



Ultimate Power

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

September 2013



Well done to all the "Novice" lifters at the East Midlands Masters, Juniors and Novices Championships

Editors View



Hello again to all East Midlands powerlifters.

Congratulations go again to Jenny Hunter, Jackie Blasbery and Kevin Jane who all won overall gold medals in the European Masters Championships and to Alan Ottolangui who managed a bronze and looked after the team as well. Good luck to Jenny, Jackie and Alan in the Worlds in Orlando in the next few days.

Nice to see some new faces again in this year's East Midlands Masters, Juniors and Novices together with some who are no longer novices and continuing to improve – a report is in the newsletter.

Good to see Tony Cliffe is now doing over 1000kg total and continuing to improve – looking at the nominations for the World Seniors he may need to with four 120+ lifters over 1100kg total and a Russian closing in on 1200kgs!!

Thanks to Andy Rodney for an interesting article on warm ups prior to lifting and also to Chris Gladding for an intriguing insight into what competitive lifting was like before powerlifting took off – with a huge array of strength tests that would have us struggling nowadays.

Finally our best wishes go to Dave Tucker who I understand has recently had a pacemaker fitted and is convalescing at home.

Good lifting.

Best Regards

Steve Walker

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Calendar for 2013

(Copied from GBPF website)



Competitions SEPTEMBER – DECEMBER 2013



SEP

28

Sat

Four Nations @ Corr's Corner Hotel

28/09/2013 [all-day](#)

Posterboard Posterboard Month Agenda Categories Competitions September – December 2013 Sep 28 Sat Four Nations @ Corr's Corner Hotel 28/09/2013 all-day Competitions Oct 6 [...]

[Competitions](#)

OCT

6

Sun

North West Bench Press Championships @ Inershape Gym

06/10/2013 [all-day](#)

Weigh in 9-10.30. Posterboard Posterboard Month Agenda Categories Competitions September – December 2013 Sep 28 Sat Four Nations @ Corr's Corner Hotel 28/09/2013 all-day [...]

[Competitions](#)

OCT

6

Sun

SW Mick Barry Memorial Bench Press and Deadlift Championships @ Severside Weightlifting Club

06/10/2013 [all-day](#)

The Mick Barry Memorial Trophy will be awarded to the best lifter. Entry form here Posterboard Posterboard Month Agenda Categories Competitions September – December [...]

[Competitions](#)

OCT

12

Sat

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

12/10/2013 – 13/10/2013 **all-day**

Posterboard Posterboard Month Agenda Categories Competitions September – December 2013 Sep 28 Sat Four Nations @ Corr's Corner Hotel 28/09/2013 all-day Competitions Oct 6 [...]

[Competitions](#)

OCT

26

Sat

Scottish Seniors Championships @ Mastrick Community Centre

26/10/2013 **all-day**

Closing date is 19/10/2013 This competition is by invitation only. Lifters must have made a qualifying total – see www.scottishpowerlifting.com for details. Posterboard Posterboard [...]

OCT

27

Sun

British Deadlift Championships @ Woking Powerlifting Club

27/10/2013 **all-day**

Closing date for entries: 20/10/2013 Posterboard Posterboard Month Agenda Categories Competitions September – December 2013 Sep 28 Sat Four Nations @ Corr's Corner Hotel [...]

[Competitions](#)

NOV

2

Sat

YNEPF Bench Press Championships @ City Boathouse

02/11/2013 **all-day**

Closing Date for entries: 05/10/2012 Download entry form here Posterboard Posterboard Month Agenda Categories Competitions September – December 2013 Sep 28 Sat Four Nations [...]

[Competitions](#)

NOV

23

S a t

YNEPF Open and Junior Powerlifting Championships @ Hirst Welfare Centre

23/11/2013 all-day

Closing Date for entries: 26/10/2013. Download entry form here Posterboard Posterboard Month Agenda Categories Competitions
September – December 2013 Sep 28 Sat Four Nations [...]

[Competitions](#)

N O V

24

S u n

West Midlands Open (Powerlifting and Bench Press)

24/11/2013 all-day

Posterboard Posterboard Month Agenda Categories Competitions September – December 2013 Sep 28 Sat Four Nations @ Corr's
Corner Hotel 28/09/2013 all-day Competitions Oct 6 [...]

[Competitions](#)

N O V

30

S a t

North Midlands Powerlifting Championships @ Twin Lakes Country Club

30/11/2013 all-day

Posterboard Posterboard Month Agenda Categories Competitions September – December 2013 Sep 28 Sat Four Nations @ Corr's
Corner Hotel 28/09/2013 all-day Competitions Oct 6 [...]

[Competitions](#)

D E C

1

S u n

North West Powerlifting Championships @ Inershape Gym

01/12/2013 all-day

Weigh in 9-10.30. Contact bevans5088@aol.com for entry details Posterboard Posterboard Month Agenda Categories Competitions
September – December 2013 Sep 28 Sat Four Nations @ Corr's Corner [...]
Competitions

D E C

1

S u n

South East Powerlifting Championships @ Woking Powerlifting Club

01/12/2013 **all-day**

Closing date for entries: 24/11/2013 Posterboard Posterboard Month Agenda Categories Competitions September – December 2013
Sep 28 Sat Four Nations @ Corr's Corner Hotel 28/09/2013 [...]

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The East Midlands Masters, Juniors and Novices Powerlifting Championships 2013

As in recent years these combined championships were held at Yardley Gobion Club on 27th July and provided an interesting combination of lifters from all ages and ability and proved to be a valuable opportunity for Junior and Novice lifters to gain valuable experience from some of the older lifters in the division.

The only downside is the limited competition in the various classes due to the wide range of ages and classifications but none-the-less there was some excellent lifting with many of the Juniors and Novices achieving personal best lifts and qualifications to further competitions.

So a total of 24 lifters began with all the ladies and men up to 74kg as the A group with star performer Sharn Rowlands getting off to a great start with a total of 248kg at 41.3kg bodyweight including a British junior deadlift record of 118kg.



Another British Junior record of 118kg for Sharn

Gemma Burley, lifting in only her second competition, as a guest as she is a senior lifter was a little below par today totalling 230kg but showed good technique and should do better next time out.



New girl Amelia Kingshott put in an excellent performance for a novice lifter at only 15 years of age and doing 9 good lifts for a 247.5kg total including several personal best lifts – one to watch in the future.



A lot of determination and a successful pull of 122.5kg for Amelia

Onto the men with 3 lifters in the 59kg class, albeit at vastly different ages – Sub Junior right up to Masters 5!! Joe Strike, the sub junior lifter was going well to sub-total 140kg but was facing a bomb out on the deadlift due to an inability to lock his shoulders back despite the weight appearing relatively easy. After some last second coaching and a lot of encouragement from the audience he made his third deadlift and finished with a 210 total and a lot of relief all round.



Spot the difference – the fine line between not quite there and fully locked out

Then we had the 2 Browns – Dave and Ted (lifting as a guest lifter from the South Midlands and lifting on his 83rd birthday!!).



Dave went well today getting 9 from 9 for a 287.5kg total and Ted achieved an incredible 295kg total at only 58.2kg bodyweight including a British Masters 5 deadlift record of 135kg – some birthday present.

Two guest senior lifters in the 66kg class with Sean Maloney lifting as aggressively as ever, only missing his final deadlift of 187.5kg (much to his own annoyance) for a 430kg total and our very own Russell “Benchy” Howard missing a couple of squats and finishing with a 350kg total.



Guest lifter Henry Clark at 73.7kg lifted smoothly for a 320kg total in the M4 class.



Onto the B group and some bigger classes with 5 lifters in the 83kg class again all at different ages or lifting as guests.

Novice lifter Tristan Moat, only 17 years old looks a very good prospect and lifted with great enthusiasm for a good total of 395kg including several personal bests.



Great deadlifting for a 17 year old novice – 172.5kg for Tristan Moat

Lee Meachen lifting in the Masters 1 class really only came today to go for some records on the bench press and went for broke opening with 192.5kg however he couldn't lock it out and decided to leave it at just the single attempt and pulled out of the competition.

Thomas Rowell, despite being a junior lifter has been lifting for some time and showed his normal determination on all lifts and finished with a good 500kg total although he was disappointed to miss 235kg deadlift twice despite having pulled it in the gym several times recently (according to his Mum anyway!!)



Good set up for Tom who was successful with his second attempt of 100kg

Guest lifter Dan Amey, a real chip off the old block made his father Mick puff his chest out even more than usual with some great lifting for a 500kg total including a personal best deadlift of 217.5kg beating his previous best by some 17.5kg – he is also a lot better looking than his dad as well which was a relief to all concerned.



A 17.5kg improvement of the deadlift for Dan Amey with 217.5kg

Tom Sherwin also guest lifted looking for more experience and a qualifying total I think and went well with a 417.kg total and he seemed very happy with his results today.



There were 3 lifters in the 93kg class, Junior lifter Owen Lilley only needed to take 3 lifts to achieve the 427.5kg qualifying total he needed and novice lifter James Taylor looks an excellent prospect going 8 from 9 lifts for a 490kg total – all done with good solid technique and determination.



A good day for James about to squat a strong 180kg

Ever-green (or should that be grey??) Kevin Jane made up the numbers in this class with 8 from 9 for a fairly average 707.5kg total that makes him the best 93 kg Masters 3 lifter in the world but that's enough of that!!



Three lifters in the 105kg class – a Novice, Junior and Masters 1. First off was new boy and Yardley man Richard Clarke lifting unequipped in his first competition for an excellent 465kg total.



Lots of personal bests for Richard Clarke today

Next was junior Jack Cook lifting well albeit missing 3 lifts for a 727.5kg total at only 97.5kg bodyweight – well below the bodyweight limit.



Jack pulled the biggest deadlift of the day – 280kg

Finally Stewart Gates lifted in the controlled manner we are used to and only missed one squat of 220kg for a nice round 600kg total.



Stuart just missed his last squat but got 8 from 9 lifts

Onto the only class with a head to head clash with Jack Hoedemaker up against “novice” Pinda Singh. Pinda, despite being one of the biggest bench pressers in the UK had never lifted in a 3 lift competition before and therefore met the criteria of being a Novice lifter although he only really wanted to bench press today.



Only one good squat for Jack today - he missed this attempt at 192.5kg

Jack only got one squat and bench today but managed 3 good deadlifts for a 500kg total and second place to Pinda who went 120, 270, 180 for a 570kg total and first place. I reckon Pinda could go between 750 – 800 kg total if he trained for it – how about it next time Pinda??



Pinda got his opening attempt of 270kg but narrowly missed a huge 280kg bench twice

Andy Rodney lifting unequipped as per usual nowadays went 260, 180, 260 for a 700kg total leaving plenty in the tank for the upcoming All England Championships.



Final lifter of the day, on his own in the 120+ class was Adam Thomson who made 517.5kg and seemed delighted with his achievements today.



Adam just about to take and achieve a 200kg squat

All in all a good day, thanks to all officials, especially the three referees who kept going all day, the loaders (we were a few down this year), helpers and supporters and my apologies to the loaders for the occasion wrongly called weight but I was doing my best as MC which I was kind of lumbered with on the day.

Report by Steve Walker

The score sheets

Championship *E/M JUNIORS/NOVICE/MAITEN* **Venue** *PROLEY GROUND* **Date** *27/7/13* **B/W Class/s**

Age	Name	B/W	Squat		Bench Press		S/T	Dead Lift		Total	PN		
13	SHAM ROWLANDS	41.3	75 (80)	85	45 (50)	50	130	100 ^v	110 ^v	(118 ⁶⁰)	248		
13	GEMMA BURLEY	58.65	75 (75)	75	47.5 (55)	60	130	80 ^v	95 ^v	(100)	230		
13	NOVICE AMELIA KINGSTON LORRAINE BURKE	64.8	(70)	75 ^v	(80)	42 (45)	47.5	125	105 ^v	115 ^v	(122.5)	247.5	
16	DAVID BROWN	58.1	82.5 ^v	87.5	(90)	65 ^v	70 ^v	(72.5)	167.5	115 ^v	120 ^v	(125)	287.5
16	JOE STRIKE	57.85	(60)	65 ^v	(70)	65 ^v	(70)	72.5	140	70	70	(70)	210
16	TIM BROWN	58.25	70 ^v	80 (80)	80	70 ^v	75 ^v	(80)	160	120 ^v	130 ^v	(135)	295
6	GUEST RUSSELL HOWARD	64.45	120	(120)	125	80 ^v	(85)	90	205	120 ^v	135 ^v	(145)	350
6	SPAN MALONEY	65.6	140 ^v	145 ^v	(147.5)	90 ^v	95 ^v	(100)	247.5	172 ^v	(182.5)	187.5	430
74	HENRY CLARK	73.7	110 ^v	115	(115)	50 ^v	(55)	60	170	130 ^v	140 ^v	(150)	320

Side Referee J HUNTER
J Hunter

Centre Referee W CLELLAND
W Clelland

Side Referee J BLASBERY
J Blasbery


Championship E/M/Juniors/Novice/Mar-2018

Venue /ARDLEY/60min

Date 27/7/18

B/W Class/s

Age	Name	B/W	Squat	Bench Press	S/T	Dead Lift	Total	PN
4	IRISIAN MOAT	81.15	120✓ 130✓ 137.5	77.5✓ 85 90	222.5	160✓ 172.5 177.5	395	
4	LIE MITCHELL	80.75	100✓ 120✓	182.5		26		
83	JUN THOMAS POWELL	81.8	160✓ 172.5 180	92.5 100 102.5	280	220 235 235	500	
4	GUEST DAN AMEY	82.35	130✓ 140✓ 152.5	130✓ 142.5 142.5	282.5	200 217.5 222.5	500	
4	GUEST TOM SHERWIN	80.45	130✓ 140✓ 150	80✓ 87.5 92.5	237.5	165✓ 180 190	417.5	
	JUN OWEN LILLEY	91.1	140	120	260	167.5	427.5	
93	M3 KEVIN JANE	92.45	245 260 270	155✓ 162.5 165	435	260 272.5 277.5	707.5	
	NOV JAMES TAYLOR	90.65	160✓ 170✓ 180	112.5✓ 120 125	300	170✓ 180✓ 190	490	
4	NOV RICHARD CLARKE	100.2	135✓ 145✓ 155	105✓ 110 112.5	265	170✓ 185✓ 200	465	
105	JUN JACK COOK	97.5	205 265 275 280	165✓ 175✓ 182.5	447.5	265✓ 280 287.5	727.5	
	M1 STEWART GATES	103.3	200✓ 210 220 220	120✓ 130✓ 140	350	235✓ 240✓ 250	600	
	M1 ANDY RODNEY	117.75	230✓ 260	172.5✓ 180 185	440	240✓ 260	700	
120	NOV JACK HODGEMAN	113.50	180✓ 180 192.5	110✓ 115✓ 115	290	180✓ 200✓ 210	500	
3 Both	NOV ANNA SINGH	111.20	100✓ 120✓	270 280 280	390	140✓ 160✓ 180	570	
120+	JUN ADAM THOMPSON	123.25	180✓ 190✓ 200	120✓ 127.5 130	320	185✓ 192.5✓ 197.5	517.5	

Side Referee J HUNTER


Centre Referee W Clelland
 W. Clelland

Side Referee J BLASBERG
 J Blasberg

EUROPEAN MASTERS in HAMM LUXEMBOURG

The Masters Team consisted of 22 Lifters, 2 Coaches, 4 Referees and a number of supporters who came and cheered everyone on. Most of the Team arrived on the Monday and got settled into the Hotel ready for the lifting to start on the Tuesday.

Tuesday morning and the first group consisted of our Women's M2 Team and what a Team it was. The group was split into 2 flights and first up was Marina Cornwall lifting in the 47Kg Class. Marina only weighed 45Kg, lifted unequipped and although Marina was unopposed she got 8 from 9 only missing her last squat. Leaving Marina with a 72.5Kg Squat, a 50Kg Bench and a fantastic 120Kg Deadlift giving her a 242.5Kg total and 4 Golds. Marina also gained a maximum 12 points for the Team. Marina will be M3 next year and I am sure there are many titles to come.

Also in this flight was our multi title holder Jenny Hunter. Jenny missed her 3rd attempt Squat of 125Kg on depth leaving her with 120Kg and a silver medal behind the Belgian girl who also Squatted 120Kg but won on bodyweight.



Jenny opened on the Bench with an easy 75Kg then took 80Kg on her second but forgot to let it touch her chest, so took 80Kg again on her third and made easy work of it giving her gold on the Bench and a 7.5Kg lead on subtotal over the Belgian girl. Jenny's opener on the deadlift of 150Kg was enough to secure the win on the deadlift and overall. She then took a successful 157.5Kg on her second, so with everything wrapped up Jenny decided to attempt a new World Record 166Kg on her third. She managed to get this massive weight to her knees but just ran out of steam but still a fantastic attempt and I am sure she will pull this soon. With a silver and 3 golds and another 12 points for the Team a successful weight class. Jenny puts it all down to her coach (who the hell is that??) Jenny came second in the M2 best lifter awards.



Next up in this flight was Carole Taylor in her first International. Carole lifting in the 57KG class was nervous but soon got into her lifting and she had some big competition from the two French girls in her class. Carole had the lightest opener but took very good attempts getting 117.5Kg on her third giving her the silver on the squat. Carole did not wear a Bench Shirt so lost a bit of ground on the Bench but managed 52.5Kg and the bronze. One of the French girls was clearly in front so the battle was on for second and third, Carole's opener of 135Kg would have put her into second place but after a easy pull Carole dropped the bar failing the lift. Carole still very confident took 142.5Kg for her second and this time held on to the bar giving her a silver on the deadlift and the silver overall and another 10 points for the Team. Even

though her coach Carl was more nervous than her she put up a fantastic performance at her first International.

The second flight and the 72Kg class brought on Sue Giles, also in her first International, Sue lifted unequipped and had some stiff opposition in the Russian and Italian girls. Sue's second attempt squat of 85Kg was her best as she narrowly missed her third attempt of 90Kg giving her a bronze medal. Again Sue's second attempt Bench of 55Kg was her best and another bronze.

On to the deadlift and Sue took some good attempts getting all 3 and finishing with 132.5Kg and the bronze for the deadlift and overall, and not to mention another 9 points for the Team. I am sure with a decent coach Sue will do very well in the future. Sorry Marc couldn't resist that one, (only joking).

Jackie Blasbery was next in the 84Kg class and with the Italian pulling out it left Jackie and the big benching Czech girl to go head to head. Jackie took an early lead after getting all 3 attempts on the Squat finishing with 170Kg.



Although Jackie had a 10Kg lead her well fought 107.5Kg bench was no match for the 140Kg from the Czech girl. This left Jackie 22.5Kg behind on subtotal knowing she had the better Deadlift. After the openers Jackie went 2.5Kg in the lead, both lifters took 10Kg more for their second attempts and got them leaving Jackie still 2.5Kg in front. The Czech girl missed her third attempt leaving the way for Jackie to attempt 190Kg and a new European Record, after a hard fight Jackie pulled it to completion and 3 white lights taking the record and gold on the Deadlift and overall, and once again a maximum 12 points for the Team. Jackie who came third

in the M2 best lifter also has lots of potential once she gets her coach sorted out, sorry Andy you were great.



Last up was our Jeannie Maton. Jeannie lifted in the 84+Kg class but was only half a Kg over the limit. Jeannie had a slow start only getting her opening Squat of 160Kg but soon got into her stride with a positive 110Kg Bench narrowly missing her third of 115Kg.

The Deadlift showed Jeannie at her best getting all 3 attempts and finishing with 185Kg and 4 gold's, and dare I say it another 12 points for the Team. Jeannie put up a very good performance even though she was unopposed which makes it very hard to get motivated (especially with a useless team manager).

This performance by the Women's M2 Team saw them take the Team Trophy with a staggering 57 points. This was 22 points clear of the French Team in second place. I don't think I have ever seen such a convincing win well done to all our M2 Women.

The afternoon session brought in the lighter M3 men and M4 men. First in the 74Kg class was Stan Macrow up against 2 Frenchman and the Italian. Stan started of his campaign with 3 solid squats finishing with 175Kg and the bronze medal. Stan kept the momentum going with 3 good

benches and 130Kg giving him another bronze. At this point Stan was cruising and going into the deadlift he was on a high, again pulling all 3 attempts and although his 197.5Kg was only 2.5Kg of a bronze on the Deadlift he got 9 out of 9 and a Bronze overall and 9 points for the Team. The rest of the M3 Team was lifting on Wednesday.

At M4 we had 3 lifters. To start in the 66Kg class was Roger Little up against the Fin and Russian. Roger started his campaign with 3 good squats and 115Kg which gave him the bronze. Roger Benched 67.5Kg on his second attempt and narrowly missed 70Kg on his third, which meant the Russian took the silver on bodyweight and Roger was left with the bronze.

Roger was up against it on the Deadlift seeing the Russian pull 172.5Kg and the Fin pulling a new World Record 192.5Kg, but Roger stuck to it and got a 142.5Kg giving him bronze on everything. A bit more decent coaching would not go a miss. Sorry again Marc just can't help it.

Desmond Scott at 74Kg class came up against a very good German lifter, never-the-less Desmond got 9 from 9 and smiled all the way through. 115Kg Squat, 82.5Kg Bench and a fantastic 162.5Kg Deadlift gave him 4 silver medals.

In the 83Kg class we had Ernie Parks who sadly did not make the weight and was unable to lift, even though Ernie was disappointed I am sure he will be back with a vengeance.

This concluded the first days lifting, and much merriment ensued.

Wednesday and day 2 commenced. The morning session saw the Women M1 Team consisting of Kay Adams and Michelle Brand. First up in the 47Kgs was Kay lifting in her first International. Kay had a very experienced French girl to contend with but lifted steadily getting 2 squats and 75Kgs. The bench saw Kay get all 3 finishing with 40Kg and all 3 deadlifts and 105Kg giving her 4 silver medals in her first International, a very good show.

Michelle Brand was in the 84Kg class also her first International. Michelle had a tough group consisting of a German, Russian and a Fin. The nerves showed and Michelle only got her opener on the Squat of 140Kg. But the German who was the favourite for the title bombed on the Squats which left it wide open and left Michelle in silver position.

The bench, both the Russian and Michelle got all 3 finishing with 80kg but the Russian was lighter so Michelle took the bronze. At the sub total only 17.5Kg separated the remaining 3 girls. Michelle pulled a PB 140Kg on her third to give her 360Kg total, the Russian got 150Kg to also total 360Kg but at a lighter bodyweight and the Fin did a 135Kg Deadlift giving her 362.5Kg total. Only 2.5Kg separated the top 3 and Michelle ended with a bronze but a great day for her first International and valuable experience for the next time.

Although we only had 2 lifters in the Women's M1 Team they still managed a very credible 5th place in the Team event.

In the afternoon session the heavier M3 men took to the platform. Kevin (my Dad) Jane was up first. Kevin was always the favourite for the trophy but still had to work hard in this group of 6 lifters. Kevin's second attempt 257.5 Kg squat was all he got giving him silver behind the Italian. Kevin's benching was steady and 165Kg on his third gave him bronze on the bench.

He opened on the deadlift with 260Kg which virtually gave him the title then he missed 272.5Kg on his second. Kevin took it again on his third and this time made sure giving him gold on the deadlift and overall gold. Another 12 points for the Team and Kevin also won best M3 lifter. Well done Dad.

At 105Kg Jim Dulling took to the platform in a group of 7 lifters. Jim's second Squat of 197.5Kg was good but 210Kg on his third was not quite deep enough. Jim missed his opener on the bench of 152.5Kg but got it on his second attempt and he powered up his third of 157.5Kg but failed on a technicality but still got a silver. The deadlift and a solid 240Kg second left Jim going for a PB 252.5Kg third but even though he pulled it he couldn't quite lock out and failed but still a great attempt. Jim finished in fourth overall and 7 more points for the Team.

The M3 Team finished in fourth just 2 points behind the German Team. So it was back to the Hotel for more wine and song.

Day 3, Thursday all the M2 division. First was Allen Ottolangui at 74Kg. There were 8 lifters in this group and Allen's second squat of 230Kg was hard fought and gave him a silver medal over the Swedish lifter who also got 230Kg. Allen got a comfortable opener on the bench and a second attempt of 135Kg but missed his third. At the sub total stage it was very close and 15Kg separated the top 5 lifters. Allen's opening deadlift of 215Kg was sluggish and this was all he got but it was enough to give him a bronze on the deadlift and a bronze overall, and a good 8 points for the Team (yawn).

At 83kg was Doug D'Gama who sadly did not get a squat passed today so did not continue in the comp. I am sure he will be fired up next time.

The 93Kg class saw that true Brit Steve Cummings. Steve opened his campaign with a bronze on squat with 275Kg narrowly missing 290Kg on his third. Steve got the wrong line with his opening Bench of 190Kg so took it again on his second and made easy work of it. A 15Kg jump for his third to 205Kg was just too much on the day but still took the bronze. The deadlift and Steve got 3 solid attempts finishing with 257.5Kg and the bronze medal on everything, gaining another 8 points for his beloved GB Team.

The M2 Team finished in 10th place. So it was back to the Hotel to sing some more Scottish folk songs.

Friday, day 4 and all that was left was the M1 boys. Phil Richards at 74Kg was up first. It was very hot in the venue and Phil (used to the valley's) struggled with depth on his opening squat at 290Kg. So after a pint of cold sheep's blood Phil came out and nailed the 290Kg. He did not take a third but this was enough for the gold. The Bench saw Phil power up 210Kg on his second missing his third but yet another gold. Phil's second attempt deadlift of 250Kg had secured gold overall but now his sights were on gold on the deadlift. Needing 267.5Kg the bar was loaded and Phil moved the weight to his knee's before running out of steam leaving him with a bronze and 12 Team points, and overall best lifter at M1.

10 lifters contended the 83Kgs and Glen Blacklock was up for GB. A nervous start saw Glen miss his opening squat of 215Kg but came back with a solid second attempt with the same weight. His third of 230Kg was just short on depth. Glen started to settle into his lifting and managed a 147.5Kg Bench. All three attempts on the Deadlift gave Glen 245Kg and 8th place overall gaining 3 more Team points. A good show from Glen in his first International.

In the 105Kgs Russell Kirby was the surprise package in a group of 11 lifters, normally lifting raw Russ put on some kit and did the business gaining a bronze on the squat with 295Kgs. A 205Kg bench on his third attempt after missing it on his second kept Russ in the frame. 3 solid attempts on the deadlift finishing with 280Kg left Russ in 4th place overall and 7 more Team points.

Lastly the big boys at 120Kg saw Steven Gott. Sadly Steve twisted his back on the journey over and had to take a token squat and deadlift but Steve still managed 4th place on the bench with 217.5Kg and also got 5 valuable Team points.

The M1 Team finished in 6th place just 2 points behind 4th and 5th places.

I would like to say a massive well done to all the 22 lifters. Between us we gained a medal haul of 19 Gold Medals, 19 Silver Medals and 22 Bronze Medals which I think are a better shade than the Gold ones. The Team spirit was great it was friendly and everyone helped each other. Also a big thanks to all the Referees - Alex Mathieson, Kevin (my Dad) Jane, Stan Macrow and well done to Duke Owers for passing his cat 1 exam. Thanks also to Alan Moses and Gary Hills who travel to these events and help everyone in the warm up area which is invaluable. Lastly I would like to thank all those who came to support your cheering was a massive boost to all those that lifted. I hope to see you all at the Worlds in Orlando.

Team Manager

Allen Ottolangui

Warming up for competition for the novice lifter

By Andy Rodney

Recently I have been at competitions and watched novices lifters failing to get their lifts passed on the platform. The reason I believe this was happening was because the lifter had either warmed up too much (very often the case) or they had not done a sufficient warm up. I believe it is very important that novice lifters should be paying careful attention to this area because if not done properly it could mean wasted weeks of training.

In my experience most lifters need between 30-45mins to warm up at competitions. Firstly I would suggest make sure you are wearing warm clothing on the day of the competition. A t-shirt and tracksuit would be adequate until you are ready to change for competition. I would suggest then working up to 85% of your opening lift, which should take between 5-7 warm up sets on the squat although you may need less on the bench press and deadlift.

An example of someone opening with a 200kg squat 3-5mins between each set

8 x bar

5x 60kg

3 x 90kg

2 x 120kg

1x 150kg

1 x 170kg

1 x 185kg

The body should be nicely warmed up between sets 1-4. The last 3 sets are getting the mind and body working together.

The advantages of warming up are;

Increased elasticity in the tendons and ligaments

Increased arousal, enthusiasm, eagerness and mental readiness

Warmer muscles relax more

By warming up properly the body has increased ability to lift heavier loads because the body is warmer and the muscles can withstand more force and easily adjust to heavier loads.

To conclude I believe it would be well worth the novice lifter spending time carefully planning a warm up routine for each lift on the day of competition in order to produce optimum results from your weeks of hard training.



East Midlands Weightlifters Association - minutes of Committee Meeting held at Yardley Gobion WLC Saturday 27th August 2013,

Meeting opened at 5.20pm.

1/. **Members present** ; Jenny Hunter, Peter Weiss, Allen Ottolangui, Steve Walker, Chris Gladding, Kevin Jane

2/. **Apologies**; Dave Tucker, Ian Finch

3/. **Matters arising from previous meeting (10th February 2013)**

Pullum Sports not currently in a position to sponsor championships.

4/. **Financial update**; Two rebates had been received from the GBPF based on membership for 2011 and 2012 which now leaves the division with a healthier bank balance of £2,598.33

5/. A.O.B.

i/ Allen suggested that as the division had more finances we should spend some of this on drug testing lifters at divisional events. This was agreed and the Secretary will enquire into costs and feasibility of doing this.

ii/ A provisional date of Sunday the 9th February 2014 was agreed for next years Divisional unequipped (Classic) championships to be held at Hitchin WLC Letchworth.

iii/ The committee discussed and decided to set a precedent that for all divisional championships it will be stated on the entry form that lifters can change their nominated weight class, and where appropriate preference of lifting classic or equipped up to the closing date of the competition. If a lifter cannot make the nominated weight on the day of the competition they **will not** be allowed to lift unless the organiser or appointed technical officer decide otherwise. i.e. this may be as a guest lifter or if not thought to be trying to avoid competition and lifting unopposed be seen as acceptable.

iv/ It was noted that a date had not been set for a divisional bench press championship, which the committee thought should be a one off event with awards for classic and equipped lifters and for the different age categories. As Stuart Hamilton has staged the bench press events successfully in recent years the Secretary will contact him in the first instance to see if he can put this on. Ideally this should be towards the end of October or early November. Steve Walker will look to run this event if Stuart cannot.*

v/ The secretary raised the issue of storing various items of lifting equipment some of it the divisions as well as some owned by the EPA and GBPF at either his or the chairman's home or the Farm Gym. Because of the time involved in transporting these items to venues for staging competitions such as this years British Masters, and All England, and with next years junior British pencilled in, a central store in the form of a secure metal container could prove beneficial. He had approached Moulton college who are happy to buy such a container, site it, paint it and then charge an annual rental fee. In principle the GBPF Secretary and EPA Chairman have agreed to contribute towards this cost. The committee agreed to consider contributing to this once figures and further details such as access are presented.

vi/ **Lifter of the year award**; as this is likely to be presented at the Divisional championships in November nominations should be made to the Secretary within plenty of time (end of October)

6/. **Date of next meeting;** 17th November at Hitchin WLC, Letchworth after the divisional championships

Meeting closed 6.45pm

- *Stuart Hamilton has offered to stage the divisional bench press championship in Colchester with a provisional date of 20th October 2013*

ALL OUR YESTERDAYS.

1982.

WORLD AND EUROPEAN CHAMPIONSHIPS. MUNICH. GERMANY. 7th. NOVEMBER. 1982.

This year we are off to Munich, Germany. This was going to be a unique experience for me because for the first, and only time, the World and European championships were being held together. For the European teams not only did you have to work out how we were doing in Europe but also what sort of place you were to get in the World.

Once again I knew I was going to have to associate with the German who was the German president but who was the referee who sensationally got Ron Collins disqualified the year before. This did not please me.

However, in May of that year the Germans invited us to a friendly match in Munich. We had the opportunity to visit the notorious concentration camp at Dachau. We got off the train at Dachau and then had a forty five minute to the camp. An eerie place, although it was a bright sunny day it felt very chilly in the camp, no birds flew over the camp. I will give the Germans their due, they have kept the place exactly as it was in the 1940 years. We were able to wander around and see the gas chambers and ovens and as we walked in they showed us a video of the atrocities and brutality of the guards at the camp. I am glad I went but it is not an experience I want to repeat.

Anyway, we won the match and we returned home to prepare for the World and Europeans later in the year. I have printed the results below.

EUROPEAN CHAMPIONSHIP. MUNICH.

52kg.	P. Stringer.	Silver.
56kg.	N. Bhairo.	Gold.
60kg.	D. Mannering.	4th.
67.5kg.	E. Pengelly.	Silver.
75kg.	S. Alexander.	Disq.
82.5kg.	M. Duffy.	Gold.
90kg.	B. West.	Gold.
90kg.	J. Neighbour.	4th.
100kg.	T. Stevens.	Silver.
125+kg.	A. Kerr.	Gold.

GREAT BRITAIN
EUROPEAN CHAMPIONS.

WORLD CHAMPIONSHIPS. MUNICH.

52kg.	P. Stringer.	Bronze.
56kg.	N. Bhairo.	Bronze.
60kg.	D. Mannering.	4th.
67.5kg.	E. Pengelly.	Silver.
75kg.	S. Alexander.	Disq.
82.5kg.	M. Duffy.	Silver.
90kg.	B. West.	Silver.
90kg.	J. Neighbour.	7th.
100kg.	T. Stevens.	Bronze.
125+kg.	A. Kerr.	Bronze.

GREAT BRITAIN.
SILVER MEDALLISTS.

There were no controversial incidents and the championships was well run and organised by the German federation. Great Britain were European champions for the fifth successive year and we maintained our second place in the World.

By now the womens and masters championships were beginning to take shape and that was going to present us with more challenges.

George Leggett.

G.B. Team Coach.

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

Lifter Profile – Chris Gladding

I was born in Stanstead Abbots, Herts on 22nd December 1940.

My interest in weightlifting/powerlifting began in early 1956 when a work colleague had a small set of weights that we would (play around with) (use) during tea breaks and lunch times. My colleague was into body building but I just wanted to see what I could lift overhead! It was, I remember, performed with some very limited technique.

Later, in the early 60's, my brother, Jim, and I saw the great Louis Martin on the telly. He was then 4 times World Weightlifting Champion at mid heavy – 90kgs. We were so impressed with his tenacity that we wanted to try weightlifting. Previous to this, we had tried our hand at boxing and then some elementary gymnastics. We offered our help to building the local Boy Scouts' hut in exchange for us being allowed to train with weights 3 times a week when it was finished. We started our own club and called it 'The Old Oak Weightlifting Club'. This was around 1965.

We soon began to attract members and before long, realised that we needed to learn more with regard to proper (correct?) weightlifting and powerlifting disciplines and techniques so I signed up to a course at Bisham Abbey in Marlow, which at that time was the National Sports Centre for the BAWLA. I soon became qualified as a BAWLA instructor then, in late 1969, I took the Divisional Referee's exam. The Invigilator was Dave Harfield. With these qualifications, I was able to get involved more by helping the Division to run competitions.

When I joined the BAWLA in 1965/6, our Divisional Secretary was Alf Lowery. Two years later, Wally Pullum took over again. I was at that time mainly involved in weightlifting though, of course, we had several members training and competing in powerlifting. As some of you will know, there were in those days many weightlifting and powerlifting clubs in the East Midlands and league matches were commonplace. These matches would take place about once a month on each discipline. There were also the County Championships, Divisional Championships, Inter-Divisional and National events going on all the time so, as a club coach and referee, I was kept quite busy.

My first weightlifting competition was at 'The Old Wheatsheaf' at Enfield, circa 1966/7, run by Ron Taylor. My lifts were: Press 80kg, Snatch 80kg and 100kg Clean and Jerk. At my first County Championships, I bombed out on the Press with 80kgs. Later, in a 1971 competition, I Clean & Jerked 137.5kgs, Pressed 117.5kgs and Snatched 105kgs. It was an honour at this event to lift with Ken Price and Brian Strange. I recall that there were at least twenty active clubs in the East Midlands then so there was always plenty going on.

I can also remember much earlier going to a "Strength Set" competition. At that time, the lifts were the "Two Hands Curl", "Bench Press" and "Deep Knee Bend (Squat)". I saw Mike Davies, Tony Hare and, if my memory serves me correctly, John Pegler from Bristol. They did some very impressive weights too. Tony Hare had bandages round his legs from mid-calf up to mid-thigh. Not too many rules then!

I'm sure that most lifters at that time were pleased when the "Strength Set" finished and the new "Powerlifting" began to take shape. It has, I feel, progressed and improved gradually over the years into its present day form. It is good, in my opinion, to see classic unequipped lifting becoming so popular.

My lifting career until I was in my early forties was mainly in Weightlifting. The 'Odd Lifts' were fascinating to me too - I have always loved a challenge so lifting weights with one hand held considerable appeal for me. I managed to perform a "Left Hand Snatch" with 82.5kgs and a "Right Hand Clean & Jerk" with 90kgs. My best "One Hand Deadlift" was 190kgs. In the early 80's, British Championships were held on these and other lifts and were most enjoyable.

Of course, all this time I was involved in coaching and refereeing at many weightlifting and powerlifting competitions. One very special occasion I remember was refereeing our own Kevin Jane when he achieved his first 317.5kgs Deadlift. That's 700lbs in old money!! I believe this was at a bodyweight of 82.5kgs too!!!

In 1977 I was appointed to National Referee and in 1978 I became a fully qualified BAWLA Coach. I was very pleased when, in January 1978, I took a full time job as Manager/Coach at Health & Fitness Centres in Luton, owned by Normal Fookes and Wally Pullum. During the 11 years that this Centre was open, we ran numerous Divisional/Inter-Divisional and some British championships at this venue. It was very popular at that time. During those years, my own lifting probably suffered somewhat due to being so heavily involved in coaching, refereeing and generally assisting in organising the many events that we held at the Centre. It was difficult to train properly due to many interruptions etc. Around 1977, I also became East Midlands Technical Officer, which involved running referees courses in my "spare" time. Nevertheless, I loved every minute.

In late 1983 and early 1984 we held British Powerlifting Squad meetings at the gym. George Leggett was National Coach and I was asked if I would assist in coaching at the 1984 European Powerlifting Championships in Fredrickstadt, Norway. Later that year, I was also part of the coaching team at the World Championships in Dallas, Texas. Great memories of lifters like Tony Stevens, Eddie Pengelly, Bill West, Andy Kerr, Phil Stringer, Steve Alexander and many more, including, of course, World Class lifters such as Hideaki Inaba and Lamar Gant. The GB team won Gold in Norway and, I believe, Silver in the USA.

We had many high calibre powerlifters training at the gym, the likes of Sean Spillane, John Neighbour, Andy Rose, even Tony Stevens on occasions, and many others. Then, on the Olympic side, there was Brian Strange and David Morgan. We also boasted some quality bodybuilders.

We organised and ran the first two British Masters' Weightlifting Championships. Competing at that time was our own Ernie Parkes, Mike Pearman, Geoff Brown, Jack Hynd, John McNiven, Brian Hamill, myself and many others. This was really the start of Masters' lifting in this and many other countries.

After the gym closed in October 1988, I had to find work elsewhere again. As I had done a variety of jobs in the earlier years, one of which was driving HGVs, I dusted off the Class One and went driving again. Later, as a self-employed freelance driver, I managed to secure regular work with a frozen food company. Soon I was employing 4 drivers doing regular work for this company. I also had work for two separate builders' merchants. But, I still retained involvement in weightlifting and powerlifting. In 1991 the frozen food company moved to the Midlands so my regular work with them ceased.

In 1992 I went to work with Wally Pullum at Pullum Sports and remained with the company until I retired at the age of 70 in 2010. The jobs at Pullum Sports were many and varied, from office sales to gym servicing & repairs in most of our prisons, including delivering and assembling the equipment. For nearly 3 years Wally and I were partners in the manufacturing of the kit. The factory was in Mansfield, Notts, in the name of "Gladding Ltd".

Back to the lifting:- in 1999 I lifted in the World Weightlifting Championships in Glasgow and came 5th. In 2000, I lifted in Kefalonia at the Europeans and won bronze. The same year, I won silver at the Worlds in Disney, Florida. I took bronze medals again in Stockholm and Bordeaux in 2001 and 2002 respectively; I was an IWF International Referee and adjudicated at many of these Championships.

At the age of 63, shoulder problems put a stop to my weightlifting career as I lost the overhead mobility and knew that I would not get lifts passed anymore. Since 2004, I have concentrated more or less solely on powerlifting as I can still manage to perform these lifts.

I would just like to say that my wife, Joan, also competed in weightlifting as a Master and won Gold at both the 2000 Europeans in Sweden and the Worlds in the USA, then won Gold again in Kefalonia in 2001. Also, back in 1985, she was British Powerlifting Champion at 52kgs. Hip problems eventually became too painful and she had to stop lifting.

Both my sons were encouraged into weightlifting at the ages of 10 and 11 years, obviously just technique training with fairly high reps – no heavy work until they were older. They both lifted in British Schoolboy events and both did well. One became 82.5kg champion. He also went on to compete in National Junior Championships.

In the mid-80's, I compiled my own Instructors' Handbook which was used by two of the breakaway weightlifting and powerlifting associations for several years thereafter. I still have copies.

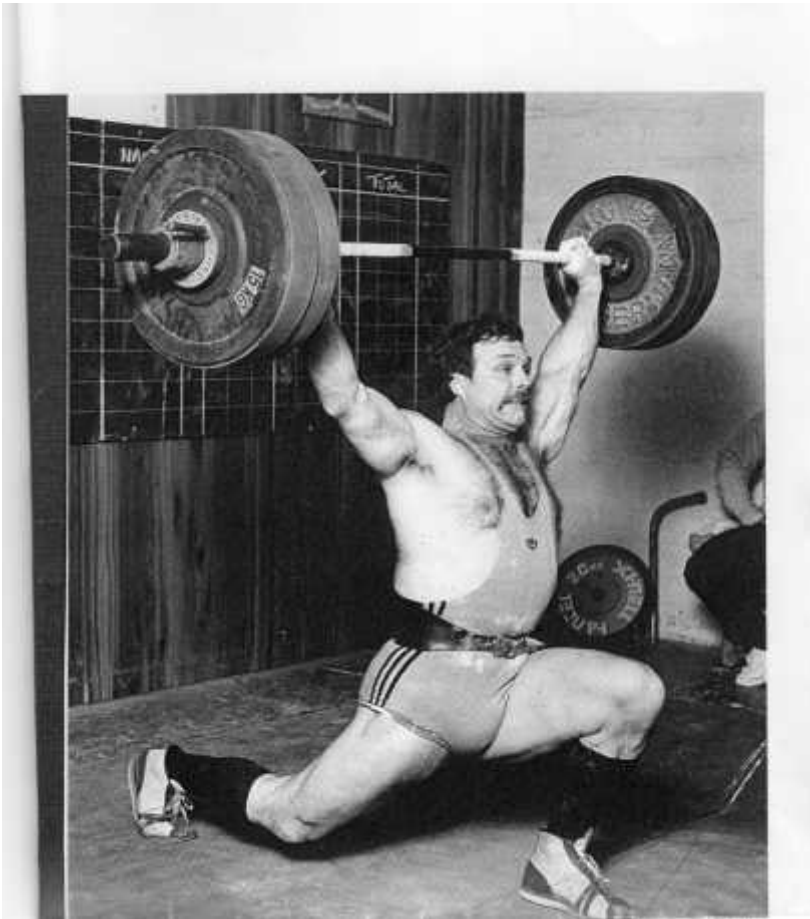
I never really stopped training with weights and, if it is of any interest, my first powerlifting competition was at Hitchin Weightlifting Club in 1979 – Squat 207.5kgs, Bench 127.5kgs and Deadlift 215kgs. My best lifts as a Master in weightlifting were 115kgs Snatch and 147.5kgs Clean and Jerk. My bests in powerlifting were 230kgs Squat, 150kgs Bench and 245kgs Deadlift.

Being a bit of an 'all-rounder', I had to have a go at the "Strongman", so in 1997 at the age of 56 I did so and came 5th out of the 10 finalists. Obviously, I was quite a bit older than the other competitors!

I have so many good memories of so many people – lifters and officials, e.g. John Moody, Peter Weiss, Terry O'Neill, Mike Shaw & Andy Kerr and many others too numerous to mention. I would also like to convey my best wishes to all those that I have had involvement with in the sport.

Thanks to Chris for such an interesting feature, some of the alternate lifts that used to be so popular are staggeringly difficult to do even with light weights and are probably hardly performed at all nowadays – unless anyone fancies running a competition to try them out!!

Here are a few photos that show just a few of them being done by Chris



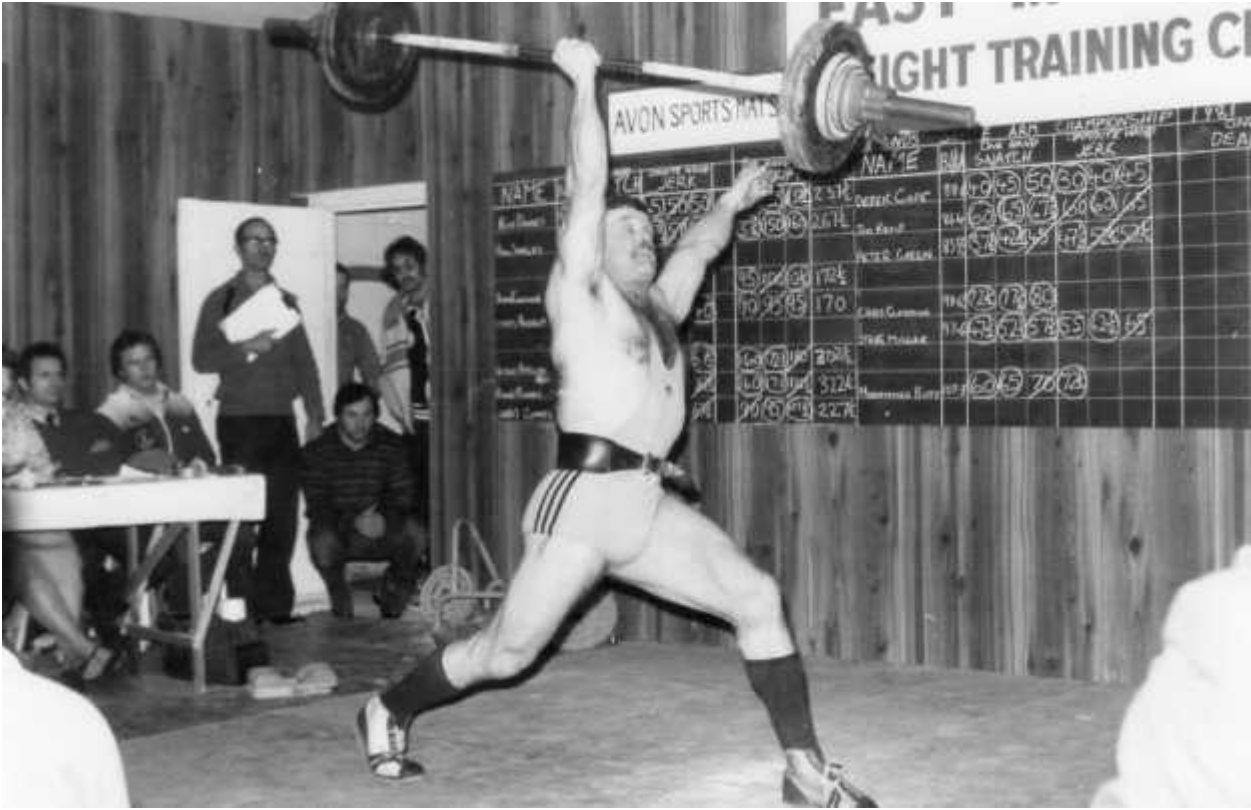
Clean & jerk in great style



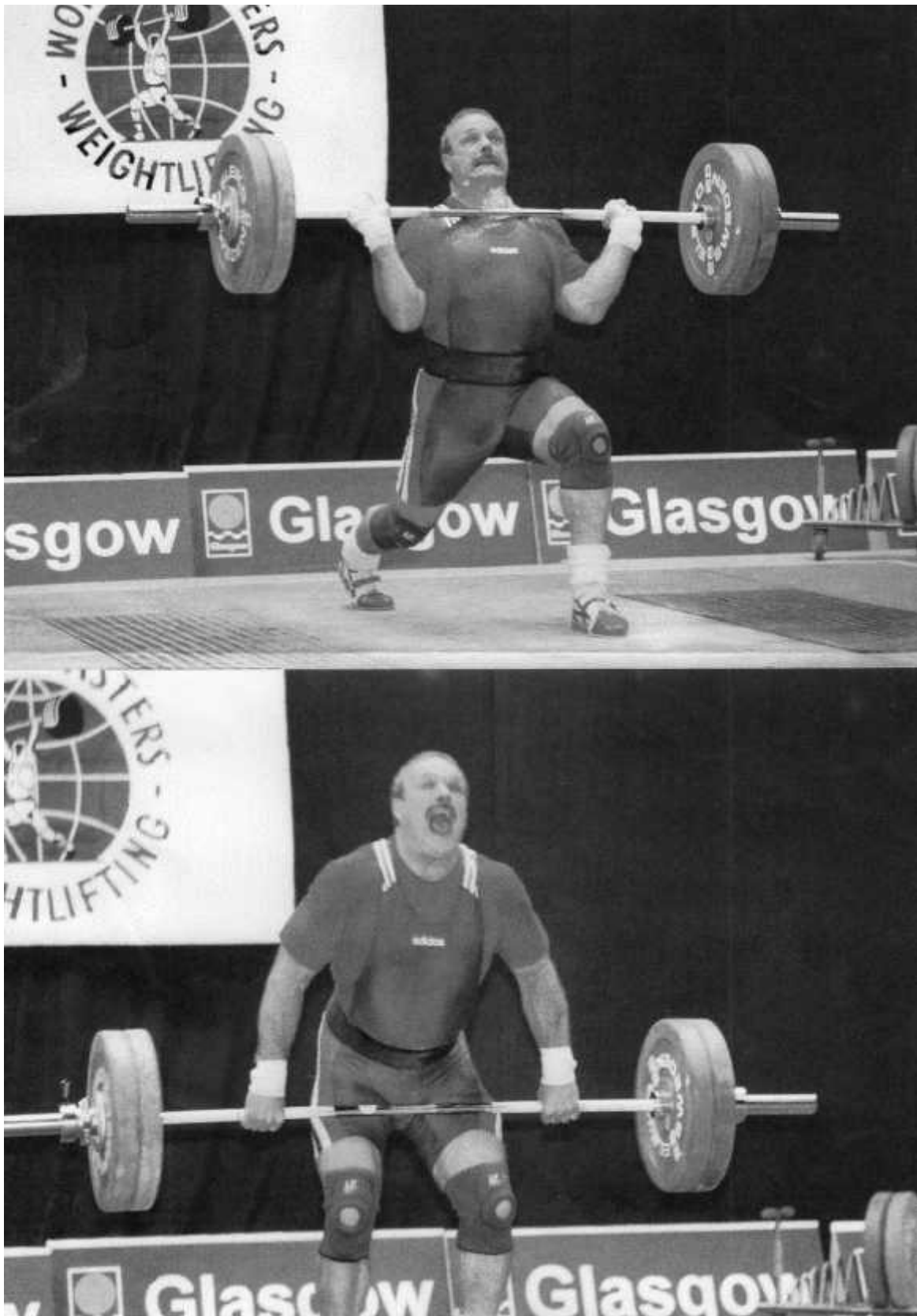
Dumbbell clean & jerk – the clean



Single hand deadlift – 167.5lbs and a bending bar!



“Opposite Hand Jerk” – this followed the “One Hand Snatch”



Doing the business in the World Masters Weightlifting Championships in Glasgow

Current East Midlands Senior Mens & Womens records

Squat: Senior Mens				
Class	Name	B/W	Date	Lift
53		XXX	XXX	XXX
59	J Pardy	57.70	06/02/2011	115.0
66	B Kriakou	63.70	26/11/2011	160.0
74	A Ottolangui	73.90	16/12/2011	245.0
83	D D'Gama	82.60	16/04/2011	230.0
93	K Jane	93.00	02/12/2012	280.0
105	A Rodney	105.00	23/06/2012	300.0
120	T Cliffe	119.60	07/05/2011	375.0
120+	T O'Neill	122.80	26/11/2011	260.0

Squat: Senior Mens unequipped				
Class	Name	B/W	Date	Lift
53		XXX	XXX	XXX
59	J Pardy	57.70	06/02/2011	115.0
66	B Kriakou	63.70	26/11/2011	160.0
74	S Walker	73.30	26/11/2011	185.0
83	A Kolb	82.25	20/08/2011	200.0
93	K Jane	92.50	08/09/2012	227.5
105	E Kreipavicius	103.35	06/08/2012	240.0
120	T Cliffe	120.00	10/02/2013	305.0
120+	R Nicholls	164.20	10/02/2013	225.0

Bench Press: Senior Mens				
Class	Name	B/W	Date	Lift
53		XXX	XXX	XXX
59	J Pardy	57.70	06/02/2011	82.5
66	B Cattermole	64.40	15/12/2011	100.0
74	A Ottolangui	73.80	16/04/2011	145.0
83	D D'Gama	82.60	16/04/2011	152.5
93	I Wells	92.00	03/04/2011	195.0
105	A Rodney	105.00	23/06/2012	185.0
120	T Cliffe	118.90	11/05/2012	287.5
120+	T O'Neill	122.80	26/11/2011	155.0

Bench Press: Senior Mens unequipped				
Class	Name	B/W	Date	Lift
53		XXX	XXX	XXX
59	J Pardy	57.70	06/02/2011	82.5
66	B Cattermole	64.40	15/12/2011	100.0
74	S Walker	73.30	26/11/2011	135.0
83	S Jurkiw	82.50	25/11/2012	135.0
93	M Fleet	91.90	02/12/2012	152.5
105	E Kreipavicius	103.20	05/02/2012	160.0
120	T Cliffe	120.00	10/02/2013	215.0
120+	R Nicholls	164.20	10/02/2013	165.0

Deadlift: Senior Mens				
Class	Name	B/W	Date	Lift
53		XXX	XXX	XXX
59	J Pardy	57.70	06/02/2011	147.5
66	B Cattermole	64.20	30/06/2012	185.0
74	A Ottolangui	73.58	27/09/2011	235.0
83	D D'Gama	82.60	16/04/2011	235.0
93	K Jane	93.00	02/12/2012	285.0
105	J Cook	98.10	07/08/2012	285.0
120	T Cliffe	???	31/07/2011	340.0
120+	T O'Neill	122.80	26/11/2011	275.0

Deadlift: Senior Mens unequipped				
Class	Name	B/W	Date	Lift
53		XXX	XXX	XXX
59	J Pardy	57.70	06/02/2011	147.5
66	B Cattermole	64.20	30/06/2012	185.0
74	S Walker	73.30	26/11/2011	240.0
83	A Kolb	82.25	20/08/2011	270.0
93	M Fleet	91.90	02/12/2012	280.0
105	J Copping	104.10	06/08/2012	275.0
120	T Cliffe	120.00	10/02/2013	348.0
120+	T O'Neill	125.20	06/02/2011	250.0

Total: Senior Mens				
Class	Name	B/W	Date	Lift
53		XXX	XXX	XXX
59	J Pardy	57.70	06/02/2011	345.0
66	B Cattermole	64.20	30/06/2012	435.0
74	A Ottolangui	73.90	16/12/2011	622.5
83	D D'Gama	82.60	16/04/2011	617.5
93	K Jane	93.00	02/12/2012	737.5
105	A Rodney	105.00	23/06/2012	745.0
120	T Cliffe	119.90	23/06/2012	990.0
120+	T O'Neill	122.80	26/11/2011	690.0

Total: Senior Mens unequipped				
Class	Name	B/W	Date	Lift
53		XXX	XXX	XXX
59	J Pardy	57.70	06/02/2011	345.0
66	B Cattermole	64.20	30/06/2012	435.0
74	S Walker	73.30	26/11/2011	560.0
83	A Kolb	82.25	20/08/2011	600.0
93	M Fleet	91.90	02/12/2012	652.5
105	J Copping	104.10	06/08/2012	650.0
120	T Cliffe	120.00	10/02/2013	868.0
120+	R Nicholls	164.20	10/02/2013	635.0

Bench Press: Senior Mens all contest unequipped				
Class	Name	B/W	Date	Lift
53		XXX	XXX	XXX
59	A Alderman	50.30	06/01/2013	132.5
66	B Cattermole	64.40	15/12/2011	100.0
74	L Meachen	73.70	20/03/2011	140.0
83	D Walker	77.90	20/03/2011	140.0
93	P Abbott	89.80	31/03/2012	155.0
105	S Bullimore	101.70	06/05/2012	165.0
120	T Cliffe	120.00	10/02/2013	215.0
120+	T Blythe	129.00	06/01/2013	175.0

Bench Press: Senior Mens all contest				
Class	Name	B/W	Date	Lift
53		XXX	XXX	XXX
59	A Alderman	47.75	11/02/2012	135.0
66	B Cattermole	64.40	15/12/2011	100.0
74	L Meachen	73.60	25/09/2011	172.5
83	A Howard	82.40	20/03/2011	182.5
93	J Jeffries	93.00	25/09/2011	247.5
105	J Jeffries	93.20	06/11/2011	280.0
120	T Cliffe	118.90	11/05/2012	287.5
120+	R Nicholls	164.20	10/02/2013	165.0

Squat: Senior women				
Class	Name	B/W	Date	Lift
43		XXX	XXX	XXX
47	Sharn Rowlands	41.50	23/06/2012	107.5
52	J Hunter	51.76	26/09/2011	130.0
57	J Hunter	52.90	02/12/2012	135.0
63	S King	61.40	06/02/2012	150.0
72	J Blasberry	71.82	27/09/2011	130.0
84	J Blasberry	81.90	02/12/2012	160.0
84+	T Koumbis	84.90	02/12/2012	70.0

Squat: Senior women unequipped				
Class	Name	B/W	Date	Lift
43		XXX	XXX	XXX
47	Sharn Rowlands	42.70	10/02/2013	90.0
52	J Hunter	51.90	08/09/2012	92.5
57	J Hunter	52.70	06/02/2011	90.0
63	S King	61.40	06/02/2012	150.0
72	J Tucker	68.50	06/02/2011	57.5
84	J Blasberry	78.80	08/09/2012	136.0
84+	T Koumbis	84.90	02/12/2012	70.0

Bench Press: Senior women				
Class	Name	B/W	Date	Lift
43		XXX	XXX	XXX
47	Sharn Rowlands	42.70	10/02/2013	50.0
52	J Hunter	51.90	24/03/2012	82.5
57	J Hunter	53.70	23/07/2011	82.5
63	S King	61.40	06/02/2012	87.5
72	J Blasberry	71.82	27/09/2011	100.0
84	J Blasberry	80.10	16/04/2011	107.5
84+	T Koumbis	84.90	02/12/2012	47.5

Bench Press: Senior women unequipped				
Class	Name	B/W	Date	Lift
43		XXX	XXX	XXX
47	Sharn Rowlands	42.70	10/02/2013	50.0
52	J Hunter	51.90	08/09/2012	72.5
57	J Hunter	52.70	06/02/2011	70.0
63	S King	61.40	06/02/2012	87.5
72	J Tucker	68.50	06/02/2011	32.5
84	J Blasberry	83.40	10/02/2013	85.0
84+	T Koumbis	84.90	02/12/2012	47.5

Deadlift: Senior women				
Class	Name	B/W	Date	Lift
43		XXX	XXX	XXX
47	Sharn Rowlands	42.70	10/02/2013	115.0
52	J Hunter	51.76	26/09/2011	163.0
57	J Hunter	52.90	02/12/2012	165.0
63	S King	61.40	06/02/2012	175.0
72	J Blasberry	71.82	27/09/2011	177.5
84	J Blasberry	81.90	02/12/2012	185.0
84+	T Koumbis	84.90	02/12/2012	120.0

Deadlift: Senior women unequipped				
Class	Name	B/W	Date	Lift
43		XXX	XXX	XXX
47	Sharn Rowlands	42.70	10/02/2013	115.0
52	J Hunter	51.90	08/09/2012	145.5
57	J Hunter	52.70	06/02/2011	145.0
63	S King	61.40	06/02/2012	175.0
72	J Tucker	68.50	06/02/2011	120.0
84	J Blasberry	78.80	08/09/2012	171.0
84+	T Koumbis	84.90	02/12/2012	120.0

Total: Senior women				
Class	Name	B/W	Date	Lift
43		XXX	XXX	XXX
47	Sharn Rowlands	41.50	23/06/2012	257.5
52	J Hunter	51.76	26/09/2011	373.0
57	J Hunter	52.90	02/12/2012	380.0
63	S King	61.40	06/02/2012	412.5
72	J Blasberry	71.82	27/09/2011	427.5
84	J Blasberry	81.90	02/12/2012	442.5
84+	T Koumbis	84.90	02/12/2012	237.5

Total: Senior women unequipped				
Class	Name	B/W	Date	Lift
43		XXX	XXX	XXX
47	Sharn Rowlands	42.70	10/02/2013	255.0
52	J Hunter	51.90	08/09/2012	310.5
57	J Hunter	52.70	06/02/2011	305.0
63	S King	61.40	06/02/2012	412.5
72	J Tucker	68.50	06/02/2011	210.0
84	J Blasberry	78.80	08/09/2012	389.5
84+	T Koumbis	84.90	02/12/2012	237.5

Bench Press: Senior women all contest				
Class	Name	B/W	Date	Lift
43		XXX	XXX	XXX
47	M Ainsworth	38.60	11/02/2012	60.0
52	N Blake	51.00	11/02/2012	90.0
57	J Hunter	53.70	23/07/2011	82.5
63				
72	J Blasberry	71.82	27/09/2011	100.0
84	J Blasberry	80.10	16/04/2011	107.5
84+	T Koumbis	84.90	02/12/2012	47.5

Bench Press: Senior women all contest unequipped				
Class	Name	B/W	Date	Lift
43		XXX	XXX	XXX
47	Sharn Rowlands	42.70	10/02/2013	50.0
52	N Blake	50.00	06/01/2013	90.0
57	J Hunter	52.70	06/02/2011	70.0
63	S King	61.40	06/02/2012	87.5
72	L Wetheridge	71.10	31/03/2012	70.0
84	J Blasberry	83.40	10/02/2013	85.0
84+	T Koumbis	84.90	02/12/2012	47.5

If anyone thinks any of these records are incorrect or superceded can these please contact Ian Finch. All records can be found on the East Midlands website:-

<http://www.eastmidspowerlifting.co.uk>