



Ultimate Power

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

September 2012



Jack Cook – All England Powerlifting Champion 2012

Editors View



Greetings to all East Midlands powerlifters.

Yet again a number of local and international competitions involving lifters from the division have taken place recently and where possible I have included reports on these. However there are several that I have no information on at all other than the results so I have summarised all the divisional lifter achievements that I can find – apologies if I missed anyone.

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 on the European Masters.

I mentioned in the last newsletter that the East Midlands now has a new website but a number of members still seem to be unaware of this, please take time to check it out and forward any comments or suggestions to Jenny Hunter, the link is <http://eastmidspowerlifting.co.uk>

Finally good luck to all our lifters heading off to the World Seniors, World Masters and European Masters Bench Press Championships – **please can people bring back reports and photos.**

All members please note a date change in this year's East Midlands Divisional Championships to Sunday 2nd December 2012 – entry form below.

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 2012/13

	Start Date	End Date	Event
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	07/10/2012	07/10/2012	South West Bench Press and Deadlift Championships
View	14/10/2012		Northwest Bench Press
View	18/10/2012	20/10/2012	European Masters Bench Press Championships
View	28/10/2012	28/10/2012	British Deadlift Championships
View	29/10/2012	04/11/2012	World Powerlifting Championships (open)
View	03/11/2012	03/11/2012	YNEPF Benchpress Championship
View	10/11/2012	10/11/2012	Greater London Equipped Powerlifting Championships 2012
View	10/11/2012	10/11/2012	Greater London Unequipped Powerlifting Championships 2012

View	11/11/2012	11/11/2012	North Midlands Divisional
View	17/11/2012	17/11/2012	YNEPF Open and Juniors Championships
View	18/11/2012	18/11/2012	W.Mids Open - Powerlifting and Bench Press
View	24/11/2012		Four Nations
View	25/11/2012	25/11/2012	South East Powerlifting Championships
View	02/12/2012	02/12/2012	NW Powerlifting championships
View	02/12/2012		East Midlands Senior Powerlifting Championships
View	03/02/2013	03/02/2013	West Mids Masters, Warwickshires & 4 Counties Divisional
View	09/03/2013	10/03/2013	British Bench Press
View	28/04/2013	28/04/2013	W.Mids VS: Invitational Team Competition
View	24/11/2013	24/11/2013	W.Mids Open - Powerlifting and Bench Press

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East Midlands Senior Powerlifting Championships 2012

At

The Hitchin and Letchworth Weightlifting Club
Letchworth Corner Sports Club
Whitethorn Lane
Letchworth
Hertfordshire
SG6 2DN



Date :- Sunday 2nd December 2012

Classes

Weigh in time

Lift off

All Weight Classes

9.00am to 10.30am

11.00am

Lifting under GBPF rules.

Please send entry fee of £15.00 with slip at bottom of page to:-



Allen Ottolangui
38 Whitethorn Lane
Letchworth
Herts
SG6 2DL

Make cheques payable to: Hitchin Weightlifting Club

Closing Date for entries: 18th November 2012

No entries will be accepted after this date

Name:

Address:.....
.....

Telephone:..... **email:**.....

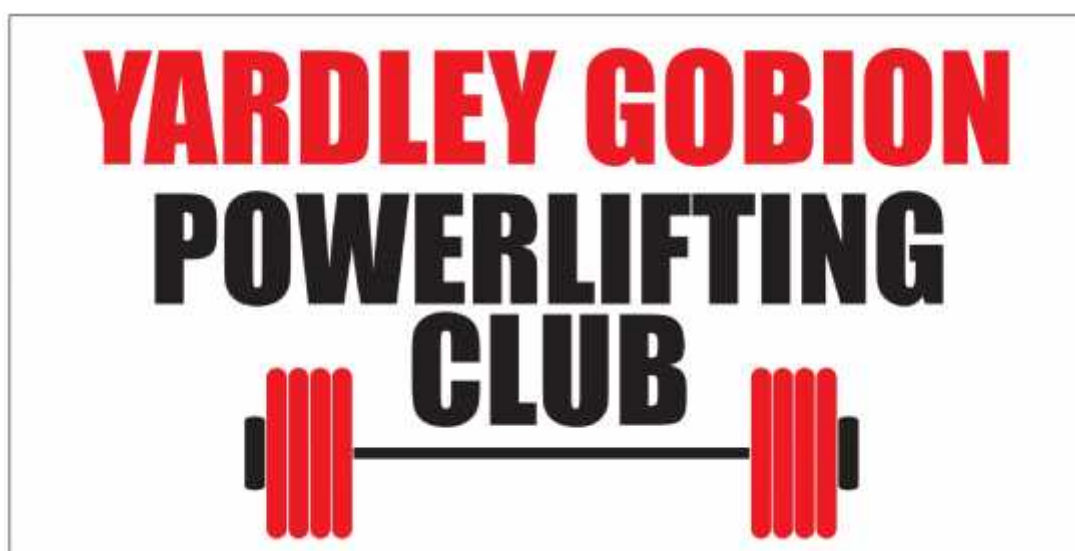
GBPF number:..... **Club:**.....

Weight Class:..... **Age:**..... **Gender:** Male / Female

New Websites

As already mentioned the East Midlands Division now has its own dedicated website where you can find all up to date divisional records, up and coming competitions etc.

The link to the site is <http://eastmidspowerlifting.co.uk>



Also Yardley Gobion Powerlifting Club has set up on Face book and you can find lots of photos that were taken at the East Midlands Masters, Juniors and Novices and the Anglian Open Championships earlier this year.

The link to this page is
<http://www.facebook.com/YardleyPowerliftingClub>

Editors Round Up

A summary of East Midlands lifters achievements in the last quarter

All England Powerlifting Championships – Moulton College Northampton

A total of 12 lifters from the East Midlands, across all age groups with some good results both in respective age groups and in the open classes.

Sharn Rowlands - 105/42.5/105 – 252.5
Leigh Wetheridge – 105/65/160 – 330
Mick Amey – 195/110/230 - 535
Jack Pryse Davies – 155/112.5/190 – 457.5
Stefan Nolan – 160/82.5/200 – 442.5
Kevin Jane – 252.5/162.5/275 – 690
Mark Whiteman – 167.5/102.5/230 – 500
Jack Cook – 275/170/285 – 730
Edgarus Kreipavicius – 240/157.5/250 – 647.5
Ian Finch – 190/115/222.5 – 527.5
Tom Weavers – 200/130/210 – 540

Classic (Raw) Powerlifting Championships Horncastle

Again there were 12 lifters from the division putting up some strong totals.

Jenny Hunter – 92.5/72.5/145.5 – 310
Abi Graham – 100/65/140 – 305
Jackie Blasbery – 136/82.5/171 – 389.5
Allen Ottolangui – 180/105/190 – 475
Tom Rowell – 170/100/230 – 500
Vince Mwayi – 240/170/290 – 700
Kevin Jane – 227.5/132.5/267.5 -627.5
Ian Kendrick – 240/140/255 – 635
Dave Battison – 150/125/200 -475
Andy Rodney – 240/162.5/272.5 - 675
Tony Cliffe – 300/202.5/320 – 822.5
Andy Hutchings – 222.5/145/255 – 622.5

It would have been good to have some reports and pictures but as none were submitted for either of the above its difficult to comment however there were some good totals and obviously records were made (Jackie Bs squat and deadlift presumably) and also a 700 total raw at 83 kg bodyweight for Vince Mwayi is impressive. It's also good to see Jack Cook continuing to improve his total and winning a national title.

EUROPEAN MASTERS POWERLIFTING CHAMPIONSHIPS

The European Masters 2012 was held in Pilsen, Czech Republic, which seems to have become home for many of the International meets. As per usual it was well run and very well attended. It seems that Masters lifting is going from strength to strength.

GB had a good team of around 20 lifters, 6 of which were from the East Midlands.

Firstly we had Jenny (the man) Hunter at M2 in the 52Kg class. Jenny had 3 lifters in her weight class. Her squat was slightly down on her best but she took some sensible attempts to give her the gold with 117.5Kg.



On to the bench and again Jenny got 80Kg taking the gold medal and she went into the deadlift knowing she only needed her opener of 150Kg to win which she pulled comfortably. Her second of 160Kg was again good but Jenny was starting to work harder. With the win sealed Jenny decided to go for a new World Record of 165.5Kg and what a pull it was Jenny fought it all the way to lock out and took the Record also giving her a 363Kg total and the European Champion title. Another terrific performance in a long and illustrious career.



Jackie (nice buns) Blasbery was down to lift at M1 in the 72Kg bodyweight class but sadly Jackie even after spending hours in the sauna didn't make the weight and so could not lift. I am sure Jackie will get it right next time (a couple less buns before possibly)!

Next came the men and first was Steve Walker's hero and pin up, Allen Ottolangui. Allen's lifting looked sluggish (that's being generous) but he still managed to get his second attempt on the Squat of 235Kg which gave him a bronze medal.



Allen opened on 135Kg on the bench then took a hard fought second attempt giving him 140Kg. A hard 225Kg opener on the deadlift was all Allen managed leaving him with a 600Kg total and 4th place but Steve Walker still loves him (maybe so but if he doesn't pull his finger out soon it's all over between us!!)

In the 83Kg class was Allen's training partner Doug D'Hobbitt. Doug was lifting in the M2 (old gits) category for the first time and started with some solid squatting getting all three attempts (which is a first) and finishing with 237.5Kg and a PB.

The bench is normally Doug's favourite and what should have been an easy opener of 152.5Kg took him all three attempts to get.



Moving into the deadlift Doug pulled an easy 230Kg opener and did the same with 240Kg on his second. This left Doug needing 252.5Kg to give him 3rd place which he pulled to lock out only to lose his grip at the top (tiny hobbit hands) putting him back in 4th place with a 630Kg total, still a respectable result and much better than his team mate in the 74kg class.



So close to the bronze medal!!

Unfortunately, Whittling Dave Battison lifting in the M3 category in the 105Kg class did not manage to get a squat passed due to depth so Dave did not continue and he went off and whittled some new squat stands.



Last up was Kevin Jane again in the M3 (very old gits) category in the 93Kg class. Kevin lifted solidly starting off his campaign with a 270Kg squat and the gold. On to the bench, not Kevin's best discipline but never the less he managed the silver with 162.5Kg.

Going into the deadlift Kevin was in front and after sealing the victory with a pull of 267.5Kg Kevin went for a new World Record 285Kg but the senile old git forgot to pick it up but still finished in 1st place and the gold overall with a 700Kg total.



Thanks to Allen "I wish I'd taken up needlework" Ottolangui for the report

DEHYDRATION AND STRENGTH

Dehydration can be a dry topic compared to many aspects of strength training, but did you know that correct hydration can improve your best single by 5%, when did you last gain that much on your best lifts? For some individuals the potential is substantially greater, and for sports that involve an element of endurance a 20% gain is not uncommon. These are scientifically supported facts that have been reproduced by universities studying sports medicine across the globe, you didn't know! Why haven't you been told before?

I hope the opening paragraph has gained your attention, and now I'm betting that after reading this article you will find yourself peering down the toilet, a lot! Why, well, if you're a serious



sportsman or strength athlete what you see in the pan is important whether you sit or stand, ('and I know who you are') once you understand the potential affect of good hydration on your strength, power and endurance.

The colour of your urine is directly related to your hydration status with a few exceptions for specific foods you may have consumed recently. For example, beetroot causes reddish brown colouration while asparagus often causes a bright green colour accompanied by a strange

smell! You may think that the colour shown in the picture above is normal, but it indicates a level of dehydration that will effect your performance in the gym or at competition.

Why am I interested in Hydration?

I decided to study the affects of dehydration, diuretics and hyper hydration (over 100% hydration) on the sporting performance of athletes and powerlifters after a near fatal incident that I eventually came to realise was due entirely to dehydration, here's the story:

Several years ago I was still competing in three lift powerlifting and training hard for the British championship. I decided to take a week off before the competition and spend some time at my flat in St Ives, Cornwall on a fishing trip. Before I went I had my last brutal leg and back workout, maxing out on everything for the Squat and Deadlift in particular. My place in Cornwall overlooks the Hayle estuary and Porth Kidney Sands with three miles of unspoilt golden beaches and rolling sand dunes, but not having direct public access it's almost always completely deserted apart from local dog walkers. When the tide is low the water is a kilometre from the sand dunes, leaving small pools and clear flat sand which is perfect for bass fishing as they congregate in the surf looking to gorge on sand eels. On the day in question I followed the tide out for 5 hours wearing waders which gets me right into the rolling surf and I fished for another hour during slack water, it was hot and hard work but a perfect early summer day and a beautiful place to fish. In my haste to get to the beach I had left my lunch and a bottle of water on the kitchen table, this could easily have been a fatal mistake!

When the tide turned I started to head back to the dunes intending to fish the incoming tide.

but as I started to walk back I got cramp in my left calf. Now, everyone knows what this feels like, particularly after a stretch in bed, that sudden clenching, often followed by hopping about while your partner laughs at your antics. Have you ever wondered why you get cramp at night? It's because you are dehydrated!

Back to the beach and my little story, after a few 'F***s' and hobbling to the nearest small sandbank I managed to massage the calf to get rid of the cramp, but by the time I could stand again the tide had washed over the sandbank soaking my canvas kit bag. The tide races in at walking pace when it turns on Porth Kidney sands as it's almost completely flat, and I was nearly a kilometre out from the safety of the sand dunes. By the time I got going again the water was over my ankles with the leading edge of the tide 50 meters in front of me so I had to get a move on. I only managed another 20 meters before my right hamstrings went into severe spasm and I went down like a sack of Norfolk spuds, sitting in 6 inches of water. I tried stretching to touch my toes to get rid of it when, bang! My abdominals went into a cramp that felt like someone was ripping my guts out, I couldn't stretch my abdominals to get rid of it and I couldn't stretch my hamstring with the abdominal cramp, then wham! The other leg hamstrings went just as a wave hit me, filling my waders and rolling me over.

The beautiful Porth Kidney sands stretched away from me in every direction without a soul in sight, I was in crippling pain and in serious trouble. Moments later another bigger wave hit me and I remember looking up at the clear blue with the white trace of a jet hanging in the air and a few seagulls swirling above me. A beautiful day, a beautiful place, 'not a bad place to go' I thought; strangely I laughed out loud. It took all my mental strength to crawl, shuffle and hobble to keep moving. Using my expensive Diawa rod as a walking stick I stumbled for an hour to cover the half a kilometre to the safety of the shoreline, soaked by waves breaking over me and still clutching my rod and kit bag. Racked with cramp that just wouldn't let go I eventually pulled myself out of the freezing water. Believe me, waders full of water could be included in a high intensity aerobic workout, I should have kicked them off, let the fishing kit go and made it easier for myself but I guess I'm just stupid. Soaked, and completely knackered I sat on the dry sand massaging my legs and thought 'how the hell did this happen to me.' Just then a dog walker appeared from behind a sand dune, he looked at me completely soaked and covered in sand and stuttered in surprise, 'you, you ok', and like the macho idiot I can be, I said 'yeah fine' with a clear indignant tone in my voice that sent him on his way. What I should have said was, 'help, get the F***ing rescue helicopter I'm nearly dead!' But hey, pride can be a hard lump to swallow! It took me another hour to hobble the mile to my flat stopping every few metres to try massaging the knots out of my hamstrings. What a state to get into, I nearly drowned a dozen times and couldn't understand why it had happened, so when I had recovered I started to research cramp in general and found that it's due to dehydration in almost 100% of cases. That bottle of water I had left on the kitchen table combined with 6 hours of fishing in the hot sun had left me severely dehydrated, and it almost killed me.

Now, that's all very interesting but what's 'that story got to do with powerlifting' you may well ask! Well, along the way during my research I discovered some fascinating facts about the effect of dehydration on cramp but more importantly for this publication, the serious effect it also has on endurance and strength performance. You need to know this, it may explain some of your 'mystery' good and bad days in the gym!

Why should you be interested in Hydration?

The importance of hydration is rarely discussed outside of endurance sports circles in the UK. Most coaches are unaware of the effects and potential loss of performance and think it's only relevant in Australia or other hot climates if they consider it at all, this is a missed opportunity to improve performance. In the UK with its moderate climate there are very few instances of heat stroke or severe hydration illness following a sporting occasion, consequently this aspect of training or competition preparation is largely overlooked. With the exception of marathon running and long distance cycling the coaching issues around the hydration of an athlete are hardly ever discussed, has your coach or instructor discussed this subject with you? Chances are they have omitted to mention this most basic of all dietary requirements, but don't fret over it, you are not alone, I know several senior football, boxing and strength coaches with a string of important successes under their belts who are personally ignorant of the importance of hydration, let-alone discuss it with their athletes.

There are few deaths or heat strokes in the UK due to sports dehydration, but go to Australia, Spain or Africa and coaches have a different perspective entirely. They're acutely aware of the serious problems that occur if an athlete doesn't take care to maintain hydration. They also know the affect of dehydration is not limited to severe problems that endanger life, but that it has a dramatic effects on an individual's performance. In a hot climate hydration is a key topic in any sport and the effects are very clear if you get it wrong. For example, a 100kg individual playing rugby or football in a warm climate can lose 4-6% of their bodyweight in sweat during a match. That's 4-6kg of water! Have you ever looked at 4kg of water? Line up 7 pints

Death tends to reduce strength considerably so it's not recommended for strength athletes.

of lager and a half of Guinness the next time you buy a round and that's close. Now think about it, that's probably 2 days worth of normal fluid intake for many people. Would you go without any drink for 2 days and expect to perform well? No, of course not. A classic and very visual example of dehydration in practice is often seen on the TV when a football match goes into extra time during the summer or in a hot country. The players stop for that few minutes then like a growing plague they all begin dropping to the ground grasping their calves and legs as they go into cramp, have you ever wondered why?

Hydration and muscle cramp.

Cramps are extremely common with anyone who exercises and everyone has experienced them at some time. They're defined as an involuntary spasm or contraction of a muscle that will not relax, it may involve a few fibres within a muscle, the whole muscle or a group of muscles that normally control a body movement. The most common are cramps experienced in the hamstrings, quadriceps, calves and forearms where multiple muscles flex and extend the fingers, but they can affect any of the skeletal muscles. Cramp may last a few seconds or become extended to 15 minutes or more in severe cases, and its common for cramps to occur repeatedly in a muscle group over a period of hours, often overnight as the body becomes dehydrated. Everyone will have hopped out of bed waking the house at some time, do you get sympathy, no it's usually amusement as you hop about grasping some extremity. Cramp may also be associated with repetitive stress on a muscle or group of muscles, a common example being writers cramp. There are some serious medical causes of cramps, such as cirrhosis of the liver and kidney problems, so if you suffer from regular and severe cramp you should see a doctor, however, usually your cramp will be the common variety medically known as a 'true

cramp' and this is simply a chemical imbalance between the sodium and potassium electrolyte fluid within the muscle due to dehydration.

Sports, exercise and hot weather can cause excessive fluid loss via perspiration, sweat is not just water it also contains salts, mostly as sodium and a little potassium salts. The combination

The most easily recognised symptoms of dehydration are:

Highly coloured pee

Headaches

Regular muscle cramp

Not peeing for hours

Dry skin

Constipation

Rabbit poo (small nobly and hard)

of losing both fluid and electrolytes through sweating can increase heart rate, raise the body temperature and affect the energy production process, resulting in premature fatigue and impaired sporting performance, particularly any endurance activity. Dehydration by only a few per cent increases the likelihood of true cramps and these are more likely in warm weather and after exercise. During sport they're an early sign of severe dehydration that can lead to a heat stroke in extreme situations, so in very hot weather or during endurance events they should be taken as an early warning. Chronic volume depletion of body fluids from diuretics (medicines that promote urination)

can mimic this dehydration without any exercise. This is a known problem with bodybuilders who often lower their body fluid to dangerous levels before a show. It's also a common problem with athletes in all sports where they deliberately restrict water intake to achieve a body weight category, such as in powerlifting and boxing. Sodium depletion regardless of hydration status has also been associated with cramps, the loss of this most abundant chemical constituent of body fluids (outside the cell), is usually a function of dehydration as low

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sodium intake in itself is not usually a problem it being abundant in most diets, it's a common fallacy that sodium salt has to be replaced during hot weather or strenuous exercise to avoid muscle cramps, this would only apply in extreme cases such as vigorous exercise in very hot weather for extended periods where only pure water was used to rehydrate. The human body can happily survive on just one gram of sodium per day which is normally easily provided by diet, however, if you are on a severely restricted diet that excludes foods that normally provide your sodium requirements you may need to consider taking simple table salt in small amounts as a precaution.

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Correcting dehydration can be achieved by drinking prior, during and following training or competition. Checking your hydration is a simple matter using the urine colour test reference colour chart shown on the left. This may be done simply by looking at the results of your pee in the toilet, or for more accurate assessments take a small urine sample in a clear container and compare it to the urine dehydration chart on the left against a white background. It's important to note that the effects of dehydration may take several hours to show in the urine colour so if you

have sweated a lot during an activity this may not show up for a while. The lighter the colour the better the hydration result, colour ratings of 1, 2 or 3 are considered as well hydrated (Armstrong, 2000) with the yellowing 4 indicating a 2-3% dehydration. Based on the result changes in fluid intake should be made, but if the urine is totally clear you may be over hydrated and taking in too much fluid, which can be counterproductive and in severe cases dangerous, so please avoid excessive water consumption over extended periods such as silly de-tox plans often promoted by magazines that should know better. Certain medicines, foods and vitamins may cause the colour of the urine to change and give a false reading, asparagus and beetroot as already mentioned are classic examples. The colours are a guide only, but depth of colour from clear to dark yellow or brown and green indicates the range from good hydration to severe dehydration. The one sure way to ensure you are fully hydrated is to drink a glass of water every half hour until your pee is clear, you can then be sure you are fully hydrated. This sort of routine is often undertaken by long distance runners before an event as the small regular amounts avoid any stomach bloating.

Creatine supplementation.

Many athletes and powerlifters take creatine as a supplement, this is entirely WADA legal as well as being logical as all the medical studies prove it effective for improving both strength and endurance, most notably for those athletes who eat little or no meat. Creatine requires additional water intake for storage in the muscles otherwise it will create a false dehydration, imagine the muscles acting like a sponge trying to absorb water from the rest of the body and this will give you an idea of the affect. Without additional fluid intake the supplement may cause severe dehydration which can lead to cramping as well as reducing the reported positive effect of the creatine on strength due to the negative effect of the dehydration. Several individuals I know find little or no increase in bodyweight and strength from creatine supplementation despite very clear medical evidence that it can increase 1RM by as much as 10%, I suspect dehydration is causing this damping affect. If in doubt, follow the instructions on the creatine package and increase your fluid intake as suggested, the urine colour test should be used regularly when supplementing with creatine as a constant check. When you stop supplementing it's important to maintain this additional fluid intake for up to four weeks as the additional muscle stores remain elevated for 4-6 weeks.

Glycerol and hyper-hydration.

Medical studies have shown that the ingestion of glycerol with water allows the human body to remain hydrated at a higher than normal maximum level. This is a particularly important piece of information for endurance athletes and all sportsmen that train or compete in very humid or hot climates. We know that the dehydrated human body performs badly, and dehydration resulting in the loss of body weight of as little as 2% will have significant affects on performance. The addition of glycerol in liquid intake before a sporting event elevates the hydration of the body above normal levels and maintains hydration for longer. There's also some evidence that it enhances strength performance a little, but its main impact is on the performance of sports requiring endurance. This hyper-hydration allows the body to perform well for longer and is employed widely in running and other endurance activity. Most of the studies undertaken with glycerol have been limited to endurance sporting activities where the use of glycerol has had a very significant effect, but for a strength athlete the potential impact has yet to be thoroughly proven, although the indications are positive due to it ensuring the athlete is at their maximum hydration, which we know improves maximum strength. There

are few side effects from the ingestion of glycerol, and it's commonly used as a food additive to sweeten without sugar. However, those athletes wishing to use glycerol to hyper-hydrate must ensure they get a very pure food grade form of the compound. Using glycerol is fairly straightforward, the quantity of 1-1.2 grams per kilogram of body weight is ingested with several litres of water starting two hours before an event until the urine runs clear. Whereas maximum hydration with water would cause the kidneys to start producing large amounts of urine, the addition of the glycerol reduces this effect considerably, allowing the body to retain a greater volume of fluid for longer. Medical studies have also shown that rehydration after becoming dehydrated is achieved faster with the addition of glycerol in the liquid. Consequently some sports rehydration drinks and post workout protein products contain it in small quantities to take advantage of this effect. However, there's a potential problem with WADA for competing athletes as its status is unclear, it's mentioned under the heading of blood volumisers as it increases the volume of blood which reduces the relative level of any other banned substance in dope tests, but as it's not specifically listed as a banned substance and I can find no specified limits on its use I've asked WADA for clarification. This situation may be in part due to it being present in many foods. Consequently I couldn't currently recommend its use for competing strength athletes in the dosage mentioned as it may be viewed as drug test blocker.

The specific effects on strength from dehydration.

Muscles are around 70% water by volume and most of the processes that allow our bodies to function rely on water (blood) borne chemicals. Clear adverse effects on performance can become apparent with as little as a 1% reduction in bodyweight from optimal hydration during exercise, this can be reached quite quickly in a warm environment, for example a constantly active sportsman will lose this in as little as 15 minutes. Typically an average male football player may lose 4% of their bodyweight through sweat losses in a 90 minute game in our own temperate climate if water is not taken during half time, and far more in a hot climate. For anyone involved in a sport requiring endurance or repeated intense activity the problem becomes critical for maximum performance and regular intake for runners and cyclists in particular is essential to maintain hydration. The problem is exacerbated by the simple fact that few individuals maintain optimal hydration before starting an activity, it's common for an athlete to start an event 1-3% below full hydration, particularly if they have had to minimise liquid intake to reach a competitive weight category. The effect on endurance dependent sport is very clear, well documented and non-controversial, but the effect on intense anaerobic exercise and competition such as weightlifting, hammer throw and of course powerlifting is far less well documented and understood in the sporting community. This is in part due to the

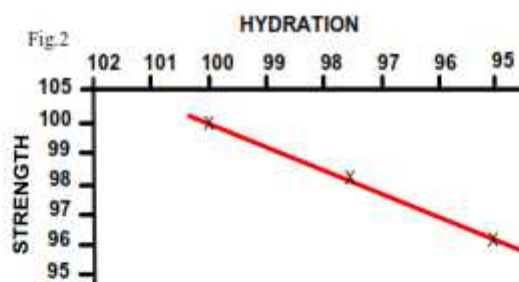
REFERANCE	%BW LOSS	STRENGTH
Geenleaf 1967	-3%	0
Bosco 1968	-3%	-11%
Houston 1981	-8%	-11%
Webster 1990	-7%	-5%
Montain 1998	-4%	0
Schoffstall 2001	-1.5%	-6%

conflicting results of some studies and the wildly varying results and conclusions reached, some of these conflicting results are shown in Fig.1. From this published data you may incorrectly conclude that pure strength loss could be anything from zero to 11% with even a moderate 3% dehydration, you could also possibly conclude that as much as a 4% loss of fluid

makes no difference whatsoever! The differences in these results are due to the methods used for tests and the interpretation of 'strength' by the scientists running the experiments. For

example, some used static angular torque tests on the bicep (static contraction) while others used relatively high repetitions to failure on leg extension machines, neither which truly represent strength sports or competitive powerlifting in any meaningful way. In 1967 Greenleaf focussed on soldiers marching with heavy packs and appeared to reach the conclusion that up to a 5% dehydration did not effect strength without any supporting practical evidence apart from the fact that they still managed to hold on to their packs. This confusion in terms does not allow any direct comparison to strength exercises and competition that is relevant to a powerlifter. Few experimental studies have focussed on what powerlifters or pure strength athletes would consider as a true strength test, but one in particular compared the strength at near 1RM performance for weightlifters. This medical study looked at the effects of partial dehydration on near maximum squats, they compared groups of athletes who were deliberately dehydrated with a control group who had their hydration managed at 100% throughout the study period. Two particular conclusions were found to be of considerable importance for strength athletes.

1. The dehydrated group all reported greater levels of delayed onset muscle soreness (DOMS) following the training sessions compared to the fully hydrated athletes. While the data on DOMS was subjective the results were very significant. It seems that if training is carried out while partially dehydrated there will be a greater incidence and higher level of DOMS which indicates an increased level of muscle micro damage requiring repair. This is an important issue for strength athletes as the super compensation strength or muscle tissue gains will not occur until full recovery has taken place, which includes the clearing of all damaged protein links within the muscle fibres. Hence recovery will not happen until the DOMS has been cleared and muscle re-synthesis completed. The conclusion must be that remaining fully hydrated during training reduces muscle micro stresses and consequently must therefore reduce the time for optimal recovery, allowing greater progress over an extended time period.
2. Dehydration was shown to impact directly on strength as powerlifters or weightlifters will relate, i.e. the near 1RM results. The study used the squat as a test exercise and partial dehydration levels of -2.5% and -5% measured as temporary weight loss through sweating before the test exercise, this resulted in a 1.7% and a 3.35% decrease in strength capability during a six set workout programme. The results are plotted on the graph in Fig.2 showing a distinct correlation between hydration and muscular strength. The graph extends beyond 100% a little as there's some evidence that hyper-hydration increases maximum 1RM slightly, particularly when combined with creatine supplementation, in fact several well known creatine products contain glycerol as an active ingredient to maximise hydration, but please bear in mind my previous comments on the vagueness of glycerol allowed by WADA.



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This sort of evidence is compelling and hard to ignore. It's also substantiated in practical terms when powerlifters dehydrate to make a weight limit in competition, many who do this report a

A study by the US army in Iraq confirmed the data from experiments all over the world, at 7% loss of bodyweight from dehydration even highly trained and determined marines get angry and frustrated and refuse to carry on regardless of barking officers. All motivation to continue to exercise or walk disappears and the body goes into a survival shutdown.

disappointing competition result with weights usually lifted easily in the gym becoming impossible. In powerlifting a 3.35% loss of strength is enough to create a serious problem, particularly affecting the lifters confidence. Putting this in perspective a good lifter in the 100kg bodyweight class may total 700kg for the three lifts and 3.35% is over 24kg, a weight that may make all the difference to

winning or placing. Remember these figures are directly relevant to powerlifting and are both conservative and average with unusual results discarded as it's common practice in controlled medical studies to discard very high or very low results as anomalies that are not counted in the final results. So it's not inconceivable that 'Bosco' in 1968 who showed a 11% drop in performance from a 3% dehydration could apply to you as an individual, a sobering thought!

One additional point worthy of note is the effect of fluid bodyweight on supportive suits used in equipped powerlifting, even a small level of dehydration will shrink the whole body a little, in effect making the suit or bench shirt bigger, this can increase the loss of strength when lifting equipped considerably. The opposite is also true, if you are normally 1-2% dehydrated, full hydration will have the effect of tightening the support garment.

Despite some considerable variation in results over the years all authorities are unanimous when it comes to severe dehydration in excess of 5% of bodyweight. The effects become increasingly critical for ongoing activity of any sort and as dehydration approaches 10% death will be imminent from cardiac arrest. We can survive for a month without food but no more than 4 days without water, less in a hostile environment. Death tends to reduce strength considerably so it's not recommended for strength athletes!

I've experimented with my hydration and weight over several months and I lose between 0.4kg and 1.2kg nightly, averaging at 0.8kg which is around 1% of my lean bodyweight. If I happen to go to bed a little dehydrated this means I can easily become 2-3% dehydrated overnight, which is around 4 on the colour chart. Most of this bodyweight loss is simply water from sweat and breathing, after a cold night the bedroom windows have condensation on them from this water loss clearly demonstrating the level of atmospheric water.

Finally, it's easy to forget to drink, humans are re-hydrators, this means we'll only think of drinking when we are thirsty, particularly if we are busy and preoccupied, by which time we are 2-3% dehydrated already. If you start a training session in this state you will never be able to perform at your best, so the next time you intend to train, start drinking small glasses of water 2-3 hours beforehand every half hour and check your colour until it's completely clear, I guarantee your workout and recovery will be better for it! Now, it's time for me to wrap up this article, and it's about time you went and peered down the toilet! Have I won my bet?

I'm betting that after reading this article you will find yourself peering down the toilet.

Paul K

Thanks to Paul for another technical but highly relevant article.



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They would make great training shirts for you big boys out there or equally nice night shirts for the ladies as demonstrated by my ever lovely wife!!

Special price £5 (below cost price)

Plus postage depending on quantity

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ALL OUR YESTERDAYS.

1979.

WORLD CHAMPIONSHIPS.

DAYTON. OHIO. U.S.A.

Once again it was held over two days at the beginning of November celebrating Bob Hoffmans birthday. Organised by Larry Pacifico when I arrived he said to me there was a car in the car park for our specific use. Of course the next day Vic Mercer and Gren Elmore wanted to go for a drive. When I got to the garage it was a huge Cadillac, left hand drive, automatic, power steering and air conditioning and I had never driven anything like it before or since. Six lane freeways is certainly an experience with cars passing each side.

Little did I know but this was to be a bit of a disaster for me. The night before the championships started I had gone to bed early but about midnight I had a knock on the door. It was Peter Fiore covered in blood, apparently he had gone for a run and was mugged and cut across his face. In those days I carried some medication and I gave him two valium to give him a good nights rest, I asked him the next day if he slept well and he told me he spent the night peeing, I had mistakenly given lasix which is a diuratic. I wanted to withdraw him from the competition but he begged me not too and unfortunately he bombed on the squat. That was not the end of my problems, Des Garner on his last dead lift tore his bicep and I spent a good part of the night in the hospital.

Many world records were broken and Mike Bridges was destined to be a rising star with an 830kg total at 75kg.

Great Britain Team Results.

52kg.	N. Bhairo.	Bronze.
56kg.	P. Stringer.	(5th).
60kg.	E. Pengelly.	Gold.
67.5kg.	H. Salih.	Silver.
67.5kg.	D. Garner.	Bronze.
75kg.	P. Fiore.	Disq.
82.5kg.	R. Collins.	Gold.
100kg.	R. Nobile.	(4th).
110kg.	A. White.	Bronze.
Super.	S. Zetolofsky.	(4th)

TEAM RESULTS.

<u>WORLD CHAMPIONS.</u>	U.S.A.
2nd. Place.	Great Britain.
3rd. Place.	Canada.

George Leggett.

(Nulli Secundus)

ALL OUR YESTERDAYS.

1979.

This year we were to travel to Sweden, to a lovely little town called Huskvarna. It was April and I remember there was quite a bit of snow but it did not seem to bother anyone.

The organisers took us to a glass blowing factory where I managed to buy a nice porpoise and was terrified in case it got broken on the flight home, it survived.

Our team were in high spirits, after all we were the reigning champions and we hoped to repeat our success.

On the first day our light men got us off to a good start but the Finns were running us very close. The second day it was neck and neck, but we had done our sums and it was obvious that Ulf Morin of Sweden had to beat Hannu Sarelainen of Finland for us to have a chance of winning. It came down to the last dead lift the Finn pulled 315kg and now it was up to Morin to do the same. All our team were on the side to cheer him on and up it came to thunderous applause to win by .1kg on lighter bodyweight. Steve Zetolofsky was our last lifter and as long as he got at least the bronze medal we would win. He had no chance of beating Taito Haara of Finland or Lars Hedland of Sweden but bronze it was for Steve.

I have listed below the Great Britain teams individual results.

Great Britain Team Results.

1979. Huskvarna. Sweden.

52kg.	N. Bhairo.	Gold.
56kg.	P. Stringer.	Bronze.
56kg.	H. Nurse.	4th.
60kg.	E. Pengelly.	Gold.
67.5kg.	D. Pal.	Gold.
67.5kg.	D. Garner.	Silver.
75kg.	P. Fiore.	Bronze.
82.5kg.	B. West.	Gold.
100kg.	R. Nobile.	Bronze.
110+kg.	S. Zetolofsky.	Bronze.

Great Britain.

European Champions.

Best Lifter.

Eddy Pengelly.	GBR.	524.92Pts.
Taito Haara.	Fin.	496.85Pts.
Yuri Haatanen.	Fin.	488.40Pts.

Team Results.

1.	Great Britain.	96Pts.
2.	Finland.	96Pts.
3.	Sweden.	92Pts.

Caption Competition

So what was Jenny saying to Allen out in Pilzen??



Something like

Oooo Allen it's so hard and shiny - now give me my gold medal back!!

The best caption wins an evening out with Allen – the worst one gets to spend the whole night with him!!

KNEE WRAPS

by Doug Daniels

"Wrap it up, I'll take it" is a lyric from an old song. For the powerlifter, the lyric could go, "wrap me up, I'll squat it". There is no doubt in my mind that knee wraps can make all the difference in the world when it comes to squatting. But as I have probably said in seemingly a zillion articles is you've got to use a technique or an item of lifting gear properly for best results and knee wraps are no different. Let's explore some finer points of using knee wraps.

Knee wraps of some sort have been around forever. Early wraps were really no more than medical wraps like the thin 'Ace' bandages you find at your local drug store.

Maybe Ace knew lifters were using their products for squatting and later came out with a thicker bandage wrap called the 'Charlie Horse', which supplied more support than their regular wrap. Powerlifting entrepreneurs soon jumped into this unsatisfied market and currently there are a great variety of knee wraps made specifically for squatting of various thickness and design as you can see by browsing through this magazine. The choice offered to the lifter has greatly increased and so have the benefits of knee wraps.

I firmly believe that knee wraps can boost a squat a minimum of 10 pounds to 50 pounds or more. The incredible amount of support and spring they supply at the bottom of the squat can make the difference of a successful lift and becoming a mouse pad for a heavily loaded power bar. Add on top of that, a squat suit and tight belt and you can become a squatting machine.

Getting the most out of knee wraps starts with the technique used for wrapping. There are many ways to wrap but I have found a method that works best for the lifters that I have known and trained, and also through personal experience. Start wrapping 1 wrap's width below the knee and spiral upward until you are 2 wrap widths above the knee. It is important to wrap more above the knee because that is where the muscle is that will do the squatting. If there is any more remaining wrap length, spiral down. A good tip I picked up from some of Dr. Squat Fred Hatfield's work is to tuck the loose end of the wrap in on the front part of the leg above the knee with the end sticking up. This provides an extra 'illusion of depth'. We need every advantage we can get so try this out. It's also important to wrap with your knees locked out straight. Wrapping with your knees bent will result in less tightness and spring from the wrap at the bottom, which is critical. After you are finished wrapping, have a helper get you up to your feet for the attempt. Again, there are many ways to wrap your knees. We have had the best results using this method. Don't be afraid to experiment with different methods and use the one you determine is best come meet time.

Training with wraps is next up. I would suggest not using them until you get to heavy sets of 5's, perhaps even 3's. Using knee wraps will decrease the workload on your squatting muscles during your training cycle. As the contest nears, you must acquaint yourself with your contest squatting techniques and lifting gear. I would not wear knee wraps until about 5-6 weeks prior a meet. Up until then, I would confine my squat gear to a thin belt at most. Re-roll your wraps snugly after every attempt. This makes it easy to apply them the next time.

An interesting twist into using wraps would be to wrap tighter as the weights increase and reps decrease. Don't wrap as tight on the sets of 5's as you would for a heavy double or single. This way, you can keep a little something extra for later and add to your confidence, which is half the battle.

At a meet, I would suggest you add squat gear gradually as you warm-up. Start with just a belt. The next set add loose knee wraps. Follow this with a squat suit with the shoulder straps down. Your final warm up should be with full squat gear on. Also wrap tighter as the warm-ups progress. How many warm-up sets you do determines how fast you add squat gear during warm-ups. Give it some thought and planning before the meet for best results. I strongly suggest to not alter your wrapping method at a meet. You do not want any surprises on the platform, even



a subtle change can effect your leverage and the execution of the lift.

Don't try another make of wraps at the meet because some lifter suggested it. Experiment with new brands during training, not while on deck waiting to lift. I would also not use brand new wraps at a meet. Break them with a few training sessions prior the meet.

Buy a new set of wraps about twice a year and save the old ones for backups and bring at least two pair to a meet. You can use really old knee wraps for wrist wraps by cutting them to proper length. Nowadays, it seems wrap manufacturers are competing on the basis of thickness. I've found that too thick a wrap does not stretch very far or provide any spring at the bottom. As I wrote earlier, experiment with different brands, don't necessarily assume thicker is better.

I do not see any merit in using knee wraps for the deadlift. They would tend to make your knees lock out prematurely, limiting maximum contribution from your lower body. I've even seen knee wraps used in the bench press. That has to be the ultimate security blanket. Some lifters use wraps because their knees hurt. If this describes you, my suggestion is to find out the root cause of the pain. It could be the result of abusive training or lack of rest, which should be addressed. For lifters with genuine joint pain, they can enable them to squat more comfortably and safely, but seek to determine the cause of the pain and take steps to clear it up. Try products like Glucosamine, etc. Many people have gotten good results from its use.

The lifters who started out using the good old Ace bandage would hardly recognize the modern knee wrap. They can add a good amount of both poundage and safety to squatting. Experiment with different brands and types of wraps and wrapping techniques during your off season. If you are not using knee wraps to their fullest potential, you are giving your competitors an advantage. Watch this magazine for my Kevlar knee wrap line reinforced with extracted asteroid molecules (Just kidding). This article is wrapped up, are you?

This article first appeared in International Powerlifter magazine in February 2001, thanks to Dennis Unitt for this.

So who do you think this is??

(The one on the left)

Pretty obvious really but couldn't resist using it anyway



First correct answer wins the actual soiled yellow jumpsuit and a weekend for two in Sandals Margate