

Hallo all Master weightlifters round the World.

I hope that every one had a good time at the last championship in Ciechanow, Poland and also since, and since then I hope you have made lots of training including some personal records together with friends.

We have talked a great deal about anti doping and the costs of doing doping control at all our championship. In addition we have organised seminars which many of you have ignored with comments like "I don't drugs so it does not apply to me". Our efforts are not to accuse anyone but to try to educate everyone that taking drugs to help you lift weights is wrong. Also many Masters are now taking drugs for high blood pressure, heart disease, diabetes, etc. and maybe the drug prescribed by your doctor is on the banned list.

Now I will take the opportunity to ask everybody who wants to lift in championships to check up if you need TUE form because if you are taking some medicine that is on the banned you need to have one ready if you are selected for testing. I hope it will not be necessary for us to suspend somebody because he or she haven't read about this or have chosen to ignore our warnings and the help we are offering.

It's very easy to get information, visit the European Masters official website at –

www.europeanmasterswl.com

There you can read information about this and obtain a TUE form.

Visit your doctor who may be able to offer you medication that is not on the banned list or you will need him to complete and sign your TUE form. It is only if you are selected for doping control that must have a copy of your TUE and the original. You can leave the copy for the Doping Control Officer, but failure to produce a TUE when you are using a prescribed (but banned) medication may result in a suspension and if you win a medal it will be taken from you. This is your responsibility.

So to all Masters weightlifters around the world please understand and cooperate with us and avoid a possible disgraceful suspension, and at the same time remember this gives a bad reputation for Masters weightlifting.

I look forwards to seeing all of you at the next championship in Cyprus, with friendship and good lifting.

Regards
Jan Hinrichsen
IWF masters Chairman.