



NEW ZEALAND

POWERLIFTING



Sonia Manaena enjoys the ceremony of receiving the Gold Medal for winning the Raw World Champs. Accompanying her is NZPF President Steve Lousich and Coach Brian Jenkins. The ceremony was broadcast on Campbell Live 8th Nov



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Message from the President



Dear Friends of Powerlifting

It only seems a short time ago I was writing the introduction to the 2012 year and here we are in 2013. NZ Powerlifting had a fantastic year with so many highlights it's hard to know where to begin.

From the International results we have had many medal winners including Sonia's World Title in Sweden to three bronze medallists from the Masters in Killeen. I would also note the exceptional win by Bruce Park and his World Deadlift record. Unfortunately the win was not recognised in the Masters 4 class but mixed in with the other M4 lifters. This deplorable situation has now been changed and next year M4 lifters will hopefully be recognised. From the West Coast Andrew Thomas went to his first world junior champs in Poland and placed 5th.

On the local front there have been numerous competitions from every association with many offering raw or equipped options. In August Otago ran the National Champs in Dunedin with the largest turnout for a Nationals and WBOP ran the Raw Cup in Tauranga with also a respectable number of lifters. Central Districts hosted the National Bench, and also a Record Breakers.

The NZPF continues to grow in numbers and in strength. Our membership is over three hundred now and financially we are doing well. Sport NZ continues to invest in powerlifting thanks to our good results and the tireless efforts of Marie Soffe. Marie was recently recognised as an outstanding volunteer in an awards ceremony in Dunedin. We are fortunate to get this support from Sport NZ as many sports larger than us miss out.

Last year the NZPF formed a new high performance sub-committee. The purpose is to target developing athletes and help them reach the next level. The committee also takes our top athletes and will look at how we can further support them.

At the end of the year NZ will host a world first Commonwealth/Oceania in both Raw and Equipped and also bench. This is a massive undertaking and the Auckland guys will need all the help they can get to run it. If you can give some time to help loading or work on the table contact Darren Neves and let him know.

Finally, good luck for the year and stay strong and safe.

Steve Lousich

New Zealand Powerlifting President

Calendar for 2013

To view the NZ Powerlifting Calendar follow the link:

http://nzpowerlifting.co.nz/?page_id=35

<http://nzpowerlifting.co.nz/wp-content/uploads/2012/08/NZPF-Member-Registration-Forms-2013.pdf>

Results for Worlds, Nationals etc

Pacific Invitational 1st April 2012

In conjunction with the Australian Nationals, Powerlifting Australia ran the Pacific Invitational with two Kiwis competing. Both Simon Weaver and Sonia Manaena were using this as a warm up for the World Classic Cup and both had great competitions smashing a heap of records between them.

Results: Women

Sonia Manaena- Otago 84+ Class Squat 175 Bench 115 Deadlift 235.5 Total 525.5kg 1st Place
All lifts National, Oceania, Commonwealth and M2 World Records with Deadlift M1 World Record

Results: Men

Simon Weaver- Auckland 120kg Class Squat 282.5 Bench 190 Deadlift 295 Total 767.5kg 1st Place

All lifts National & Oceania Records.

<http://www.powerliftingaustralia.com/>

Referees: S.Lousich (Chief) T.Pitt-Guthrie

Raw World Champs-Stockholm, Sweden 12-17 June

Both Simon Weaver and Sonia Manaena, after a great result in the Pacific Invitational now headed to Sweden for the inaugural Raw World Champs.

For Simon a nasty back strain meant he couldn't get a squat but continued on to post a bench of 175 and Deadlift of 280 at the lower body weight of 105kg.

Sonia however had a fantastic day producing a huge 515 raw total made up of 177.5 squat, 112.5 bench and 215 deadlift. She initially won the silver but after the winner tested positive was promoted to gold. After several months of negotiating the medals were retrieved and presented live on Campbell in a half hour section from the Civic Theatre in Invercargill making Sonia the 5th open world champion in NZ history.

Full womens and mens results

http://www.powerlifting-ipf.com/fileadmin/data/results/2012/World-Cup_Classic/Women/scoresheet_w.htm

http://www.powerlifting-ipf.com/fileadmin/data/results/2012/World-Cup_Classic/Men/scoresheet_m.htm



Sonia works hard prior to the World Champs



The Inaugural Raw World Cup 2012



A good deep squat of 140kg to warm up with



This is it! Sonia going for Gold

Junior World Champs

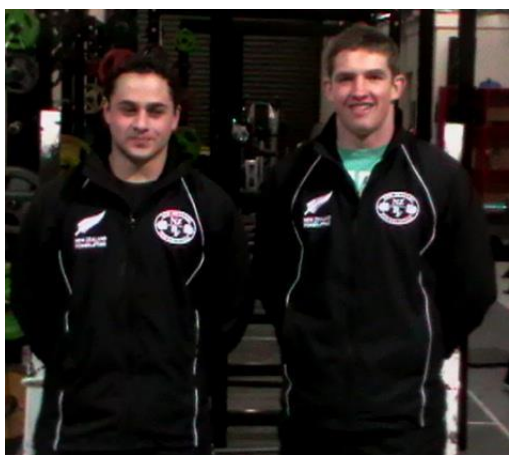
One lifter attended the World Juniors in August/September in Szczyrk, Poland. It was Andrew's first World level competition and he did extremely well in Poland. Not too many lifters reach the top 10 in their first Worlds.....

Results: Men

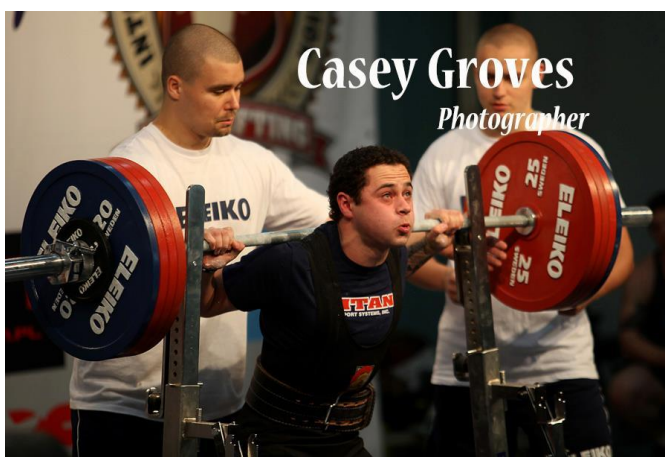
Andrew Thomas- Canterbury 74kg class Squat 235 Bench 157.5 Deadlift 230 Total 622.5kg 5th Place

Coach: Matt Gardyne

http://www.powerlifting-ipf.com/fileadmin/data/results/2012/World_Sub-Junior_Junior_Powerlifting/Men/scoresheet_m.htm



Andrew Thomas and Coach Matt Gardyne ready to set off to Poland.



Andrew squatting 220kg....



...and deadlifting 215kg



The medal ceremony.....

World Masters Championships

New Zealand fielded one of its largest teams in October at the World Master's in Killeen, Texas. Nine Lifters and a coach participated with a result that produced 14 medals.

Results: Women

Tania Pitt-Guthrie- Canterbury 47kgM1 class Squat 112.5 Bench 62.5 Deadlift 112.5 Total 287.5kg 3rd Place. Also Bronze in all individuals.

Serena Perry- WBOP 72kgM1 Class Squat 147.5 Bench 95 Deadlift 150 Total 392.5kg 4th Place. Bronze in benchpress.

Sylvia Clarkson- Otago 63kgM3 Class Squat 110 Bench 50 Deadlift 120 Total 280kg 3rd Place.

Results: Men

Julian Perry- WBOP 93kgM1 Class Squat 240 Bench 137.5 Deadlift 240 Total 617.5kg 6th Place.

Steve Lousich- Canterbury 120kgM1 Class Squat 285 Bench 237.5 Deadlift 240 Total 762.5kg 3rd Place. Also bronze in squat, gold in bench and bronze in deadlift.

Stephen King- Auckland 93kgM2 Class Squat 260 Bench 135 Deadlift 230 Total 625kg 5th Place. Bronze in squat.

Ted Anderson- WBOP 105kgM2 Class Squat 265 Bench 170 Deadlift 225 Total 660kg 3rd Place. Also Bronze in all individuals.

Bruce Park- Otago 66kgM4 Class Squat 130 Bench 85 Deadlift 185 Total 400kg 1st Place. Deadlift was world M4 record.

Clarry Parsons-Auckland 83kgM4 Class Squat 170 Bench 85 No Deadlift No Total
Clarry was injured through hamstring.

Coaches: Julian Perry, Stephen King and Phil Murphy

Referees:

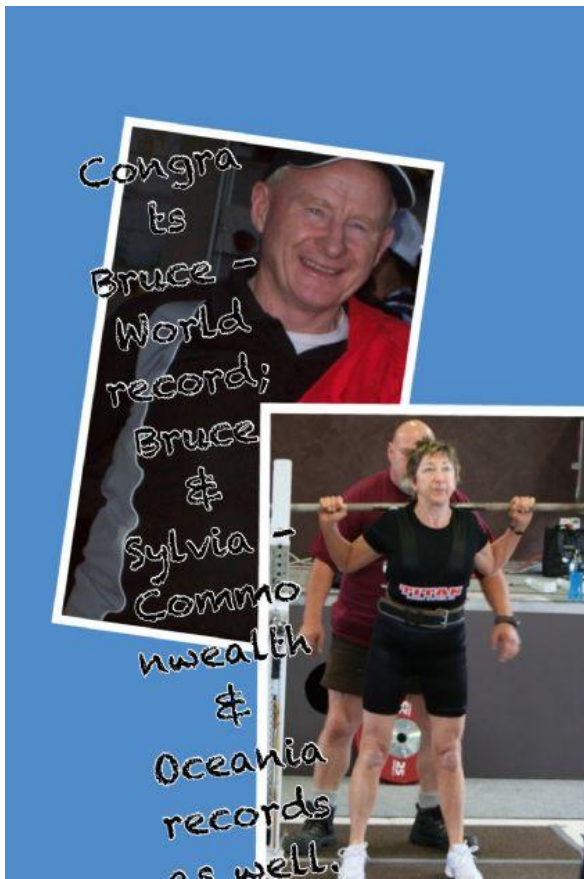
Serena Perry (Cat 2)

Julian Perry (Cat 1) Jury

Steve Lousich (Cat 1) Jury

Tania Pitt-Guthrie (Cat 2)

[http://www.powerlifting-
ipf.com/fileadmin/data/results/2012/World Masters Powerlifting/Men/scoresheet_m.htm](http://www.powerlifting-ipf.com/fileadmin/data/results/2012/World_Masters_Powerlifting/Men/scoresheet_m.htm)



This pretty much says it all



Clarry Parsons and Stephen King watching the spectacle



Tania Pitt-Guthrie prepares to pull a 112.5kg Deadlift to take bronze overall. She narrowly missed out on a silver in Deadlift.



Steve Lousich pulls 240kg and wins a bet. Still waiting to collect.....



Sylvia squats 105kg at the World Masters Champs



From left – Phil Murphy (Coach) Sylvia Clarkson (63kg Lifter), Lesley Park, Julian Perry (Manager/Lifter), Serena Perry (72kg Lifter)



The big Kingi cranks up 260kg to grab the bronze medal



Julian fires up and goes for 255kg for a shot at the bronze.



Ted Anderson collects his 4 bronze medals after achieving 660kg total



Kingi and Clarry taking photos of each other at the Grand Canyon

IPF News

Last November the IPF elections were held with the most notable change is a new IPF President Gaston Parage from Luxembourg narrowly taking the role over Johnny Graham from the States. Gaston was the former treasurer with that role now belonging to Dietmar Wolf(Norway). Johnny Graham remains the vice president with Emanuel Scheiber the General Secretary.

The IPF has made serious inroads in a number of areas:

IOC recognition- after nearly twenty years the IPF is very close to achieving this possibly as soon as Feb/Mar this year. The benefit from IOC recognition is huge with access to more funding and a step towards being part of the Olympics.

Drug Testing in and out of competition (ICT & OCT). The IPF invested nearly €80,000 in drug testing and initiated blood testing on a limited basis. 400 tests were conducted at many world champs. The result was a 4% positive result from those test and number of nations are currently suspended until they comply with far stricter testing programmes. For us this is very good as it means our athletes can go to international events knowing the drug cheats are being targeted and caught.

This year Sonia Manaena was promoted to the Gold Medal position after the Russian competitor Irina Yaroshenko was tested over several days and finally caught. She was very crafty using a technique known as 'bladder washing' to mask her own sample. Only persistence from the AC Chairman Mr Robert Wilks found her out as the first two samples were inconclusive.

There may be a need to look at our fees this year after the IPF fees doubled and a drug levy added. I believe in the end this is worth it as more resources can be used to fight the drug cheats with our additional fees. I notice the IPF entry fee has also been increased to €50 and the doping fine for a positive at an international €1000.

Congress Minutes: For a full record of the minutes follow this link.

<http://www.powerlifting-ipf.com/general-assembly.html>

The IPF has also put out two publications:

<http://www.powerlifting-ipf.com/fileadmin/data/Downloads/IPFNewsletter.December2012.Version4.0.pdf>

http://www.powerlifting-ipf.com/fileadmin/data/Newscontainer/IPF-Newsletter_January_2013.pdf

National & International Records

Powerlifting Equipped and Unequipped.

The records continue to tumble as more lifters compete in raw competitions.

Record Keeper for Equipped is Warren Russel email wazzza@xtra.co.nz

Record Keeper for Unequipped is Hayden Pritchard email hayden.pritchard62@gmail.com

Powerlifting Equipped

<http://nzpowerlifting.co.nz/uploads/records/12%20Nov%202011%20-%20National%203%20Lift.pdf>

Powerlifting Unequipped

<http://nzpowerlifting.co.nz/wp-content/uploads/2013/02/NZPF-Raw-Classification-Totals.pdf>

Benchpress Equipped

<http://nzpowerlifting.co.nz/uploads/records/12%20Nov%202011%20-%20National%20Single%20Bench%20Press.pdf>

There are no bench-only records unequipped as yet.

Qualifying Standards.

The qualifying standards determine the level required to compete at various competitions. For example gold standard means you can compete at the Open Worlds, silver at the Commonwealths and bronze at the Masters events. At multi-age events there are standards set for each age and weight category. Elite is open to any lifter of any age to qualify for additional funding.

Recently the NEC made the decision to use the equipped standards less 15% to use as unequipped standards. Also to qualify for an event you can now use an equipped qualifying competition less 15% to use for an unequipped event or if there are no events left in the year to qualify for, retroactively use and equipped competition you have competed in less 15% to use for an unequipped competition.

You must have done the qualifying standard within 12 months of the international competition you want to compete in. For international events, you must have competed at the Nationals.

<http://nzpowerlifting.co.nz/uploads/info/NZPF%20Qualifying%20Standards%20and%20How%20they%20work-%202011.pdf>

Qualifying—how do I go to an International Event i.e. Oceansias, Commonwealth, Juniors, Open or Masters Worlds?

If you have complied with the above you need to fill in the following:

<http://nzpowerlifting.co.nz/wp-content/uploads/2012/08/Application-to-compete-or-be-a-team-official-in-international-competition-Updated-3-February-2013.pdf>

Please be aware I must receive this before the preliminary nomination cut off date which is 60 days out from the competition.

Please send all nomination forms to Julian Perry NZPF Secretary P.O. Box 531 7th Avenue Tauranga

Oceania Records- equipped and unequipped

Oceania Records can only be broken at Oceania competition level or higher. There must be three qualified category one or two referee and World Records can be attempted.

<http://oceaniapowerlifting.homestead.com/records.htm>

Commonwealth Records- equipped and unequipped

<http://commonwealthpf.homestead.com/records.htm>

World Records- Equipped

<http://www.powerlifting-ipf.com/44.html>

Technical Section

Rules of Powerlifting

http://www.powerlifting-ipf.com/fileadmin/data/Technical_Rules/2013_Technical_Rules_english.pdf

Latest Approved Equipment List

<http://www.powerlifting-ipf.com/51.html>

Raw Rules

[IPF RAW RULES.doc](#)

Doping Section—Notifications, WADA, ADAMS, DFS

Unfortunately in 2012 we have had a number of positive results. The culprits again appear to be cannabis and a stimulant known as dimethylpentylamine. Cannabis is often confusing as it is obviously not performance enhancing but falls under the two other criteria.

There are three criteria considered before a substance can be put on the prohibited list.

1. Performance enhancing- anabolics, narcotics, stimulants, beta blockers, antagonists etc.
2. Adversely affecting health or well-being
3. Going against the ethics or morals of sportsmanship.

Cannabis falls under (2) & (3)

Dimethylpentylamine is found in some supplements and is hard to detect. In 2011 some of the more commonly known supplements such as 'Ripped Freak', '1 R M', 'Jacks 3 D or micro', 'Super Pump Max' were some examples. The geranium oil contained the dimethylpentylamine but after submissions from Drug Free Sport the sales of these products with dimethylpentylamine was illegal after the 1st April 2012. Most of these products now contain grape seed extract or some other substitution and are perfectly fine.

Overseas purchases, especially from the USA, still may contain dimethylpentylamine although most list this on the side of the packaging and even make the comment about the product not suitable for drug tested athletes. Despite this old stock is still around. It is vital that you carefully check every supplement and ascertain the contents before consuming.

Article 10.2 and 3 of the WADA Code and similar statements in the DFS (SADR14.4) are quite clear. *"The athlete is responsible for what is found in their body"*

IF NOT SURE ASK.

The Sports Anti Doping Rules can be found on the DFS website or the NZPF website. You can phone, text or email to check.

<http://www.drugfreesport.org.nz/site/drugfreesportnz/files/Documents/NZ%20Sports%20AntiDoping%20Rules//2012%20Sports%20Anti%20Doping%20Rules.pdf>

Another issue that tends to confuse lifters is about applying for and knowing when and how ---TUE's (Therapeutic Use Exemptions)

1. National TUE's are also valid for international use
2. You may not need one for Asthma medication (check with DFS)

3. Think about your own well-being first. If your doctor says you need this drug then take it but apply for a retrospective TUE. This is for emergency situations only.
4. All doctors are aware of banned medications. It is up to you, the athlete to tell the doctor you are on the DFS / WADA testing programme.
5. TUE's are not always approved. In most cases they are but don't assume until you have the letter from them.
6. The kinds of things you should be looking to apply for a TUE include: any steroid based anti-inflammatory medication. Examples include steroid based respiratory medications; medications for treating heart conditions, blood pressure and cancer. This is only an example. Again, it is the responsibility of the athlete to check the medications.
7. Keep any granted TUE with you at a competition to produce for DFS NZ.
8. If you do not have a TUE granted before you compete and are tested, be aware that you may produce a positive result and may be subject to sanctions.
9. Finally, you can no longer use a medical certificate for an anatomical disability i.e. bent elbows. You can however produce one for an injury that requires taping like a strain.

Powerlifting-keep yourself safe

Participation in nearly every sport poses risks and powerlifting is included among these. It is often called an 'extreme sport' and objective spectators are frequently amazed by how much weight is involved. The NEC is extremely concerned about any injury and it is important that we are kept aware of injuries or even near misses.

It is therefore important that you make yourself aware of the personal risks in competition. The number of serious Powerlifting injuries in NZ in competition can be counted on one hand and this is credited to the rules that all competition organisers have to follow including the standard of the equipment and the training of the spotters.

Here are some suggestions for you as a lifter:

Ensure all of your lifting equipment is in good order.

Know who the first aid person(s) is and where the first aid kit is.

Know when to stop lifting in case of an injury. You can always apply for a dispensation.

If you need help, ask for it. Don't be afraid to ask for an ambulance if you have sustained a major injury. In 2005 we nearly lost a lifter who suffered a cardiac arrest. The competition was put on hold for two hours.

Don't use super tight lifting costumes. These are a recipe for injury as the groove range becomes very narrow and any deviation can cause a fast movement-usually in the wrong direction. Over tight bench shirts are particularly risky because frequently the bar is 'thrown' back towards the lifters face. Spotters are train to wait for the chief referees 'rack' command and may not respond in time.

Referees Section—Cards explained, promotion process.

In Powerlifting, we have several levels of referees. The first is Club Provincial which requires an 80% pass in a written exam. Club Provincial Referees can referee in novice competitions.

Second is Provincial Referees, which requires a 90% pass in a written exam. Provincial referees can referee up to National level but you must be on the third level as a National Referee to adjudicate records. The National Exam is a practical one, overseen by a Cat 2 or Cat 1 referee.

After national is international, and the first grade of international is Category 2. To pass this you must pass a written exam with 90% and a practical exam by 90% and this can only be done at an international event. All referees, no matter what level must wear the appropriate official referees outfit, which for men is gray trousers, white shirt and navy blue blazer. For women it is the same except they can wear a skirt or blouse.

Cat 2 referees are identified by a light blue tie and blue 'Category II' badge on the breast of the jacket. The next grade is the highest which is Category 1, and these referees have usually been refereeing for some years as a Cat 2 before passing the harder practical exam. A red tie and badge is worn by the Cat 1 referee. Both Cat 1 and 2 referees can referee at world events including world records but Cat 1 referees can also serve on the jury. There are over 500 Cat referees worldwide.

The only more senior level referees are Technical Committee members. There are only about 12 in the world and they are often chosen as jury presidents and referee examiners for other Cat 1's. The TC members are also responsible for proposing rule changes to congress.

For a full listing of NZ Referees:

[Referees Report 2012.xlsx](#)

What can you do if you don't agree with a referee's decision?

NZ Referees have a reputation for being some of the best in the World. Inevitably we end up as chief referees and on jury's at the Worlds. We have one serving on the TC and is the chief examiner for the Oceania region.

Our referees are well trained and experienced and referee by the golden rule of not allowing one lifter to gain an advantage over another.

We must remember they are also people and many are lifters. They can and do make mistakes but not many. The rules are ambiguous and some are downright ridiculous so we must make decisions that favour the lifter.

Referees will give you a white light if they are sure the lift is good or if they are not sure. If a spotter gets in the way of vision the referee will benefit the lifter. Red lights mean they are sure the lift is not good. If you get three reds you cannot win an appeal. Only a majority decision of two reds to one can you approach the jury and ask for another attempt or to have the previous decision overturned. Only extreme cases will the jury reverse the decision and then the decision from the jury has to be unanimous.

If there has been interference with the lift, equipment failure or a misload will the jury give you another attempt at the same weight. Squat depth is not grounds for another lift attempt unless it is very obvious.

In 30 years of lifting have I only seen one referee removed from the platform for poor refereeing although many have had warnings for poor decisions. You should always ask the question of the jury, they can only say no. But be careful, frivolous requests can incur fines or disqualification.

Dispensations—how they work

By Steve Lousich

A dispensation is essentially a request to be excused from competing in a competition for a reason beyond your control. The reason you must apply for one is that the NZPF works on a progressive qualifying system starting from the novice level competitions at the beginning of the year right up to the World Champs at the end of the year.

To be able to compete at higher level competitions you must qualify at lower level competitions.

For example-You want to lift at the World Champs in November. To compete at the World Champs (or any international) you must have competed at the National Champs. There is also the need to have done the World Champs qualifying total 12 months prior to the World Champs. The qualifying total can be done at any event except a novice competition (i.e. at a provincial champs).

To compete at the National Champs you must have done a competition in the calendar year prior to the National Champs and qualified. Before the Nationals there is usually a Provincial or a North or South Island Champs.

But three weeks prior to the Provincial you injure yourself and cannot compete. This is the time to notify the NEC that you need a dispensation from lifting at the Provincial Champs but that you still want to lift at the Nationals (unless you are going to lift at the North/South Islands).As long as you provide evidence from a registered medical practitioner you have no problem

Reasons the NEC will accept dispensations:

Medical- Sickness/Injury with medical cert

Family Emergency
Work but only unexpected demand
Family or Social Functions like a wedding

Reasons the NEC may not accept a dispensation request
Financial hardship
Rostered Work

The NEC can also accept retrospective Dispensation requests in the unlikely situation something happened just before a competition, but you should apply with a couple of weeks.

[Powerlifting\NZPF Documents\Dispensation Flow Chart.xlsx](#)

Lifter Profiles

Lifter Profile—Brett Gibbs

Best Lifts –

83kg class 317.5kg(bombed that comp), Bench 212.5kg, dead 272.5kg Total 765kg 500plus wilks

2 national titles one int 74kg class, 83kg class

Best Junior Lifter 2012 Nationals with 510wilks

NZ records in both classes and all lifts in 83kg class are NZ records.

Introduction - In 2007 broken humerus on two occasions one straight after the other, I was told rehab in the gym was what I needed to do to get the bone/ arm strength back. After a good year of training I had a huge passion to get my bench moving up and up. Seen benching in the range from 120/130 a couple of guys by the name of Danny Wilton and Tony Oliver got me training bench night with them. From there they got me squatting, deadlifting and getting me in a good mindset to do a powerlifting comp. Hearing stories about Derek Pomana being my size and accomplishing what he did, and surrounded by these 2 was truly inspiring. After my first comp I was hooked!

Goals – After seeing that Derek had squatted as a junior 82.5 kg 275 I set my sites on that and accomplished 317.5kg at a body weight of 82.2. Have huge goals of being NZ best ever lifter squatting over 400kg beating the mighty 305 bench and Derek's deadlift record. Really want to do this at 100kg BW.

Training - I commit myself to 5 trainings a week, normally very intense, loud and heavy is how I do it. Squat at least twice a week raw and geared, bench twice a week max one geared session, deadlift once a week. Train back assistance twice a week as well as extra leg assistance. I believe my consistency to push it gets the gains I achieved.

Nutrition - Have a solid diet lean diet to keep me lean so I don't have unused KGs on me, probably leaner than the average powerlifter. Really do watch what I eat most of the time and avoid alcohol for a long time before competition phase.

Year ahead 2013 –Appering as a guest lifter in Australia at a competition in Sydney 21/04, my first comp ive been invited too so reall stoked with that.

World Junior champs , Texas – August 29th I lift here, have a real chance of winning this event and have my full concentration on doing just that! Last 2 years 855kg totals have won im looking bigger then that! With one more left as a junior hoping to go back to back.

Commonwealth champs, Auckland. Here hoping to set a world record and multiple oceania records.



Brett pulls a nice round 600lb Deadlift (272.5kg). Someone going to give me the 'down' signal?
Nationals 2012



Brett squats a whopping 317.5kg (700lbs) at 93kg-Awesome squat!

Lifter Profile-Leighton Best

Chartered Accountant at Fulton Hogan

Best Lifts and Tittles

Squat 215kg Bench 240kg Deadlift 252.5kg

- Current NZ Bench records in the 93 (240kg) and 105kg (235kg) class
- 4 NZ Bench Press tittles including best overall lifter in 2011 and 2012
- 7 times Canterbury Bench Press best overall lifter
- 2007 Commonwealth champs gold medal for bench and total in the 83kg class

I started weight training when I was 16 but didn't discover powerlifting until I was 27. I had always enjoyed doing training heavy and after watching the Canterbury bench champs, I decided to give it a go and have been hooked ever since.

There are lots of great lifters in New Zealand that I have been lucky enough to share the platform. I remember watching Steve Lousich bench 240kg+ at the first competition I watched. My first nationals were in 2007, I got to watch Derek Pomana in the 125's and Reuben Simanu in the Supers. Steve Varga and Dave Dunford had a great battle in the 100's. I was lucky enough to lift at last year's record breakers in Wellington with a number of these guys and also a number of talented juniors that are coming through.

My current goals are focused on trying to make the New Zealand team for Commonwealth champs in December. I also hope to make it to the world bench open bench champs in the next few years

Training

My training follows a loose Westside style template. I like to mix up things so will generally concentrate on a movement for 3 weeks and then change it up keeping the percentages relatively high and reps between 1 and 6. Also, I include lots of accessory exercises to target weak point. I enjoy doing 3 lift comps but due to time and also a few injuries over the year my training is very bench focused. A usual week would be:

Monday: rest

Tuesday: Deadlift and Back

Wednesday: Light bench, shoulders and triceps

Thursday: rest

Friday: Back

Saturday: Squat

Sunday: Heavy Bench

Before a competition I will generally build up to around 95% two weeks out, a week before I will go up to my openers and then have a couple of light sessions during the week.



Leighton squatting 200kg-Not sure when but I recognise the bald head in the front!



By far Leighton's best lift and proof of how well you can make a shirt work for you

Inspiration

At the end of last year I set myself a goal to compete at the 2013 Commonwealth Champs. Already there are obstacles: despite it being summer I am already being plagued with re-occurring joint pain and staying focused given that its ten months of training and competing is a struggle. I'm thinking 'bugger' what could I do to keep eveything in perspective by not ignoring the pain but working around it and not letting it smack a humongous dent in focus.

I have spent the last few weeks reading a number of books and drawing inspiration from a number of truly inspirational kiwi's. One in particular sums up how I should approach my training throughout this year. This next part is a direct quote from Steve Gurnery's book 'Lucky Legs' which I hope that Steve Gurney is ok about. I had the privilege of doing a fund-raiser with Steve back in the old Total Fitness days when it used to be in the old Tait Electronics building on Manchester Street, Christchurch.

Steve took two and half years to recover from Leptospirosis which he contracted from bat guano that entered his system via a cut in his leg whilst competing in Malaysia. He learned that there are two ways to deal with an obstacle; you can see it as insurmountable or as a challenge that will eventually yield results. (Gurney, 2012:146). The extract is from Chapter 15, "I'm back". What he learned:

- It's quality, not quantity, that's important. I surprised myself by proving that it is possible to hold down a job as well as put in a winning performance. All you need to do is eliminate training sessions that give a poor return. I trained less than 20 hours a week for the 1997 Coast to Coast. The essential components of a training schedule are a regular (weekly or fortnightly) long session for each discipline; interval sessions; technique and drills practice, and back-to-back sessions. All other sessions could be classified as low—value 'junk mileage'. Recovery can be enhanced by light sessions, but for busy people, the time is probably better invested in an early night, a midday snooze, stretching, or dealing with other commitments.
- 'Youth and enthusiasm are no match for old age and cunning'. Previous experience goes a long way towards making your preparation easier. Having competed in races before is always an advantage.
- Overtraining is a deadly trap even for experienced players. It has only taken Steve 12 years to recognise and listen to the symptoms of overtraining! And, as usual, it took an outsider to help him spot it. When he attended a lecture by Graeme O'Bree, the Scottish cycling time-triallist, he inspired Steve with his 'all or nothing' attitude. He is certainly a machine on a mission, and exuded tense enthusiasm. However, Graeme, is careful to point out that intense training can only be beneficial to a body that is recovered from previous hard sessions. To this end Graeme has a sequence of specific sessions that are only done once he feels his is recovered.
- Freshness on race day is vital. Steve wants to be jumping out of his skin on race day, and his mind needs to be clear and fresh. Overtraining causes staleness that lingers for weeks. The taper phase needs to be at least 10 days. For his comeback year Steve tapered for two weeks, which paid big dividends in the form of a fresh mind and body. His taper-phase training consisted mainly of half-hour sessions that included six 'pick-ups' to briefly get his heart rate up to around 160 bpm. Stack plenty of Z's in the two weeks before the race. If you can manage it, a midday snooze is good.
- Manage injury. If he has an injury he knows it is important to seek expert medical attention immediately. This is necessary not only to treat the injury but reduce his anxiety and depression. He had a suspected fracture in his foot since the December.

Daily physiotherapy helped, and innovation also gave positive results when they cunningly modified his Formthotics.

Off-loading his training cycling and kayaking meant that he compensate for weaker running by stronger bike and kayak. He reduced his actual running dramatically to allow recovery. Innovative training also worked well, by using alternatives like aqua-jogging, and stimulating foot-eye coordination for rock running by using tight-rope walking.

- Keep an eye on nutrition. In the months before the race he made an extra effort to eat as widely as possible, including as much raw food as he could tolerate. He also took vitamin supplements.
- During the race, he varied his food to make it as interesting as possible. Sometimes it is better to eat 'less than ideal' favourite foods than not to eat at all. His race diet was Leppin Squeezies, Cookie Times, spirulina, quiche, fruit cake, Sportsmeal drink, Shrewsberries, Roll-ups, orange juice, bananas and straight fizzy Coca-Cola.
- In the trilogy of training, recovery and nutrition, the recovery aspect is often more important than the other two.
- The most valuable thing he wants to share with us is attitude, summed up beautifully in the answer-phone message of Steve Hannen, who was left a tetraplegic after the Cave Creek collapse: "Sorry, I can't walk to the phone yet. Leave a message and I'll get back to you when I learn how ."

Losing isn't failure: failure is to getting back up to try again or not trying a different way. (Gurney, 2012: 147-149)

Thanks Steve for a truly inspirational story.

Gurney, S. (2012). *Lucky Legs, What I've Learned About Winning & Losing*. Auckland, New Zealand: Random House.

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