



# IPF WORLD CHAMPIONSHIPS IN 2007

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The IPF President, Norbert Wallauch, stated that "POWERLIFTING IS FOR EVERY BODY"

Not only for everybody, but for every age as well. The IPF has so many lifters in the different age groups, that separate World Championships are held for the various age categories. In September and October, the IPF are holding World Championships for the youngest lifters as well as the oldest lifters

## WORLD SUB JUNIOR AND JUNIOR CHAMPIONSHIPS

These World Championships were held in La Garde, France from 3<sup>rd</sup> to 8<sup>th</sup> September and was divided into four separate Championships. Women's Sub Juniors and Men's Sub Juniors. A lifter is a Sub-Junior from the day she/he reaches 14 years and throughout the full calendar year in which she/he reaches 18 years.

### **Women's Juniors and Men's Juniors**

A lifter is a Junior from 1 January in the calendar year she/he reaches 19 years and throughout the full calendar year in which she/he reaches 23 years. The Sub Junior and Junior lifters are the source from which our Senior lifters will come from and it was evident from these Championships in which a record number of Powerlifters competed ( 147 Sub Juniors and 187 Junior lifters from 28 countries ) that within a few years the Senior competitions will be contested by a new wave of younger lifters

## WORLD MASTERS BENCH PRESS CHAMPIONSHIPS

Again we see that at the other end of the scale the enthusiasm for Powerlifting does not diminish with age shown by the large number of entries in the Bench Press Championships held in Schwedt, Germany from 12<sup>th</sup> to 15<sup>th</sup> September with three Championships for the Men and two for the Women.

In the Men's age grouping, a Masters One lifter must be 40 to 49 years of age. Masters Two lifters 50 to 59 years and Masters Three 60 to 69. Masters Four lifters over 70 years of age can compete and it is recognized that the Masters Four age category is not included in class weights .

The Women lifters were in two groups - Masters One 40 to 49 and Masters Two over 50

With some 247 lifters from nearly 20 countries competing over the week, this single lift contest is proving very popular with the numbers of competitors increasing every year

## WORLD MASTERS CHAMPIONSHIPS

Another record entry is expected for this three lift event to be held on October 2<sup>nd</sup> to 6<sup>th</sup> in Ostrava, Czechia. The IPF Master lifters will be lifting in the same age categories as used for the World Bench Press held recently in Germany

## WORLD MEN'S/WOMEN'S OPEN CHAMPIONSHIPS AND IPF CONGRESS

### World Championships

The final IPF World Championships for 2007 will be the Men's/Women's Open Championships which will be held in Soelden, Austria from 14<sup>th</sup> to 20<sup>th</sup> of October.

To win a Gold medal at these Championships is the ultimate aim of all international powerlifters. We can expect many World records to be broken as these top powerlifters endeavour to become the strongest in the World and win the title of World Champion.

The record entry list boasts some 400+ competitors from nearly 50 countries. This will be the Powerlifting event of the year.

For those unable to travel to Austria to see the real thing, the IPF now provide a regular feature at all IPF World Championships where the lifting will be broadcast live through Internet Video Streaming offered free through the IPF Web site:-

<http://shop.streamworld.t-bn.de/ipf>

### **IPF CONGRESS**

**As usual, the Championships will be preceded by the IPF Congress, an annual meeting to update all member nations on the progress of the IPF throughout the World.**

Additionally this year, as the IPF Congress is the Election Congress, all the officials of the IPF will be elected by the member nations to serve for another four years.

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