



Ultimate Power

The official magazine of the East Midlands Powerlifting Association
A division of the Great Britain Powerlifting Federation

June 2012



The Old and the New!!

**A great days lifting at the 2012 East Midlands Masters, Juniors
and Novices Championships**

Editors View



Hello again to all East Midlands powerlifters.

A number of local and international competitions involving lifters from the division have happened recently and where possible I have included reports on these but there are several that I have no information on at all other than the results – it would be great if people could take photos and do reports on future events or the newsletter will become just a table of numbers and words.

I have done a summary of all the divisional lifter achievements that I can find – I hope I didn't miss anyone.

It was good to be able to watch some of the first "Raw" World Championships recently on the internet stream – it really brings home how much difference equipment is making nowadays – hopefully the interest in these unequipped events will grow which would surely help in the ultimate goal to make Powerlifting an Olympic event.

Thanks again to George Leggett and Paul Kerridge for their continuing contributions to the newsletter and also to Allen Ottolangui for his latest competition report – proof that he really should never give up his daytime job!

The East Midlands now has a new website, please take time to check it out and forward any comments or suggestions to Jenny Hunter, the link is <http://eastmidspowerlifting.co.uk>

As always any views comments, articles, photos about clubs, individuals or indeed anything to go into the newsletter would be welcome.

Good lifting.

Best Regards
Steve Walker

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Calendar of National Events for 2012

	<u>Start Date</u>	<u>End Date</u>	<u>Event</u>
View	30/06/2012		East Midlands Masters, junior novice and Anglian Championship
View	07/07/2012	07/07/2012	Greater London Club Championships
View	07/07/2012	07/07/2012	YNEPF Unequipped
View	08/07/2012	08/07/2012	North Midland unequipped Championships
View	17/07/2012	21/07/2012	European Masters Powerlifting Championships
View	28/07/2012	28/07/2012	Junior squad training
View	04/08/2012	05/08/2012	All England Championships
View	04/08/2012	04/08/2012	Roses cup (Lancs vs Yorks)
View	09/08/2012	11/08/2012	European Bench Press Championships (Open)
View	26/08/2012	26/08/2012	GBPF SCOTLAND OPEN BENCH PRESS
View	28/08/2012	02/09/2012	World Junior and Sub-Junior Powerlifting Championships
View	08/09/2012	09/09/2012	British Classic Powerlifting Championships

View	28/09/2012	29/09/2012	Western European Cup
View	29/09/2012	29/09/2012	English Open Benchpress Championships
View	02/10/2012	07/10/2012	World Masters Powerlifting Championships
View	18/10/2012	20/10/2012	European Masters Bench Press Championships
View	28/10/2012	28/10/2012	South East Deadlift
View	29/10/2012	04/11/2012	World Powerlifting Championships (open)
View	03/11/2012	03/11/2012	YNEPF Benchpress Championship
View	17/11/2012	17/11/2012	YNEPF Open and Juniors Championships
View	25/11/2012	25/11/2012	South East Powerlifting Championships
View	02/12/2012	02/12/2012	NW Powerlifting championships
View	09/12/2012		GBPF SCOTLAND DIVISIONAL

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Editors Round Up

A summary of East Midlands lifters achievements in the last quarter

British Unequipped Bench Press 6th May 2012 Hatchford Brook

Out of a total of 57 lifters, there were only 6 entries from the East Midlands but they certainly made it count with every lifter winning their bodyweight class and age group.

Kevin Peacock	1 st M2 74kg class – 115kg
Paul Abbot	1 st M2 93kg class – 152.5kg
Daniel Hodson	1 st U23 93kg class – 107.5kg
Steve Bullimore	1 st M1 105kg class – 165kg (His coach John Bevan said Steve owes him a Xmas present now)
Bob Baxter	1 st M3 105kg class – 135kg
Tony Blythe	1 st M1 120+ class – 170kg

Well done to all concerned

European Senior Championships 8th–12th May Pilzen Czech Republic

Tony Cliffe again competed in the Europeans and continued to nudge towards a 1000kg total with 360/287.5/330 for a 977.5kg total to finish overall 4th and close to a medal – it must come soon.

British Seniors 23rd June Moulton College Northampton

Only 4 East Midlands lifters involved this year – must be the lowest for a long time, yet again they achieved great results with three 1st places and a 2nd place

Sharn Rowlands	1 st place 47kg class – 107.5/40/110	total 257.5kg
Jenny Hunter	1 st place 52kg class – 122.5/82.5/155	total 360kg
Jackie Blasbery	2 nd place 84kg class – 155/105/175	total 435kg
Tony Cliffe	1 st place 120kg class – 375/280/335	total 990kg

British Masters and Juniors Powerlifting

Championships 2012

This year's British Masters and Juniors Powerlifting Championships were held at the AT7 centre Coventry, as always the East Midlands Division was well represented.

In the Junior women's section we had Sharn Rowlands. After a slow start on the squats only getting her opener of 90Kg, Sharn managed a solid 42.5Kg bench. On to the deadlifts and Sharn got all three finishing with 107.5Kg, leaving her with a 240Kg total and the British U18 Title.

We had two women in the masters section, Jenny (the man) Hunter and Jackie (nice buns) Blasbery.

Jenny in the 52Kg class at M2 lifted solidly to take the title managing a 125Kg squat and a comfortable 82.5Kg bench. Jenny's second attempt deadlift of 160Kg was a good lift but very hard fought so she declined a third attempt leaving her with a 367.5Kg total.

Jackie lifted in the 84Kg class and had some stiff competition in Jean Maton from the South Midlands. Jackie took all three squats finishing with 165Kg which left her 5Kg behind Jean. Again on the bench Jackie got all three attempts leaving her with 105Kg, Jean missed her third attempt leaving her with 110Kg.

Jackie was therefore 10Kg down on sub-total but was the lighter lifter. Both girls started on the deadlift with 170Kg. Jackie then took 180Kg for her second but Jean managed 182.5Kg. Jean's third attempt of 187.5Kg was unsuccessful, so Jackie knew she had to take 192.5Kg to take the title on bodyweight and what a great pull it was giving her the British champion title.

In the Junior men's we had Ben Cattermole in the 66Kg class, Ben was slightly down on his squats only managing his opener of 145Kg but came back strong with a 100Kg bench and a 177.5Kg deadlift giving him a 422.5Kg total and second place in the U18 section not far behind the winner.

In the U23 section at the 105Kg weight class we had Jack Cook. Jack who is a relatively new lifter put up a good performance in what was a strong class with the winner getting a 835Kg total. Jack got all three attempts on the squat finishing with 265Kg. A solid 160Kg bench gave him a 425Kg sub total. On to the deadlift and again Jack got all three giving him 275Kg and a 700Kg total earning him third place.

The Men's Masters saw David Brown in the M2 59Kg class. Dave was not firing on all cylinders and he only managed his openers on all three lifts for a 282.5Kg total which was good enough for first place and the British Title. I am sure he will make amends at the next one.

In the 74Kg class at M2 was Allen Ottolangui (Steve Walkers idol). Allen lifted well after receiving a black eye before his opening squat by Andy Rodney trying to put his straps up. A 235Kg squat, 142.5Kg bench and 235Kg deadlift gave Allen a 612.5Kg total (lifts Steve Walker dreams of) and the M2 title. (Editor's note – it would have to be a nightmare for me to get a total that low!!)

At 83Kg lifting in his first M2 (old git) class was Doug D'Hobbitt. Doug had some stiff competition in Balwinder Singh from the West Midlands. After a strong 230Kg squat and 160Kg bench Doug's 390Kg sub total put him 2.5Kg up and he was the lighter man. After the opening attempts Balwinder moved into the lead with 240Kg deadlift. Doug took 240Kg for his second to put him back in front, but Balwinder's 247.5Kg took back the lead. Doug felt he had to put some pressure on Balwinder and took 252.5kg for his third but was unsuccessful leaving Doug with a 630Kg Total and second place.

In the 93Kg class, Kev Jane at M3 (I know he looks much older than that) lifted his normal solid self getting 7 from 9. All three squats finishing with 277.5Kg a second attempt 162.5Kg bench and two deadlifts finishing with 272.5kg and a 712.5Kg total. Kev took the title and I am sure he has his eyes set on the Europeans and World Masters later in the year, watch this space.

At M1 in the 105Kg class saw the return of Andy Rodney (who I had forgiven for punching me). Andy lifted well but not quite back to the form we know he has. The squats were solid getting all three and finishing with 270Kg. Much the same on the bench ending with 180Kg. A 265Kg deadlift gave him a 715Kg total and second place, I am sure there is much more to come from Andy.

Also in the 105Kg class but at M3 saw one of the best battles of the whole comp. Our (whittling) Dave Batisson took on Jim Dulling of the YNE. Both lifters made a poor start only getting their opening squats, Dave with 190Kg and Jim with 180Kg.

Dave benched solidly taking all three attempts and 147.5Kg, whereas Jim struggled again only getting his opener of 147.5Kg. This left Dave 10Kg up on subtotal and being the lighter man meant Jim had to out deadlift Dave by 12.5Kg.

After openers Dave was still in front but Dave's second attempt of 227.5kg was very hard fought so Dave elected to jump only 2.5Kg to 230Kg for his third attempt which again very hard fought but successful, giving him a 567.5Kg Total. This meant Jim had to go for 242.5Kg to take the title which after another hard fought pull he was successful giving him 570Kg Total and the M3 title. A great battle and good to see at M3, I am sure Dave will have his revenge but in the mean time its back to the whittling.

A good weekends lifting and a well run competition, with lots of people jumping in to help. The East Midlands had 6 winners, 3 seconds and a third which shows the strength of our division, well done to all.

Report by Allen "Because you're worth it" Ottolangui

East Midlands Masters, Juniors & Novices and Anglian Open 2012 Championships

The Championships were held at Yardley Gobion Powerlifting Club as in previous years but with the addition this time of the postponed Anglian Open which was useful in boosting numbers to a total of 20 lifters.

As usual, the large array of different age groups and classes meant that virtually all lifters were lifting unopposed but all with their own individual goals for qualifying totals, personal bests or simply to experience their first competition so this led to a great atmosphere, especially as there was a good sized enthusiastic audience.

We had 3 ladies lifting and first off was novice lifter Rend Shakir in the 52kg class who lifted carefully and somewhat nervously for a total of 110kg – I am sure she benefitted greatly from the whole experience and will be much more confident next time round.



Abi Graham lifted in the Anglian Open 63 kg class squatting 105kg, benching 67.5kg and deadlifting 135kg for a good 307.5kg total which was 17.5kg up on her total in the Divisionals last November and gaining her the title.



Sub Junior lifter Leigh Wetheridge lifted in the East Midlands Juniors 83kg class weighing only 73.2kg and had a superb day all round.



Leigh qualified for the British Juniors and broke British Junior bench press, deadlift and total records and went 100/72.5/160 for a 332.5kg total – all in very strict and confident style – she will surely achieve considerable success in powerlifting in the future.



Great style from Leigh as she pulls a British record 160kgs (note the chief loader wishing he had a pair of socks like that!!)

Dave Brown, lifting as a guest due to his entry going awol didn't have his best day but still totalled 287.5kg at only 57.4kg and a M3 lifter – better check the entry next time Dave!



Local man Russell Howard (“Benchy” to his mates) managed to make the weigh in this time and went 110/85/130 for a 325kg total and 1st place in the Anglian 66kg class (he owes his clubmates a round of drinks and crisps for that!!).



Also lifting in the 66kg class in the East Midlands as a Sub Junior and unequipped was Ben Cattermole who looked impressive squatting 155kg, benching 95kg and deadlifting a British U18 record 185kg for a 435kg total – a great result for Ben and his proud parents.





Ben pulling 185kg – a British U18 deadlift record

In the 74kg class weighing a very light 70.7kg and lifting unequipped was Sean Maloney who improved his total from last year's divisional by 10kg to total 440kg.



This comprised a very deep squat of 155kg, a 95kg bench and a gutsy 190kg final deadlift having missed it on his second attempt.



Lee Meachen moved up to the 83kg class having eaten a few pies too many and was lifting unequipped, determined to break a British raw bench press record. Squatted perfect style 120kg (so it should be) opened with an easy 135kg bench and then took 150kg for the record but couldn't lock it out and decided to leave it there so no total today.



Evergreen Patrick Stewart stunt double Mick Amey lifted in the East Midlands 83kg Masters 3 class unequipped and made 7 from 9 lifts finishing with the loudest laugh of the day as he locked out with a 220kg deadlift to make 490kg total – good to see him back on the platform especially in such a happy mood.



The Laughing Gnome that is Mick Amey pulling 220kg

Yardley man, Colin Miller was up against Ian Wells in one of the few contested classes in the Anglian 93kg class and knew he would have his work cut out although his main goals today were to break his P.B. and to raise money for a local hospice.

Unfortunately Ian just couldn't get his squats right today missing 240kg 3 times – all on depth with the first one probably being the closest but just a shade high.



Colin squatted 175kg missing 185kg then making it on his 3rd attempt.

Although out of the competition Ian decided to continue and benched an impressive 190kg but jumped 20kg to 210kg which was too much on the day although he pressed it on his second it was deemed too low on his chest. Colin made a P.B. bench of 122.5kg and now he only had to get a deadlift to take the title

This he did with an easy 195kg going on to get more P.B.s with a 212.5kg deadlift and a 520kg total – beating his target of 500kg which he needed to raise the sponsorship for the hospice so well done to Colin.

Ian opened on 210kg deadlift, made it easily and went straight to 250kg but couldn't make it and decided enough was enough today – I'm sure if he gets his openers right he will power well over 700kgs pretty soon.

We also had a further 4 lifters in the 93kg class, two novice lifters lifting against each other – Tomasz Boguszewicz and Tom Hudson and a junior lifter – Stefan Nolan and old timer Kevin Jane - still leading the way.

In the novice class it was close on the squats with Tomasz getting 140kg and Tom making 135kg, but Tomasz had the superior bench with an impressive 130kg with Tom getting 105kg.



Tomasz squats 140kgs



Tom squats 125kgs

On the deadlift Tomasz again stretched the lead finishing with a 200kg deadlift to total 470kg and Tom making 160kg deadlift and a 400kg total both good totals considering they were lifting unequipped.



200 kg pull takes the title



A hard fought 160kg

Junior lifter, Stefan Nolan was well supported by his training mates and squatted a determined 160kg then benched 80kg and pulled a hard 192.5kg to total 432.5kg – a good total for an unequipped junior lifter.



Stefan pulls 192.5kg in good style

Then we had another master class in unequipped lifting from “Benjamin Button” Jane who is completely ignoring his advancing years and still improving as an unequipped lifter.



Another British Old Gits record for Kevin

Kevin made British M3 unequipped records in the squat (217.5) bench (135) and total (612.5) curiously the deadlift specialist wasn't able to make his last deadlift of 267.5kg which would have been a clean sweep of records but a back injury hadn't helped. Altogether a great day for Kevin and good preparation for the European Masters later this month.



On his own in the Anglian 105kg class was our very own “Whittling” Dave Battison lifting back in the GBPF again and complete with new bionic straight leg. Also lifting unequipped, Dave got over a shaky start on the squats missing his two openers on 155kg but making his third and then going on to a 125kg bench and 200kg deadlift for a 480kg total, 1st place and a qualifier for next year's British Masters 3.



Lots of guts involved here and I'm not talking about Dave's new bodyweight

Another new face, lifting as a Junior lifter in the 105 East Midlands was Sam Smith who made all his squats finishing with 140kg, missed his opening bench but increased his next attempt to 115kg and got it and deadlifted 160/180 and 192.5kg to total 447.5kg and win the class.



Andy Hutchings, who we know is a very determined lifter was in the Anglian Open 120kg class against Tom Weavers who is also an improving lifter. Both lifters opened on 190kg squat and were successful with Andy finishing with 212.5kg and Tom missing 205kg to finish on 197.5kg.



Tom gets 197.5kgs



But Andy made 212.5kgs

A further 10kgs went to Andy's subtotal lead after he benched a strong 147.5kg to Tom's 137.5kg and he consolidated the win with some truly impressive deadlifting finishing with an all out 250kg and a total of 610kgs. Tom made all his deadlifts finishing with 230kg and a 565kg total – I expect the battle will continue and the gap between these two lifters will narrow in the future.



Worth the effort – 250kgs wins the title

Ian Finch lifted in the East Midlands 120kg M2 class unequipped and made all his lifts for 9 from 9 and a winning total of 525kg and showed his usual poise and control.



Finally, to the big men or in this case – the big man Adam, Thomson lifting in the 120+ class as a novice and weighing only 120.2kg – not sure if that was deliberate or an accident but it didn't affect his performance with him making all his squats and two benches for a sub total of 285kg.

However Adam struggled to build the total he wanted only getting his opening deadlift of 180kg as his two attempts at 200kgs were failed by the referees due to excessive bending of the knees and supporting the bar – a valuable lesson learned for the next competition. He finished with a total of 465kg and seemed very happy with his first result.



Maybe next time - Adam failed 200kg twice for supporting it on his legs

So all in all a good days lifting with a great atmosphere for experienced and novice lifters alike. Thanks to all the officials, helpers, coaches, supporters and to the loaders – not a single “miss”load all day (that I saw anyway) and plenty of encouragement which is essential when you are on or near your limit.

Report by Steve Walker (who also organised the event and did lots of other things – not just loafing around as some of the misguided loaders were suggesting all day!!)

Some other highlights of the day



Allen announced he had in fact joined the Gay Powerlifting Federation over 10 years ago



Pete couldn't find the rat in his ratatouille and demanded a refund



The local "One Flew over the Cuckoos Nest" Appreciation Society were on their annual outing



And there was real excitement when a rumour went round that Jedward were in the building

ALL OUR YESTERDAYS.

1978.

This is the spring of 78 and it is the first time that the European Powerlifting Championships is to be held. It was Birmingham, England and was superbly organised by Vic Mercer. Hailed as a huge success it was the forerunner of many wonderful championships that was to follow.

Held over two days there was 64 competitors from 11 different countries. Many British officials were present including John Moody, Gren Elmore and John Stephenson who were later to become high ranking officials of the I.P.F. The general secretary at that time was Wally Holland of G.B.

There were many notable performances, Peter Fiore at 75kg and a 720kg total and gold medal. Lars Hedland of Sweden weighing 137kg benching 270kg without a shirt and Taito Haara from Finland squatting 400kg at 140kg bodyweight.

Below you will see the results of the Great Britain team.

Great Britain Team results.

1978. Birmingham. England.

52kg.	N. Bhairo.	Gold.
56kg.	P. Stringer.	Bronze.
60kg.	E. Pengelly.	Gold.
67.5kg.	D. Garner.	Gold.
75kg.	P. Fiore.	Gold.
82.5kg.	R. Collins.	Gold.
82.5kg.	B. West.	Silver.
90kg.	E. Toal.	Gold.
100kg.	R. Nobile.	Silver.
110kg.	E. Kershaw.	4th.

Great Britain.

European Champions.

Best Lifter.

1. Taito Haara.	Fin.	493.43Pts.
2. Des Garner.	Gbr.	493.41Pts.
3. Eddy Pengelly.	Gbr.	489.89Pts.

Team Results.

1. Great Britain	105Pts.
2. Finland.	93Pts.
3. Sweden.	77Pts.

In those days the points system used was the Swartze formula later replaced about 1996 with the Wilkes formula.

1978.

WORLD CHAMPIONSHIPS.

TURKU. FINLAND.

This was the first time Finland had held a World championship and we did not know what to expect but if it was anything like we experienced the year before in Turku we were not too worried. November and I remember it was very cold but fortunately the competition was being held in the official hotel where G.B. stayed.

Some memorable moments for me. Well you could not fault the organisation. Nothing had been left to chance and the Finnish association had done us proud, equally as good as Birmingham. At the banquet afterwards Precious McKenzie sang to us and he is a really good singer and Hideaki Inaba gave a demonstration of the martial arts. Manojit Bose was the Indian manager and I.P.F. referee and he got seriously drunk. Eddy Pengelly and a young Finnish lifter called Koyyka took Manojit to the lift, sat him down and set the lift going and I believe the poor man spent the night going up and down in the lift. One of our British supporters drunkenly accused Peter Fiore of being lucky to be World champion and someone, not Peter,

World Championships. 1978.

took exception to this and there was very nearly a punch up narrowly avoided by the team hurriedly escorting this man out. Incidentally, this was the first time I met Fred Sterry and we have been firm friends ever since.

Ron Collins did not compete this year, from memory I think he had a pec injury. Our new boy was Des Garner from Y.N.E. and Ray Nobile, a Scottish fireman was another notable newcomer, also Steve Zetolofsky.

The U.S.A. were again World champions, Great Britain silver medal and I think Finland were bronze medallists.

GREAT BRITAINS TEAM RESULTS.

1978. TURKU. FINLAND.

52kg.	N. Bhairo.	Silver.
56kg.	P. Stringer.	Bronze.
60kg.	E. Pengelly.	Silver.
67.5kg.	D. Garner.	Bronze.
67.5kg.	D. Pal.	(5th.)
75kg.	P. Fiore.	Gold.
82.5kg.	B. West.	Silver.
90kg.	E. Toal	(4th.)
100kg.	R. Nobile	Silver.
Super.	S. Zetolofsky.	(4th.)

GREAT BRITAIN SILVER MEDALLISTS.

George Leggett.

CREATINE, ANOTHER CON, OR A SUPER SUPPLEMENT?

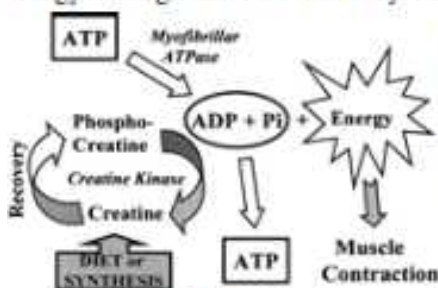
Let's face it, there is probably more rubbish written about weight training and supplements than just about anything else. Getting to the truth for the unwary or naive can be difficult and creatine has been one of these touchy topics for the last fifteen years. I have studied the affects of various supplements for some years now scouring the real scientific papers for the truth as well as experimenting practically. Love it or hate it creatine is probably the most widely used supplement in sports, particularly in strength training and weightlifting where it's accepted as completely legal in any quantity by WADA and all sport bodies because it's an entirely normal and abundant chemical compound found throughout the human body. But what exactly is it? Creatine was identified as a natural chemical in human muscle in 1832 by Michel Chevreul who named the compound from a Greek word for flesh, Kreas. Most of the creatine in the body is stored in the muscles and the brain, however a small amount (around 5%) is stored in the kidneys and circulates in the blood.



its role as creatine phosphate with the enzyme creatine kinase is a fundamental part of the muscle fibre and nerve energy transport system enabling muscles to contract repeatedly and recover quickly while expending energy through the ATP/ADP cycle. Have I lost you yet? A schematic diagram of this function from Wikipedia is shown below, but unless you're a scientist understanding the actual process is difficult, so I will leave it at that. Ninety five percent of your creatine is stored in the muscles for use in this ATP cycle and its use and replacement is a key body function to maintain mobility and strength. Without it you would be a completely useless lump rather like a jelly fish left on the shore by a retreating tide! Uhm, reminds me of a few people I know! The storage level of this key chemical varies considerably among individuals and is naturally variable in us all depending on dietary intake and the rate of use by muscle action. Unlike blood sugar which is regulated by diet and insulin to keep it within a stable range the level of creatine storage fluctuates with diet considerably. Under normal circumstances all individuals have a lower than maximum creatine storage, this means we all have an opportunity to increase this storage level and hence potentially improve specific athletic performance and enable quicker recovery from any training depletion.

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We obtain this important compound in two ways, directly from the consumption of fish and meat as well as indirectly by the synthesis of three separate amino acids; Arginine, Glycine and Methionine which are available in many foods containing protein. The process of converting the amino acids to creatine takes two separate stages, first in the kidneys then finally the liver before transportation in the blood to the muscles. The synthesis uses considerable energy and uses amino acids that could otherwise be used as part of the protein synthesis to repair or grow muscle or other important tissues.

Vegetables, seeds and fruit do not contain creatine so vegetarians will have lower creatine level stores as it all has to be biosynthesized from the three amino acids from dietary protein which in itself is often comparatively low in the vegetarian diet compared to the carnivore. In extremely poor diet situations it can only be obtained from the catabolism of existing muscle tissue which is certainly not desirable for any strength athlete. Consequently, those with a low meat or fish intake, and notably vegetarians and vegans will always have lower muscle stores of creatine due to the natural limitations of the synthesis process. Several medical studies have shown that the normal level of muscle creatine stored in the muscles of individuals on a balanced carnivore diet in the UK/USA/EU without supplementation is around 130 milli-moles per litre, while vegetarians average around 117, a considerable difference of 11%.

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Creatine is the common name given to several chemical compounds used as a supplement, the most common being creatine monohydrate. Many sportsmen and athletes use creatine and find it benefits them considerably, others report no benefit at all and consider it a con, another fad with benefits blown out of all proportion by commercial interests, so what's the truth, what are the scientific facts?

There have been many controlled medical experiments on creatine supplementation. The main fact that stands out is that supplementation increases the storage in the muscles and brain considerably. It's medically accepted that the lower base level of stored creatine responds rapidly with supplementation, rising to a much higher level, particularly for vegetarians where this level will exceed that of a non-supplemented carnivore very quickly. This capacity to increase storage levels is an opportunity all sportsmen should consider.

In extremely poor diet situations creatine can only be obtained from the catabolism of existing muscle tissue which is certainly not desirable for any strength athlete.

The increased storage of creatine above base levels has proven positive affects on muscle capacity for both high energy intense contractions and ongoing endurance functions. It has also been shown to improve recovery following exercise where creatine supplementation appears to minimise muscular micro damage from intense contractions. The replacement synthesis from the three amino acids is also reduced with supplementation leaving a greater level of protein available for muscle anabolism and other functions requiring the three amino acids. While these positive affects have been known for decades the supplement creatine monohydrate has only been readily available in a pure form commercially since the 1990's. Supplementation is the only realistic method to achieve high levels of stored creatine as with normal food sources of meat and fish individuals would require enormous (3-5 kilograms) amounts of meat daily to achieve a similar level of muscle storage which is impossible to maintain.

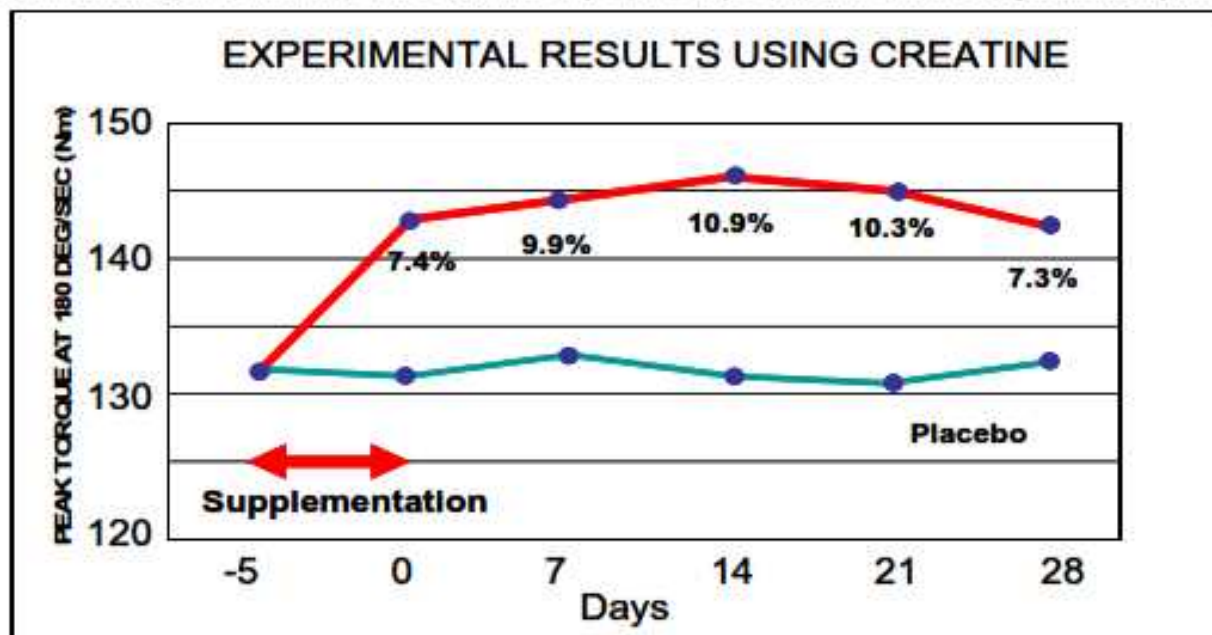
All the creatine supplement manufacturers recommend a 'loading' process to saturate the storage capacity of the muscles in a relatively short time. The loading is usually achieved in 5 days with a dosage of 20 grams a day using creatine monohydrate. Some of the other products such as creatine ethyl ester and those that are provided in a carbohydrate or protein mix may take longer, it will also take longer for a large individual or a vegetarian. As the 20 grams per day protocol has been shown to be safe I would recommend extending the five days to seven for large individuals, vegans and vegetarians but this may be extended to up to 3 weeks using much smaller doses for anyone who reacts to the supplement with bloating or upset stomachs. Creatine is consumed by the body fairly quickly when undergoing very intensive strength training or for those involved in endurance events and maintaining elevated levels after loading requires a small daily dose in these situations. A very active athlete or vegetarian will need a daily dose of between 2-5 grams even when on a balanced diet to maintain the highly loaded level. Vegetarians will need to err on the high side and take a little more. Most powerlifters will find this will be entirely adequate, but it's dependent on diet and the level of exercise sustained, for example a long distance runner may have to take a little more than this in the competitive season or during training for a marathon.

A single 5 gram oral dose of creatine monohydrate results in a peak level in the blood 1-2 hours after ingestion which quickly tails off as it has a fairly short elimination half life in the blood, averaging just less than 3 hours, so to maintain an elevated plasma level for maximising muscle take up requires small oral doses every 3-6 hours throughout the day. It's a mistake to take your daily creatine all in one go unless it's a very small ongoing maintenance dose, so to achieve the short loading phase of 5 days successfully doses should be taken at intervals through the day with food and drink as this will improve the sustained slow release of the compound into the blood.

The very high dosage of 20 grams per day during loading is only recommended for short periods and the European Food Safety Authorities (EFSA) recommend such doses are avoided long term, but it's not necessary after 5-7 days anyway as you will see from the study below. You could in fact take creatine for 5-7 days in loading dosage then leave it for a month. While it has been suggested that consistently high doses could lead to hypertension due to increased water retention, data is not available to confirm this and medical monitoring

has concluded that the long term use of moderate (up to 3 grams/day) creatine supplementation does not result in any currently measurable adverse health effects. It should be noted that the use of creatine supplementation requires a considerable increase in daily fluid consumption as the greater levels of storage is achieved with additional plasma in the muscles and surrounding sarcoplasm. This may create an increased risk of dehydration and potentially severe muscle cramps if fluid intake is not increased adequately during creatine supplementation and maintained for at least 4 weeks after this has been stopped, I have experienced making this mistake personally and the severe cramps were very painful and dangerous.

In the last decade the positive effect of creatine loading has been demonstrated repeatedly by controlled experimentation and its affect is no longer contested by any medical organisation. The results of one typical study purely on strength is shown on the chart below. This compared two groups of athletes, one group using creatine monohydrate, loading with 20 grams a day over 5 days while the other were given sugar placebo



capsules that looked exactly the same. The two groups of non-vegetarian strength athletes were balanced for initial performance on a leg extension machine before the start of the experiment to as far as possible eliminate errors from the distribution of unusual responders. After the 5 day loading no further supplementation was given. The resulting difference in leg strength measured as peak torque between the two groups was very significant over the following month, after only 5 days of high dosage supplementation the strength of the group taking creatine increased by 7.4% compared to the placebo group, and despite the supplementation being stopped at that point it went on to peak at 10.9% two weeks later. The effects continued to last for 4 weeks before even beginning to return slowly to normal comparative levels. Similar results are possible with much smaller daily doses over several weeks and the same 7-11% increase would be expected once full loading was achieved. Ongoing smaller daily doses would sustain the improvements indefinitely although this has not been explored at the moment over a protracted period of a year or more.

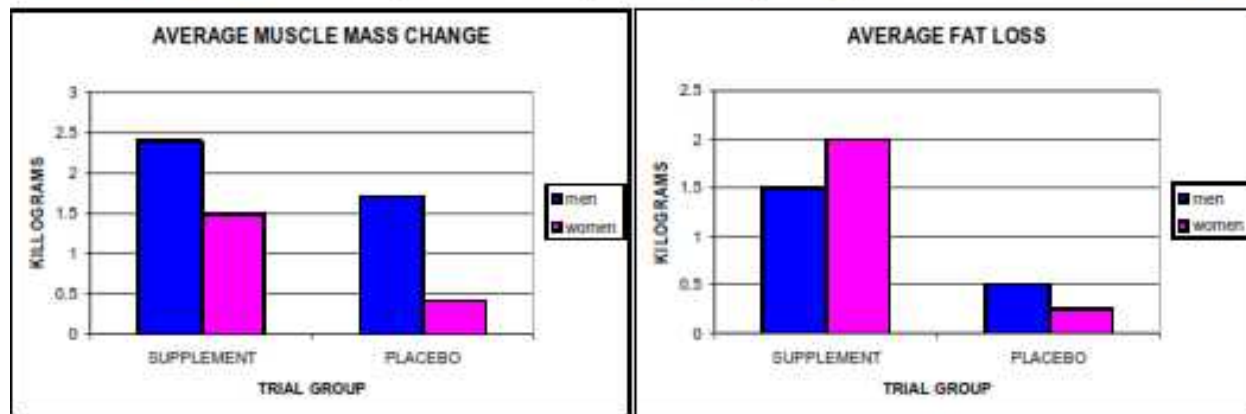
In addition to single supplementation with creatine there are several symbiotic relationships with other compounds that together appear to multiply the affect, most notably linoleic acid and protein:

COMBINING CREATINE AND LINOLEIC ACID

Creatine combined with linoleic acid has been studied as a potential strength and bone structure improver, most notably for older people. This essential fatty acid must be obtained from diet rather like the essential amino acids for muscle protein synthesis and it's vital to maintain health as the body cannot produce this compound itself. A balanced diet will provide adequate linoleic acid but some individuals on special diets or having very limited food choices may be deficient. For example, in some countries where a high proportion of

the diet is rice, the emergence of white polished rice in the last century caused widespread serious medical problems as the rice husk (seen on brown rice) contains all the essential fatty acids, in fact rice bran oil is a good source of linoleic acid and it's abundant in most seeds and seed oil with small amounts in meat and eggs. Grape seed oil is about the best source and consequently this is an excellent choice of oil for cooking. A deficiency of this essential fatty acid causes a wide number of medical problems but most notably osteoporosis in older people, consequently its use to help prevent this has been studied extensively and some interesting side effects have been observed.

One prominent study used healthy OAP's of both sexes to determine the affect of a daily 5 gram creatine monohydrate dose combined with 6 grams of flax seed oil supplementation. Flax seed oil contains high levels of linoleic acid and has been linked in many studies with body fat loss and bone strength improvement. The participants were split into two groups, one taking the supplement and the second a placebo. All the participants were on the same diet to eliminate any affect from potential diversity in food intake. They undertook a whole body resistance exercise regime consisting of 12 exercises twice a week for 6 months. While the study was intended to observe bone and muscle strength some unexpected side effects were observed. The results of the study below are unequivocal, clearly the supplementation had a dramatic affect



on the muscle and fat mass of the individuals, however, the results shown above are averages for the study group and some individuals demonstrated double the average loss of fat and increase in muscle mass. It's worthy of note that the men lost three times as much body fat compared to those taking the fake pills, and remarkably the women lost eight times the amount of body fat compared to the control group. These results are not just statistically significant, they are remarkable! I expect some of the women reading this may be very interested! While this experiment was with older people there have been similar, if somewhat less spectacular results from studies undertaken using students and sportsmen. From these investigations it appears clear that creatine and linoleic acid combined offers an advantage over creatine alone for increased muscle mass and the loss of body fat during a resistance training program.

COMBINING CREATINE WITH ADDITIONAL PROTEIN

The combined use of creatine and additional dietary or protein supplementation has also shown interesting symbiotic affects where the affect on strength has been greater than with protein or creatine alone. The results of one typical experiment are shown below. The study group in this case with subjects who were previously untrained was split three ways; protein only, creatine only and creatine with a protein supplementation during a seven week strength training programme. The measures monitored were arm muscle volume and leg press strength taken as the number of repetitions on a leg press machine at 80% of the initial baseline 1RM weight.

SUPPLEMENT COMPARISONS - FIGURES ARE AVERAGES FOR TEST GROUP						
PROTOCOL	ARM VOLUME			LEG PRESS		
	BASE	AFTER	% CHANGE	BASE	AFTER	% CHANGE
CREATINE + PROTEIN	103.1	116.7	13.2%	10	40	300.0%
PROTEIN ONLY	86.8	94.4	8.8%	7.7	23.9	210.4%
CREATINE ONLY	92.4	109.9	18.9%	11.9	29.8	150.4%

The results show that additional protein combined with the creatine during this training programme resulted in a greater strength increase than with either creatine or protein alone. In addition it's interesting to note that the arm volume increase was greater with creatine alone at 18.9% compared to 13.2% combined. No explanation for this anomaly was offered.

This type of experiment has been repeated around the world with only slightly varying results clearly demonstrating that additional protein combined with the creatine supplement works in some complementary way, but even today with all our medical sophistication the underlying processes that enable this are not fully understood. It has been suggested that the additional creatine stored in the muscles allow for a greater energy flow and faster recovery during highly intense training programmes, resulting in less muscle protein

Several recent studies on creatine supplementation have shown a pronounced improvement in cognitive ability in both normal healthy adults and aged persons, it's accepted medically that creatine supplementation in some way enhances brain function. One large volume study in Australia used vegetarian students who had a natural low creatine base and found the number remembering ability and recall improved from an average of 7 to 8.5 digits, an impressive 21.4% improvement.

breakdown and shorter recovery times between workouts, which along with the additional protein allows far more amino acids than would otherwise be available in the blood for hypertrophy. Although strength athletes can increase muscle growth potential with additional dietary or supplemental protein if their normal diet is deficient the affect has been shown plateau at protein intakes of 1.4-1.8 grams per kilogram of body weight. How much protein a strength athlete should consume remains controversial with some recommendations as high as 3 grams of protein per kilogram of body weight daily. However, we must take a reality check and remember that some individuals on very high intakes will be using steroids to facilitate the additional synthesis of protein in the muscles, and of course there is always the commercial self interest in selling you as much protein supplement as possible. Despite these considerations it's suggested in several medical studies that the consumption of protein above 1.8g/kilogram/day may be beneficial if creatine is present in the high loaded range. This hypothesis has yet to be fully explored but goes some way to explain the anecdotal evidence from many clean (non drug takers) strength athletes who report good gains when exceeding the maximum protein recommendations while also using creatine. Personally I don't believe it! Why? Well, that's a long story for another time!

In summary, the evidence from many studies is compelling, and medically accepted that the use of creatine in a moderate dose is not only safe long term but has a proven beneficial impact on strength, endurance and recovery. This is particularly notable with vegetarians who obtain virtually no creatine from diet. The combined use with additional protein intake in the diet or supplementation with linoleic acid has an even greater affect. I have not been able to find any medical study where additional protein and linoleic acid is used in a three way combination but logic tells me this could be a very good option.

The reaction to creatine supplementation is very varied among individuals and scientists generally place individuals in two groups, responders and non-responders. The difference between individuals in these two groups can be very large with some gaining 15% or more in 1RM strength while others gain very little. If you have tried creatine before and experienced little affect you may be a non-responder with a naturally low storage threshold before the body removes excess creatine or you may be failing to hydrate fully which is essential when taking creatine for it to work effectively, consequently a non-responder may gain some additional benefit from full hydration or hyper-hydration techniques using glycerol as discussed in my previous article on hydration, however this hasn't been tested in a practical situation.

Following a loading phase it's not necessary to continue supplementation for up to 4 weeks, or alternatively when the training or exercise is extremely intense a small daily dose will maintain the loading indefinitely.

If you decide to use creatine and don't fancy chowing down on 3 kilograms of beef a day there are generally four options commercially available:

1. **Creatine monohydrate powder.** This is the lowest cost option, but it has to be mixed with juice or milk and the powder can be a bit gritty with a bitter taste. It also needs to be measured before mixing which is not always convenient, particularly if you're taking small doses 4-6 times a day while on the move.
2. **Creatine monohydrate capsules.** These are a little more expensive but have the advantage of providing a known dose in convenient tasteless gel capsules that can be taken anytime anywhere.
3. **Creatine ethyl ester capsules.** These became available several years ago and are a little more expensive. They provide a known dose that may be taken anytime anywhere. The manufacturer claims regarding their potency compared to creatine monohydrate have not been scientifically proven and in fact I have seen

several studies that report no improvement over ordinary monohydrate, although some of my lifters have reported fewer stomach upsets using this compound. You should remember one thing; creatine monohydrate is naturally found in meat, manufactured ethyl ester is an unknown to the body!

- 4. Creatine and protein/amino acids - powder/capsules mix.** There are a growing number of creatine and protein/amino acid products in powder and capsule form. These products provide a known dose of creatine per protein/amino acid serving and this is a good post loading ongoing option. I would not personally recommend such products for the loading phase as you could also consume excessive protein/amino acids or carbohydrates depending on the product. If you decide to use one of these products read the label and understand exactly what you're consuming.

Take your creatine supplementation with food or a drink containing some carbohydrates, this is thought to increase the rate of absorption into the muscles following a blood sugar peak and the subsequent insulin reaction by the pancreas, and it helps avoid some of the reported indigestion and upset stomachs. Spreading your daily dose across each meal should alleviate any stomach problems, however some users report ongoing bloated feelings and diarrhea despite taking the supplement with food and drink. If this happens you may be reacting to the supplement or the liquid you're using to mix it. Changing the mix, the amount taken or the product type may be necessary. Choose your product wisely and ensure you obtain it from a reliable source as there are fake products on the market, notable from internet sites, so beware.

Loading may be achieved quickly as in the examples given above or more slowly with lower doses over a couple of weeks and you may wish to take advantage of the residual affect to stop supplementation completely for 4 weeks after loading, alternatively you may reduce the dose to a small amount, maybe 1-3 grams a day, your decision should be based on the estimated usage in your body and the intensity of your training. If you're a vegetarian or on a programme that involves extremely intense exercise or endurance activity such as distance running an ongoing daily dose of 3-5 grams is recommended throughout the training and competition season.

Additional fluid intake is essential during the loading, ongoing and non-supplementation run down phases to avoid dehydration and cramps, so it's important to remember to continue when you stop taking it for at least 4 weeks. If you want to increase your protein intake or take a commercial combined creatine and protein mix you should assess your normal dietary protein intake first and don't go above 2 grams of protein per kilogram of body weight, otherwise you may be taking in too much protein and either wasting your money or getting fat. In most cases the increased protein option can be achieved at low cost with a pint of skimmed milk prior, and another post workout taken with your creatine supplement, this protocol provides 40 grams of high quality whey (fast absorption) and casein (slower absorption) protein as well as calcium and vitamin A and D for a quid, this regime also has the added benefit of providing easily digested protein post workout which has been shown to improve recovery and muscle building.

Finally, if you're a powerlifter and have never used creatine before I recommend loading doses for 5-7 days starting 4-6 weeks before a competition followed by a small daily dose right up to the competition, then give it a rest for 4 weeks and start again if your competition calendar allows, otherwise maintain a 2-3 gram daily dose through the competition season. The run up to a competition is an important time for any strength athlete, and taking creatine during this period offers three positive advantages; first, the increase in 1RM strength most people will experience will give a great confidence boost just before the competition; second, for equipped lifters the increase in bodyweight from enlarged muscles will tighten body suits and bench shirts making them more effective; third, the creatine will help shorten recovery periods between training sessions. These advantages can push you towards new personal best lifts just at the right time. One thing to bear in mind is that loading with creatine may put 1-2 kilograms on your body weight, so if you are close to the bodyweight limit for competition you will need to watch this very carefully.

The evidence is clear, and while various studies show differing levels of affect they ALL show the positive impact of supplementing with creatine, it increases strength, endurance, muscle mass and reduces fat mass, particularly when combined with linoleic acid or protein in the right quantity. It also helps recovery to avoid muscle hangovers, and it may even make you more intelligent....but on reflection, maybe that last point is expecting miracles for some of you! Try it, what have you got to lose?

Paul R.

Qualifying Procedure for National & International Competitions

There has recently been some confusion regarding the procedure for qualification and invitation to lift in national and international championships.

Although this information is readily available on the GBPF website – for clarity we are publishing again below and in the East Midlands Committee meeting minutes.

If you plan to lift in National and International competitions please take time to read and understand the criteria – it may save a lot of problems in the future.

Thanks

Pete Weiss

1. **National/international invitations** ; Once again several problems have been reported by the Power Secretary pertaining to lifters not being aware of the procedure for receiving invites if selected for National or international competitions. The following criteria **Must** be satisfied

Firstly a lifter must set a qualifying total in order to be considered for a British Championship, the qualifying standards for men & women at different bodyweight classes and age categories are available on the GBPF website. Lifters who are considered for selection for international competition are usually taken from performances set at national championships.

Secondly within the East Midlands and most English divisions, lifters must have competed in, or **supported*** their **relevant** divisional championship in the previous year e.g. a junior lifter must lift in the East Midlands Junior competition as should Senior and Masters lifters lift in theirs or support the championships, ***support** meaning to help load, score, MC, Officiate (if old enough and qualified), help organise etc. It is not a requirement to make the necessary qualifying total at a divisional championship, this can be done in any bona fide competition where there are three qualified referees officiating.

However if a lifter wishes to compete in another division's championships they will first need to seek permission from the Divisional Secretary, and may usually only be able to do so as a 'guest lifter' .



GBPF – Merchandise Price List

Masters	T - Shirts	£11.00
GBPF	T – Shirts	£9.00
	Vests	£8.00
	Caps	£7.50
	Beanies	£7.00
	Polo Shirts	£10.00
	Sweat Shirts	£14.00
	Hoodies	£15.00
	Fleece Jackets	£20.00
	Refs white collar shirts	£15.00
	Refs ties National or Divisional	£10.00
	Long Socks S,M,L.	£6.50
	Bags	£6.50
	<i><u>East Midlands (GBPF) T-shirts</u></i>	<i><u>£8.00</u></i>

All prices exclude postage. Contact Kevin Jane to order any merchandise on 07887903104 or Kevin@kjane.fsbusiness.co.uk

Please send any comments, letters or articles for the Newsletter to Steve Walker @ SJR.Walker@fsmail.net or ring on 07710 138171



The East Midlands Powerlifting Association – Minutes of committee meeting held at the Yardley Gobion WLC 30th June 2012.

Meeting opened at 4.20pm

2. **Members present;** Steve Walker, Pete Weiss, Jenny Hunter, Allen Ottolangui, Ian Finch, Kevin Jane
3. **Apologies;** Dave Tucker
4. **Matters arising from previous meeting; (29/1/12)**

Pete and Allen still have not received a code to access the GBPF membership from Rob Thomas. Jenny has informed Rob that a link to the new EMPA web site needs to be added to the GBPF website. – The Secretary to contact Rob at next executive meeting (1/7/12). Steve to add web site link to newsletter.

5. **Finance update;** The account stands at £941.89 the only outstanding amount being from the East Midlands bench press, Jenny will send the organiser a reminder.
6. **Championships;** No definite date for the Anglian Open received as yet, the Secretary will contact Stuart Hamilton for this. Allen suggested staging a team event and will look at a date for this and how it will run, i.e. open or closed event, scoring, allowances etc. To date there were 22 entries for the All England championships, with 21 of them for the unequipped section.
7. **Feedback from English Powerlifting Association meeting; (16/6/12)**

The main issue raised was to do with the governance situation of the West Midlands and such matters now coming under the EPA. There were also concerns with YNE division. The EPA meeting agreed to intervene and try to encourage those holding office in the West Midlands to set a date for and AGM. Further points around these divisions were deferred to be discussed at a future GBPF council meeting.

8. **National/international invitations ;** Once again several problems have been reported by the Power Secretary pertaining to lifters not being aware of the procedure for receiving invites if selected for National or international competitions. The following criteria **Must** be satisfied

Firstly a lifter must set a qualifying total in order to be considered for a British Championship, the qualifying standards for men & women at different bodyweight classes and age categories are available on the GBPF website. Lifters who are considered for selection for international competition are usually taken from performances set at national championships.

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The committee discussed at length the current divisional championship calendar and decided to make several adjustments to take effect from January 2013. There will be the following Divisional championships from which the division shall receive £2 per lifter per entry.

The East Midlands Senior Championships - this is for equipped competitors although lifters can compete unequipped there will be no allowance or specific awards for doing so.

The East Midlands Senior ‘Classic’ Championships - this is strictly for unequipped lifters, any equipped lifters will be guest lifters if accepted.

The East Midlands Masters, juniors and novice championships – this competition will include six categories, Masters lifters equipped, Master lifters unequipped, Sub Junior & junior equipped, Sub junior and junior unequipped. Novice lifters equipped & novice lifters unequipped. (NOVICE = any lifter who has **not competed** before) The lifter must nominate which category of the competition they wish to lift in on their entry form.

East Midlands Bench press Championships – for both equipped and unequipped lifters with awards for both sections.

There may be other competitions held within the division i.e. county, inter county and single lift events which must first be sanctioned by the EMPA committee. These events will not incur the £2 per lifter levy to the division and may provide opportunities for lifters to set qualifying totals.

9. **A.O.B.** Jenny would like any East Midlands results for the last two years to add to the web site if anyone has them.

Jenny raised an issue regarding a lifter at the Senior British last week being able to lift and set National records although not holding a British passport – The Secretary will bring this up at the next GBPF executive meeting (1/7/12) *

Meeting closed at 5.30pm

Kevin Jane – Hon General Secretary

*The GBPF Secretary will look into this matter.

Request to participate in a survey on stimulants in Powerlifting

Below is the copy of an email request sent to the Divisional Secretary requesting assistance in a study on the effects and benefits of stimulants (legal ones) in powerlifting. If anybody would like to participate please use the web address to get on to the survey site.

Hello Powerlifter, My name is Hayden Pritchard and I am the lead researcher in a survey designed to investigate the use of stimulants in the sport of Powerlifting. I am a fellow lifter and have a strong interest in the sport of Powerlifting as well as an academic background.

The use of stimulants (ammonia, caffeine etc.) within our sport has always interested me and so I have designed the survey that is linked to in this email in order to investigate this among my fellow lifters.

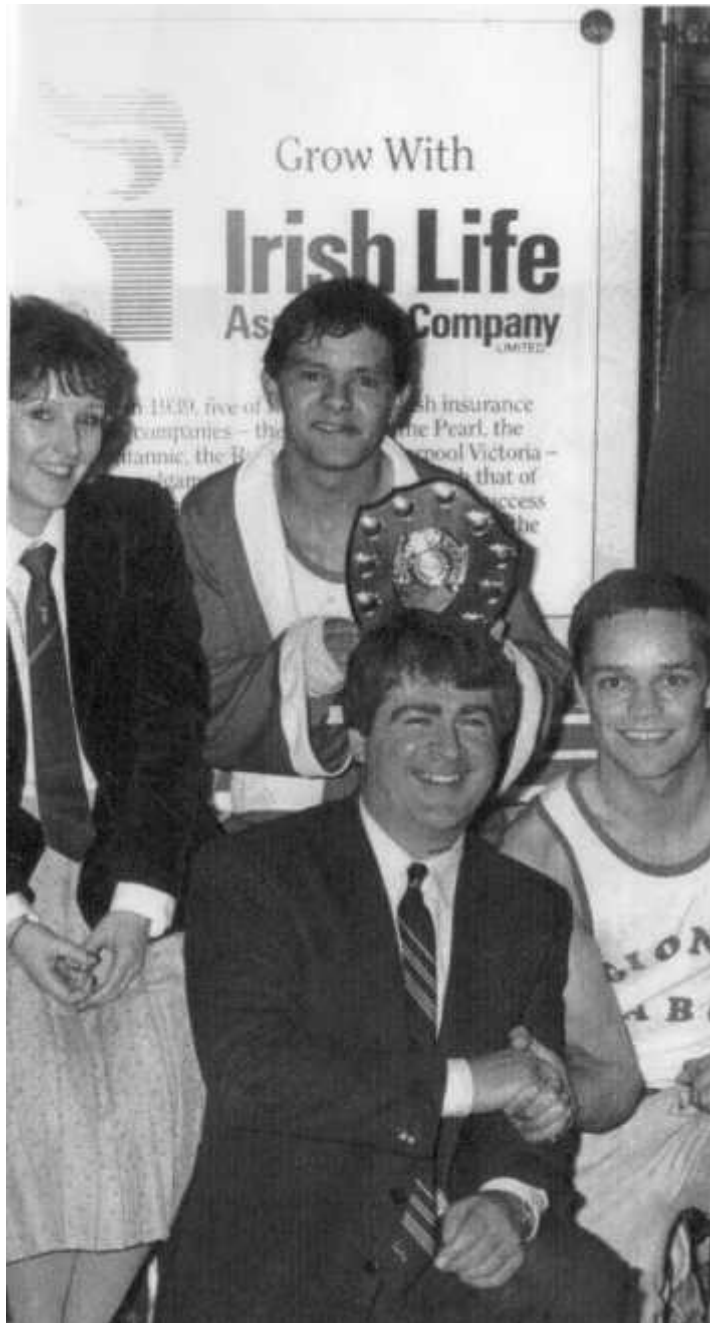
The survey will only take 5-10 minutes to complete, it is short and to the point and I would really appreciate it if you could spare 5-10 minutes and contribute to our project. The questions are based around the frequency of use of different stimulants, benefits believed to be gained from their use, as well as any side affects you may have experienced. If you are a registered Powerlifter under an IPF affiliated association please feel free to click the link below:

http://masseybusiness.eu.qualtrics.com/SE/?SID=SV_23NmhFzqbcsen08 If you have any questions please do not hesitate to contact me, my email address is within my signature.

Thank you very much for your time!

Regards, Hayden Pritchard
Human Performance Lab Manager
School of Sport & Exercise
Massey University Palmerston North 4410
New Zealand
+64 6 3569099 ext 7637 h.j.pritchard@massey.ac.nz

So did anyone recognise the Olympic boxing hopeful was of course our very own Jerry Rice



I didn't have any old photos this time - maybe you have some you can send or email me for the next issue.