



Ultimate Power

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

March 2013



Jenny Hunter – East Midlands lifter of the year 2012

Editors View



Easter greetings to all East Midlands powerlifters.

There have been three competitions that have taken place so far this year involving lifters from the East Midlands - the British Juniors, the East Midlands Bench Press and the East Midlands Divisional Unequipped. I only have a report and photos for the last one (as I was there) but have included results on the bench press championships.

Good to see Sharn Rolands winning another British Junior title, although as far as I can see she was the only East Midlands lifter competing in the championships with an unfortunate Jack Cook being totally unaware of the competition date change and missing out on a potential title.

The Unequipped Divisionals attracted another large entry and there was some excellent lifting including several British records and a full report and photos is included in the newsletter.

After many years of service to the Division including several roles on the committee, Dave Tucker has decided to stand down, although Dave will still be supporting the division in a refereeing capacity. I would like to thank Dave on behalf of all members of the East Midlands for all his work and support to the Division for so many years and to wish him well for the future. In the meantime Chris Gladding has offered to stand in as Technical Manager – I'm sure you will give Chris your full support.

Congratulations go to Jenny Hunter for being voted East Midlands lifter of the Year 2012 – well deserved as Jenny won just about everything she could last year both at Senior and Masters levels, home and abroad.

A couple of technical comments – we are still fearfully short of referees – it will happen eventually that a competition will not take place due to a lack of referees on the day. We need younger people to step up and take the course (it's a logical progression from being a lifter anyway). **The division will be running a referees course on Saturday 11th May – full details on page 7, anyone interested please contact Kevin Jane or Chris Gladding.**

Also there is still some confusion over qualifying procedure for national championships - more information contained on page 34.

Good lifting.

Best Regards
Steve Walker

CONTENTS

NEWS	FEATURES	LETTERS	TECHNICAL
East Midlands Unequipped Championships Page 8	Andy Rodney Lifter Profile Page 23	None received	Calendar of events Page 3
East Midlands Bench Press Results Page 22	All our yesterdays Page 26		East Midlands AGM Minutes Page 32
	Mystery Lifter Page 38		East Midlands Committee Meeting Minutes 27/1/13 Page 33
			East Midlands Committee Meeting Minutes 10/2/13 Page 34

Calendar for 2013

(Copied from GBPF website)

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](#)

7th April: South East Classic Powerlifting Championships

Woking Powerlifting Club, Walton Road, Woking Surrey (start time 10am).

Promoter: Steve Blackwell tel: 07595 021233 email: s.blackwell@sky.com

Closing date for entries: 31/03/2013

13th April: Greater London Bench Press Championships (Classic and Equipped)

Bethnal Green Weightlifting Club, 229 Bethnel Green Road, London E2 6AB

Championship Secretary: Gary Bellinger [Download entry form here](#)

21st April: South West Powerlifting Championships

Bodysports UK, Unit 11, Lansdown Ind. Est., Gloucester Road, Cheltenham GL51 8PL

Weigh in 9.00 – 10.30 am Lift-off 11.00am

Promoter: Richard Parker – email: richard.h.parker@tinyworld.co.uk

[Download entry form here](#)

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

19th May: South East Novice and Juniors

Astor College Powerlifting Club, Astor College for the Arts, Astor Avenue, Dover

Promoter: Adam Reilly tel: 01304207702 email: adamreilly@btinternet.com

Closing Date: 12/05/2013

19th May: Lancashire and Cheshire Powerlifting Championships

Intershape Gym, Colne, Lancs BB8 0AD

Weigh in 9-10.30. Contact bevans5088@aol.com for entry details

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](#)

9th June: Kent, Surrey and Sussex Powerlifting Championships

Astor College Powerlifting Club, Astor College for the Arts, Astor Avenue, Dover

Promoter: Adam Reilly tel: 01304207702 email: adamreilly@btinternet.com

Closing Date: 24/05/2013 (starts at 10:00am)

22nd to 23rd June : British Powerlifting Championships (Senior)

Spirit of Sport, Blessed Trinity RC College, Ormerod Road, Burnley, Lancashire BB10 3AA

4th August: Roses Cup

Doncaster, Weigh in 9-10.30.

Contact bevans5088@aol.com for entry details

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

6th October: North West Bench Press Championships

Intershape Gym, Colne, Lancs BB8 0AD

Weigh in 9-10.30. Contact bevans5088@aol.com for entry details

12th to 14th October: British Classic Championship (Senior & Junior) - Horncastle, Lincolnshire

27th October: British Deadlift Championships

Woking Powerlifting Club, Walton Road, Woking Surrey (start time 10am).

Promoter: Steve Blackwell tel: 07595 021233 email: s.blackwell@sky.com

Closing date for entries: 20/10/2013

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)

1st December: North West Powerlifting Championships

Intershape Gym, Colne, Lancs BB8 0AD

Weigh in 9-10.30. Contact bevans5088@aol.com for entry details

1st December: South East Powerlifting Championships

Woking Powerlifting Club, Walton Road, Woking Surrey (start time 10am).

Promoter: Steve Blackwell tel: 07595 021233 email: s.blackwell@sky.com

Closing date for entries: 24/06/2013

East Midlands Division Referees

Below is a list of referees in the East Midlands Division. If I have missed anyone or included anyone in who isn't currently available to referee can you please contact Chris Gladding at chrisjgladding@yahoo.com and let him know as he is collating a list of all current referees,

Kevin Jane, Pete Weiss, John Bevan, Dave Tucker, Steve Walker, Jerry Rice, Jenny Hunter, Jackie Blasbery, Stuart Hamilton, Cathy Wass, Chris Gladding, Bill Clelland, Ian Kinghorn, George Leggett, Harry Turner.

East Midland Powerlifting Committee Contacts

Kevin Jane - kevin@kjane.fsbusiness.co.uk

Ian Finch (records) - Ian.Finch@rfsworld.com

Allen Ottolangui (Membership) - acc138@yahoo.co.uk

Pete Weiss - pweiss@02.co.uk

Jenny Hunter - jenny@ced.co.uk

Chris Gladding - chrisjgladding@yahoo.com

Steve Walker (Newsletter) - SJR.Walker@fsmail.net



East Midlands Divisional Referees Exam

Venue:- Moulton College Sports Centre, Northampton

Date:- Saturday 11th May 2013

Time:- 10.00am – 2.00pm

Cost £25 per person

The course will consist of an in depth look at IPF rules with explanations where necessary followed by the exam.

Light refreshments will be included

Please contact Kevin Jane or Chris Gladding if you require further information or wish to reserve a place

kevin@kjane.fsbusiness.co.uk

chrisjgladding@yahoo.com

Please seriously consider doing this – we need more referees

The East Midlands Unequipped Divisionals held at Letchworth 10th February 2013

A total of 34 lifters on the day with competition organiser Allen Ottolangui deciding to give the audience a laugh by trying to compete as well as organise things.

The first group was all the ladies and men up to the 74kg class. The first three ladies lifted unopposed, Sharn Rowlands off first and totalling 255kg to win the 43kg class.



“That’s my girl” – a watchful Shaun Rowlands coaching Sharn to another good total

Imelda Flanagan lifted determinedly and totalled 225kg to win the 47kg class



Jenny Hunter totalled 290kg to win the 52kg class (again) and even managed a smile (after some encouragement) on her final deadlift.



We saw some competition in the 63kg class with Faye Jordan and Gemma Burley lifting in the senior section. Both lifters finished with 72.5kg squats, with Faye moving into a 10kg lead on the sub total with a bench of 62.5kg. This lead was further enhanced by Faye's heavier deadlifts finishing with a 125kg lift and a winning total of 260kg with Gemma finishing with a creditable 217.5kg for a first competition.



Jackie Blasbery officially lifted unopposed in the 84kg class although her long time friend Jean Maton of the South Midlands was guesting to gain a qualifying total for the British Equipped which she did with a 350kg total. Jackie lifted comfortably within herself for 9 from 9 lifts and a 385kg total – the next time they lift together it will be for real in the British when the gloves will be off.



Onto the men and first man off was David Brown unopposed at 59kg class, lifting steadily for 8 successful lifts in a row with no final deadlift taken for a 287.5kg total.



Two men in the 66kg class with Sean Maloney in the senior class and Jonny Pardy at U23. Both lifted strongly with Sean going 147.5/92.5/185kg for a 425kg total and Jonny going 125/87.5/162.5 for a 375kg total.



Sean showing perfect squat technique with his final lift of 147.5kg



Jonny successful with 125kg

Again two “men” in the 74kg class – Allen bandy Ottolangui and Steve Walker lifting as a guest and looking for a qualifying total for the British Masters. Despite lifting unopposed Allen had a good attempt at losing only managing 180/105/190 for a 475kg total, Steve going 150/135/170 for the 455kg he needed for the qualification (only 20kg behind Allen’s feeble efforts).



Allen got this far with 190kg before remembering how weak he is and giving up

Onto the second and much larger group which was split into an A and B group.

There were a total of 7 lifters in the 83kg class with four senior lifters, two U23 lifters and a guest lifter with some extremely close results. The senior class was won by Henry Cook totalling 485kg, just 5kgs ahead of Bruce Tudball on 480kg who in turn was just ahead of first time competitor Dominic Crane on 467.5kg in third. Fourth was Tom Sherwin with 407.5kg. Interesting to see that all these lifters except Bruce were well under the weight limit of 83kg which can't help with the totals.



Henry showed a lot of aggression to make this squat of 157.5kg



Bryce couldn't have been any deeper with his last squat of 167.5kg



New man Dominic Crane is a strong squatter and one to watch in the future



Tom Sherwin made this 180kg look easy

Tom Rowell, lifting in the U23 class won with a great total of 495kg which would have won the senior class as well with Alexander Leeder coming second with 445kg – both good results at this age.



Perfect sumo technique demonstrated by Tom Rowell



Alexander squats deep with 155kg

Robbie Williams guest lifted as a Masters 2 and totalled 475kg.

Three lifters in the 93kg class but only one in the competition with Matt Lines totalling 470kg to win the senior class with two guests – David Watkins totalling a terrific 607.5kg and old hand Ivan Otim totalling 532.5kg.



Matt shows the strain coming up with a successful 160kg

Onto the 105kg class with one senior lifter Edgar Kreipavicius, lifting unopposed this year with last year's close rival Andy Rodney having eaten a few pies too many and moved up to the 120kg class. Undeterred Edgar lifted solidly going 235/152.5/260 for 647.5kg and this was with only 6 from 9 lifts – some big final jumps being unsuccessful so with careful lift selection there is more to come for Edgar.



Edgar's second success with 260kg – 280kg was too much today

Stuart Gates, who always claims to be nervous, didn't show any nerves today and lifted smoothly for 9 from 9 and a good 617.5kg total and 1st in Masters 1 class. Christopher Ryan guested and made 457.5kg.



A smooth 250kg looked comfortable for Stuart today

Onto the big boys and some big numbers – the 120kg class including 3 seniors, 2 Masters 1 and a Masters 4 lifter with several British records up for grabs and another outstanding performance by Tony Cliffe bang on the weight limit at 120kg going 290/215 and a British record deadlift of 348kg for a 868kg total – remember – this is raw lifting so a tremendous effort and good building blocks for his equipped international endeavours.



A British Senior Unequipped deadlift record of 348kg for Tony



Andy Huchings had a torrid start missing his first two squats of 215kg and was growing increasingly frustrated with himself. However a good third attempt got him underway and a bench of 157.5kg and a great deadlift of 272.5kg gave him a total of 645kg and second place.

There were two Masters 1 lifters but only one winner today with Andy Rodney going 260/167.5/260 for a 687.5kg total with Philip Malin lifting steadily for a 542.5kg total and second place.



260kg squat for Andy with plenty more to come from those massive legs no doubt



Philip pulls 220kg and took another 10kg for his third deadlift

Evergreen Chris Gladding lifting as a Masters 4 got 9 from 9 lifts and a British record total of 485kg – a tremendous result for a very modest man who almost seemed embarrassed to do so well.



Milking the applause – a British Masters 4 total record for Chris

A chunky and strong looking Kacper Jaworski guested weighing only 109.1 kg and made a very strong 650kg.

Finally the biggest boys of all – just three lifters with a combined bodyweight of 430kgs!! Including two U23 lifters who had obviously enjoyed their baby food.

Ricky Nicholls, biggest at 164.2kg totalled 635kg to win the senior class and Thomas Marshall won the U23 battle against Adam Thompson with a total of 570kg with Adam totalling 525kg.



Ricky pulling 245kg with no problems



Thomas managed a strong 240kg today



Adam improving with much more to come made 195kg on the squat

A long day with some great lifting, well organised by Allen and his crew, especially as he was several members down with illness – so we will forgive his rubbish lifting - on this occasion only.

Report by Steve Walker

The East Midlands Bench Press Results

Held at Hamiltons Gym on 6th January 2013

me	Gender	Class	Weight	Age	Equip	Best	Wilks	Place
Megan Ainsworth	f	43.0	38.8	jun	n	62.5	94.92	1
Natalie Blake	f	52.0	50.0	sen	n	90.0	115.62	1
Lorraine Burke	f	84.0	78.8	m2	n	45.0	41.53	1
Adam Alderman	m	59.0	50.3	sen	n	132.5	134.69	1
Shazad Maqsood	m	59.0	57.0	sen	n	95.0	85.01	2
Stephen Dodd	m	66.0	61.8	m2	n	85.0	70.59	1
Joe Strike	m	66.0	60.3	u18	n	62.5	53.06	2
Ben Cattermole	m	74.0	67.8	u20	n	97.5	74.90	1
Jake Allen	m	83.0	82.6	u23	n	130.0	87.01	1
Gary Ingram	m	83.0	82.9	sen	n	117.5	78.48	2
Dominic Crane	m	83.0	78.3	sen	n	105.0	72.67	3
Mick Amey	m	83.0	82.0	m3	y	100.0	67.23	4
Ken Osunde	m	93.0	91.5	m2	n		0.00	
Ian Wells	m	93.0	92.6	sen	y	217.5	136.88	1
Dan Amey	m	93.0	86.1	sen	n	137.5	89.86	2
Tom Hudson	m	93.0	91.2	sen	y	130.0	82.43	3
Stewart Cowan	m	105.0	104.4	m2	y	200.0	119.71	1
Steve Bullimore	m	105.0	102.5	m1	n	167.5	100.94	2
Jay Moore	m	105.0	103.1	sen	n	165.0	99.21	3
John McComish	m	120.0	109.5	m1	n	180.0	106.03	1
Ian Sullivan	m	120.0	115.5	m2	y	170.0	98.61	2
Julian Massey	m	120.0	111.0	m2	n	120.0	70.40	3
Tony Blythe	m	120+	129.0	m1	n	175.0	99.04	1

It looks like it was a good competition with some noticeable lifts – especially Ian Wells improving to 217.5kgs and Stewart Cowan over 200kgs again. Sorry but no report or photos to back up the results.

Lifter Profile - Andy Rodney



It is a pleasure to be able to include an interview and a profile on one of our most successful lifters for many years as I suspect that some of our younger members may not be aware of Andy's achievements.

I first met Andy on my first international trip to Russia in 1994 where he was a real help and support and a steadying influence (from a lifting not a partying point of view) and we have been good friends ever since and been on many subsequent trips.

Editor – Hi Andy thanks for taking the time to do this interview although I think I almost know enough about you to do it on my own.

Andy – That’s no problem but I reckon there is some stuff you don’t know and probably some you never will know!

Editor – Very intriguing so down to business – where and when were you born?

Andy – I was born in south London – Balham to be precise on 18th May 1965.

Editor – How about your early schools and did you show any sporting promise then?

Andy – I went to Alderbrook Primary School and then to Hydeburn Secondary School and got involved in athletics, badminton volleyball and football.

Editor – Well I knew about the athletics but not the other sports – how about family – were they sporty as well?

Andy - I have a son, a sister and four brothers, two of whom have competed in national bodybuilding competitions.

Editor – Wow so that must have had an early influence on you but you did well at athletics I seem to remember.

Andy – Well I won a few regional titles as a 100metres sprinter when I was a teenager and also played football for London schoolboys.

Editor - I suppose you were a bit lighter in those days!!

Andy – Steady – I’m a lot bigger than you know!

Editor – You’re not joking on that one, so how did you get into powerlifting anyway?

Andy - After finishing with athletics, I decided to take up weight training to keep in shape. A local youth club ran sessions with an instructor. He was a competitive powerlifter whom encouraged me to take up powerlifting.

Editor – That’s often the way – fate taking a hand in things, so can you remember your first competition and how you did?

Andy - My 1st competition was in 1985 as a junior held at Unit 4 gym in London. I came 1st in my class with Squat 215 Bench 145 Deadlift 230 and total of 590kg. The only competitor I remember was Allan Moses with 7 other unknown names.

Editor – 590kgs is a good total for a first comp so you must have been bitten by the bug then and gone on to greater achievements – can you summarise your main achievements in the sport.

Andy - Yes I won 1 World Masters title, 3 European Masters titles, 5 British Senior titles, 3 British Masters and 1 Commonwealth title.

Editor – That’s a tremendous record and of course a number of those senior titles were won as a Masters lifter which is even more commendable.

Andy – Well powerlifting is the kind of sport where you can keep going and improving for years as long as the injuries stay away.

Editor – I know how true that is from personal experience. So have you always been a BWLA/GBPF member or lifted in other associations as well.

Andy – I only ever lifted in the associations that were affiliated to the IPF.

Editor – Ok so what about high and low points of your lifting career?

Andy - My high point was winning the 2005 British senior title. This is because there was a very competitive line up including Delroy McQueen, Nathan, James Jack and Simon Norcup. I was not given a cat in hell's chance of winning but came out on top. My low point was losing the title the following year to a lifter whom never competed after that year hmmmmmmmm. In fact the whole of 2005 was a high point for me as I won the British Seniors, British Masters, European Masters, World Masters and the Commonwealth titles.



Andrew Rodney

Power of one

By Joel Campbell

LITTLE-KNOWN Andrew Rodney continued carving his Powerlifting legacy by retaining the European Masters title in the Czech Republic; however, most of you would have never known.

Having won World, Commonwealth, European and British titles in the 110kg category of Powerlifting, Rodney should be a celebrated British sporting champion. As it happens he walks the streets of London, where he lives, and Joe Public are oblivious to his endeavours.

Snonymity

A combination of Powerlifting not being an Olympic sport and the sport not being televised in the UK are telling factors where Rodney's anonymity are concerned, but it's a situation the 42-year-old would like to change. Talking to the *Voice of Sport* about what retaining his title meant and his plans for the rest of the year Rodney said: It felt very good to retain the title because, it is the third one I have won in a row and not many people have actually won three European Masters

titles in a row so it's nice to know I am part of history somewhere along the line.

I constantly set goals and I constantly try and push barriers back as far as I can go. I'd definitely say that my strong winning mentality is what keeps me going. It's quite frustrating, though, that my exploits don't receive much recognition. It seems that you can pull on a pair of skies on, go to an Olympics and come last and that will get you more coverage than what I did. It does leave me feeling a bit peeved.

Rodney achieved a Grand Slam of major titles in 2005 by winning the World, Commonwealth, European and British titles. Having already won the British and European this year he says it's a feat he wants to repeat and really smart money would be on him achieving just that.

He said: "I hope to win both tournaments world and commonwealth later this year that's what my intention is. The only competition for me is Tony Harris from America I'll have to take him out.

"If I do that, it will be the second Grand Slam in two years following what I did in 2005. To do it again would a decent achievement."

INTERNATIONAL POWERLIFTER



**ANDY RODNEY OF GREAT BRITAIN - FIVE TIME CHAMPION
BRITISH MASTERS - EUROPEAN MASTERS - WORLD MASTERS
BRITISH SENIORS - BRITISH COMMONWEALTH - ALL IN 2005**

Vol. 24 No. 5 September/October, 2005

Editor – I remember seeing you on the front of the “International Powerlifter” magazine when you did all that. So who, if anyone have been your main influences in the sport and why?

Andy – There are a number of people who have inspired me over the years - Tony Stevens because of his energy, passion and dedication to the sport. Herman Nurse who taught me so much about technique, mental preparation and the best way to train as a non-drug taking lifter. Kevin Jane for his longevity as a lifter - I competed against him as a junior and he is still putting up world class totals. Eddie Kershaw, a man with a great lifting mind and George Leggett for always being around with his great personality and knowledge through the decades.

In fact any lifter like you Steve who have stayed drug free in order to reach their full potential. These are the real winners in the sport and finally Jackie Blasbery and Jenny Hunter, two of the most consistent lifters this country has ever produced.

Editor – thanks for the mention and many of those names would be on my list as well. So back to specifics, what are your best all time lifts and total?

Andy - Squat 350, Bench 215, Deadlift 322, total 887.5kg@ 125kg bodyweight and Squat 345 Bench 210 Deadlift 317 and total 855kg @ 110kg bodyweight.



Andy winning the European Union Cup in France 1996

Editor – Great totals and I remember seeing you have a 365kg squat turned down in an international when it was well in but looked so easy that the refs thought it must be high. So are squats your favorite lift and training exercise then?

Andy - Well squats are a very intensive lift but my favorite training exercise is rack pulls, I love pulling the heavy weight.

Editor – Ok so what is your approach to training?

Andy - Quite simple really - low reps, heavy weight is my philosophy. Short intense workouts.



World Masters 2005, South Africa – 1st place

Editor – To the point with that answer – not giving anything away to the competition no doubt. So what about diet and supplements – do you still take them?

Andy – I like chicken, fish, eggs and vegetables with no particularly careful diet and as far as supplements are concerned I just take Holland & Barrett protein powder as I'm not so sure that supplements really work.

Editor – You may well be right – a good diet is the key. So Andy if you hadn't been a powerlifter what other sports would you be doing nowadays?

Andy – Well it's not so macho but I really enjoy Badminton still.

Editor - When they said you were a racketeer I completely misunderstood!! So as you are still lifting do you have any ambitions left in the sport?

Andy – Yes I want to see what I can achieve as a raw lifter.

Editor – Yes that’s understandable as there is such an upsurge of interest in raw lifting it’s good to see competition numbers growing in this branch of the sport. Do you have a single piece of advice for any young and novice lifters?

Andy – I would always say focus on technique at the beginning rather than sacrificing style by trying to lift heavy weights – they will come in time.

Editor – That’s sound advice. So in conclusion what do you do for a job and do you have any hobbies?

Andy – I am a property investor and run a business with Jackie and Jenny. As far as hobbies other than lifting I like to collect Tamla Motown tracks.

Editor – Always knew you were the soul man, thanks Andy that was a great interview and I did learn a few new things about you. I reckon some of the divisions younger members will now see you lift and appreciate what you have achieved. Good luck with the raw lifting ambitions.

Andy – No problem thanks for asking me to do this.



The test of time – a young Andy in the World/European Juniors in Luxembourg September 1988

ALL OUR YESTERDAYS.

1981

EUROPEAN CHAMPIONSHIP, PARMA, ITALY, MAY 1981.

This year we were off to Italy, to Parma famous for its ham. Vic Mercer did not come with year, he was off to a meeting for world sports associations. Gren Elmore went out a day early so it was left to me and John Moody to bring the team. Unfortunately our plane was delayed for some reason and we were over two hours leaving. We eventually arrived at our hotel about one in the morning to find it completely locked. We managed to rouse the night porter but he did not speak English and we did not speak Italian but we did not know what rooms were available. We finally got the team settled but poor Andy Kerr had to sleep on the floor in the room John and I shared. Not a good start to a championship.

One evening we all went to an Italian restaurant for a meal. The owner was pleased to see us and even got his waiters to take us back to our hotel in their cars because it was raining hard. We paid the bill and left about 250 lira for a tip. Later we realised that was about 10 pence but we went back the next night and left a good tip. On the morning of our departure I had to go to the bank to get money to pay our hotel bill. They started to pay out hundreds of thousands of lira and I got a bit worried but at the time it was about 2500 lira to the pound.

GREAT BRITAIN TEAM RESULTS.

52kg.	P. Stringer.	Gold.
56kg.	N. Bhairo.	Bronze.
60kg.	T. Galvez.	Gold.
67.5kg.	E. Pengelly.	Gold.
75kg.	S. Alexander.	Gold.
82.5kg.	R. Collins.	Gold.
82.5kg.	B. West.	Silver.
100kg.	T. Stevens.	Gold.
110kg.	A. White.	Gold.
125+kg.	A. Kerr.	Gold.

GREAT BRITAIN.

EUROPEAN CHAMPIONS.

BEST LIFTER.

1. Ron Collins. 514pts.
2. Tony Stevens. 510pts.
3. Conny Nilsson. 508pts.

TEAM PLACINGS.

1. Great Britain 113pts.
2. Sweden. 82pts.
3. Finland. 79pts.

Great Britain had won the European championships for the fourth consecutive time. Eddy Pengelly was now a confirmed 67.5kg lifter and I had the dubious honour of carrying a 2ft high trophy on the plane, on the coach from H/row to Bristol and then the bus from Bristol bus station to my home but it had been a successful trip.

George Leggett.
G.B. Team Coach.

WORLD CHAMPIONSHIP, CALCUTTA, INDIA, NOVEMBER, 1981.

This is not a championship that I have any happy memories of for a number of reasons. Vic Mercer and Gren Elmore went out a day earlier and being members of the I.P.F. executive committee I did not see much of them so John Stephenson and I brought the team out. The hotel was reasonable but a bus ride away from the venue which was a vast arena very similar to the Wembley arena where the horse of the year event was held.

All went reasonably well until the day Ron Collins was due to lift. The U.S.A. lifter, Mike Bridges, was the favourite to win. On the squat Ron came out with his opener 317.5kg and failed two to one. His next 327.5kg failed two to one. His third with with 327.5kg passed two to one. So we went to warm up for bench.

91 World Championship.

1 of a sudden all hell broke loose. The German referee, Heinz Viertaller, stated that Collins was out, he had pressed the wrong button and it should have been red, I went to the jury and told them that the only decision I could be happy with is if the original decision was upheld. They sent me away and said they would make a final ruling. It came back that they would give Collins two further attempts with his opener 317.5kg. Arthur White asked me to let him have a word with Ron and out he came just in a bench suit for two attempts. You can guess what happened, he got turned down two to one. There was no way the German was going to give anything but red, John Stephenson was white and unfortunately the Indian referee gave red. That was the most disgusting refereeing I have ever seen, how can you say you have changed your mind ten minutes later. Remember, in those days if you failed any three attempts you could not continue in the competition.

However, that was not the end of our problems. Andy Kerr and I sat for a long time discussing the trouble we would have when all the big men starting lifting went to the organisers and told them our concerns but we were assured that we would be sorted and not to worry.

My squats alone took over three hours and the bench and dead lift over two hours each, I reckoned we were lifting for over eight hours. In the end Andy could not hold his opener of 350kg which would normally have been a very comfortable opener. If he had just managed 350kg he would have got silver.

GREAT BRITAIN TEAM RESULTS.

52kg.	P. Stringer.	(4th)
56kg.	R. Dhairo.	Silver.
60kg.	T. Selves.	Silver.
67.5kg.	E. Pengelly.	Silver.
75kg.	N. Alexander.	Gold.
82.5kg.	R. Collins.	Disq.
90kg.	B. West.	Bronze.
100kg.	T. Stevens.	Bronze.
110kg.	A. White.	(4th).
125+kg.	A. Kerr.	Disq.

GREAT BRITAIN TEAM. SILVER MEDAL.

Collins never again lifted for G.B. The following year he moved to South Africa and is living in Capetown. I have seen him a couple of times since on visits to South Africa.

My problems were not yet over. We all had to be checked for para-typhoid, I was clear but I understand Steve Alexander actually had it.

At our next Powerlifting committee meeting Vic Mercer tried to get me the sack said I had shown no respect for the host nation because I had written an article for Dennis Unitts magazine. All I had done was write about what I had seen. I told him he did not have the authority to fire me because I was appointed by the B.W.L.A. coaching committee and only they could dismiss me, anyway, John Moody backed me and I was allowed to continue. I think Vic really had in mind for one of his West Midlands men to take over.

Though what I had seen in India really upset me I could tell you many stories at that one visit but I could write pages and pages about my experiences.

It would probably bore your readers. I vowed and declared I would never go back to India and I never have.

George Leggett.

G.B. Team Coach.



Minutes of Annual General Meeting for 2012.

The meeting was held at Moulton College, Northampton 27/1/2013 and opened at 1.40pm

- 1. Members present-** Peter Weiss, David Tucker, Jenny Hunter, Ian Finch Allen Ottolangui, Kevin Jane.
- 2. Apologies –** Steve Walker
- 3. Minutes from previous AGM (29/1/2012)–** These were accepted Proposed Allen, Seconded Jenny
- 4. Officer reports-** The Secretary and Treasurer submitted written report which were accepted unanimously. The present account balance stands at £1066.34 with around £100 to come off for cost of newsletter production.
- 5. Election of Officers –** There had been no resignations or nominations so the committee remains the same as last year-

Position	Officer
President	<i>Dave Tucker</i>
Hon. Secretary	<i>Kevin Jane</i>
Chairman	<i>Pete Weiss</i>
Treasurer	<i>Jenny Hunter</i>
Membership registrar	<i>Allen Ottolangui</i>
Technical Secretary	<i>Dave Tucker</i>
Records officer	<i>Ian Finch</i>
Drug liaison Secretary	<i>Kevin Jane</i>
Powerlifting Secretary	<i>Pete Weiss</i>
Web site Manager	<i>Jenny Hunter</i>
Safe Guarding Officer	<i>Kevin Jane</i>
English Powerlifting representative	<i>Pete Weiss</i>
Newsletter Editor	<i>Steve Walker</i>
Assistant Technical secretary	<i>Pete Weiss</i>

Meeting closed at 2.00pm

Kevin Jane Hon General secretary



**Minutes of Committee meeting held at Moulton College,
Northampton 27/1/2013 – Meeting opened at 2.05pm**

1. **Members present-** Peter Weiss, David Tucker, Jenny Hunter, Ian Finch Allen Ottolangui, Kevin Jane.
2. **Apologies –** Steve Walker
3. **Minutes from previous meeting (2/12/2012)-** There had been some date changes to competitions for the divisional, the revised calendar is now-

Date	Championship	Venue
10/2/2013	East Midlands Unequipped (classic)	Hitchin WLC, Letchworth
27/28/4/2013	British Masters (UEQ & EQ)	Moulton College, Northampton
27/7/2013	East Midlands Juniors, Masters & Novice & Anglian Open	Yardley Gobion WLC
17/18/8/2013	All England (UEQ & EQ)	Moulton College, Northampton
17/11/2013	East Midlands Seniors (EQU)	Hitchin WLC, Letchworth

4. **Committee meeting dates-** 10/2/2013, 27/7/2013, 17/11/2013 all to be held after the corresponding competition dates above
5. **ANY OTHER BUSINESS –** Jenny raised a point that members need to be informed that only IPF registered manufacturers of knee sleeves are acceptable at all GBPF competitions. Jenny to post something pertaining to this on the web site. Similarly the meeting discussed at length and agreed that the membership needs to be made aware and be kept up to date re recent rule changes such as with the bench press.

Allen has agreed to send some basic info to new members re how to qualify for national events and when to apply for permission to compete outside of the division. Currently there seems to be some issues with obtaining up to date list of divisional members from the National memberships officer, Allen/Kevin to contact her to try to sort this out.

It was discussed and agreed that the division would from now on in allowing unequipped lifters to compete in equipped events not permit them to claim unequipped records or make qualifying totals for national unequipped events.

There was a heated discussion around the issue of referees not making themselves available at times for competitions due to either coaching lifters, lifting themselves or not sure if they will have time. It was suggested that in the first instance an up to date list of the divisional referees is obtained and that these are then contacted early in the year similarly to international referees with dates and venues of divisional competitions so that they can give some idea of their availability to the technical guys.

Meeting closed at 2.50pm

Kevin Jane Hon. General Secretary



East Midlands Committee Meeting minutes from 10th February 2013.

Meeting held at Hitchin WLC, Letchworth and opened at 6.05pm

1. **Members present-** Jenny Hunter, Pete Weiss, Allen Ottolangui, Steve Walker, Chris Gladding, Jerry Rice, Kevin Jane
2. **Apologies-** Ian Finch
3. **Matters arising from previous meeting (31/1/2013)**
 18. Qualifying totals for Unequipped Championships may be made at any Divisional Championship providing that there is indication on the official score sheet signed by three qualified referees, this will also apply to those wishing to qualify for the unequipped Bench Press.
4. The committee agreed to accept the rules laid down by the GBPF re qualifying for national competitions, but were not in favour of rule 18. This would need to be presented as a notice of motion for the 2013 GBPF AGM next year as this year's deadline had passed. In the meantime as this rule is only enforceable if all three officials on the day provide signatures to verify this there could be some leeway. The reasoning behind this is that the division now has specific championships for both Classic and Equipped lifters to support and set records and qualifying totals in, other divisions often do not.

As the chairman had received verbal notification from Dave Tucker to say that he had resigned as divisional chairman it was agreed that the Secretary would contact Dave to confirm this. If this is the case Chris Gladding has offered to take on this role in a caretaker capacity until the next AGM when he can be elected formally.

There was some further discussion re new members not being aware of the qualifying procedures for national events, Jenny will send some basic guidelines to new members on this matter and also to Steve so that he can distribute via the newsletter.

5. A.O.B. Allen raised an issue regarding some GBPF members living in Greater London and wanting to lift as East Midlands members. Much seems to hinge on what individuals nominate as their division when applying for GBPF membership, as there is an option to nominate where you train as your representative division as opposed to postal address. Officials and competition organisers need to check the division initials on each lifters membership card or entry forms.

Chris offered to speak to Pullum sports with regard to them providing some sponsorship for the British Masters and All England championships.

Meeting closed at 7.05pm

Qualifying Procedure

1. National Championships are open to all members of the Federation, providing they have achieved the qualifying total and are not subject to suspension either by the GBPF, or its affiliated bodies.
2. Qualifying totals are set yearly based on championship performances and must be achieved at a competition recognised by the GBPF.
3. Qualifiers will be representing the division to which they belong and must compete in the relevant Divisional Championship.
4. Current National Champions can defend their title without qualification however should they wish to compete at a different bodyweight they must make the qualifying total for that bodyweight. Competitors wishing to move up to another weight class may do so providing they have achieved the qualifying total for that weight class.
5. All GBPF Championships will be held in accordance with IPF technical ruled and rules of performance.
6. A National Championship title can only be claimed if the qualifying total is attained.
7. Qualification must be achieved in the period from the date of the previous Championship to eight weeks prior to the date of the current Championship.
8. If with permission from their Division anyone wishes to qualify in another Division or Home Country, it is their responsibility to provide the Championship Secretary with a signed copy of the official score sheet.
9. All competitors must comply with the GBPF Anti-Doping procedures and will be required to complete a Drug Test consent form at the weigh-in
10. Anyone who has represented Great Britain or their Home Country within twenty one days prior to their Divisional Championships or twenty one days after, subject to the Divisional Secretary's discretion may be excused from competing.
11. Qualification will not be accepted if the Championship is not adjudicated by three qualified referees, all score sheets must be signed by the referees.
12. Juniors who qualify to compete in Senior Championships, do so on the understanding that there are no age categories and no Junior titles will be awarded.

13. Those who compete in other than Senior Championships, must produce at the weigh-in, proof of age i.e. Birth Certificate, Drivers License, Passport. At all National Championship GBPF membership cards must be produced at the weigh-in.
14. Divisional Secretaries will send a copy of the official score sheet for all competitions held in their Divisions, to the Championship Secretary.
15. The Championship Secretary will send all invitations to Divisional Secretaries to be forwarded to qualifiers in their Division. If Divisional Secretaries do not receive invitations within two weeks of the qualifying date they should contact the Championship Secretary. Qualifiers who have not received their invitation within two weeks of the qualifying date should contact their Divisional Secretary.
16. The Championship Secretary must receive acceptances no later than two weeks before the Championship, qualifiers who do not wish to compete will be expected to return the acceptance slip marked accordingly.
17. All championships will have a provisional timetable based on the number of qualifiers, this will accompany the invitations; competitors should bear this in mind when making their arrangements.
18. Qualifying totals for Unequipped Championships may be made at any Divisional Championship providing that there is indication on the official score sheet signed by three qualified referees, this will also apply to those wishing to qualify for the unequipped Bench Press.
19. Lifters may also qualify for the bench press only competition using the bench press achieved at a 3 lift powerlifting competition. Foreign Nationals who have achieved the qualifying total in their respective Division may be invited to compete at GBPF championships as a guest. However they must be a member of IPF affiliated country.

National Championship Secretaries

Juniors Fred McKenzie fredrick575@btinternet.com

Bench Press Jim McGill jbmcgill@talktalk.net

Classic Marc Giles manddg@aol.com

Senior & Masters Fred Sterry fred.sterry@btinternet.com



GBPF – Merchandise Price List

All GBPF OFFICIAL MERCHANDISE

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

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

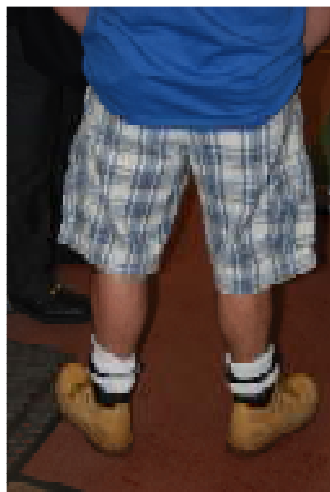
Please send any comments, letters or articles for the Newsletter to Steve Walker @ SJR.Walker@fsmail.net or ring on 07710 138171

So who do you think this is??

I'm talking about front left with the trendy trousers!!



Answer next issue



And for a bonus point who's tiny legs are these??