



Ultimate Power

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

June 2013



Jackie Blasbery – British Masters Equipped and Unequipped Champion 2013

Editors View



Hello again to all East Midlands powerlifters.

Good to see a strong entry in the British Masters Classic and Equipped Championships held in Northampton recently and a full report is contained in the newsletter.

Thanks to Dave Tucker and Andy Rodney for their contributions and also to Stewart Cowan and Andy Hutchings for submitting competition reports on the World Masters Bench Championships and the Kent, Surrey, and Essex Powerlifting competition.

Tony Cliffe made a great 990kg total in the European Seniors in Pilsen but strong competition put him into 7th place overall with 6 lifters going over 1000kg total to which he is edging ever closer .

Entry forms for the East Midlands Masters, Juniors and Novices on the 27th July have been emailed out and the form is included in the newsletter for anyone who missed it. The next East Midlands committee meeting will take place after this competition.

Please note an important change of timings in the All England Championships due to a large number of unequipped entries – details on pages 7-9. (Currently there is only one male equipped entry – Allen Ottolangui however this shouldn't be a deterrent and it must be a coincidence no one else has entered yet!!).

Please also note that there are places for equipped lifters to participate in the All England Championships to enable them to be selected for the 4 Nations and Commonwealth Championships later this year.

Good lifting.

Best Regards
Steve Walker

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Calendar for 2013

(Copied from GBPF website)

JUNE - DECEMBER 2013

[South West Classic Powerlifting Championships](#) © KINGS PARK ATHLETIC CENTRE

02/06/2013

Closing Date: 18/05/2013 Guests welcome.- £20 seniors £10 juniors .-Bench only Seniors £15 ,Juniors £7.50.-Cafe open all day.-Eleiko bars and calibrated weights.-3 warm up [...]

[COMPETITIONS](#)

[South West Divisional Classic Championships](#) © Kings Park Athletic Centre

02/06/2013

Please note: there is a lot of interest in this competition already, please send your entries sooner rather than later.

Download entry form here [...]

[COMPETITIONS](#)

[Kent, Surrey and Sussex Powerlifting Championships](#) © Astor College Powerlifitng Club

09/06/2013

Closing Date: 24/05/2013 (starts at 10:00am) [Posterboard](#) [Posterboard Month Agenda](#) [Categories](#) [Competitions](#)
June - December 2013 Jun 2 Sun South West Classic Powerlifting Championships [...]
[COMPETITIONS](#)

[Scottish Junior Powerlifting and Bench Press Championships \(equipped and unequipped\)](#) © Palace of Arts
09/06/2013

Closing Date for entries: 15/12/2012. Download entry form here [Posterboard](#) [Posterboard Month Agenda](#)
[Categories](#) [Competitions](#) June - December 2013 Jun 2 Sun South West [...]
[COMPETITIONS](#)

[British Powerlifting Championships \(Senior\)](#) © Spirit of Sport
22/06/2013 - 23/06/2013

[Posterboard](#) [Posterboard Month Agenda](#) [Categories](#) [Competitions](#) June - December 2013 Jun 2 Sun South West
Classic Powerlifting Championships @ KINGS PARK ATHLETIC CENTRE 02/06/2013 [...]
[COMPETITIONS](#)

[Special Olympics G.B. National Powerlifting Competition](#) © Hirst Welfare Centre
04/07/2013 - 07/07/2013

For special needs and paralympian athletes, competitors expected from abroad, all details obtainable from
Fred, arrivals, thurs. (holiday inn hotel, great north rd., Newcastle, Friday registration at [...])
[COMPETITIONS](#)

[Greater London Club Championships](#) © Bethnal Green Weightlifting Club
13/07/2013

An unequipped 3-lift powerlifting competition. This is an open competition so awards will be open to members from
outside the division, including an award [...]
[COMPETITIONS](#)

[West Midlands Development Competition](#) © Hatchford Brook Youth Centre
14/07/2013

Event specifically for new to developing lifters (male or female). New lifters will be allowed to wear shorts and t-
shirt. There will also be [...]
[COMPETITIONS](#)

[North Midlands Unequipped Powerlifting Championships](#) © Twin Lakes Country Club
20/07/2013

Download an entry form here [Posterboard](#) [Posterboard Month Agenda](#) [Categories](#) [Competitions](#) June - December
2013 Jun 2 Sun South West Classic Powerlifting Championships @ [...]
[COMPETITIONS](#)

[Scottish Championships \(equipped and unequipped\)](#) © Palace of Arts
11/08/2013

Closing Date for entries: 15/12/2012. Download entry form here [Posterboard](#) [Posterboard Month Agenda](#)
[Categories](#) [Competitions](#) June - December 2013 Jun 2 Sun South West [...]

COMPETITIONS

All England Championships (Classic and Equipped) @ Moulton College

17/08/2013

Posterboard Posterboard Month Agenda Categories Competitions June - December 2013 Jun 2 Sun South West Classic Powerlifting Championships @ KINGS PARK ATHLETIC CENTRE 02/06/2013 [...]

COMPETITIONS

YNEPF Classic Push and Pull @ City Boathouse

24/08/2013

Weigh in 9.00 - 10.30 am Lift-off 11.00am Closing Date for entries: 27/07/2013 Download entry form here Posterboard Posterboard Month Agenda Categories Competitions June [...]

COMPETITIONS

Four Nations @ Corr's Corner Hotel

28/09/2013

Posterboard Posterboard Month Agenda Categories Competitions June - December 2013 Jun 2 Sun South West Classic Powerlifting Championships @ KINGS PARK ATHLETIC CENTRE 02/06/2013 [...]

COMPETITIONS

North West Bench Press Championships @ Inershape Gym

06/10/2013

Weigh in 9-10.30. Posterboard Posterboard Month Agenda Categories Competitions June - December 2013 Jun 2 Sun South West Classic Powerlifting Championships @ KINGS PARK [...]

COMPETITIONS

British Classic Championship (Senior & Junior) @ Twin Lakes Country Club

12/10/2013 - 13/10/2013

Posterboard Posterboard Month Agenda Categories Competitions June - December 2013 Jun 2 Sun South West Classic Powerlifting Championships @ KINGS PARK ATHLETIC CENTRE 02/06/2013 [...]

COMPETITIONS

British Deadlift Championships @ Woking Powerlifting Club

27/10/2013

Closing date for entries: 20/10/2013 Posterboard Posterboard Month Agenda Categories Competitions June - December 2013 Jun 2 Sun South West Classic Powerlifting Championships @ [...]

COMPETITIONS

YNEPF Bench Press Championships @ City Boathouse

02/11/2013

Closing Date for entries: 05/10/2012 Download entry form here Posterboard Posterboard Month Agenda Categories Competitions June - December 2013 Jun 2 Sun South West [...]

COMPETITIONS

YNEPF Open and Junior Powerlifting Championships @ Hirst Welfare Centre

23/11/2013

Closing Date for entries: 26/10/2013. Download entry form here [Posterboard Posterboard Month Agenda Categories Competitions June - December 2013 Jun 2 Sun South West \[...\]](#)

[COMPETITIONS](#)

[West Midlands Open \(Powerlifting and Bench Press\)](#)

24/11/2013

Posterboard Posterboard Month Agenda Categories Competitions June - December 2013 Jun 2 Sun South West Classic Powerlifting Championships @ KINGS PARK ATHLETIC CENTRE 02/06/2013 [...]

[COMPETITIONS](#)

[North Midlands Powerlifting Championships @ Twin Lakes Country Club](#)

30/11/2013

Posterboard Posterboard Month Agenda Categories Competitions June - December 2013 Jun 2 Sun South West Classic Powerlifting Championships @ KINGS PARK ATHLETIC CENTRE 02/06/2013 [...]

[COMPETITIONS](#)

[North West Powerlifting Championships @ Inershape Gym](#)

01/12/2013

Weigh in 9-10.30. Contact bevans5088@aol.com for entry details Posterboard Posterboard Month Agenda Categories Competitions June - December 2013 Jun 2 Sun South West Classic Powerlifting Championships [...]

[COMPETITIONS](#)

[South East Powerlifting Championships @ Woking Powerlifting Club](#)

01/12/2013

Closing date for entries: 24/06/2013 Posterboard Posterboard Month Agenda Categories Competitions June - December 2013 Jun 2 Sun South West Classic Powerlifting Championships @ [...]

[COMPETITIONS](#)

East Midland Powerlifting Committee Contacts

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

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

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Chris Gladding - chrisjgladding@yahoo.com

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



All England Powerlifting Championships'

IMPORTANT TIME CHANGES

Due to an unexpected change in the number of entries for the 'Classic' All English championships, currently standing at 60 compared with just 4 for the equipped event (6/6/13), I have decided to propose the following changes. With still some 8 weeks to the closing date rather than keep to the original intension of allowing only a maximum of 50 lifters for each event, Saturday (August 17th) will be for all female 'Classic' lifters and male 'Classic' lifters up to and including 93kg. All equipped lifting will still take place on the Sunday (**August 18th**)

Along with all male classic entries over 93kg.

This will possibly necessitate some exceptions, for instance any men wishing to compete in both events weighing over 93kg will be allowed to lift on both days.

There may still need to be a cut point depending on the number of entries still to come, although if there are enough willing officials and loaders the facility can be available till 10.00pm on the Saturday.

The following is therefore a revised weigh-in time table which may have to be altered again once final number are known.

Sat 17th August 2013

unequipped lifters

Weigh-in times

All Female lifters

8.30 – 10.00 am lift-off 10.30am (2 groups)

All Male sub junior, junior and senior lifters under 93kg

11.30 – 1.00 pm lift-off not before 1.30pm (2 groups)

All Male masters under 93kg

2.00 – 3.30 pm lift-off not before 4.00 pm

Sun 18th August 2013

All equipped lifters and 93kg men unequipped

All Sub junior, junior and senior men over 93kg unequipped (2 groups)

9.00 -10.30am lift-off 11.00am

All masters men over 93kg unequipped (group A)

All equipped lifters (group B) 11.30 -1.00pm lift-off not before 1.30pm

If you know of anyone who would like to load, help out MC etc during these championships, which look like being the biggest yet, please point them in my direction. All loaders need to be current GBPF members and will receive a t-shirt, refreshments and something towards travel expenses.

I apologise for any inconvenience these changes may have caused, but I have tried to accommodate the rapid fluctuation in lifters wanting to compete unequipped, rather than turn people away. If you have any problems due to the alterations please contact me and I will endeavour to find a solution.

Kevin Jane - organiser



Presents the 6th

‘All England Powerlifting Championships’

Hosted by the Farm Powerlifting & Weightlifting Club on the 17th & 18th August 2013 at Moulton College Sports Centre, Gate 4, Pitsford Road, Moulton Northampton NN3 7RR

<p>The ‘All England Powerlifting Championships’ will be a combined event for Equipped & unequipped lifters who are GBPF members of an English Division. The event used to select teams for the Four Nations and the Commonwealth Powerlifting Championships.</p>	<p>Revised timetable due to high number of entries for the classic competition. All classic lifters women and men up to and including the 93kg class will compete on Saturday 17th August. The 105kg ‘classic’ men classes will now compete on Sunday 18th August along with the equipped lifters.</p>
<p>As with previous year’s there are no set qualifying standards and therefore only the first 50 entries per day will initially be accepted.</p>	<p>All competitors will receive a commemorative T-shirt at the weigh-in and need to complete an anti-doping registration form.</p>

<p>Sat 17th August 2013 unequipped lifters</p>	<p>Weigh-in times</p>
<p><i>All Female lifters</i> 8.30 – 10.00 am lift-off 10.30am (2 groups)</p>	<p><i>All Sub junior, junior and senior men over 93kg unequipped</i> (2 groups)</p>
<p><i>All Male sub junior, junior and senior lifters under 93kg</i> 11.30 – 1.00 pm lift-off not before 1.30pm (2 groups)</p>	<p>9.00 -10.30am lift-off 11.00am <i>All masters men over 93kg unequipped</i> (group A)</p>
<p><i>All Male masters under 93kg</i> 2.00 – 3.30 pm lift-off not before 4.00 pm</p>	<p><i>All equipped lifters</i> (group B) 11.30 -1.00pm lift-off not before 1.30pm</p>

- **Please note** – these weigh-in times are still provisional and are subject to actual entries received no later than 1.00pm 3rd August 2013.



Affiliated to the



All England Powerlifting Championships 2013 – entry form

Name

Address.....

..... email.....

Contact telephone number

GBPF membership no..... Division.....

Competition entered: EQUIPPED – UNEQUIPPED BOTH

Body weight class:

Age category: SUB JUNIOR , JUNIOR – SENIOR – MASTER 1 MASTER 2 - MASTER 3 – MASTER 4

Entry fees £20.00 To be made payable to ‘The Farm Weightlifting Club’ and sent to the organiser Kevin Jane, 17, Weedon Lane, Norton, Northants NN11 2NQ. Tel 01327 312535. Closing date strictly 1.00pm 3rd. August 2013.

Venue Address – Moulton College, Sports centre, Gate 4, Pitsford Road, Moulton Northampton NN3 7RR

The venue has ample free car parking and refreshments will be available all day.

Adult spectators will be charged £4.00 per day OAP’s and under 16’s £2.00 - The Farm P/L & W/L club aims to make a donation towards support English Powerlifting this year from any profit made.

***If you going to lift on both days you can save £10 on your entry fee by receiving just one T-shirt.**

The 2013 British Masters Classic & Equipped Powerlifting Championships

This year's championships were held in Moulton, Northamptonshire and were split over two days allowing lifters who wanted to lift in both the unequipped and equipped competitions. Two East Midlands lifters - Jenny Hunter and Kevin Jane did compete on both days - a remarkable achievement - especially for Kevin who was the competition organiser as well.

Classic Championships

First lady out of the blocks (the price for being the lightest) was Imelda Flanagan who had another good day getting 9 lifts from 9 which included a British Masters 2 squat record of 73kgs and a total of 230.5kg.



Jenny Hunter was next on the platform bang on the weight limit of 52kg and lifted as smoothly as ever with a 290kg total and 9 good lifts.

Jackie Blasbery obviously decided to use today as a bit of a stretch for the next day's lifting and only took 3 lifts in all for a 330kg total yet still managed to win by 80kilos!

Onto the "boys" and Masters 3 lifter Dave Brown won the 59kg class with 6 from 9 and a 280kg total.



Tony Wightman looked as sprightly as ever but didn't have his best days lifting not taking his 3rd squat or deadlift and getting 3 from 9 for a 397.5kg total and the win.



Kevin Jane, despite being involved in all the hassle of organising things, had a nice workout with 190/125/270 for a good 560kg total and a win and hopefully still some energy left for the next day.

Stewart Gates was one of 3 Masters 1 lifters in the 103kg class and got off to a flier with 3 good squats finishing with 220kg. Russ Kirby from the South East however managed a strong 252.5kg squat for an early lead and went further ahead with a 170kg bench with Stewart only making his opener of 130kg. Onto the deadlifts and again Russ was in the ascendancy with a fine 272.5kg lift with Stewart pulling a good 240kg for a 590kg total and second place today.

Andy Rodney had a good battle on his hands against Northern Ireland lifter Colin Wright in the 120kg Masters 1 class with both lifters well matched on the squats and bench. Andy went 272.5 and 175 for a 447.5kg sub total compared to Colin's 282.5 and 177.5 for a 460kg sub total. As it panned out Andy would have had to pull a massive deadlift to get back the 12.5kg gap after Colin opened with and got an impressive 305kg so he settled for a sensible approach and finished with 707.5kg - a good total as he is still adjusting to raw lifting at this bodyweight. Colin finished with a terrific 775kg for the class win.

Ian Finch lifting at 110kg had a good day with 9 from 9 for a 520kg total to win the M2 class by nearly 100kg!

Finally, last but not least, the evergreen Chris Gladding managed 8 from 9 lifts for a 472.5kg total and a good win in the M4 120kg class.

Equipped Championships

On to the Sunday and back to squeezing into suits and shirts again.

Jenny Hunter, well warmed up by now and nearly a kilo lighter than the day before lifted unopposed and got 3 squats, 2 benches and 2 deadlifts for 355kg total and her umpteenth British title.



However the lack of competition in Jenny's class was more than made up for in the women's 84kg Masters 2 class with the anticipated battle between Jackie Blasbery and Jean Maton living up to all expectations. This contest was especially relevant as both girls were aiming to lift in the European Masters at this bodyweight with the likelihood was that the winner would have first call and the runner up would have to move up or down weight groups.

So the scene was set and what a tussle it proved to be with both girls getting all 3 squats with Jean ahead with 177.5 with Jackie on 170kg. On to the bench and Jean, looking strong, pulled a further 2.5kg ahead with 110 to Jackies 107.5kg but Jean knew that Jackie always comes back on the deadlift.



So it proved, Jean was 10kg ahead on the sub total and lighter so Jackie would have to go 12.5kg above Jeans best to win. Jean pulled 170 then 180 but went to 187.5kg and couldn't pull it leaving the stage for Jackie to pull 192.5 for the British title. If it was ever in doubt it didn't show and a long slow but strong pull saw Jackie successful and a win by 2.5kg with a great 470kg total.



Despite all the rivalry it was nice to see Jackie immediately consoling Jean who was clearly upset to lose but they are great friends so well done to both of them - this is surely what powerlifting is all about.

The complete opposite of course could be said for the next men's class - the 74kg Masters 2 with Allen spindles for legs Ottolangui having to actually try this year with rapidly ageing Steve Walker temporarily coming out of retirement to try out his new colostomy bag on the platform.

Allen, being quite a fatty, started well by actually managing to make the bodyweight at exactly 74kg but then reverted to normal type but completely forgetting that you're supposed to lift the bar out of the racks on his first squat!! After a detailed briefing session in the back room he came out again, managed to find the platform and squatted 215kg. Steve, going for a more conventional approach went 220, 225 and 230kg with Allen then spurred on (or confused) and also getting 230kg on his third attempt.



On to the bench and again Allen, attempting his first attempt, got even more confused thinking he was at a snake hips thrusting competition with both side referees actually waiving at each other under his backside. He managed 130 again for his second but dozed off completely on his third attempt of 140kg. Steve, completely underwhelmed by Allen's attempts only managed 157.5kg today and they both bumbled on to the deadlift.

Incidentally whilst warming up Steve asked Allen if he used a deadlift suit which Allen said he always did only to realise he'd put his squat suit back on by mistake - a case of total senility in the warm up room!!

Anyway there were gasps of complete shock all around with Allen getting his first and second attempts passed but resuming normal service by missing his last attempt at 240kg. Steve only took 2 attempts finishing with a hard 240kg - a British Masters 2 record and worthy of a lie down in a darkened room for a couple of hours. Allen finished on 590kg and Steve got 627.5kg - also a British Masters 2 record - time for another 4 years off I think.



On to the 83kg and Doug D'Hobbit was up against Balwinder Singh from the West Midlands - a seasoned campaigner with a big squat. So it proved with Balwinder getting 265kg (also missing a 280 attempt) and Doug finishing with 227.5kg.

On the bench and Doug gained some valuable kilos back with a good 152.5kg compared to Singh's 135kg.



However this still left Doug 20kg behind on the sub which was too much to make up as they were both evenly matched on the deadlift with 255 to 252.5kg in favour of Singh who finished with 655kg and Doug making 632.5kg.



The final East Midlands lifter to go in the championships rather appropriately was organiser Kevin "sponsored by Saga" Jane who again lifted superbly going 280.5 (a British Masters 3 record) 165, 275 for a 720.5kg total - world class lifting for a Masters 3 (old git).



A great 2 days lifting with nearly 80 lifters participating, a well organised championships with thanks to all concerned at the Northampton club for hosting such a good show for the division.

Report by a very aching Steve Walker

Some other memorable images of the weekend



Still best of friends



Bewilderment, confusion, disorientation - he only came in to get warm



Wrong Direction - fresh from their X Factor triumph



Phill Richard - 210kg bench at 74kg - not bad especially for a Welshman



A student practicing the controversial Ottolangui levitation bench technique



Kevin had obviously forgotten to put his RightGuard on that morning

Report from Kent, Surrey, Essex powerlifting competition.

The venue was quite small but was adequate for the day and with only 16 lifters (14 unequipped) and as it was split into 2 groups it was a quick competition which was good as we had a long drive back.

There was no board to go off so I can't give a full report on how everyone got on but the lifting seemed to be a good standard and although there wasn't an audience the MC made things entertaining and the lifters showed the usual encouragement to each other.

I can only speak about those representing the East Midlands showing the South East how to do things!!! (Andy Hutchings 110kg/Ricky Nicholls 154kg/Andy Rodney 118kg)

Squat -Myself and Ricky (in only his second comp) both opened on 200, Andy R opened with 220, Ricky and I completed our 2nd lift of 210, Andy R chose 250 for his 2nd which he easily got but was too lazy to do a third!!! (Joke Andy) and I finished with 220. Ricky easily squatted 225 for his third and just needs more confidence to go for it in the comps as should have gone heavier with his second and third lifts.



Andy H setting up his 160kg PB

Bench - again Ricky and I opened on the same with 145 both completing our lifts. Andy R opened on 170 as he was going for a raw PB of 180 which he just missed at the British Masters. I went to 152.5 for my second which was a good lift and Ricky on the same weight missed his but got it on his third. Andy went straight to 180 and easily pressed for his PB!!! I went for a PB of my own 160 which I pressed well and got (little bit more in there as well)

Andy then added 2.5kg to go for the East Midlands M1 class bench record which he smoked!!!



Andy 182.5 set up



Happy Andy after his 182.5kg record

Deads - Andy was trying out his technique on the sumo deadlift and went 220/240/260 and finished with 8/8 lifts for 692.5 total. I went 245/255/265 and finished 9/9 with 645 total. Ricky went 235 then got the benefit of the doubt on his second 245 which didn't help him as he locked out 250 better than the 245 but wasn't given the lift and finished 7/9 with 622.5 total.



Ricky 250kg deadlift

Thanks to Jackie Blasberry for multi tasking during the day!!!

This included loading/coaching/spotting/refereeing/buying dinner and handing out the medals at the end.

Think it's only right to warn anyone that travels to Dover not to stay at the hotel that we did, County Hotel, I won't go into details but I saw a rat wipe his feet on the way out the front door.....

Thanks to Andy Hutchings for the report

Training my way into Powerlifting

By Dave Tucker



In early 1962 I was working as an engine driver at Stratford in East London but still living in Cambridge. I had joined Cambridge Weight Lifting Club and started working out with weights with a few enthusiastic like minded people.



Dave in 1956 as the driver with “Fireman” W. Atkins

We were encouraged by Don Curry who ran the club. We were training in the Labour Club Hall in Norfolk Street but quite soon we moved to St Mathews School and training regularly was difficult because of the shift work I was required to do so half of the training was done at the gymnasium at Liverpool Street Station.

Below: In its sparkling blue livery, and its white wheel rims emphasising the locomotive's wheel arrangement, "Austerity" 2-10-0 No 600 Gordon stands in the yard at the Longmoor Military Railway on 5 June 1969, prior to the day's work for the engine on the final Public Open Day to be held at Longmoor before closure of the establishment. *Hugh Ballantyne*



The locomotive that Dave drove some years later an an open day

I was always interested in the squat and deadlift and was training for about a year on these disciplines when Don Curry suggested that we should form a team to compete in the Strength Set (squat, bench and two hand curl).

We entered local competition and competed once a month against teams from Haverhill, Bury St Edmunds, March, Ely and Northampton.

At this time Olympic lifting was the basis of all lifting and in order to improve my knowledge I enrolled at Crystal Palace under Al Murray and John Lear on a series of weekend courses to become an instructor.

After six weekends Don Curry and I took and passed the examination as qualified instructors under B.A.W.L.A. rules. At this time six of us members were competing in the Olympic lifts – Press, Snatch and Clean and Jerk.

I then carried on with a weekend course at Crystal Palace and Bisham Abbey and passed as a Grade 3 coach.

So here I was training for Olympics and Strength Set six days a week at which point my wife said I was away long enough as an engine driver coming home and going straight out again to train. So inevitably something had to give and Olympic Lifting was dropped and training was down to only three times a week.



What Train???

Strength set then changed dropping the curl and introducing the deadlift and calling it powerlifting. There were a few clubs that took up competitions including Northampton, Cambridge, Baldock, Hitchin, Luton, Ludwick, Old Oak, St Albans, also in many prisons.



We had to move once again – this time to Howard Mallet Club in Cambridge. I became the Club Secretary and with a few dedicated people made it the club with the biggest BAWLA membership in Great Britain with 210 members all doing their own thing.



We also put on two national powerlifting championships – the British Seniors and British Masters including a seniors at Stradishall Prison and an All Midlands – all very successful competitions. I became a fully qualified referee in 1979, an IPF CAT 2 International referee in 1989 and a CAT 1 referee in 1991.

I was selected to lift for Great Britain several times - in Sanda Norway, Budapest Hungary, Bratislava, Perth Australia, Salzburg Austria, Birmingham, Milton Keynes, Oroshaza Hungary and Hamilton Canada.



The GB team in Norway – many familiar faces

Most of the time I was lifting in the 75kg and 82.5kg classes and my best achievement was third place in Perth Australia with many thanks to Herman Nurse for his help.



As you will be aware, I have recently resigned as a member of the East Midlands Committee. I had been considering standing down at the end of 2013 but circumstances speeded up these plans. I have enjoyed working for the East Midlands over the years and have been active in most of the positions of office including Powerlifting Secretary, Newsletter Editor, Technical Secretary and General Council Member.

I would like to say your committee works hard on behalf of all members which has resulted in The East Midlands being one of the strongest divisions in Great Britain.

You have, at present dedicated people now serving i.e. Pete Weiss, Steve Walker, Jenny Hunter, Allen Ottolangui and now Chris Gladding and in Kevin Jane you have one of the best secretaries that this division has ever had.

There are many great people I have had pleasure in knowing and working with over the years including Fred Sterry, John Stevenson, Geoff Brown, John Moody, George Leggett, Jenny Hunter and Jackie Blasbery.



Dave receiving a lifetime achievement award from John Moody

It is still my intention to be active as a referee for the foreseeable future – “Subject to Availability” of course.

Kind Regards
Dave Tucker



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

Training Singles??

By **Andy Rodney**

To single or not to single - that is the question. No, no Shakespeare from me but the subject of singles in powerlifting is a controversial one as far back as I can remember.

Several former World champions have totally opposing views on the subject. British legend Tony Stevens swears by singles, he used to focus his training on these. However American Lamar Gant, one of the world's greatest ever deadlifters believes singles are a waste of time, he believes strength is built by rep schemes lower than 5's and heavyweight World champion Kirk Kawoski believes in something in-between.

I hope this article will open the minds of lifters and maybe provide you with an approach that will enable you to use singles to your advantage.

To start off, each lifter reacts differently to training as any person reacts to any type of stimulus. Some people believe they gain better under one type of rep scheme over another. This could be because of many reasons. I have read such high-tech explanations that certain lifters can activate more muscle nerve fibres simultaneously than other lifters.

Some lifters have mental aversions concerning singles. Reps are easy, but psyching up for a big single can be a bit unnerving, hence they cannot muster the physical strength to have great success using singles. For example our women's world champion Jenny Hunter is a case in point - I have seen her training many times on the deadlift repping 150kg x 3, which meant that, we as her training partners would expect her to hit between 170kg and 180kg in competition but she struggles to hit the 170kg mark. Lifters who can deal with maximum weights and new personal records on a consistent basis, obviously stand a better chance of extracting more from such low rep workouts.

Another factor is comparing apples with oranges. By that I mean performing rep sets is much different than doing single reps sets. With rep sets the weight is lighter and has a greater margin for error in their execution. If you rep out a set of 5s, getting one out of the groove will seldom stop you from getting at least 3 reps. However on a single rep set, one mistake and that is it. Single rep sets are more of an athletic performance.

It would follow that lifters who can execute singles with their most efficient lifting technique on a consistent basis, can benefit more than lifters who lack this ability. I stress the point 'their most efficient form' because everyone cannot use the same lifting style and be consistent in its execution over all rep schemes, singles will not present as formidable a challenge.

To conclude, the end goal of competition is to produce the heaviest single rep we can. The judges do not care what you can do for 5 or 3 reps. I do not believe there is one rep scheme for everyone but it is my personal belief that, by incorporating singles in

your contest preparation phase, you can improve your lifting technique, gain confidence and by steadily increasing the weight, still build strength by performing singles in a safe efficient manner.

A big thank you to Andy Rodney for this very interesting article. We did a feature on Andy last issue and he is well qualified to offer advice and help to other lifters. He is also a very shy, modest and retiring character as you can see from the picture of him below winning the 1997 British Powerlifting title, beating the future World Senior Champion Dean Bowring into second place on that day.



Prague-18TH- 21ST Of April- World Masters Bench Press

Report by Stewart Cowan

Team Manager

Julian Massey - late replacement for Ian Kinghorn

Team

Julian Massey - no lifts

Stewart Cowan- 6th 207.5 kg - PB at new body weight

Gary Prater -4th

Paul Wray - 5th

Tom Collins - 5th

Bill MacFayden - 3rd

A very small team but oddly enough representative of most of mainland Britain and 'odd' is probably the best way to describe the team.

One medal - Bill, nearly 79 years old and looking to improve on his position in what could be his last competition at the world Masters Bench which is to be held in Northumberland next April. If he isn't a 'Hall of Fame' candidate I don't know who is.

In all honesty the difference between the medals and our positions would have required a massive improvement on most of the team's personal best lifts.

I feel comfortable at the new body weight but not comfortable about cutting out on chocolate and ginger nuts!

I'm slowly regaining my strength at the lighter bodyweight. My opening two lifts were 195 kg followed by 207.5kg. I was going for a pb of 212.5 kg but Julian decided unilaterally to post a lift of 215 kg for me.

His thinking was that at the time that would have been good enough for a bronze (If I had lifted it) but it was overtaken quite easily in the end and was not to be.

Plus points

Prague- a lovely city

The hotel -The venue hotel was full so we ended up at the Hilton with the Germans, Australians and Russians. A very plush hotel in which we were a bit of a novelty wearing tracksuits. I'm sure the Russians must wear their tracksuits in bed as well - you will never see a Russian without a team tracksuit on and I did wonder what the Czechs thought of the Russians as they were the occupying force for over 30 years!

The event - the event was superbly run - plenty of warm up benches, big screens and information. The competitors room was actually full of competitors and coaches rather than, as at previous events, where entire teams decided to go back stage and help their team mates.

Although a bit of a cliché and I don't know what it is like at 3 lift events but at bench competitions it is 'a family'. It never ceases to amaze me that 'rivals' are willing to help out each other.

I had Americans, French and Danes cheering for me, I had Swedes and Norwegians spotting for me, Danes helping with my shirt and the Polish, Japanese and Australians helping me drink alcoholic beverages...

Note the drinking was after the competition had finished! As with the lifting competition we ended up about 5th in the drinking competition as well!

Negative points

Only one I can think of was that Andy Rigby wasn't allowed to lift as he had lifted for the 'other Federation that must not be named' within the last 12 months - rules are rules I suppose. To ban him from lifting if that's what the rules state was fair enough but to not allow him to spot, coach or help out was a tad churlish in my opinion.

School report -Team effort- average - 6/10 - could do better but tried their best. Home advantage next year...could be inspirational like the Olympics.....but I doubt it!

Thanks to Stewart Cowan for the report and good luck in his next comp.

2013 East Midlands Masters, Sub Juniors, Juniors & Novices* Powerlifting Championships

Saturday 27th July 2013

Official Entry Form

The competition will be conducted under GBPF rules.
All competitors must be paid up members of the GBPF and produce a current, valid membership card at the weigh-in.



Closing Date for entries: Friday 12th July 2013

**Venue: Yardley Gobion Sports and Recreation Centre, School Lane,
Yardley Gobion, Northants, NN12 7UL**

Competition Entry Fee: £15.00
Cheques Payable to: Steve Walker
Send entries to: Steve Walker
10 Martins Lane, Hardingsstone, Northants NN4 6DL

Weigh In: 9:30 am for all classes/participants

Lift Off: 11:30am

Spectators Admission Fee: Adults £3.00
Senior Citizens /Children £1.00
Children under 3 Free

For further information contact Steve Walker on 07710 138171 or email SJR.Walker@fsmail.net

Note: All equipment and clothing used for this competition is subject to the rules of the IPF and must be on the approved list, see <http://www.powerlifting-ipf.com/> for latest rules and approved list.

*** Note - the novice category is for first time lifters only who have never previously competed.**

✂

Name:

Address:

Date of Birth:

Telephone: E-mail:

GBPF number: Club:

Weight class - Male	Weight class - female	Age class	Novice (Tick)
59kg 66kg 74kg 83kg 93kg	43kg 47kg 52kg 57kg 63kg	M1, M2, M3, M4	
105kg 120kg 120+kg	72kg 84kg 84+kg	Sub Jnr (14-18), Jnr (19-23)	35

*** Please indicate your weight, age and gender by circling the appropriate**

So did anyone guess that the trendy babe front left was our very own Jenny Hunter



(Probably still got the trousers!)



And of course the legs belonged to a hobbit!!

Another mystery guest next issue.