



# Ultimate Power



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

December 2012



**The East Midlands – Probably the Best Division in the World!**

## Editors View



Season's Greetings to all East Midlands powerlifters.

The end of another year that seems to have raced by – the older you get the quicker they go – a bit like Allen Ottolangui's love making (so I've been told)!!

A lot has happened in the last 12 months in British Powerlifting and the East Midlands Division is in good shape both in terms of the input from the committee and interest from the members – how good to see nearly 40 entries to the recent Divisional Championships – the most for a long time with a great mix of the oldies together with some newcomers and improving youngsters.

However it is sad news to hear of the loss of one of the stalwarts of the East Midlands for many years with the recent passing of Wally Pullum – both Kevin Jane and Pete Weiss have written letters about Wally in the letters section.

Worth mentioning that the East Midlands AGM is to be held on 27/1/13 at Moulton College (full details on page 33) and the East Midlands Unequipped Divisional Championships which are to be held at Letchworth on Sunday 10<sup>th</sup> February 2013 – entry form on page 6. The East Mids Bench Press is also on 6/1/13 at Hamilton's Gym – nice to get a report and some pictures please.

Thanks to all contributors for their input into the newsletter – please keep sending me anything of interest – any news, views or plain silly photos – I'm not bothered by Leverson and I'll publish and be damned (maybe)!

Hope you all have a great Xmas and enjoy lifting in the divisional at the next bodyweight up!!

Good lifting.

Best Regards  
Steve Walker

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## Calendar for 2013

(Taken from the GBPF website)

**6th January: East Midlands Bench Press Championships** - Hamilton's Fitness, Colchester, CO49QP. Competition website including entry form: <http://www.hamiltonsfitness.co.uk/EMBench2013.htm>

**12th January: YNEPF Classic Bench Press Championships** -City Boathouse, Green Lane, Durham, DH1 3JU. Weigh in 9.00 – 10.30 am Lift-off 11.00am

Promoter: Jim Dulling (01913868383) / Chris Cooper (07824460543) email: ynepf@hotmail.co.uk

Closing Date for entries: 15/12/2012. [Download entry form here](#)

**20th January: South Midlands Powerlifting and Open Bench Press Championship (Equipped and Unequipped)** -

Calmore Community Centre, Calmore Drive, Calmore, Southampton SO40 2ZU

Promoter: Monica Porter. [Downloaded entry form here](#)

**2nd Feb: YNEPF Masters** -Hirst Welfare Centre, Alexandra Road, Ashington, Northumberland, NE63 9HN

Weigh in 9.00 – 10.30 am Lift-off 11.00am

Promoter: Fred McKenzie – 01670857037 email: frederick575@btinternet.com

Closing Date for entries: 05/01/2013. [Download entry form here](#)

**3rd Feb: West Midlands Masters, Warwickshire and 4 Counties Divisional** - Hatchford Brook Youth Centre, Old Lode Lane, Solihull B92 8JE.

Bench only and 3-lift Powerlifting. Equipped and Unequipped.

Promoter: Jas Singh tel: 07817 598 693 email: [jsinghcy@yahoo.co.uk](mailto:jsinghcy@yahoo.co.uk)

[Download entry form here](#)

**16th and 17th Feb: British Junior Championships** -The Hirst Welfare Centre, Alexandra Rd, Ashington Northumberland

Promoter: Fred Mackenzie tel:01670 857037 email: frederick575@btinternet.com

Entry form available from the promoter, closing date for entry is 02/02/13

All other details on entry form

**2nd March: North Midlands Counties** - Twin Lakes Country club, Shermans Wath, West Ashby, Horncastle, Lincs. LN9 5PN.

Contact Marc Giles on 01507 526235 or 07765905955 for details an entry form will be on website ASAP.

**9th to 10th March: British Bench Press Championships (Classic and Equipped)** - Ashington Northumberland

**6th April: YNEPF Seniors** - Hirst Welfare Centre, Alexandra Road, Ashington, Northumberland, NE63 9HN

Weigh in 9.00 – 10.30 am Lift-off 11.00am

Promoter: Fred McKenzie – 01670857037 email: frederick575@btinternet.com

Closing Date for entries: 09/03/2012. [Download entry form here](#)

**27th to 28th April: British Masters Championships (Classic and Equipped)** – Moulton College, Northumberland

**28th April: West Midlands VS: International Team Competition** - West Mids team VS Horncastle VS Bournemouth.

Details TBC.

Promoter: Jas Singh – tel: 07817 598 693 email: [jsinghcy@yahoo.co.uk](mailto:jsinghcy@yahoo.co.uk)

**1st June: YNEPF Classic Powerlifting Championships** - Hirst Welfare Centre, Alexandra Road, Ashington, Northumberland, NE63 9HN

Weigh in 9.00 – 10.30 am Lift-off 11.00am

Promoter: Fred McKenzie – 01670857037 email: frederick575@btinternet.com

Closing Date for entries: 04/05/2013. [Download entry form here](#)

**22nd to 23rd June : British Powerlifting Championships (Senior)** – North West, venue to be confirmed

**17th August: All England Championships (Classic and Equipped)** – Moulton College, Northampton

**24th August: YNEPF Classic Push and Pull** -City Boathouse, Green Lane, Durham, DH1 3JU. Weigh in 9.00 – 10.30 am Lift-off 11.00am

Promoter: Jim Dulling (01913868383) / Chris Cooper (07824460543) email: ynepf@hotmail.co.uk

Closing Date for entries: 27/07/2013. [Download entry form here](#)

**28th September: Four Nations** - Northern Ireland **12th to 14th October: British Classic Championship (Senior & Junior)** - Horncastle, Lincolnshire

**November: Four Nations** – Northern Ireland, venue to be confirmed

**2nd November: YNEPF Bench Press Championships** - City Boathouse, Green Lane, Durham, DH1 3JU. Weigh in 9.00 – 10.30 am Lift-off 11.00am

Promoter: Jim Dulling (01913868383) / Chris Cooper (07824460543) email: ynepf@hotmail.co.uk

Closing Date for entries: 05/10/2012. [Download entry form here](#)

**23rd November: YNEPF Open and Junior Powerlifting Championships** -Hirst Welfare Centre, Alexandra Road, Ashington, Northumberland, NE63 9HN

Weigh in 9.00 – 10.30 am Lift-off 11.00am

Promoter: Fred McKenzie – 01670857037 email: frederick575@btinternet.com

Closing Date for entries: 26/10/2013. [Download entry form here](#)

**24th November: West Midlands Open (Powerlifting and Bench Press)**

### **East Midland Powerlifting Committee Contacts**

**Dave Tucker - 27, Gunhild Close, Cambridge CB1 8RD**

**Kevin Jane - [kevin@kjane.fsbusiness.co.uk](mailto:kevin@kjane.fsbusiness.co.uk)**

**Ian Finch (records) - [Ian.Finch@rfsworld.com](mailto:Ian.Finch@rfsworld.com)**

**Allen Ottolangui (Membership) - [acc138@yahoo.co.uk](mailto:acc138@yahoo.co.uk)**

**Pete Weiss - [pweiss@02.co.uk](mailto:pweiss@02.co.uk)**

**Jenny Hunter - [jenny@ced.co.uk](mailto:jenny@ced.co.uk)**

**Steve Walker (Newsletter) – [SJR.Walker@fsmail.net](mailto:SJR.Walker@fsmail.net)**

# East Midlands Unequipped Powerlifting Championships 2013

At

## The Hitchin and Letchworth Weightlifting Club

Letchworth Corner Sports Club

Whitethorn Lane

Letchworth

Hertfordshire

SG6 2DN



Date :- Sunday 10<sup>th</sup> February 2013

### Classes

All Weight Classes

### Weigh in time

9.00am to 10.30am

### Lift off

11.00am

Lifting under GBPF rules.

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



Allen Ottolanguì  
38 Whitethorn Lane  
Letchworth  
Herts  
SG6 2DL

Make cheques payable to: Hitchin Weightlifting Club

Closing Date for entries: 27<sup>th</sup> January 2013

**No entries will be accepted after this date**

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Name: .....

Address: .....

.....

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

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

Weight Class: .....

Age:.....

Gender: Male / Female

## 2012 EAST MIDLANDS POWERLIFTING CHAMPIONSHIPS

Another cold morning for the 2012 divisionals at Letchworth but a very good turn out with 37 entries initially. Sadly only 32 lifters made it on the day but it was still a vast improvement on previous years.

On to the lifting and with only one weigh-in it was quite difficult to split up the flights however, after some thought it was decided to have two flights in the morning, consisting of all women and men up to the 74Kg class in flight A and the 83Kg class and 5 guest lifters in flight B. This left all the fat boys to lift on their own in the afternoon.

First up in the women's 47Kg class was Imelda Flanagan, I am sure Imelda is getting smaller only weighing 41.7Kg. Never-the-less Imelda put on a good display of lifting getting 9 for 9 with a 70Kg squat 40Kg bench and a 112.5Kg deadlift giving her a 222.5Kg total and the divisional title. Looking forward to seeing Imelda lift at the British Masters.



Next was Jenny (the man) Hunter. Jenny weighed in just over the 52Kg class so lifted in the 57Kg class. Jenny is our most consistent lifter, this year she has won both British Masters and the Seniors equipped and unequipped also European and World Masters and on her own got 3<sup>rd</sup> in the team event at the World Masters. So it was no great surprise to see Jenny get all 3 squats finishing with 135Kg and a British Record.

On the bench Jenny managed 80Kg and finished with a hard fought 165Kg deadlift - yet another British Record and a 380Kg total, yes you guessed it - another British Record, another trophy for the shelf. She must have huge shelves!!



Jenny's training partner Jackie (nice buns) Blasbery lifted in the 84Kg class. Jackie started off with all 3 squats and 160Kg however Jackie injured her tricep so only took one attempt on the bench with 97.5Kg. A solid 185kg deadlift gave Jackie the title with a 442.5Kg total.





Last of the women, in her first comp was Thalia Koumbilis lifting in the 84+Kg class totalling 237.5Kg, I am sure there is a lot more to come with a bit more training.



On to the men and two lifters in the 66Kg class Sean Maloney and Andrew Kearton and what a good battle this was. Sean managed 145Kg on the squat leaving him 15Kg behind Andrew's 160Kg squat.



Sean pulled back 12.5kg on the bench with his 92.5Kg over Andrew's 80Kg. This left Sean 2.5Kg behind on sub total and he was the heavier of the two. On to the deadlifts and Sean's

180Kg was not enough overall to beat Andrew's 177.5Kg leaving them both with 417.5Kg total and the title going to Andrew on bodyweight – a terrific tussle.



Benjamin Cattermole lifted unopposed in the 74Kg class. Ben was not on top form today, only managing two attempts on the squat of 152.5Kg and one bench of 95Kg. Ben only took one deadlift of 160Kg giving him 407.5kg total and the title. I am sure there is more to come as Ben settles into this weight class.



Seven lifters battled out the 83Kg class. In 7<sup>th</sup> place was the old veteran Tony Wightman with a 415Kg total, not bad for M3 and good to see Tony back after his Olympic lifting exploits.



Another relatively new lifter Paul Everson came in 6<sup>th</sup> with a 452.5Kg total with definitely more to come from Paul.



In 5<sup>th</sup> saw Matt Lines. Matt not on great form only getting 4 from 9 leaving him with 462.5Kg total, better luck next time Matt.



Next was (Papa Smurf) Mick Amey. Mick couldn't decide whether he was lifting equipped or unequipped - the senile old git and consequently missed some lifts leaving him with 465Kg total and 4<sup>th</sup> place, still I suppose he is M7 now!!



In 3<sup>rd</sup> was David Potticary, David missed the 74Kg class not realising that the weight classes had changed and thought it was still 75kg (another masters lifter). Still David lifted solidly giving him a 470Kg total which would be much better in the 74Kg class.



In 2<sup>nd</sup> place was Rory Power (great name for a powerlifter). After missing his opening squat Rory got into his stride not missing another lift and finishing with 490Kg.

However, the winner of this class was none other than Tom Rowell (Jenny (the man) Hunter's) son. Tom has been competing for a couple of years and shown steady progress, winning with a 495Kg total, narrowly missing a 232.5Kg deadlift – a real chip off the old block!



The biggest class of the day was the 93Kgs. Nine lifters in this group two of which were guest lifters with Wesley Chambers in his first ever competition totalled 395Kg - great to see new lifters having a go.



Next lifting as a guest was Rob Palmer who certainly isn't a novice. Rob's 340Kg squat was a new British Record as was his 245Kg bench. He finished with a 295Kg deadlift and a very impressive 880Kg total with more to come as he settles into this bodyweight.



On to the comp and in 7<sup>th</sup> place was Thomas Hudson with 415Kg total.



Next was Stefan Nolan who came 6<sup>th</sup> with 470Kg.



In 5<sup>th</sup> was another one of those Amey's - Dan (can't believe he is anything to do with Mick - he was much too good looking and a better lifter) totalling 475Kg.



In 4<sup>th</sup> a light Mark Golding also U23 getting 9 for 9 and a 580Kg total.





Quite a gap between the top 3 with James Copping in 3<sup>rd</sup> place with a 592.5Kg total.



2<sup>nd</sup> place went to Matt Fleet with 652.5Kg including a very impressive deadlift of 280Kg.



Of course the winner regrettably was Kevin (I've been around for ages) Jane. Kevin got 9 for 9 and I think some were British Records in there but I am not sure as I and most of the spectators went home at this point. Kevin now a M8 lifter totalled 737.5Kg - well that's what he said anyway.



There was one guest lifter in the 105Kgs, Jake O'Neill. Jake lifted well but ran out of steam on the deadlift leaving him with a 750Kg total. In 4<sup>th</sup> place was Collin Miller with 535Kg.



3<sup>rd</sup> was M3 Whittling Dave Battison. Dave was not feeling too good on the day but managed 537.5Kg - always good to see Dave on the platform even if it is just carving a piece of wood.



Stuart Gates now a M1 lifter lifted solidly and got 8 from 9 and finished with 605Kg.



The winner of this class also getting 8 from 9 was Jack Cook, coached by that Terry O'Neill bloke he totalled 740Kg and lifted very solidly, obviously Terry had helpers.



Last of all were the fat boys or 120Kgs plus. Two guest's in this class, firstly Ian Sullivan. Ian all the way from Australia (he must have left early in the morning) totalled 490Kg. Next was Kacper Jaworski getting 9 for 9 with some impressive lifting totalled 630Kg.

On to the main comp and 2<sup>nd</sup> was Tom Weavers with 590Kg



The winner with 705Kg was another old veteran Andy Rodney. Andy lifted solidly as usual up to the deadlift when his age caught up with him and he walked off the platform forgetting to lift up the 290Kg he had asked for.



All in all a very good days lifting and I would like to thank all the referees - Dave Tucker, John Bevan, Pete (during the war) Weiss, Ian (couldn't give a toss) Kinghorn, Stuart Hamilton and Cathy Wass. Also Toby the MC and brother Dave for scoring and Jonny Pardy on the score board.

A special thanks also goes to the loaders Steve (ugly one) Gates, Ian (the hat) Newsome, Doug D'Hobbitt and Chris (leave it) Anderson.

Lastly I would like to thank Steve (tiny pecs) Walker for not coming, due to the fact he was having a spray on sun tan.

Look forward to seeing you all at the Unequipped 10<sup>th</sup> February 2013, entry forms will be in the newsletter.

Allen Ottolangui

Thanks to Allen for the report, as entertaining as always - he should clearly give up his full time job as a transsexual scaffold pole dancer and stick to the writing!!

# **Report from the British Single Lift Deadlift Competition at Woking Powerlifting Club on the 28th October.**

The competition was originally called the South East deadlift competition and has been for the last X amount of years but was changed to British deadlift competition this year (although not all the best lifters in the country were there and it was more of a large divisional competition with 26 lifters being from the south east).

The East Midlands division had 5 lifters representing the region with Stefan Nolan weighing in at 91.2kgs in the under 23's and competing unequipped. He opened with a comfortable 190kg, then jumped up to 210kgs for his 2nd lift which he managed to lockout but was given 2 red lights due to hitching up his thighs. He went for the same weight again for his 3rd final lift but couldn't quite manage it.

Next in the M3 was Mick Amey weighing 80.2kgs and competing equipped. Mick opened with a solid 220kgs, then on his 2nd lift went to 232.5kgs and with good grit pulled to lockout. Mick was going to leave it there but after some friendly banter between him and the MC went for 235kg but couldn't manage it.

On to the seniors Dean Kehoe lifted well unequipped at 72.8kgs and got all three of his lifts of 190kg, 205kg and 220kgs.

Simon Jurkin weighing 81.8kgs lifting unequipped pulled 3 excellent lifts of 240,250,260kgs only missing out by 2.5kg on winning his weight class and I'm sure if there was a board or projector up he would have been able to pull that bit more. However nobody knew what the other lifters were doing so you just had to choose your lifts which wasn't great.

Lastly was Andy Hutchings weighing 108.9kgs and also lifting unequipped (out of the 42 lifters only 6 were equipped). Andy opened with 255, then 265, tried 272.5kgs but couldn't finish the lift (see attached photo) lifting most unequipped in the 120 class other than 1 lifter who was lifting equipped.



Other highlights Ted Brown from South Midlands who was competing in the M5 class at 82yrs young pulling 125kg unequipped weighing 57.8kgs.

The biggest equipped lift went to Nat Scott weighing 101.6kg who finished with 315kg, tried 340kg and got it off the floor but no more.

Lisa Ceurden a senior from South Midlands, weighing 78.5kgs, pulled 172.5kgs unequipped which apparently (and I haven't checked) would have beaten the current British record if it had been at a normal 3 lift event (she also got the best overall lifter on Wilks formula).

Steve Blackwell who organised the event lifting unequipped weighing 100kgs pulled 285kg which was the best pull (on Wilks) from all the masters.

Thanks to Andy Hutchings for the report

# World Masters Powerlifting Championships

The World Masters was held in Killeen Texas USA, which started on the 2<sup>nd</sup> October. Sadly due to the expense only two lifters made the trip, Jenny Hunter and Allen Ottolangui.

After some long delays at the airports we finally arrived at the Hotel at 10.30pm rather than midday which it should have been.

We could not get any food because it was too late so as both of us were lifting the next day it was straight to bed.

Jenny was first on the platform lifting in the morning in the 57Kg class. Jenny got all 3 squats finishing with a hard fought 130Kg which gave her the gold on the squat.

On to the bench and again Jenny got all 3 attempts giving her the gold with 85Kg. Jenny had a good lead over the rest of the field on the sub total, going into the deadlift.

Her opener of 150Kg was comfortable so she took 160Kg on her second which was a much slower pull so she took 162.5Kg on her third and again after a hard fight she pulled it to lock out giving her the gold and the overall gold, a clean sweep. Jenny also won best lifter in the M2 division and unbelievably on her own came third in the team event. Some fantastic lifting under far from ideal conditions.

Later that evening was Allen Ottolangui. He started off with a hard 225Kg squat which was enough to give him the silver medal. On to the bench and time was getting late Allen only managed his opener of 130Kg, failing 135Kg twice.

By the start of the deadlift there was not a lot left in the tank and after a sluggish 215Kg opener, Allen went for 230Kg only managing to get it to his knees before running out of steam. Allen decided not to take a third leaving him in 4<sup>th</sup> place overall. A disappointing result for Allen.

As usual the Americans put on a good comp, very professionally run and a good venue. Hopefully we will have a bigger team for next year's Masters being held in Orlando.

Team Manager

Allen Ottolangui





*Affiliated to the Commonwealth Powerlifting Federation*

## **GB Powerlifting Federation**

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*CHAIRMAN  
Richard Parker*

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GL52 5DJ  
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December 4th 2012

To: All English Powerlifters

Dear Colleagues,

### **COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2013**

These championships will be held 4th to the 8th of December 2013 at the Telstra Event Centre, Manuaku, Auckland, New Zealand. These will be run on the same basis as the last one in Bournemouth, i.e. all age groups for equipped, classic, three lift and bench press.

The EPA would like to send as full a team as possible, but recognize that the cost of travel to New Zealand will be a major factor for most lifters. The EPA may be able to provide some financial support, but this will depend on the size of the team and available funds. In view of this, lifters should assume in the first instance that they are responsible for their own travel and hotel expenses. However, the EPA will pay the entry fee for one event plus the drug test fee.

The purpose of this letter is to ascertain which lifters wish to be considered for the Championships. The EPA will select the team from these, who must have lifted in the 2013 English Championships.

Please complete and return the attached form to Kevin Jane at the address shown, as soon as possible.

Yours sincerely,

Richard Parker

**COMMONWEALTH POWERLIFTING CHAMPIONSHIPS 2013**

If you wish to be considered for selection for the English team please complete and return this form, as soon as possible:

Full Name: .....

Postal Address: .....  
.....

Contact telephone number (s): .....

Email address: .....

Date of birth: ..... Age Group as at 1/1/13: .....

Please indicate which weight category and discipline you wish to be considered for:

Body Weight category: .....kg      Equipped or Unequipped 3 lift  
Equipped or Unequipped Bench Press  
*(Please delete those not applicable)*

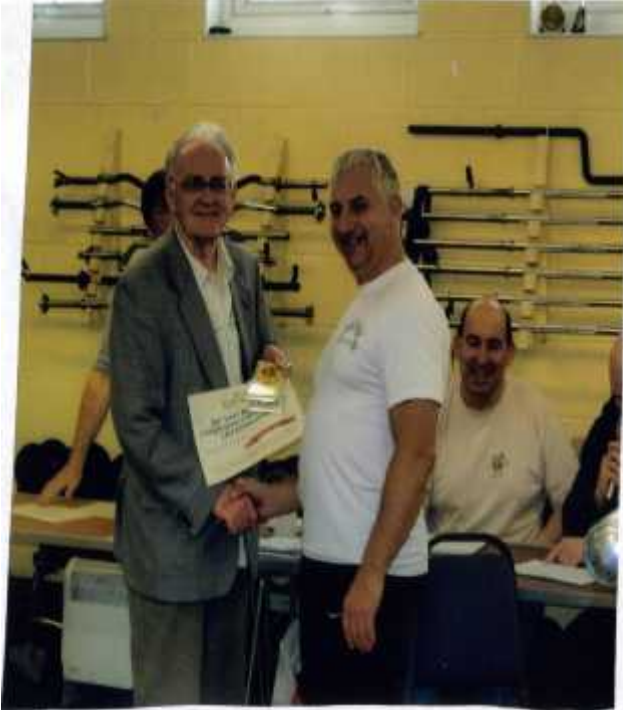
Signed ..... Date .....

NOTE: If you are under 18 your parent or guardian must sign the form.

**Please return form to:** Kevin Jane, 17 Weedon Lane, Norton, Northants, NN11 5NQ

Email: [kevin@kjane.fsbusiness.co.uk](mailto:kevin@kjane.fsbusiness.co.uk)

## Letters Section



It is sad to have to report of the death of Wally Pullum, for many years the Divisional Officer for the East Midlands. Wally had fought a long battle with cancer and passed away on the 21<sup>st</sup> December 2012.

I personally knew Wally for over 38 years and had the greatest respect for him and all he did for the sport of lifting weights. For me Wally was the East Midlands as he not only ran a successful business dealing in weightlifting merchandise but also training facilities. In addition he worked hard taking on many roles of office and responsibilities including Divisional Secretary, rankings officer, newsletter editor, organising competitions, incentive schemes and leagues for the division.

I used to compete and train at his gyms in Hatfield and Luton in the 70's and 80's along with several other top lifters who I feel owe much to the commitment and enthusiasm Wally had for the sport. Wally himself came from a weightlifting background but as Powerlifting became more prominent catered for all lifters needs.

In later years Wally would often complain about the way in particular weightlifting had deteriorated in this country and how, with the development of commercial gyms, many amateur clubs had disappeared. He had helped develop so much in the sport and found it difficult to so much gradually ebb away. I for one can only sympathise as I used to enjoy the Powerlifting league and lifters trying for incentive grading standards and badges.

In February 2002 Wally decided to step down as Divisional Secretary, I'm not sure how many years he had been in that position, although I can remember attending many AGM's with

members having a job to fit in the room but never can I recall anyone wanting to take over from Wally. There were always as now plenty of moans and groans but as no one could better, in my opinion Wally did a fine job and is owed much by many members and lifters from the East Midlands and further afield.

Wally in stepping down in 2002 did so gradually and continued to fulfill some of the Divisions roles such as membership and Olympic secretary for some time after. This I am indebted to Wally for as I took on the role of Divisional Secretary from him and was thankful for the initial guidance and support and encouraged he gave me. I thankfully have nowhere near the work load that Wally had and still ten years on see my role as merely holding the Division together as I readily admit that Wally left shoes that very few people could ever hope to fill – **three white lights.**

Kevin Jane – East Midlands Divisional Secretary

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It was so sad to hear of the death of Wally Pullum on the 21st December 2012. Wally had suffered from cancer for some considerable time and had put up a brave fight to beat it.

Both Wally and I go back a long time, Wally further than me. Wally came from a weightlifting background in-as-much that his father was into weightlifting and so it was clear that Wally would carry on from his father.

I was invited on to the East Midlands committee in the early 1970s and was inspired by the way that Wally looked after the division. He was so talented in all of the offices that he took on - Secretary / Treasurer / newsletter and many more.

Wally also ran his gym at Luton and ran various competitions and referees courses there. I sometimes went to Wally's gym to get the extra training and support that I needed and experienced the good atmosphere that was there.

Back in the 70s 80s there were various other competitions to be entered, most of which were organised by Wally and unlike today, everything had to be written/typed and posted which took a considerable amount of time.

Wally would often phone me at 11pm or later for an answer to some matter that he would be working on. Where he got his energy from I don't know but his commitment and dedication to our sport was 100 percent plus and like our present Secretary has said he is a hard act to follow. We should always be indebted to Wally's leadership and commitment to our sport.

Peter Weiss  
E/M Chairman

**Hi all you readers**

**I have a question for you all, do you feel that anyone failing a drug test should get away with a year or 18 month ban. Or should we be banning for life and all records stripped, not just records created on the day that the lifter was caught.**

**I have thought about this and in my opinion there are points for and against. Obviously anyone caught cheating should face a ban but how long? For example an experienced lifter you feel should know better and would be well aware of their actions, so in this case a life ban would sound apt and all records stripped.**

**But what about an individual who is a total novice who goes to a gym and is coached by someone who introduces them to performance enhancing drugs. This lifter may be young, naive and unaware of their actions. Do we then ban them for life and cut short what may be a promising career in lifting, or give them another chance to prove themselves?**

**Maybe a lifters ban should relate to the number of years that lifter has been competing, would this be an answer?**

**What do you feel should happen?**

**Allen Ottolangui**

Dear All,

I have recently seen a discussion on the GBPF forum about only being able to Break National Records at National events and upwards and wondered what the opinions of other East Midlands members are on the subject. I personally think it could be a good move; after all, the same ruling applies for European and World records.

I know some people will say that there may be someone who is very good at one lift but not the other two, so don't qualify for the British Championships but I think that is unlikely.

It's good to go to the British and see the big lifts being done rather than read about it on the internet, it would also mean that there would be more chance of lifters who break records being tested which has to be a good thing.

Does anyone else have any views on this?

Jenny Hunter

ALL OUR YESTERDAYS.

1980.

EUROPEAN CHAMPIONSHIPS. ZURICH. SWITZERLAND. MAY. 1980.

This was the year where I established myself as a no nonsense coach. This is how it happened. The team had arrived early and the day before the championship started Geoff Brown and myself had a long walk up a mountain. On our return we went into the restaurant and Eddy Pengelly told me that he was overweight and could not make the 60kg. limit. I asked him if he was absolutely certain that he could not make the weight and he said ,yes. I said in that case you will not be lifting and I was dropping him from the team. This was the current World and European champion and I had dropped him, the team looked stunned and could not believe it. I turned to Tony Stevens and told him to make sure his kit was all O.K. and he would be in the team. In those days we always carried a reserve man. I went to Vic Mercer, the Manager, and told him what I had done. "George," he said, "you are in charge of the team and I will back your decision, after all we cannot have the tail wagging the dog." A favourite saying of his. Unfortunately, Eddy thought he could force me to let him do what he liked, but I knew he always wanted to lift against Hassan Salih but we already had two 67.5 lifters and I was not prepared to drop one of them. The boys later told me he had deliberately ate a litre of ice cream to make sure he was overweight. Eddy never forgave me and accused me of robbing him of a European gold medal but we became firm friends and I know he respected me.

Tony Stevens did not let us down and got the silver medal behind Ray Nobile. We had won the European championship quite convincingly for the third consecutive year and I must confess that I did celebrate by getting a little bit merry, the one and only time.

GREAT BRITAIN TEAM RESULTS.

52kg.	N. Bhairo.	Gold.
67.5kg.	H. Salih.	Gold.
67.5kg.	S. Alexander.	Silver.
75kg.	A. Thomson.	Bronze.
82.5kg.	R. Collins.	Gold.
82.5kg.	B. West.	Silver.
100kg.	R. Nobile.	Gold.
100kg.	T. Stevens.	Silver.
110kg.	A. White.	Silver.
125+kg.	A. Kerr.	Silver.

GREAT BRITAIN.  
EUROPEAN CHAMPIONS.

<u>BEST LIFTER.</u>			<u>TEAM PLACINGS.</u>	
Ron Collins.	G.B.	531 pts.	Great Britain.	101 pts.
Lars Backlund.	SWE.	502 pts.	Finland.	59 pts.
Hassan Salih.	G.B.	493 pts.	Norway.	59 pts.

1980 WORLD CHAMPIONSHIPS. ARLINGTON. TEXAS. U.S.A.

This was an interesting championship for many reasons. Vic Mercer, the G.B. powerlifting secretary, had always refused to let wives or girl friends fly or share rooms with the team. However, Vics wife, Amy, wanted to go this year so Vic relaxed the rules, Midge travelled with me and I think Janis Kerr came with Andy. If my memory serves me right, Dennis Unitt arranged a trip and Eddy Pengelly's dad and Mike Duffy, his wife and children came with him. Disaster struck when Eddy Pengelly bombed on the dead lift. He was up against the much fancied Ricky Crain and the Canadian Jim Moir. He was behind at the Sub total stage and I had put him in with what should have been an easy opener. Unknown to me or his dad Eddy had gone and changed it to 292.5 kg

1980 WORLD CHAMPIONSHIP.

which was a world record at the time. His dad and myself went crazy but we were committed and could not change it. Although Eddy had three gallant attempts it was not there and he was out, his first competition at his new 67.5kg bodyweight. Ricky Crain won with a 730kg total and Jim Moir second with 727.5kg total but had Eddy taken sensible attempts he could have got the bronze medal. The Great Britain team would also have got the silver medal. It was the first time we had not been second in the world..As we all walked back to the hotel on the last day Vic turned to Midge and said 'you know George is going to get the sack,' 'good,' said Midge, 'perhaps he will be able to spend more time with me.'

Apart from Eddy we had some reasonable results. Peter Fiore, after his disaster the year before in Dayton got a silver medal behind Bill West both lifting at 82.5kg and Tony Stevens got another silver. I think there were about 113 lifters taking part and we were well looked after by the Americans and we had some time to do a bit of sightseeing.

GREAT BRITAIN TEAM RESULTS.

52kg.	N. Bhairo.	Bronze.
56kg.	D. Mannering.	(8th)
60kg.	T. Galvez.	(4th)
67.5kg.	E. Pengelly.	Disqualified.
82.5kg.	B. West.	Gold.
82.5kg.	P. Fiore.	Silver.
100kg.	T. Stevens.	Silver.
100kg.	R. Nobile.	(5th)
110kg.	A. White.	Bronze.
Super.	A. Kerr.	Silver.

GREAT BRITAIN TEAM.

BRONZE MEDAL.

TEAM PLACINGS.

U.S.A.	WORLD CHAMPIONS.	109points.
FINLAND.	SILVER MEDAL	76points½
GT. BRITAIN.	BRONZE MEDAL.	71points.

GEORGE LEGGETT.

GREAT BRITAIN TEAM COACH.

( Nylli Secundas )





**The East Midlands Powerlifting Association committee meeting minutes. Meeting took place at the Hitchin WLC, Letchworth 2/12/2012 at 5.15pm.**

1. Members present; Pete Weiss, Dave Tucker, Ian Finch, Jenny Hunter, Allen Ottolanguai and Kevin Jane.
2. Apologies Steve Walker.
3. Matters arising from previous meeting (30/6/12). The guidelines discussed re qualifying for national/international championships had since been reinforced and expanded upon by the GBPF and added to their web site.
4. Championship dates

<b>Date</b>	<b>Championship</b>	<b>Venue</b>
6/1/13	East Midlands Bench Press	Hamilton's Fitness Centre, Colchester
10/2/2013	East Midlands Unequipped (Classic)	Hitchin WLC, Letchworth
27/28/4/2013	British Masters	Moulton College, Northampton
20/7/2013	East Midlands Masters, Juniors and Novices & Anglian Open (equipped)	Yardley Gobion WLC*
18/19/ 8/2013	All England Championships	Moulton College, Northampton
1/12/13	East Midlands Senior Championships	Hitchin WLC, Letchworth

- *Provisional date and venue.*
  - The Unequipped divisional championship will have awards for sub junior, junior, senior and all masters categories.
5. Financial update; the current account stands at £997.30 with £83 to come from entry fees and T-shirt sales. Dave Tucker suggested that further income could be generated at the Divisional championships if spectator fees were charged. Dave offered to put this into action next year.
  6. Feedback from EPA meeting – Main point was that to date only three clubs nationally had taken advantage of affiliating to the EPA to receive web space to promote themselves and to receive a 10% discount for their members competing in the English national championships. Form available on the EPA web site.
  7. Lifter of the year award – Tony Cliff had been contacted and agreed to return the award to Alan next week so that it can be engraved with this years' winner to be decided at the AGM.
  8. Web site – Jenny to contact Rob Thomas again to ask him to load a link to the new EMPA site.

9. A.O.B. - There was some debate re non GBPF members from other countries being allowed to lift as guests in our championships. This it appears is not an issue if the lifter is a member of a nation affiliated to the IPF, although as always competition organisers can restrict the number of guest lifters at an event.

**10. Date for AGM – Notice is hereby given that the East Midlands Annual General Meeting for 2012 will take place on the 27<sup>th</sup> January 2013 in room H8, Gate 3, Moulton College, Pitsford Lane, Moulton Northants NN3 7RR at 1.30pm.**

**All officer nominations and any notices of motion and officer reports must be sent to the Secretary in written format to be received no later than the 31/12/2012. The AGM will be followed by a committee meeting where any general issues will be discussed.**

- *Please note that as the EMPA AGM will follow the EPA AGM (11.00am) taking place at the same venue there may be a delay in starting although this will be kept to a minimum.*

**Meeting closed at 6.00pm**

**Kevin Jane – General Secretary 17, Weedon Lane, Norton, Northants NN11 2NQ Tel 01327312535 Mob. 07887903104, e-mail kevin@kjane.fsbusiness**



## **GBPF – Merchandise Price List**

### **All GBPF OFFICIAL MERCHANDISE**

<b>T – Shirts</b>	<b>£9.00</b>
<b>Caps</b>	<b>£7.50</b>
<b>Beanies</b>	<b>£7.00</b>
<b>Polo Shirts</b>	<b>£10.00</b>
<b>Sweat Shirts</b>	<b>£14.00</b>
<b>Hoodies</b>	<b>£17.00</b>
<b>Holdall bags</b>	<b>£22.50</b>
<b>Long Socks S, M, L.</b>	<b>£6.50</b>
<b>Bags</b>	<b>£6.50</b>
<b>Briefs</b>	<b>£6.50</b>
<b>Shower proof jackets</b>	<b>£22.00</b>
<b>Vests</b>	<b>£8.00</b>
<b>Track suits (new – just in)</b>	<b>£52.00</b>
<b>Refs white collar shirts</b>	<b>£15.00</b>
<b>Refs ties Cat 1. 11 National or Divisional</b>	<b>£10.00</b>

**All prices exclude postage. Contact Kevin Jane to order any merchandise on 07887903104 or [Kevin@kjane.fsbusiness.co.uk](mailto:Kevin@kjane.fsbusiness.co.uk)**

**Please send any comments, letters or articles for the Newsletter to Steve Walker @ [SJR.Walker@fsmail.net](mailto:SJR.Walker@fsmail.net) or ring on 07710 138171**

**So did you guess it was our very own Bilbo D’Gama?  
A.K.A. Doug B’anana**



**I didn't have any pics of East Midlands lifters in their earlier years this time so here's a picture of some short hairy legs instead.**



**Apparently there must be something in the water in Letchworth!!**