060,0	
2	Fedorenko Yuriy	1974	RUS	392,5	2	272,5	2	385,0	1	1 050,0	
3	Voroshilin Roman	1983	UKR	360,0	3	240,0	8	365,0	3	965,0	
4	Harris Anthony	1964	USA	360,0	4	232,5	9	345,0	5	937,5	
5	Salmela Janne	1971	SWE	335,0	8	230,0	10	345,0	4	910,0	
6	Taksdal Tollef	1975	NOR	335,0	9	257,5	3	307,5	8	900,0	
7	Emberley Jamie	1980	CAN	350,0	5/n	242,5	6	305,0	9	897,5	
8	Goldin Ryan	1976	USA	327,5	10	255,0	4	295,0	10	877,5	
9	Aguilar Hector	1981	CAN	335,0	6	240,0	7	285,0	12	860,0	
10	Rodrigues Paulo	1966	POR	335,0	7	170,0	13	342,5	6	847,5	
11	Whyte Leslie	1980	BAH	295,0	12	210,0	12	295,0	11	800,0	
12	Kondo Yoshikazu	1957	JPN	300,0	11	215,0	11	270,0	13	785,0	
13	Minami Shigeki	1965	JPN	285,0	13	255,0	4	240,0	15	780,0	
14	Samper Julio	1960	COL	280,0	14	142,5	14	260,0	14	682,5	
—	Heinila Harri	1975	FIN	—	—	—	—	330,0	7	—	disq.
- 125 kg											
1	Yarymbash Yevgen	1983	UKR	420,0	3	325,0	1/w	347,5	4	1 092,5	w
2	Malanichev Andrey	1977	RUS	420,0	2	275,0	4	390,0	1	1 085,0	

PL.	Name	BY	Nation	Squats	Bench.	Deadlift	TOTAL				
3	Mirowski Dariusz	1977	POL	375,0	7	320,0	2	370,0	2	1 065,0	
4	Ljungberg Jorgen	1967	SWE	427,5	1	270,0	6/n	350,0	3	1 047,5	
5	Gayanov Radik	1973	KAZ	375,0	6	280,0	3	340,0	5	995,0	
6	Pomana Derek	1966	NZL	382,5	4	255,0	9/n	340,0	6	977,5	
7	Cardella Tony	1977	USA	357,5	11	275,0	5	327,5	9	960,0	
8	Randen Asbjorn	1973	NOR	380,0	5	255,0	10	320,0	12	955,0	
9	Nicholls Tom	1963	CAN	335,0	14	260,0	8	332,5	7	927,5	
10	Schroder Mathias	1976	GER	320,0	16	260,0	7/n	325,0	10	905,0	
11	Wszola Ryszard	1962	POL	355,0	13	220,0	13	330,0	8	905,0	
12	Sorig Morten	1969	DEN	365,0	8	232,5	12	307,5	14	905,0	
13	Hoffman Alexander	1981	GER	360,0	9	215,0	14	315,0	13	890,0	
14	Vaassen Ylke	1972	NED	320,0	15	205,0	17	320,0	11	845,0	
15	Ube Joe	1982	ECU	355,0	12	212,5	15	255,0	17	822,5	
16	Collart Jean-Luc	1959	BEL	310,0	18	210,0	16	280,0	15	800,0	
17	Conrado Julio	1965	BRA	320,0	17	180,0	18	255,0	16	755,0	
18	Velasquez Hugo	1959	CRC	190,0	19/n	160,0	19/n	190,0	18/n	540,0	
—	Rui Frode	1969	NOR	360,0	10	250,0	11	—	—	—	n disq.
125+ kg											
1	Bondarenko Vladimir	1978	RUS	445,0	1	285,0	5	375,0	1	1 105,0	
2	Midote Daisuke	1972	JPN	400,0	2	350,0	1/w	310,0	7	1 060,0	
3	Martikainen Jari	1975	FIN	400,0	3	262,5	8	367,5	2	1 030,0	
4	Sandvik Kenneth	1975	FIN	397,5	4	337,5	2	295,0	8	1 030,0	
5	Muravlyov Volodymyr	1975	UKR	380,0	5	297,5	4	350,0	4	1 027,5	
6	Harris Randall	1979	USA	365,0	6	275,0	6	367,5	3	1 007,5	
7	Kondraschow Jewgenij	1983	GER	345,0	7	270,0	7	320,0	5	935,0	
8	Estrada David	1968	PUR	330,0	8	220,0	9	312,5	6	862,5	
9	Rolle Bernard	1961	BAH	272,5	10	180,0	11	272,5	9	725,0	
10	Zambrano Diego	1973	COL	277,5	9	185,0	10	255,0	10	717,5	
—	Dewey James	1970	CAY	—	—	150,0	12	230,0	11	—	disq.
—	Svensson Frederik	1979	SWE	—	—	322,5	3/n	—	—	—	disq.

Team results

1	Russia	72	[12+12+12+12+12+12]
2	Poland	51	[12+9+9+8+8+5]
3	U.S.America	49	[9+9+9+8+7+7]
4	Ukraine	46	[12+12+8+8+6]
5	Sweden	37	[8+7+6+6+6+4]
6	Chinese Taipei	33	[9+8+7+4+4+1]
7	Japan	32	[9+8+7+6+1+1]
8	Canada	27	[6+6+5+4+4+2]
9	Finland	21	[8+7+6]
10	Kazakhstan	20	[7+7+6]
11	France	13	[7+5+1]
12	Germany	13	[4+4+3+1+1]
13	Indonesia	12	[12]
14	Czechia	11	[7+2+1+1]
15	Norway	11	[5+3+3]
16	Ecuador	10	[5+2+1+1+1]
17	Uzbekistan	9	[8+1]
18	Brazil	9	[6+1+1+1]
19	Luxembourg	8	[8]
20	Netherlands	8	[5+2+1]
21	Puerto Rico	8	[3+1+1+1+1+1]

22	New Zealand	7	[5+1+1]
23	Tajikistan	5	[5]
23	Austria	5	[5]
25	Estonia	5	[4+1]
26	Denmark	5	[3+1+1]
27	Slovakia	4	[3+1]
28	Colombia	4	[2+1+1]
28	Bahamas	4	[2+1+1]
30	Philippines	3	[3]
31	Portugal	3	[1+1+1]
32	Australia	2	[1+1]
33	Belgium	1	[1]
33	Cayman Islands	1	[1]
33	Egypt	1	[1]
33	Argentina	1	[1]
33	Costa Rica	1	[1]
	Peru	—	

Overall champion

PL.	Lifter	Nation	WF	Total	W. points
1	Sutrisno Bin Darimin	Indonesia	0,8555	742,5	635,20
2	Freydun Ivan	Ukraine	0,6096	1 037,5	632,46
3	Olech Jaroslaw	Poland	0,7766	810,0	629,04

World Bench Press Championships

The world bench press was held in Sweden this year, close to the capital – Stockholm. The event took place between the 1st and 4th December 2005.

British Team at World Bench Press, Stockholm Sweden, December 2005

A small team of just three traveled to Sweden for the IPF World Bench Press Championships consisting of Colette Pendry (67.5kg), Sue Last (+90kg) and Ian Kinghorn (100kg). The team was joined over weekend by Luke Kinghorn to provide some much appreciated coaching support over Sat and Sun both in the warm up room and the competition itself.

Colette lifted first on Saturday morning, and despite missing her 100kg opener she recovered well to get 105kg for her 2nd, but narrowly failed her last lift of 112.5kg. Colette placed 8th in a very competitive class.

Ian lifted on Saturday afternoon opened at 232.kg followed by 240kg establishing a new British senior and masters 1 record. Last attempt at 245kg, despite lifting the weight was not given resulting in a finish in 7th position.

Sue concluded the teams efforts lifting on Sunday, she opened at 115kg followed by 122.5kg, both of which were very good lifts. Her 3rd attempt set at 127.5kg, she missed but still finished a very commendable 4th in her class.

The competition itself was a big event with 69 women and 116 men from 28 countries actually taking part (not far off the number nominated). The Swedish federation hosted a very good event at an excellent venue.

Women's Results

PL.	Name	BY	Nation	Weight	1 Att.	2 Att.	3 Att.	RESULT	
- 44 kg									
1	Kozdryk Justyna	1980	POL	42,10	92,5	97,5	97,5	97,5	
2	Nishimura Yasuko	1965	JPN	42,40	77,5	82,5	82,5	77,5	
3	Wanko Margit	1973	AUT	41,65	72,5	75,0	77,5	75,0	
4	Kiss Melinda	1975	HUN	42,85	57,5	62,5	67,5	62,5	
- 48 kg									
1	Svjantekova Eva	1973	SVK	46,85	90,0	95,0	100,0	95,0	
2	Balogova Marcela	1974	CZE	47,70	90,0	95,0	95,0	90,0	
3	Dalling Lee Ann	1962	CAN	47,10	80,0	85,0	90,0	85,0	
4	Kitamura Junko	1963	RSA	47,45	75,0	80,0	80,0	80,0	
5	Fallermo Helene	1964	SWE	47,65	72,5	80,0	80,0	72,5	
—	Fukushima Yukako	1970	JPN	47,35	117,5	117,5	117,5	—	disq.
- 52 kg									
1	Olsson Anna	1974	SWE	51,85	127,5	127,5	132,5	132,5	
							137,5	w	
2	Nagaya Kaori	1963	JPN	51,60	115,0	115,0	115,0	115,0	
3	Sirkia Mervi	1972	FIN	51,35	92,5	95,0	102,5	92,5	
4	Hougaard Susse	1984	DEN	51,30	87,5	92,5	92,5	87,5	
5	Patil Sushama M.	1986	IND	51,50	50,0	55,0	55,0	55,0	
—	Yoshida Hisako	1951	JPN	51,75	85,0	87,5	87,5	—	disq.
—	Arpala Virva-Tuul	1969	FIN	51,85	102,5	102,5	102,5	—	disq.
- 56 kg									
1	Darling Jill	1977	USA	54,00	110,0	110,0	122,5	122,5	
2	Noglegaard Anna-Maria	1968	SWE	52,10	107,5	112,5	120,0	120,0	
3	Rantala Hanna-Elisabet	1982	FIN	54,55	112,5	115,0	122,5	115,0	
4	Nagypal Kriszina	1985	HUN	54,80	102,5	107,5	115,0	107,5	
5	Pracella M.Christine	1965	FRA	54,90	107,5	107,5	107,5	107,5	
6	Hollier Jenni	1980	USA	53,90	102,5	110,0	110,0	102,5	
7	Fujimoto Asami	1974	JPN	54,90	97,5	100,0	105,0	100,0	
8	Entrich Katja	1981	GER	52,95	72,5	77,5	80,0	80,0	
- 60 kg									
1	Igosheva Natalia	1981	RUS	59,90	120,0	125,0	132,5	132,5	
2	Rantanen Eeva	1967	FIN	58,60	115,0	122,5	130,0	130,0	
3	Heikkila Anne	1978	FIN	58,50	105,0	110,0	110,0	110,0	
4	Green Tania	1971	NZL	57,80	87,5	92,5	95,0	92,5	
5	Wendt Anke	1978	GER	58,95	92,5	100,0	100,0	92,5	
—	Aoki Chiho	1974	JPN	57,30	120,0	120,0	120,0	—	disq.
- 67,5 kg									
1	Fomina Elena	1969	RUS	65,80	140,0	145,0	150,0	150,0	
2	v.Bahhaus Gundula Fiona	1981	GER	63,25	132,5	132,5	137,5	137,5	
3	Komi Yoshiko	1955	JPN	66,55	127,5	135,0	140,0	135,0	
4	Arntsen Bente	1976	NOR	66,65	125,0	130,0	135,0	135,0	
5	Korobeynikova Svetlana	1979	RUS	67,25	130,0	135,0	140,0	135,0	
6	Hogan Sara		USA	62,85	112,5	117,5	135,0	117,5	
7	Schmidt Sandra	1980	GER	62,45	102,5	107,5	117,5	107,5	
8	Pendry Colette	1968	GBR	65,85	100,0	105,0	112,5	105,0	
9	Pedersen Anette	1968	DEN	67,35	105,0	105,0	115,0	105,0	
10	Johage Helene	1967	SWE	65,15	95,0	105,0	105,0	95,0	
11	Bak Kathrine	1981	DEN	64,60	70,0	70,0	77,5	70,0	
- 75 kg									
1	Sharifulina Svetlana	1979	RUS	73,70	145,0	150,0	157,5	157,5	
2	Newman Christina	1977	USA	72,45	137,5	137,5	155,0	155,0	

PL.	Name	BY	Nation	Weight	1 Att.	2 Att.	3 Att.	RESULT
3	Oba Kimiko	1954	JPN	71,30	140,0	145,0	145,0	140,0
4	Blikra Inger	1961	NOR	74,15	135,0	135,0	140,0	140,0
5	Volkova Maria	1972	RUS	67,95	130,0	135,0	137,5	137,5
6	Narovnigg Claudia	1972	AUT	73,20	125,0	130,0	135,0	130,0
7	Birnfeld Katja	1980	GER	73,75	112,5	117,5	120,0	117,5
8	Tjader Lena	1980	SWE	70,50	100,0	105,0	110,0	105,0
—	Turunen Anne	1976	FIN	73,70	135,0	135,0	135,0	— disq.
- 82,5 kg								
1	Kudryavtseva Tatyana	1982	KAZ	79,10	155,0	165,0	173,0	172,5
2	Takacova Hana	1954	CZE	80,80	130,0	135,0	140,0	140,0
3	Doan Devan	1987	USA	80,70	132,5	137,5	142,5	137,5
4	Nanasi Nikoletta	1982	HUN	79,20	125,0	132,5	135,0	125,0
5	Koski-Sipila Tarja	1980	FIN	82,40	120,0	127,5	127,5	120,0
6	Hartle Monique	1969	CAN	81,60	92,5	100,0	100,0	92,5
—	Eriksson Malin	1980	SWE	78,45	125,0	130,0	130,0	— disq.
- 90 kg								
1	Strik Ielja	1973	NED	85,70	162,5	162,5	176,5	162,5
2	Paltseva Svetlana	1969	RUS	89,95	140,0	150,0	165,0	150,0
3	Sliwinska Anna	1982	POL	88,25	140,0	145,0	150,0	140,0
4	Beer Rosemarie	1945	AUT	85,80	125,0	130,0	130,0	125,0
5	Ulveczki Edina	1978	HUN	89,90	110,0	117,5	120,0	120,0
90+ kg								
1	Lonn Sandra	1974	SWE	98,00	170,0	177,5	182,5	177,5
2	Ganenko Ganna	1975	UKR	104,80	165,0	172,5	175,0	175,0
3	Naskripnyak Irina	1969	RUS	100,40	157,5	167,5	172,5	172,5
4	Last Suzanne	1970	GBR	119,55	115,0	122,5	127,5	122,5
5	Szollós Eszter	1983	HUN	105,35	105,0	112,5	117,5	112,5
—	Ferrell Deborah	1964	USA	123,25	172,5	175,0	182,5	— disq.

Women's team results

1	Russia	59	[12+12+12+9+8+6]
2	Sweden	43	[12+12+9+6+3+1]
3	U.S.America	39	[12+9+8+5+5]
4	Finland	39	[9+8+8+8+6]
5	Japan	38	[9+9+8+8+4]
6	Hungary	33	[7+7+7+6+6]
7	Germany	26	[9+6+4+4+3]
8	Poland	20	[12+8]
9	Austria	20	[8+7+5]
10	Czechia	18	[9+9]
11	Norway	14	[7+7]
12	Canada	13	[8+5]
13	Netherlands	12	[12]
13	Slovakia	12	[12]
13	Kazakhstan	12	[12]
16	Great Britain	10	[7+3]
17	Denmark	10	[7+2+1]
18	Ukraine	9	[9]
19	South Africa	7	[7]
19	New Zealand	7	[7]
21	India	6	[6]
21	France	6	[6]

Women's best overall lifter

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Olsson Anna	Sweden	51,85	12,494	132,5	165,55
2	Kudryavtseva Tatyana	Kazakhstan	79,10	0,9209	172,5	158,85
3	Fomina Elena	Russia	65,80	10,397	150,0	155,95

Men's results

PL.	Name	BY	Nation	Weight	1 Att.	2 Att.	3 Att.	RESULT	
- 52 kg									
1	Ikeda Naoya	1970	JPN	51,35	165,0	170,0	170,0	165,0	
2	Rudulis Andris	1977	LAT	51,60	162,5	167,5	167,5	162,5	
3	Wrona Krzysztof	1975	POL	49,95	150,0	157,5	165,0	157,5	
4	Klein Christian	1970	GER	51,70	142,5	147,5	152,5	147,5	
5	Bene Armin	1982	HUN	51,15	107,5	115,0	117,5	117,5	
- 56 kg									
1	Isagawa Hiroyuki	1953	JPN	55,85	170,0	177,5	177,5	170,0	
2	Wszola Dariusz	1978	POL	55,80	140,0	145,0	150,0	150,0	
3	Sorensen Mikkel	1977	DEN	55,35	120,0	127,5	135,0	135,0	
4	Malaskar Nitin	1977	IND	55,90	110,0	115,0	120,0	120,0	
—	Ebrahimi Hootan	1984	IRI	55,15	120,0	125,0	125,0	—	disq.
—	Nakayama Hisayuki	1963	JPN	55,20	170,0	170,0	170,0	—	disq.
- 60 kg									
1	Zakiev Ayrat	1981	RUS	59,70	200,0	210,0	215,0	215,0	w
2	Chrzanowski Tomasz	1980	POL	59,90	157,5	160,0	165,0	160,0	
3	Petrencak Steve	1968	USA	59,25	152,5	157,5	160,0	152,5	
4	Forsman Nils	1977	SWE	59,70	150,0	150,0	155,0	150,0	
5	Nielsen Michael	1981	DEN	59,15	142,5	142,5	152,5	142,5	
- 67,5 kg									
1	Gromov Alexander	1981	RUS	67,50	210,0	220,0	230,0	230,0	w
2	Kazakov Ravil	1982	RUS	65,85	210,0	220,0	227,5	220,0	
3	Sivokon Alexey	1973	KAZ	66,75	220,0	227,5	227,5	220,0	
4	Schik Markus	1976	GER	67,20	220,0	225,0	225,0	220,0	
5	Matsumoto Kenichiro	1975	JPN	67,50	220,0	230,0	230,0	220,0	
6	Higashizaka Koji	1979	JPN	64,95	205,0	210,0	220,0	210,0	
7	Smith Joe	1977	USA	66,00	195,0	195,0	212,5	195,0	
8	Nikkila Tuomas	1978	FIN	66,90	185,0	192,5	192,5	185,0	
—	Jonsson Niklas	1979	SWE	67,05	195,0	195,0	195,0	—	disq.
- 75 kg									
1	Kodama Daiki	1979	JPN	74,55	257,5	257,5	282,5	257,5	
2	Knyazev Sergey	1976	RUS	74,25	230,0	237,5	237,5	237,5	
3	Liimatainen Antti	1976	FIN	74,65	220,0	220,0	220,0	220,0	
4	Pracownik Pawel	1973	POL	70,80	205,0	205,0	210,0	210,0	
5	Cuczella Alphons	1966	FRA	72,65	200,0	207,5	210,0	210,0	
6	Hedman Christian	1982	SWE	72,60	195,0	202,5	202,5	202,5	
7	Carlsson Magnus	1967	SWE	68,10	200,0	207,5	207,5	200,0	
8	Nocek Grzegorz	1973	POL	74,70	190,0	200,0	210,0	200,0	
9	Collins Trey	1974	USA	69,20	195,0	200,0	207,5	195,0	
—	Zeilinger Andreas	1968	AUT	74,80	210,0	210,0	—	—	RD
- 82,5 kg									
1	Wegiera Jan	1965	POL	82,30	252,5	257,5	260,0	260,0	
2	Watanabe Yuji	1980	JPN	81,90	255,0	255,0	257,5	257,5	
							270,0		w
3	Vorobyev Alexey	1969	RUS	82,45	247,5	255,0	260,0	247,5	

PL.	Name	BY	Nation	Weight	1 Att.	2 Att.	3 Att.	RESULT	
4	Urban Vladimir	1973	SVK	81,70	220,0	227,5	232,5	232,5	
5	DeMatteo Joe	1971	USA	80,75	210,0	210,0	227,5	210,0	
6	Yuval Bar	1973	AUS	81,55	205,0	212,5	212,5	205,0	
7	Diesen Sverre	1970	NOR	81,40	195,0	200,0	200,0	195,0	
8	Riis Allan	1971	DEN	82,20	187,5	195,0	200,0	187,5	
—	Shabana Ashraf Riad	1962	EGY	80,90	200,0	200,0	200,0	—	disq.
—	Piszak Peter	1977	HUN	82,00	220,0	220,0	220,0	—	disq.
- 90 kg									
1	Belyaev Andrey	1983	RUS	88,75	250,0	260,0	265,0	265,0	
2	Jader Fredrick	1979	SWE	89,50	255,0	262,5	267,5	262,5	
3	Bast Jan	1977	GER	88,80	255,0	257,5	262,5	257,5	
4	Cieri Dennis	1969	USA	89,30	255,0	260,0	267,5	255,0	
5	Kishimoto Yoichi	1977	JPN	89,35	250,0	260,0	262,5	250,0	
6	Wetzstein Thomas	1974	AUT	89,55	230,0	237,5	237,5	237,5	
7	Mardali Hossein	1968	IRI	89,95	220,0	237,5	260,0	237,5	
8	Hamazaki Takanori	1973	JPN	87,90	230,0	230,0	250,0	230,0	
9	Asadi Ali	1976	IRI	89,30	210,0	220,0	220,0	210,0	
10	Madsen Kim Salby	1961	DEN	89,60	190,0	202,5	202,5	202,5	
—	Westerholm Stefan	1980	FIN	89,50	250,0	250,0	260,0	—	disq.
—	Hietamaki Petri	1977	FIN	89,55	255,0	255,0	260,0	—	disq.
- 100 kg									
1	Volkov Vladimir	1959	RUS	99,70	270,0	270,0 w1	275,0	270,0	w1
2	Lenarciak Tomasz	1980	POL	99,60	255,0	260,0	262,5	262,5	
3	Dahlstrom Hans	1966	SWE	98,45	250,0	257,5	262,5	257,5	
4	Landino Michael	1967	USA	98,00	252,5	252,5	257,5	252,5	
5	Anderson Tim	1973	USA	99,00	250,0	252,5	257,5	250,0	
6	Shahnavaz Majid	1981	IRI	99,40	245,0	255,0	257,5	245,0	
7	Kinghorn Ian	1959	GBR	99,75	232,5	240,0	245,0	240,0	
8	Engel Swen	1972	GER	98,90	232,5	232,5	245,0	232,5	
9	Farstad Svein Olav	1965	NOR	93,30	230,0	230,0	230,0	230,0	
10	Arastefard Mehdi	1983	IRI	94,20	195,0	210,0	215,0	215,0	
—	Oye Dag Runar	1978	NOR	94,50	230,0	230,0	230,0	—	disq.
—	Itoh Satoshi	1966	JPN	98,10	260,0	260,0	260,0	—	disq.
—	Tiensuu Mikko	1978	FIN	99,20	255,0	255,0	255,0	—	disq.
—	Gasienia-Makowski Stanislaw	1973	POL	99,35	270,0	270,0	270,0	—	disq.
—	Otavin Konstantin	1973	RUS	99,80	270,0	270,0	270,0	—	disq.
—	Jaldefors Mikael	1966	SWE	99,80	250,0	250,0	250,0	—	disq.
- 110 kg									
1	Kuuseva Janne	1968	FIN	109,80	280,0	280,0	280,0	280,0	
2	Kushnarev Oleg	1973	RUS	109,10	270,0	280,0	280,0	270,0	
3	Bryniarski Oliweir	1981	POL	109,55	260,0	260,0	272,5	260,0	
4	Scheiber Emanuel	1979	AUT	109,25	237,5	247,5	247,5	247,5	
5	Cosmo Mathew	1971	RSA	108,20	245,0	255,0	255,0	245,0	
6	Lousich Steve	1965	NZL	109,90	245,0	250,0	250,0	245,0	
7	Roven Jan Einar	1978	NOR	104,15	230,0	240,0	250,0	240,0	
8	Noori Akbar	1978	IRI	106,75	235,0	235,0	240,0	240,0	
9	Arif Mohammad	1964	IND	106,65	160,0	160,0	170,0	170,0	
—	Mayer Kevin	1966	USA	107,15	265,0	265,0	265,0	—	disq.
—	Mikkelsen Lars	1962	DEN	107,20	230,0	230,0	230,0	—	disq.
—	Doan David	1964	USA	108,70	270,0	270,0	270,0	—	disq.
—	Kircher Achim	1968	GER	108,85	255,0	255,0	255,0	—	disq.
—	Paller Mykhailo	1980	UKR	109,30	270,0	275,0	275,0	—	disq.
—	Nilsson Per	1974	SWE	109,35	272,5	277,5	277,5	—	disq.
—	Taksdal Tollef	1975	NOR	109,80	250,0	250,0	250,0	—	disq.

PL.	Name	BY	Nation	Weight	1 Att.	2 Att.	3 Att.	RESULT
—	Leesman Kaido	1969	EST	109,80	232,5	232,5	232,5	— disq.
- 125 kg								
1	Maximov Vladimir	1966	RUS	124,15	295,0	300,0	300,0	295,0
2	Hirvonen Marcus	1976	SWE	124,30	292,5	292,5	297,5	292,5
3	Lenarciak Marcin	1978	POL	124,80	280,0	285,0	285,0	285,0
4	Gayanov Radik	1973	KAZ	120,35	260,0	267,5	280,0	280,0
5	Smulter Fredrik	1983	FIN	124,55	277,5	277,5	280,0	280,0
6	Krejca Zbynek	1974	CZE	113,30	250,0	257,5	265,0	265,0
7	Plante Geoff	1969	USA	123,40	252,5	262,5	270,0	262,5
8	McColl Alastair	1981	NOR	122,75	250,0	260,0	265,0	260,0
9	Muller Charl	1975	RSA	123,80	247,5	257,5	270,0	257,5
10	Hoen Markus	1966	GER	118,40	250,0	250,0	255,0	255,0
11	Kisheuer Heiko	1973	GER	123,85	250,0	262,5	265,0	250,0
12	Knudsen Jan Fisker	1974	DEN	123,00	225,0	235,0	235,0	225,0
—	Furesund Kjell	1966	NOR	124,30	275,0	275,0	282,5	— disq.
125+ kg								
1	Sandvik Kenneth	1975	FIN	148,60	330,0	332,5	340,0	332,5
2	Svensson Frederik	1979	SWE	152,20	325,0	332,5	340,0	332,5
3	Lehto Ove	1972	FIN	141,90	315,0	322,5	330,0	330,0
4	Gillespie Bill	1959	USA	144,75	330,0	345,5	345,5	330,0
5	Shabanov Viktor	1976	RUS	140,35	320,0	330,0	332,5	320,0
6	Wahlqvist Johnny	1973	SWE	173,20	310,0	310,0	335,0	310,0
7	Lealiifano Kennwach George	1969	SAM	139,25	300,0	320,0	320,0	300,0
8	Gronvold Bjorn	1967	NOR	131,70	230,0	230,0	242,5	242,5
—	Midote Daisuke	1972	JPN	135,00	335,0	335,0	337,5	— disq.
—	Fjoren Trond	1966	NOR	137,75	275,0	275,0	275,0	— disq.
—	Kronemann Wulff	1967	GER	139,20	295,0	295,0	300,0	— disq.
—	Aliakbar Ali	1976	IRI	148,50	310,0	310,0	310,0	— disq.
—	Staerkjaer Niels	1966	DEN	170,00	320,0	327,5	335,0	— disq.

Men's team results

1	Russia	69	[12+12+12+12+12+9]
2	Japan	57	[12+12+12+9+6+6]
3	Poland	55	[12+9+9+9+8+8]
4	Finland	49	[12+12+8+8+6+3]
5	Sweden	47	[9+9+9+8+7+5]
6	U.S.America	41	[8+7+7+7+6+6]
7	Germany	27	[8+7+7+3+1+1]
8	Denmark	19	[8+6+3+1+1]
9	Norway	16	[4+4+3+3+2]
10	Kazakhstan	15	[8+7]
11	Iran	15	[5+4+3+2+1]
12	Austria	12	[7+5]
13	Latvia	9	[9]
14	India	9	[7+2]
15	South Africa	8	[6+2]
16	Slovakia	7	[7]
17	France	6	[6]
17	Hungary	6	[6]
19	Czechia	5	[5]
19	Australia	5	[5]
19	New Zealand	5	[5]
22	Samoa	4	[4]
22	Great Britain	4	[4]

Egypt	—
Estonia	—
Ukraine	—

Men's overall best lifter

PL.	Lifter	Nation	B.Weight	WF	Result	W. points
1	Zakiev Ayrat	Russia	59,70	0,8568	215,0	184,21
2	Sandvik Kenneth	Finland	148,60	0,5540	332,5	184,20
3	Kodama Daiki	Japan	74,55	0,7152	257,5	184,17

EM Divisional Powerlifting Championships

This year's divisional powerlifting championship was held at the Hitchin and Letchworth Weightlifting Club in Letchworth on 11th December 2005. Alan Ottolangui supported by a number of club members once again organized a good event which if anything, was better than the previous year's event.

Results

Name	Club	bwt	Best Squat	Best Bench	Sub Total	Best Deadlift	Total	Place
Lucy Gledhill	hitchin	55.5	82.5	37.5	120.0	85.0	205.0	1
Jenny Hunter	cambridge	57.5	140.0	90.0	230.0	160.0	390.0	1
Jackie Blasbery	cambridge	69.8	155.0	105.0	260.0	195.0	455.0	1
Chad Mitchell		57.2	65.0	112.5	177.5	165.0	342.5	1
Wayne MacFarlane	hamiltans	65.5	190.0	142.5	332.5	220.0	552.5	1
Shaun Rolands	the farm	66.4	160.0	100.0	260.0	190.0	450.0	2
Alan Ottolangui	hitchin	74.7	190.0	125.0	315.0	200.0	515.0	1
Wayne Bartlett	yardley	75.0	180.0	112.5	292.5	185.0	477.5	2
George Leggett	lakeside	74.5	165.0	95.0	260.0	200.0	460.0	3
			0.0	0.0	0.0	0.0	0.0	
Toby Swallow	hitchin	78.4	280.0	150.0	430.0	270.0	700.0	1
Steve Gates	hitchin	77.9	210.0	130.0	340.0	240.0	580.0	2
Jake O'Neill	luton	81.7	210.0	120.0	330.0	230.0	560.0	3
Mick Amey	hamiltans	79.0	160.0	102.5	262.5	210.0	472.5	4
Andy Ly	unattached	80.5	225.0	disq	disq	235.0	disq	disq
Tony Allen	guest	75.2	150.0	105.0	255.0	185.0	440.0	
TS Adewale	guest	81.9	255.0	155.0	410.0	275.0	685.0	
Gerry Rice	yardley	87.6	280.0	175.0	455.0	240.0	695.0	1
Kevin Jane	the farm	88.6	260.0	160.0	420.0	275.0	695.0	2
Andy Howard	hamiltans	89.0	245.0	175.0	420.0	250.0	670.0	3
Doug D'Gama	hitchin	85.8	205.0	165.0	370.0	232.5	602.5	4
Nick Oliver		87.9	217.5	125.0	342.5	227.5	570.0	5
Paul Kerridge	hamiltans	88.7	190.0	127.5	317.5	232.5	550.0	6
John Jones	yardley	87.0	175.0	100.0	275.0	190.0	465.0	7
Tony Wightman		88.9	155.0	110.0	265.0	187.5	452.5	8
John Porter	Guest	89.2	250.0	175.0	425.0	280.0	705.0	
Ian Kinghorn	yardley	99.5	240.0	242.5	482.5	240.0	722.5	1
David Battison	lakeside	94.5	230.0	165.0	395.0	252.5	647.5	2
Ajaz Khan	luton	90.1	140.0	110.0	250.0	180.0	430.0	3
Gary Mitchell	guest	99.9	300.0	175.0	475.0	250.0	725.0	

Name	Club	bwt	Best Squat	Best Bench	Sub Total	Best Deadlift	Total	Place
Terry O'Neill	luton	121.8	280.0	150.0	430.0	275.0	705.0	1
Gary Naybour	unattached	118.0	230.0	180.0	410.0	230.0	640.0	2
Paul Doherty	BGS	138.0	285.0	disq	disq	disq	disq	

IPF approved equipment list

Updated: 28th December 2005

Approved supportive equipment:

Only costumes, support shirts and wraps from commercial manufacturers officially registered and approved by the Technical Committee shall be permitted for use in Powerlifting Competitions. This applies to all championships and records, from Local to World.

Only bars and plates, squat racks, bench racks and benches from commercial manufacturers officially registered and approved by the Technical Committee shall be permitted for use in World, Regional and Continental Championships. The setting of World Records must be made with Bars and Discs featured on this list.

INZER:

"Z-Suit"
 "Champion Suit"
 "Hard Core Suit"
 "MAX DL" Deadlift suit
 "Iron Wraps A and Z"
 "Erector shirt with sleeves"
 "Blast Shirt"
 "Heavy Duty Blast Shirt (HD)"
 "High Performance Heavy Duty Blast Shirt (HPPHD)"
 "Extra High Performance Heavy Duty Blast Shirt (EHPHD)"
 "Heavy Duty Inzer erector shirt"
 "Phenom shirt"
 "The Wrath bench shirt"
 "The Rage bench shirt"
 "Rage-X bench shirt"

TITAN:

"Squat Suits"
 "Centurion Suits"
 "Red Devil" wraps
 "Signature Gold" wraps
 "Titanium" Wraps
 "Deadlift Suit"
 "Titan Fury Shirts"
 "Knee Wraps T.H.P."
 "Wrist Wraps T.H.P."
 "F6 Tornado Shirt"
 "Fury NXG Plus SHP Bench Shirt"
 "Katana Shirts"

METAL:

"Metal Squatter"
 "Metal Viking Squatter"
 "Metal Squatter v-type"
 "Metal Viking Squatter v-type"

"Metal Bencher"
 "Metal Viking Bencher"
 "Metal Viking Bencher X Type"
 "Metal Deadlifter"
 "Metal Viking Deadlifter"
 "Metal Blackline Wraps"
 "Metal Black Wraps"
 "Metal Triple Blackline Wraps"

CRAIN:

"Power Bench Press Shirt"
 "Mega Power Bench Press Shirt"
 "Power Suit"
 "Genesis Power Suit"
 "Genesis Deadlift Suit"
 "Redline Power Wrap"
 "Redline Power Wrist Wrap"
 "Genesis Power Wrap"
 "Genesis Power Wrist Wrap"

PRO WRIST STRAPS:

"APT's Pro Wrist Straps"
 "ZRV - Pro Wraps Wrist and Knees"

Approved bar, plates and racks:

ER EQUIPMENT: Bench/Squat Racks
IVANKO: P/L bars and discs
LEOKO: P/L bars and discs
ELEIKO: All equipment of Eleiko is approved, included bars and discs.
PALLINI: P/L Bars and Discs " Bench/Squat Racks "
UESAKA: P/L bars and discs

Approved logos:

Power-House Japan
 Quest Nutrition USA
 KAPPI.NO
 Titan Support System
 (The logo fee costs 250 € each Year)

The user of this powerlifting equipment for himself and his heirs, release the IPF, its representatives, agents, and affiliates from any and all liability arising from the use of this equipment. Further, the user agrees to use this equipment as recommended. Failure to do so voids all responsibility and liability of the IPF, its agents, and affiliates, and the manufacturer of this equipment. Use of this equipment constitutes an agreement to these conditions.

Courtesy of:

John Stephenson, IPF Technical Committee Chairman
 and Gaston Parage, IPF Treasurer.

EM Divisional Records

A full set of the divisional records accompany this issue, included below are details of the divisional records claimed in 2005.

Recent records								
Date	Record Area	Record Category	Lift	Lift (kg)	Name	B/wt	Class	M/F
11/12/2005	EM	Snr AC	Bench	242.5	Ian Kinghorn	99.5	100	M
11/12/2005	EM	M1 AC	Bench	242.5	Ian Kinghorn	99.5	100	M
11/12/2005	EM	Snr	Bench	242.5	Ian Kinghorn	99.5	100	M
11/12/2005	EM	M1	Bench	242.5	Ian Kinghorn	99.5	100	M
11/12/2005	EM	M1	Total	722.5	Ian Kinghorn	99.5	100	M
04/12/2005	EM	Snr AC	Bench	240.0	Ian Kinghorn	99.75	100	M
04/12/2005	EM	M1 AC	Bench	240.0	Ian Kinghorn	99.75	100	M
24/09/2005	EM	Snr AC	Bench	237.5	Ian Kinghorn	99.25	100	M
24/09/2005	EM	M1 AC	Bench	237.5	Ian Kinghorn	99.25	100	M
30/07/2005	EM	M1	Bench	232.5	Ian Kinghorn	98.8	100	M
30/07/2005	EM	M1 AC	Bench	232.5	Ian Kinghorn	98.8	100	M
30/07/2005	EM	Snr	Bench	232.5	Ian Kinghorn	98.8	100	M
30/07/2005	EM	Snr AC	Bench	232.5	Ian Kinghorn	98.8	100	M
30/07/2005	EM	M1	Total	720.0	Ian Kinghorn	98.8	100	M
30/07/2005	EM	M1	Deadlift	162.5	Jenny Hunter	57.9	60	W
30/07/2005	EM	M1	Bench	120.0	Shaun Rowlands	66.7	67.5	M
30/07/2005	EM	M1	Squat	240.0	Shaun Rowlands	66.7	67.5	M
30/07/2005	EM	Snr	Squat	240.0	Shaun Rowlands	66.7	67.5	M
30/07/2005	EM	M1 AC	Bench	120.0	Shaun Rowlands	66.7	67.5	M
30/07/2005	EM	M1	Deadlift	215.0	Shaun Rowlands	66.7	67.5	M
30/07/2005	EM	M1	Total	575.0	Shaun Rowlands	66.7	67.5	M
30/07/2005	EM	U20 u	Squat	70.0	Michael Neale	55.5	56	M
30/07/2005	EM	U20 u	Bench	100.0	Michael Neale	55.5	56	M
30/07/2005	EM	U20 u						
30/07/2005	EM	AC	Bench	100.0	Michael Neale	55.5	56	M
30/07/2005	EM	U20 u	Deadlift	120.0	Michael Neale	55.5	56	M
30/07/2005	EM	U20 u	Total	290.0	Michael Neale	55.5	56	M
30/07/2005	EM	Snr u	Squat	70.0	Michael Neale	55.5	56	M
30/07/2005	EM	Snr u	Bench	100.0	Michael Neale	55.5	56	M
30/07/2005	EM	Snr u AC	Bench	100.0	Michael Neale	55.5	56	M
30/07/2005	EM	Snr u	Deadlift	120.0	Michael Neale	55.5	56	M
30/07/2005	EM	Snr u	Total	290.0	Michael Neale	55.5	56	M
30/07/2005	EM	M3	Squat	170.0	John Jones	82.2	82.5	M
30/07/2005	EM	M3	Deadlift	190.0	John Jones	82.2	82.5	M
30/07/2005	EM	M3	Total	457.5	John Jones	82.2	82.5	M
30/07/2005	EM	M1 u	Squat	180.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	M1 u	Bench	125.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	M1 u AC	Bench	125.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	M1 u	Deadlift	220.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	M1 u	Total	525.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	Snr u	Squat	180.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	Snr u	Bench	125.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	Snr u AC	Bench	125.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	Snr u	Deadlift	220.0	Terry McDonald-Davis	96.2	100	M

Recent records								
Date	Record Area	Record Category	Lift	Lift (kg)	Name	B/wt	Class	M/F
					Davis			
					Terry McDonald-			
30/07/2005	EM	Snr u	Total	525.0	Davis	96.2	100	M
30/07/2005	EM	Snr u	Squat	62.5	Claire Bailey	51.4	52	W
30/07/2005	EM	Snr u	Bench	45.0	Claire Bailey	51.4	52	W
30/07/2005	EM	Snr u AC	Bench	45.0	Claire Bailey	51.4	52	W
30/07/2005	EM	Snr u	Deadlift	95.0	Claire Bailey	51.4	52	W
30/07/2005	EM	Snr u	Total	202.5	Claire Bailey	51.4	52	W
30/07/2005	EM	M1	Squat	62.5	Claire Bailey	51.4	52	W
30/07/2005	EM	M1	Bench	45.0	Claire Bailey	51.4	52	W
30/07/2005	EM	M1 AC	Bench	45.0	Claire Bailey	51.4	52	W
30/07/2005	EM	M1	Deadlift	95.0	Claire Bailey	51.4	52	W
30/07/2005	EM	M1	Total	202.5	Claire Bailey	51.4	52	W
30/07/2005	EM	M1 u	Squat	62.5	Claire Bailey	51.4	52	W
30/07/2005	EM	M1 u	Bench	45.0	Claire Bailey	51.4	52	W
30/07/2005	EM	M1 u AC	Bench	45.0	Claire Bailey	51.4	52	W
30/07/2005	EM	M1 u	Deadlift	95.0	Claire Bailey	51.4	52	W
30/07/2005	EM	M1 u	Total	202.5	Claire Bailey	51.4	52	W
10/07/2005	EM	Snr	Bench	227.5	Ian Kinghorn	99	100	M
10/07/2005	EM	M1	Bench	227.5	Ian Kinghorn	99	100	M
07/07/2005	EM	M3	Squat	225.0	Dave Battison	89.15	90	M
07/07/2005	EM	M3	Bench	160.0	Dave Battison	89.15	90	M
07/07/2005	EM	M3	Deadlift	255.0	Dave Battison	89.15	90	M
07/07/2005	EM	M3	Total	640.0	Dave Battison	89.15	90	M
07/07/2005	EM	M3 AC	Bench	160.0	Dave Battison	89.15	90	M
25/06/2005	EM	M3 u	Squat	190.0	Dave Battison	89.6	90	M
25/06/2005	EM	M3 u	Bench	145.0	Dave Battison	89.6	90	M
25/06/2005	EM	M3 u	Deadlift	240.0	Dave Battison	89.6	90	M
25/06/2005	EM	M3 u	Total	575.0	Dave Battison	89.6	90	M
25/06/2005	EM	M3 AC u	Bench	145.0	Dave Battison	89.6	90	M
25/06/2005	EM	Snr u	Squat	190.0	Dave Battison	89.6	90	M
25/06/2005	EM	Snr u	Bench	145.0	Dave Battison	89.6	90	M
25/06/2005	EM	Snr u	Deadlift	240.0	Dave Battison	89.6	90	M
25/06/2005	EM	Snr u	Total	575.0	Dave Battison	89.6	90	M
25/06/2005	EM	Snr AC u	Bench	145.0	Dave Battison	89.6	90	M
25/06/2005	EM	M1 u	Squat	195.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	M1 u	Bench	115.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	M1 u	Deadlift	225.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	M1 u	Total	535.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	M1 AC u	Bench	115.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	Snr u	Squat	195.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	Snr u	Bench	115.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	Snr u	Deadlift	225.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	Snr u	Total	535.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	Snr AC u	Bench	115.0	Alan Ottolangui	74.9	75	M
17/04/2005	EM	Snr	Bench	220.0	Ian Kinghorn	99.15	100	M
17/04/2005	EM	M1	Bench	220.0	Ian Kinghorn	99.15	100	M
27/03/2005	EM	Snr AC	Bench	228.0	Ian Kinghorn	99.9	100	M
27/03/2005	EM	M1 AC	Bench	228.0	Ian Kinghorn	99.9	100	M
27/03/2005	EM	U18 AC	Bench	97.5	Wayne Bartlett	67.2	37.5	M
27/03/2005	EM	M4 U AC	Bench	107.5	Keith Clark	90.1	100	M
		Snr U						
13/03/2005	EM	AC	Bench	150.0	Mick Tapp	?	82.5	M
13/03/2005	EM	M2 U AC	Bench	150.0	Mick Tapp	?	82.5	M

Recent records								
Date	Record Area	Record Category	Lift	Lift (kg)	Name	B/wt	Class	M/F
06/03/2005	EM	Snr	Squat	320.0	Joe Lampshire	97.35	100	M
06/03/2005	EM	Snr	Bench	240.0	Paul Doherty	141	125+	M
06/03/2005	EM	U23	Bench	240.0	Paul Doherty	141	125+	M
06/03/2005	EM	U23	Total	810.0	Paul Doherty	141	125+	M
06/02/2005	EM	Snr AC	Bench	220.0	Ian Kinghorn	99.45	100	M
06/02/2005	EM	M1 AC	Bench	220.0	Ian Kinghorn	99.45	100	M
05/02/2005	EM	M2 AC	Bench	155.0	Mick Tapp	80.5	82.5	M
29/01/2005	EM	U18	Squat	145.0	Wayne Bartlett	65.5	67.5	M
29/01/2005	EM	U18	Bench	95.0	Wayne Bartlett	65.5	67.5	M
29/01/2005	EM	U18	Deadlift	165.0	Wayne Bartlett	65.5	67.5	M
29/01/2005	EM	U18	Total	405.0	Wayne Bartlett	65.5	67.5	M
29/01/2005	EM	U18 AC	Bench	95.0	Wayne Bartlett	65.5	67.5	M

Competition calendar

East Midlands

Date	Competition	Venue	Contact
12 th March 2006	Unequipped Powerlifting	Hitchin & Letchworth	Alan Ottolangui
26 th March 2006	Bench Press	Hamiltons Fitness, Colchester	Stuart Hamilton
23 rd April 2006	Anglian Open Powerlifting	Hamiltons Fitness, Colchester	Stuart Hamilton
July 2006 (TBC)	Juniors, Masters and Novices Powerlifting	TBC (Yardley Gobion)	TBC
29 th October 2006	Anglian Open Bench Press	Hamiltons Fitness, Colchester	Stuart Hamilton
26 th November 2006	Divisional Powerlifting	Hitchin & Letchworth	Alan Ottolangui

All above dates to be confirmed at AGM on 28/1/2006.

National

Date	Event	Venue/Location
28 th & 29 th January 2006	British Junior Powerlifting Championship	Dover
4 th & 5 th February 2006	British Bench Press Championship	Tyesley, Birmingham
25 th & 26 th February 2006	British Powerlifting Championship	Birmingham Sports Centre
13 th & 14 th May 2006	British Masters Powerlifting Championship	Birmingham Sports Centre
June (TBC)	British Unequipped Powerlifting Championship	Birmingham Sports Centre?
29 th & 30 th July 2006	British Unequipped Bench Press Championship	Shenley, Milton Keynes?
14 th or 21 st October 2006	4 Nations Championships	Scotland

Contacts

East Midlands: Officers of the Divisional Council

General Secretary & Drug Liaison Officer	Kevin Jane 17 Weedon Lane Norton Northants NN11 5NQ	Tel: 01327 312535 e-mail: kevin@kjane.fsbusiness.co.uk
	Note: All enquiries and correspondence should be directed to the General Secretary.	
Chairman & Powerlifting Secretary	Pete Weiss 1 Fairmile Kingsthorpe Northampton NN2 8DQ	Tel: 01604 844669 e-mail: peter@pweiss.wannadoo.co.uk
President	Wally Pullum 22 Dunsby Road Luton Bedfordshire LU3 2UA	Tel: 01582 592841 Fax: 01582 482901 e-mail: info@pullumsports.co.uk
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Technical Secretary	Dave Tucker 27 Gunhild Close Cambridge CB1 8RD	Tel: 01223 411414
Membership registrar, Newsletter Editor & Records Registrar	Ian Kinghorn 20 Bell Close Helmdon Brackley Northants NN13 5UH	Tel: 01295 760172 e-mail: ian.kinghorn21@btinternet.com
Olympic Secretary	Vacant	
Disabled Secretary	Vacant	
Course Co-Ordinator	Vacant	

Note: Changes are highlighted in blue

British Powerlifting Championships – 2005														
Qualifying Totals														
Women							Men							
Weight Class	U'18	U'20	U'23	Senior	40+	50+		U'18	U'20	U'23	Senior	40+	50+	60+
44kg	120	140	155	170	165	150		-	-	-	-	-	-	-
48kg	130	150	165	190	185	170		-	-	-	-	-	-	-
52kg	140	165	185	215	205	190		160	270	310	400	350	330	280
56kg	155	185	200	215	205	190		180	300	340	420	375	350	300
60kg	175	205	225	270	265	225		210	340	370	460	410	370	330
67.5kg	200	230	255	300	285	250		250	380	420	510	450	410	365
75kg	220	250	285	325	310	275		290	420	465	580	490	455	400
82.5kg	240	275	305	360	330	300		330	455	505	650	530	500	440
90kg	260	295	315	390	330	300		370	480	550	690	570	525	480
90+kg	260	300	320	400	330	300		-	-	-	-	-	-	-
100kg	-	-	-	-	-	-		400	510	590	720	610	550	510
110kg	-	-	-	-	-	-		400	540	610	760	650	570	530
125kg	-	-	-	-	-	-		410	570	620	780	670	590	550
125+kg	-	-	-	-	-	-		410	580	630	800	670	590	550

British Bench Press Championships – 2005												
Qualifying Weights												
Women						Men						
Weight Class	Under 20	Under 23	Senior	40+	50+	Under 20	Under 23	Senior	40+	50+	60+	
44kg	30	35	40	35	30	-	-	-	-	-	-	
48kg	37.5	42.5	45	42.5	37.5	-	-	-	-	-	-	
52kg	42.5	47.5	50	47.5	42.5	60	65	75	70	65	60	
56kg	45	50	55	50	45	65	70	80	75	70	65	
60kg	47.5	52.5	60	52.5	47.5	70	75	85	80	75	70	
67.5kg	50	57.5	70	57.5	50	80	85	100	90	85	80	
75kg	52.5	62.5	80	62.5	52.5	90	95	120	105	95	90	
82.5kg	57.5	65	80	65	57.5	100	105	140	120	105	100	
90kg	57.5	65	80	65	57.5	107.5	115	155	135	115	107.5	
90+kg	57.5	65	80	65	57.5	-	-	-	-	-	-	
100kg	-	-	-	-	-	115	125	165	150	125	115	
110kg	-	-	-	-	-	120	135	175	160	135	120	
125kg	-	-	-	-	-	120	145	185	170	145	120	
125+kg	-	-	-	-	-	120	145	200	180	145	120	

British Unequipped Championships – 2005 Qualifying Totals									
	Women				Men				
Weight Class	Senior	40+	50+		Senior	40+	50+	60+	70+
44kg	130	120	110		-	-	-	-	-
48kg	150	140	130		-	-	-	-	-
52kg	170	160	150		280	250	220	200	190
56kg	195	180	170		310	280	250	230	200
60kg	210	200	190		360	330	290	260	230
67.5kg	225	210	200		420	370	335	300	260
75kg	240	220	210		480	440	385	345	300
82.5kg	245	230	220		510	460	420	380	340
90kg	260	240	230		540	490	450	410	370
90+kg	275	250	240		-	-	-	-	-
100kg	-	-	-		570	520	490	430	390
110kg	-	-	-		600	550	510	460	410
125kg	-	-	-		630	580	530	480	430
125+kg	-	-	-		650	600	550	500	460

PROVISIONAL QUALIFYING REQUIREMENT FOR BRITISH UNEQUIPPED BENCH PRESS CHAMPIONSHIPS - 2005														
Weight Class	44kg	48kg	52kg	56kg	60kg	67.5kg	75kg	82.5kg	90kg	90+kg	100kg	110kg	125kg	125+kg
Men(Open)	-	-	55	60	70	85	100	110	125	-	135	145	155	195
Men (U23)	-	-	50	55	65	80	90	95	100	-	105	110	115	120
Men(U20)	-	-	47.5	52.5	57.5	65	70	77.5	85	-	95	105	110	115
Men (40+)	-	-	50	55	65	80	90	95	100	-	105	110	115	120
Men (50+)	-	-	47.5	52.5	57.5	65	70	77.5	85		95	105	110	115
Men(60+)	-	-	45	50	55	60	65	72.5	90	-	90	95	100	105
Women(Open)	40	42.5	45	47.5	50	52.5	55	60	65	70	-	-	-	-
Women(U23)	37.5	40	42.5	45	47.5	50	52.5	55	57.5	60	-	-	-	-
Women(U20)	35	37.5	40	42.5	45	47.5	50	52.5	55	57.5	-	-	-	-
Women (40+)	35	37.5	40	42.5	45	47.5	50	52.5	55	57.5	-	-	-	-
Women(50+)	30	32.5	35	37.5	40	42.5	45	47.5	50	52.5	-	-	-	-