



Ultimate Power

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

March 2014



**Congratulations to Jackie Blasbery and Kevin Kane
Joint Divisional Lifters of the year 2013**

Editors View



Hi again to all East Midlands powerlifters.

Still early in the year and not too much to report in this issue – the East Midlands Classic was held in Letchworth in early February and was well supported with the number of entries being capped due to the growing popularity of raw lifting. Another unequipped competition – The Farm Open Classic has been arranged on 26th April in Moulton College Northampton to provide another opportunity especially for those lifters who missed out on the Divisionals.

There were also a number of tremendous performances by divisional lifters in the British Masters with a total of 4 British equipped records – Jackie Blasbery – 120kg bench, Cliff Haynes - 181kg bench and 651kg total and Kevin Jane 283kg squat, even more remarkable as some of them had lifted the day before in the Unequipped competition. (Report in the newsletter).

Congratulations go to Ian Finch and Andy Rodney for qualifying as referees last year (not sure if I covered that already) – great to see a few more referees able to take some pressure off the regulars. Another refereeing course has been arranged for the 31st May at Hamiltons Gym, Colchester and more information and contact details are contained in the newsletter.

There are lots of major events coming up in the next quarter including the World Masters Bench Press Championships – good luck to all divisional members participating.

Thanks to Imelda Flanagan for an article on the condition of Osteoporosis and how diet and weight training can help to alleviate the symptoms. Also thanks to Allen Ottolangui for hosting the divisional unequipped championships and for the various reports he produces for the newsletter – it all takes time and effort (especially when you look like him). Finally thanks to Stewart Cowan for a report on the British Bench in Horncastle.

I didn't have any information to do a lifter profile this issue so I'm sorry but I did one on myself to fill a few pages and bore some of you senseless but if anyone has suggestions for worthy candidates for the next one I'd be pleased to follow them up.

Good lifting.

Best Regards

Steve Walker

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Referee's Course 31st May 2014

Venue – Hamiltons Fitness Centre Colchester

Date – 31st May 2014

Starting time – 10.30am (probable finishing time 3.30pm)

Course Fee - £25 (Cheques payable to GBPF)

Please note all candidates to bring current GBPF membership card with them on the day and ensure that they have studied the current GBPF rules etc before they arrive (these will be run through again on the day).

All entries to:-

Chris Gladding - [**chrisjgladding@yahoo.com**](mailto:chrisjgladding@yahoo.com)

Or

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

Please seriously consider doing this – it helps the sport and the Division to be able to effectively run competitions.



Great Britain Powerlifting Federation

Navigation

Competition Calendar

Posterboard Categories

MARCH – NOVEMBER 2014



GBPF AGM @ Moulton College

MAR
23
Sun

23/03/2014

Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar 23 Sun GBPF AGM @ Moulton College 23/03/2014 all-day Meetings Apr 5 [...]

MEETINGS

YNEPF Senior Powerlifting Competition @ Balby Community Sports Village

APR
5
Sat

05/04/2014

Entry form Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar 23 Sun GBPF AGM @ Moulton College 23/03/2014 all-day Meetings [...]

COMPETITIONS

SW Open Powerlifting Championships @ Independent Gym

APR
13
Sun

13/04/2014

Closing date: 28/03/2014 Download entry form here Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar 23 Sun GBPF AGM @ [...]

COMPETITIONS

East Midlands FARM Classic @ The Farm Powerlifting Club

APR
26
Sat

26/04/2014

Closing date for entries is the 12th of April 2014. Entries may close sooner if the 40 lifter limit is reached before the closing [...]

COMPETITIONS

South East Push and Pull @ Woking powerlifting club

APR
27
Sun

27/04/2014

Please see www.gbpf.southeast.co.uk for more information and entry form Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar 23 Sun GBPF [...]

COMPETITIONS

YNEPF Classic Push and Pull @ City Boathouse

APR
26
Sat

26/04/2014

Weigh in 9.00 – 10.30 am Lift-off 11.00am Entry form Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar 23 Sun [...]

COMPETITIONS

Welsh Powerlifting and Bench Press

APR
27
Sun

Championships @ Pontardawe Senior Citizens Hall

27/04/2014

Closing date for entries will be the 13th April 2014. All GBPF lifters are welcome to attend. This competition could be used as a [...]

COMPETITIONS

Kent, Surrey and Sussex @ Astor College for the Arts

MAY
25
Sun

25/05/2014

Closing date : 18/05/2014 Please see www.gbpf.southeast.co.uk for more information and entry form Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 [...]

COMPETITIONS

Lancs and Cheshire Powerlifting Championships @ Intershape Gym

MAY
11
Sun

11/05/2014

We will run this as an unequipped contest but will form an equipped group too if there's enough interest. Download entry form here Posterboard [...]

COMPETITIONS

INEFF CLASSIC
Powerlifting Competition
@ Hirst Welfare Centre

28
 Sat

28/06/2014 **all-day**

Weigh in 9.00 – 10.30 am Must produce membership card at the weigh in...make sure you have it with you. You will be required [...]

COMPETITIONS

British Senior and Junior
@ Moulton College

JUL
 12
 Sat

12/07/2014 – 13/07/2014 **all-day**

Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar 23 Sun GBPF AGM @ Moulton College 23/03/2014 all-day Meetings Apr 5 [...]

COMPETITIONS

INEFF CLASSIC BENCH
Press @ City Boathouse

31
 Sat

31/05/2014 **all-day**

Weigh in 9.00 – 10.30 am Lift-off 11.00am Entry form Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar 23 Sun [...]

COMPETITIONS

British Bench Press
Classic @ Durham rowing club

SEP
 6
 Sat

06/09/2014 **all-day**

Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar 23 Sun GBPF AGM @ Moulton College 23/03/2014 all-day Meetings Apr 5 [...]

COMPETITIONS

British classic – Women
@ Bethnal Green

SEP
 20
 Sat

20/09/2014 **all-day**

Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar 23 Sun GBPF AGM @ Moulton College 23/03/2014 all-day Meetings Apr 5 [...]

COMPETITIONS

All England @ Moulton College

AUG
 16
 Sat

16/08/2014 – 17/08/2014 **all-day**

Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar 23 Sun GBPF AGM @ Moulton College 23/03/2014 all-day Meetings Apr 5 [...]

COMPETITIONS

Welsh Open @ TBC but
around Swansea area

OCT
 5
 Sun

05/10/2014 **all-day**

The exact date and venue are yet to be confirmed but we are aiming for around Early October. Lifters from other divisions are welcome [...]

COMPETITIONS

YNEPF Bench Press @
City Boathouse

OCT
 11
 Sat

11/10/2014 **all-day**

Closing date: 11/10/14 Weigh in 9.00 – 10.30 am Lift-off 11.00am Entry form Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 [...]

COMPETITIONS

British Classic – Men @
Astor College

OCT
 5
 Sun

05/10/2014 **all-day**

Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar 23 Sun GBPF AGM @ Moulton College 23/03/2014 all-day Meetings Apr 5 [...]

COMPETITIONS

Four Nations @ Scotland

NOV
 29
 Sat

29/11/2014 **all-day**

Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar 23 Sun GBPF AGM @ Moulton College 23/03/2014 all-day Meetings Apr 5 [...]

COMPETITIONS

South East
Championships @ Woking
powerlifting club

NOV
 30
 Sun

30/11/2014 **all-day**

Closing date: 23/11/2014 Please see www.gbpf-southeast.co.uk for more information and entry form Posterboard Posterboard Month Agenda Categories Competitions Meetings March – November 2014 Mar [...]

COMPETITIONS

YNEPF Open and Juniors
Powerlifting Competition
@ Hirst Welfare Centre

NOV
 22
 Sat

22/11/2014 **all-day**

Weigh in 9.00 – 10.30 am Must produce membership card at the weigh in...make sure you have it with you. You will be required [...]

COMPETITIONS

East Midlands Classic Powerlifting Championships 2014

With nearly 50 lifters to get through it was an early start for the Divisionals with a 10 O'clock kick off. The morning's lifting consisted of two flights, the A flight saw all the ladies and the 66Kg men with the B flight comprising the 74Kg and 83Kg Men.

First up was Sharn Rowlands in the 47Kg class. Sharn started the day off with a British Record squat of 95Kg narrowly missing 97.5Kg on her third attempt.



On the Bench Sharn got all three attempts finishing with 52.5Kg and another British Record. The Deadlift saw another British Record of 117.5Kg giving Sharn 8 out of 9 and a British Record Total of 265Kg and of course the title, not bad considering she only weighed 43.2Kg - nearly as much as her Dads wallet.

In the 57Kg class we had 4 lifters. In 4th was Samantha Chan lifting in her first comp she got 7 from 9 lifts totalling 185Kg and at U18 there is a lot more to come.



In 3rd Samantha Cox had a battle and only getting her openers on the Squat and Bench left her a lot of work to do to catch second place but still finishing with a respectable 255Kg total.



Martine George also in her first comp took 2nd after a slow start on the squats Martine got into her stride totalling 262.5Kg.



The winner of this class was Krishnaa Mahbubani. Krishnaa who moved up from the 52Kg class got all 3 Squats finishing with 100Kg then fell back a bit on the Bench but came back strong with 3 Deadlifts giving her a 280Kg total.



The 63Kg class had one no show in Gemma Burley. In third place was Faye Jordan with 285Kg total. Faye just missed the 57Kg class so was giving away a lot of bodyweight.



In 2nd was another new lifter in Nina Cambatta. Nina lifted impressively only missing 2 attempts and finishing with a 300Kg total, one to watch in the future (sorry no photo Nina).

The winner was Abi Graham with 9 from 9 and a 350Kg total, Abi goes from strength to strength and will be a threat at the Nationals.



Only 20Kg separated the 3 lifters in the 72Kg class. In 3rd in her second comp was Heidi Markely putting in a good performance totalling 262.5Kg.



Not far in front was Fiona Christie with 275Kg only missing one attempt on the Bench giving her 8 from 9.



The winner with 282.5Kg and 9 out of 9 was another new lifter in Lucie Sukova. Lucie should do well at the upcoming Masters Nationals.



Good to see such a strong turnout for the Women even with some of the usual names not lifting.

Onto the Men's class and at 66Kg another good battle between Andrew Wass and Sean Maloney. After the Squats they were both equal with 140Kg. Andrew took the lead by 7.5Kg on the Bench with a strong 107.5Kg but Sean came back with some strong Deadlifting getting 185Kg leaving Andrew needing 175Kg which on this occasion was too much, Sean took the Title with 425Kg and Andrew in 2nd with 412.5Kg.



On to flight B and in the 74Kg class we had three lifters. In 3rd was Makhan Mann. Mak last lifted 35 years ago in Olympic lifting and now at M3 has decided to try Powerlifting (never too late Mak). Mak, after missing his opening Squat didn't miss another attempt and lifted comfortably to total 265Kg with a lot more to come.



In 2nd came Cliff Haynes, Cliff was obviously there for the Bench record after Squatting 140Kg he opened on 140Kg Bench taking 150Kg on his second for a new British record, Cliff's 3rd attempt of 157.5Kg was just too much on the day.



Cliff totalled his age - 460Kg.

The winner of this class was Dominic Crane finishing with a 485Kg total but with some smaller jumps on his 3rd attempt Squat and Deadlift he could have totalled more.



A comfortable 180kg for Dominic

The 83Kgs was the biggest class of the day even with 2 no shows we still had 8 lifters. In 8th was Nick Lickfold in his first comp with 355Kg much more to come from Nick.



7th saw David Lickfold (no relation), Dave lifted solidly getting 9 from 9 and totalling 402.5Kg.



Daniel Eade also getting 9 out of 9 with a 432.5Kg total came 6th.



Ali Wilson was 5th with 447.5Kg total.



Ali was only 2.5Kg behind Thomas Watts in 4th with 450Kg.



However the battle for the medals was between Henry Cook, Thomas (the Hunters son) Rowell and Grant Sugarman.



Henry all aggression with 185kg

At sub-total only 15Kg separated them so the Deadlifts looked like a real battle. Both Henry and Thomas took comfortable openers but Grant went for the kill and pulled a hard 237.5Kg for a new M2 record. Grant couldn't manage anymore but this put him far enough in front to take the title.



All out for 237.5kg record and title for Grant

So the battle was on for 2nd. Henry's 2nd attempt of 215Kg put him ahead but Thomas pulled a strong 230Kg to put him back in front. Henry took 227.5Kg on his third to push Thomas but after pulling it to lockout he lost his grip leaving him in 3rd. Thomas then came out and pulled 235Kg to make sure of 2nd place.



235kg for Thomas

After a short break for lunch and a listen to Mick (papa Smurf) Amey tell everyone how good he is we moved on to the afternoon session and the fat (who ate all the pies??) boys.



Combined height – 3' 2"

The 93Kg class was contested by 6 lifters and in 6th place came Tristran Moat, Tristran in only his third comp lifted well to total 395Kg, I am sure we will see a lot more from him.



In 5th was a light Tom Sherwin with 420Kg



Tom was only 10kg behind 4th place Nigel Downey with 430Kg.



Mathew Jack's 505Kg gave him 3rd



Matthew was only 5Kg behind 2nd place and maybe a smaller jump on Mathew's Bench could have moved him up a place. In 2nd Matt Deacon-Smith suffering from a slight back problem totalled 510Kg it will be interesting to see what a fit Matt can do at this bodyweight especially after his 285kg British record deadlift last time out.



Careful lifting from Matt today



The winner was, oh it doesn't matter no one cares, all right then my Dad Kevin (been around forever) Jane. Kevin broke some records he lifted well for an old boy and totalled 630Kg that's enough of that moving on to the 105s.

James Taylor totalled 500Kg for 6th place (sorry no photo James).

4th and 5th was decided on bodyweight with Mark Davies beating Mark Whiteman both with 560Kg totals.



5th for Mark on bodyweight



Less pies meant 4th for Mark

Another good battle for the top three places with only 20Kg between them. In 3rd place was Scott Ramsey with 607.5Kg and Stewart Gates just 7.5Kg in front with 615Kg total and 9 for 9.



The winner of this class was Artur Makatunovic in his first comp totalling 627.5Kg.



In the 120Kg fat boy's class with one no show took it down to 3 lifters, in 3rd a solid performance from Ian Finch getting all 9 attempts and a 532.5Kg total and a fantastic fought 190Kg Squat.



In 2nd place was that old stalwart Andy Rodney. After only getting his opener on the squat Andy came back with some solid lifts on the Bench and Deadlift to total 707.5Kg, Andy will be a force in the upcoming Masters Nationals.



The winner of this class was a light Tony (didn't eat enough pies) Cliffe. Tony seemed to be cruising and got all his attempts with what looked like ease and with 820Kg total a world class performance.



The last class 120+Kgs saw James Anderton a new lifter getting 530Kg total for the title, I am sure there is much more to come from James.



Another successful days lifting for the East Midlands Classic, obviously becoming more and more popular with a lot of entries not getting in because of the amount of lifters. It is good to see such a strong turnout for the Divisionals.

I would like to thank all the officials Chris Gladding, John Bevan, Pete (during the war) Weiss, Jenny (the man) Hunter and Jackie (nice buns) Blasbery for reffing all day. Also Toby for Mc'ing and Martin Smith for scoring and my brother Dave for doing the score board. Most of all a big thanks to all the loaders Chris Anderson, Graham Hatch, Jonny Pardy, Doug D'Hobbit and some other old boy with a funny name. Last but not least Nita who supplies us with that true powerlifters food.

Championship Promoter

Allen Ottolangui

A big thank you to Allen Little Legs Ottolangui for another successful championship and for producing a relatively sensible (by his standards) report – go and have a lie down for a few months.

Also there were many new faces at the competition which I couldn't attend so if any of the photos are incorrectly named my apologies (Editor)



Oooo no we don't like them two Fat Ladies – we're more like the Hairy Bikers!!



Now look for the last time Sonny - you got any ID???

British Masters Powerlifting Championships 2014

The British Masters was held this year in Horncastle which was a very well run and a good venue. Once again it was a 2 day event hosting both the Classic and Equipped.

Day 1 was the Classic and with 60 lifters to get through it was going to be a long day. First up from the East Midlands was Jenny (the man) Hunter. Jenny took it easy knowing she was going to be lifting again the next day in the Equipped but still got 9 from 9 with 80Kg Squat, 70 Kg Bench and 125Kg Deadlift giving her 275Kg Total and the Title.

Next was Jackie (nice buns) Blasbery in the 84Kg class. Jackie also cruised to victory knowing she would have a battle with Jean Maton the next day, only taking 2 attempts on everything Jackie ended up with 120Kg Squat, 75Kg Bench and 140Kg Deadlift leaving her with 335Kg Total. Very conservative from both lifters but I am sure there will be much more when they lift at the forthcoming World Classics in South Africa.

In the Men's at 83Kg was Grant Sugarman who sadly didn't manage to get a Squat in so bombed out. Grant carried on to Bench 120Kg and Deadlift 235Kg and I am sure he will be back with a vengeance and a bit more depth next time out.

At 93Kg and M53 was my Dad Kevin Jane who also was lifting the next day (should know better at his age) so took it easy just taking 1 attempt on everything 200Kg Squat, 125 Bench, 240Kg Deadlift and a 565Kg Total which took the M53 Title. Well done Dad.

Now on to the fat boys in 120Kg class. Andy Rodney at M1 had some stiff opposition in Colin Wright from Ireland (lucky at the rugby). The Squats were close seeing Andy get all 3 attempts ending with 282.5Kg just 7.5Kg behind Colin. All 3 on the Bench and a new PB of 182.5Kg for Andy pulled him back to 5Kg behind on sub-total. Andy's 270Kg Deadlift was not enough to keep up with Colin Wrights 315Kg, but a good performance from Andy and 2nd place. Andy also going to the World Classic will I am sure work on that Deadlift to push for the medals.

At M2 was Ian Finch. Ian narrowly missed his third Squat leaving him with 182.5Kg a 120Kg Bench and 220Kg Deadlift gave Ian a 525Kg Total and 2nd place.

Day 2 and an early start for the Equipped lifting.

First up again was Jenny (the man) Hunter. Jenny narrowly missed getting 9 from 9 two days running after missing her third Bench of 80Kg, but with 115Kg Squat, 75Kg bench and 150Kg Deadlift 340Kg Total she took another title and another shelf I will have to put up.

Next was Jackie (nice buns) Blasbery who, as expected had a hard battle with Jean Maton from the SM. Jackie's 172.5Kg Squat left her 7.5Kg behind Jean however a PB Bench for Jackie of 120Kg pulled back the deficit to give them both a sub-total 292.5Kg but Jackie was heavier.

Jean opened on the Deadlift at 170Kg so Jackie took 2.5Kg more to stay in the lead, Jackie's second of 182.5Kg kept her in front and Jean knew she had to push Jackie so attempted 187.5Kg on her third but was unsuccessful but like a true champion Jackie still pulled 190Kg to take the title with 482.5Kg Total.

In the men's M2 74Kg class we had Cliff Haynes and Allen Ottolangui. Cliff back to his old form took the title getting 9 from 9 and a 651Kg Total taking the British Record Bench of 181Kg on the way. 2nd was Allen lifting solidly and finishing with 587.5Kg Total.

The 83Kgs at M(not sure where I am)³ saw Mick (Papa Smurf) Amey. Mick didn't seem to be firing on all cylinders today and with a 532.5Kg total did enough for the win. Home for a nice cup of cocoa and a biscuit.

At 93Kg it was my dad again at M53. Kevin (been around forever) Jane. Kevin started the day off with a massive Squat of 283 pounds (don't tell him he thinks it was kilo's), then a solid 162.5Kg Bench. Kev's Deadlift was slightly down with 275Kg giving him a total of 720.5Kg and the win. Amazing lifting for someone who can't even remember where he lives.

Well done to all the East Midlands lifters another successful haul of medals.

Allen Ottolangui (Steve Walkers Hero)

Yawn!!

A Great Day at the British Bench Press Championships for Hamiltons Gym Members

Four lifters from Hamiltons gym, all East Midlands:-

Pinda Singh, Stewart Cowan, Lee Meachen, Cliff Haynes

The weekend didn't start well due to Coach Mick Amey not being able to make the journey north as his wife was taken ill. Mick is the driving force, geeing people up, turning up every week without fail and offering advice...constantly!

All 4 of us have gone into a heavier weight category and in the case of Pinda, almost 2 weight categories up! Various reasons for all of us going up but we all were able to enjoy the festive season three weeks earlier without questioning how many calories were in a mince pie ..or two..or three!!!

The Premier Inn at Boston must have regretted providing an 'all you can eat breakfast' by the time we left the restaurant to travel to Horncastle which is possibly my favourite venue.

Well organised as usual . with the glass doors separating the warm up room from the competition area it means you can look through the windows and see exactly what is going on, without wondering when you are lifting and what your rivals are doing.

First up was Cliff Haynes, legendary lifter.

The prodigal son returned from the other side, back from the wilderness (BDFPA,PQST-or something like that), back to the GBPF. He was welcomed back into the fold.

Cliff, as always, lifted with perfect technique, completed 2 lifts of 170kg and 180 kg then failing at 190 kg. Awesome lifting from a man weighing 73 kg.

Next up was Lee Meachen.

Lee, also up a weight category due to the 5 star cooking on the wind farm boats.

Lee started with an opener of 185 kg. One lifter who didn't know Lee assumed that it would be a struggle for him. I had seen Lee undertake the same lift in a practice run the week before and was always confident he would lift it..and he did, with ease. No frills, no fuss.

Lee's second lift of 190 kg was just out of reach on the day (even though he has lifted more previously) and it seemed to take a bit too much out of him for his record attempt of 202.5 kg. Phenomenal lifting from Lee.

Lee was followed by me (Stewart)

I was up a weight category. I tend to be too big for the 105 kg category and far too small for the 120kg category. I decided to revert back and settle for chunky not hunky..

Training hadn't gone well for me and the competition run through the previous week had been a disaster. I had gone back into the 120kg class and the normal shirts that I had used at 105 kg were now life threatening due to not being able to breathe in them. Even my loose shirt was now snug!!

I started with an opening lift of 195 kg with the belt left loose. The idea was that as I wasn't sure what weight would touch the chest leaving the shirt loose meant at least I had a good chance it would touch.

It worked and I tightened up the belt for the second lift of 205 kg which was successful, failing my third lift.



Not as impressive as my two club mates but more than happy after such a poor lead up to the competition.

Finally, Pinda Singh

Pinda, weighed in at 114 kg -only 9 kgs more than a year ago!! After watching him eat 3 courses the night before and surpassing that at breakfast I was worried he would be going into the 120 plus category on the day...

Pinda completed his first two lifts of 260kg and 265 kg lifts easily.

He attempted a lift at 277.5kg which he very narrowly missed but was a fantastic attempt.

Pinda would have you believe that there is science behind his training but if I'm being kind I would say its haphazard. However, once he decides which one of his 40+ shirts he is going to wear, he always comes good on the day.

All in all a good weekend-as usual a good spirit and good vibe amongst all those competing.

4 Hamiltons East Midlands lifters, 4 first places.



Afterwards a few beers in Lincoln.

By the end of the night lifts that were never going to happen on the day became lifts that would have been easily completed ,apart from' the centre ref forgot his glasses, my foot slipped, I wasn't ready, I forgot my energy boosting jelly babies, the loaders added the weight up wrong -I lifted 300kg not 200kg, I had the wrong trainers on..'

Mention must also go the rest of the EM lifters -12 in total and if there was a team prize on the day this division would have won it at a canter.'

Regards

Stewart

A big thank you to Stewart for the report and apologies for missing it first time round
(Editor)

Osteoporosis - The Benefits of Exercise

Osteoporosis is a condition where an excessive loss of calcium from the bones results in an increased risk of fractures. Osteoporosis usually affects the hips and spine of both men and women.

Women are more at risk after the menopause, due to decreased levels of the female hormone Oestrogen which helps with the production of bone.

Your genes determine your potential height and strength of your skeleton. However, lifestyle factors such as diet and exercise can influence how healthy your bones are. Following a healthy lifestyle throughout your life is the best way to delay the onset of osteoporosis and the slow rate at which your bones become fragile.

Regular Exercise

Regular exercise is essential. Aim for a minimum of 30 minutes of exercise, at least three to four times a week. Weight-bearing exercise and resistance exercise are particularly important in improving bone density and helping to prevent osteoporosis.

Weight-bearing Exercises

Weight-bearing exercises are exercises where your feet and legs support your weight. High impact weight-bearing exercises, such as running, skipping, aerobics and jumping up and down on the spot, are all useful ways to strengthen your muscles, ligaments and joints. For example, swimming and cycling are not weight-bearing exercises. It is important to wear footwear that provides ankles and feet with adequate support.

Resistance Exercises

These are exercises that use muscle strength, where the actions of the tendons pulling on the bones boosts bone strength. Examples include press-ups, weight lifting and the use of weight machines at the gym.

Healthy Eating

Eating a healthy, balanced diet can help prevent many conditions, including heart disease, diabetes and many forms of cancer, as well as osteoporosis.

Calcium is very important for maintaining strong bones. Calcium can be found in a number of different foods, including green leafy vegetables, dried fruit, tofu and yoghurt.

Other Factors

Cigarette smoking is associated with an increased risk of osteoporosis.

On a personal note - Being of small bone structure along with a family history of the disease, puts me in a high risk category. In my role as a Nurse, I have seen the dangers of osteoporotic fractures, which can occur even without trauma. In fact, this was the real reason I joined a gym and little did I know what it would lead to!!!

Not one to do anything by halves, I'm sure my current training regime ensures that I am doing the best I can to prevent osteoporosis and enjoying some amazing experiences along the way!

Imelda Flanagan

Lifter Profile - Steve Walker

I will of course get the usual round of booing and stick from all and sundry at Yardley Gobion but as I have a few pages to fill and in the absence of any other lifter profiles (which I'm still waiting for) I decided to do my own – at least it will give Allen Ottolangui something to dribble over late at night if nothing else.

I had no idea in my early years that I would get involved with any kind of sport involving weights, indeed I was such a diminutive little oik that my mother took me to the doctors when I was nine to see if there was any reason I was so small. He thought not but still put me on a course of liquid malt and vitamin C tablets (the malt was actually quite tasty compared to the other vile things like liquid liver which I took voluntarily later on in my sporting life).



3 stone of skin and bone!!

The supplements didn't do much and at the tender age of eleven I was shipped off to boarding school in Brackley – only 15 miles from my home village but it might as well have been on the other side of the world as we only went home for half a day every 4 weeks and it was run like something out of Tom Browns schooldays.

The best thing about being at boarding school was that at the end of each day there was little else to do other than sport and I threw myself into rugby, cross country, athletics and gymnastics all of which I enjoyed except the cross country. My enthusiasm for rugby was tempered for a while after I nearly died on the pitch during a house match in which my brother was also playing – a kick to the head sent me into a concussion fit and I choked on my tongue, stopped breathing and had to be given the kiss of life (a very dangerous thing at boarding school). The match was abandoned, I was carried off on a stretcher and was unconscious for over 2 hours and rugby was never quite the same for me again.



Summer 1974 – Magdalen College 2nd XV (Front row 3rd in right – dig the hairstyles!!)

However and rather luckily for me one of the other boarders sold me a “Bullworker” for £10 which I used relentlessly day and night for 2 years and this did bulk me up a little and helped me to gain some strength. I took up the javelin and won the Northants County Championships 2 years in a row (I was never tall enough to be top notch at that though). It also created an interest in training and after leaving school in 1974 I began weight training with a real local character – Bill Gable - in his tiny brick lean to shed.

Despite being sick in Bill's kitchen during the first nights training I loved the weights and just kept coming back for more although we never squatted deep or did any deadlifting in the shed. After a couple of years we had to move out and I went from Bill's to Paulerspury Club sometime in the early 80s and met amongst others the Hillyard family and many of the guys I still see and train with today.

Powerlifting however still meant nothing to me though until I went along to watch a local competition in Northampton and the first person I saw on walking in was a very curly haired Kevin Jane deadlifting somewhere over 300kg at just 82.5kg bodyweight and I thought this is for me (the lifting – not Kevin)!!

So I rather belatedly started to learn how to deadlift and entered my first East Midlands Divisionals in 1984 and managed around 550kgs at 75kg bodyweight but only came 4th behind Andy Rose and Phill Penketh who were both pushing 700kg and I really wondered if I could ever get near them. In those days we were using basic suits (Spanjam) and stretchy wraps but nothing like today and no bench shirts of course.

I continued to enter anything I could – Northants and Cambridge Champs, Anglian Open, Eastern Counties Open, 4 Counties, East Midlands Power League, the All Midlands and eventually qualified for and entered my first British Seniors in 1988 in Milton Keynes where I finished 4th behind Terry Jex who had dieted right down from 82,5kg and with a mighty deadlift pipped me on the last lift for 3rd place.

Undeterred I went to Tottenham in 1989 better prepared and with the support of a lot of friends and clubmates (in the loosest sense of the word) put together a 650kg total to win the 75kg class and beat second place Winston Reid by 25kg – I couldn't believe I had done it and that was the start of many British Seniors for me. The tradition of booing me at every British Championships also seemed to start that day and has continued ever since.

After that for the next few years, I placed several times always close to my old mate Jas Singh but I didn't win again until 1996 in Birmingham and then won every year from 1998 to 2002 and for the last time in 2006 at 50 years old with a 680kg total – 8 titles - always at 75kg class.



1996 British Champion again after 8 years of trying

Some of my best lifting happened after I became a Masters lifter and I won the British Masters a total of 13 times, all at 75kg class including 9 years in a row at Masters 1. I also held the British 75kg class senior bench press record with 187.5kg at 41 years old. My best lifts were 260/187.5/270 – never all on the same day, best total 692.5kg at 75kg.

Lifting abroad was always an interesting experience – often a struggle with the travelling, heat, tiredness, nerves and strict refereeing and people who hadn't experienced this always seem to focus on your total and not appreciate the other pressures involved.

The equipment we were often presented with was at times almost archaic – smooth chromed bars with no knurling left, constant power cuts and on one occasion stands that were too high so that short lifters had to stand on a box to squat however in spite of such things (or maybe because of them) I have many happy memories of trips to Russia, Argentina, America, Lithuania and many other places that I would never have been lucky enough to see if it wasn't for the lifting.



Novgorod Russia 1994 – my first trip – Russia v England Friendly – Vodka all the way!!



Villa Maria, Argentina with Hideaki Inaba – one of the greatest powerlifters ever

I also lifted twice in the World Seniors in 1995 and 1996 in Finland and Austria and was in awe of some of the great lifters – Toivenen of Finland, Ed Coan (warming up with 390kg squats at 110kg bodyweight), Shane Hamman and Kirk Kawoski - all massive lifters and legends then and now. A lot of the early “Worlds Strongest Men” were also in attendance – usually spectating or signing autographs – not going head to head with the powerlifters.



World Seniors Salzburg Austria 1996 under the watchful eye of GB coach George Leggett

Masters trips abroad were always great fun (after you had lifted) as long as you weren't sharing a room with Allen Ottolangui doing his Alan Partridge cage dance routine in a black leather thong on your bed in the morning!!



A typical intensive Masters Squad training routine

In all I won 4 European Masters titles and 2 World Masters titles at 75kg.

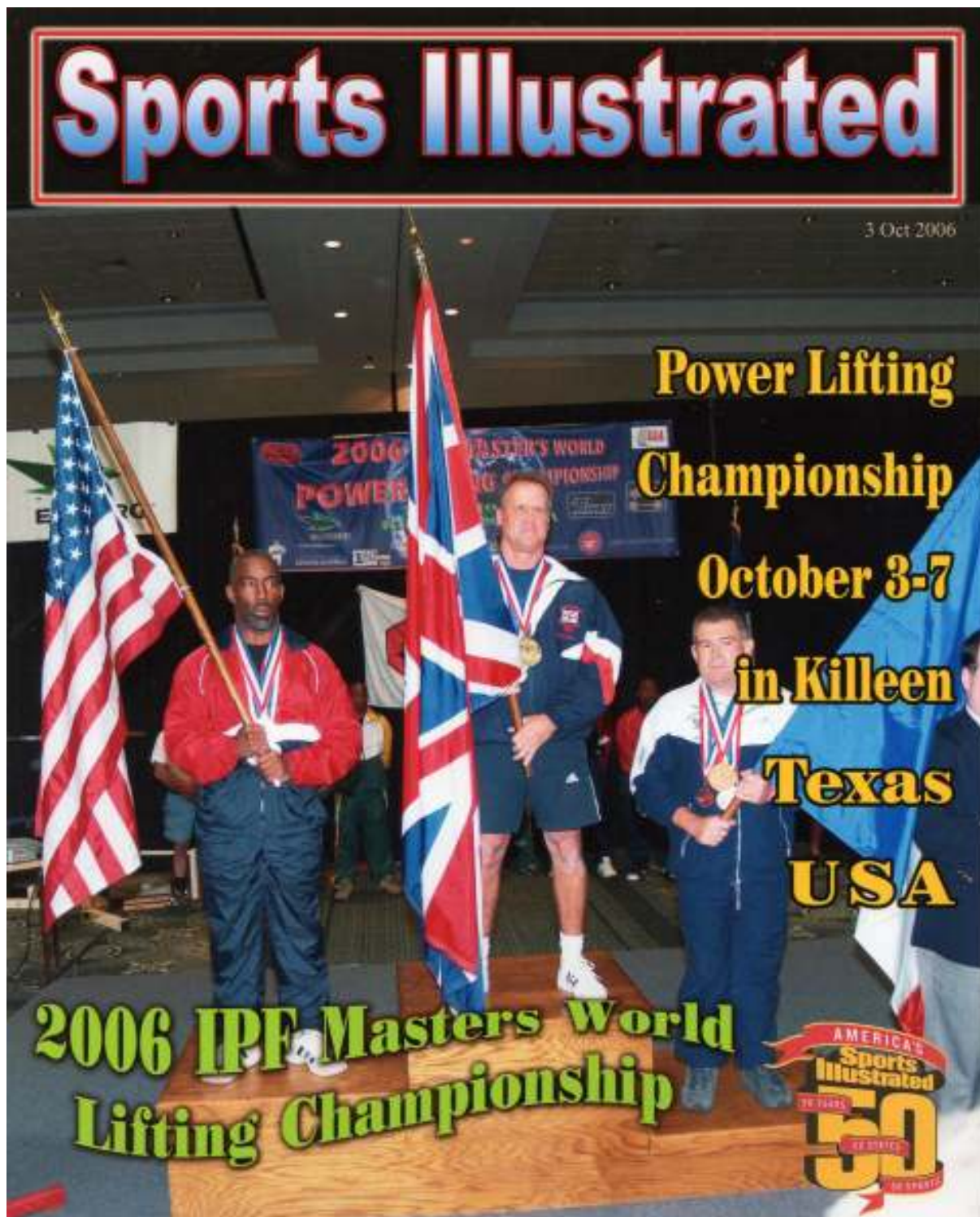


**European Masters 1 Gold – Palanga, Lithuania 1997
(Russian legend Leonid Lohov messed up his huge deadlift for once)**



European Masters 2 Luxembourg 2008

Winning the World Masters 2 title in Killeen Texas was probably the one that gave me most pleasure doing 685kg at 50 years old and beating the Yanks in their own back yard (we didn't finish lifting until after midnight – a big thanks to Ashley Amey for his help that evening). That total also equalled the World Masters total record at the time and included 2 Masters Bench Press world records – suffice to say I have very fond memories from Killeen.



I truly love powerlifting and the only downside over the years has been the undoubted use of drugs by some lifters at all levels and I have lost many times over the years to lifters who have subsequently been banned and there is absolutely no way you can get those moments back. It's good that the GBPF is now increasing its efforts to stamp it out.

The highs other than competing have to be the camaraderie throughout the years with other lifters and officials and also seeing our own club at Yardley Gobion continue to flourish as both a training and social venue when so many other clubs have fallen by the wayside.

I also admire lifters who seem to have boundless enthusiasm for all aspects of the sport even after many years of physically hard training and lifting yet still enter every competition like it's their first – the likes of Kevin Jane, Jackie Blasbery, Jenny Hunter and Andy Rodney as well as the others who contribute massively to the divisions running behind the scenes (even Allen).

As for the future for me in lifting I'm not sure what will happen, I am seeing a gradual decline in my lifts and I've never really been interested in moving up bodyweights just to maintain the totals – I guess in a couple of years if I can still manage over 600kg total I might do some Masters 3 comps but it depends on all the usual considerations – especially injuries.

I did take up martial arts around 4 years ago – Jado Kuin Do and managed to get to Brown belt but had to stop when my knees gave out – after lifting raw for the first time in 30 years of competing – probably should have left that to the juniors.

My main advice to all lifters at any level is to train as you would lift in competition – in strict style – I always get slagged off for commenting on squats in the gym that are not quite in but how many times do we see people bombing simply because that extra inch of depth is too much to do with the weight on their back on the day.

I guess I could have ended up doing any number of sports (probably not very well) but I am so glad I chanced upon this one – it's been a large part of my life as indeed it is for many others. I hope powerlifting will continue to grow and survive these changing times and attract more people to it. It is really tremendous to see so many new faces joining the older ones lifting at Divisional and National events nowadays.

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

East Midlands Powerlifting website address

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



The East Midlands Powerlifting Association

Minutes of the Annual General Meeting for 2013

The Meeting took place at the Hitchin WLC, Whitehorn Lane, Letchworth on the 2nd February 2014.

Meeting opened at 6.05pm.

- 1. Members present;** Pete Weiss, Chris Gladding, Allen Ottolangui, Jenny Hunter, Stewart Gates, Ian Finch, Krishnaa Mahbubani, Kevin Jane.
- 2. Apologies;** Steve Walker
- 3. Acceptance of previous AGM minutes, proposed Allen Ottolangui seconded Pete Weiss.**
- 4. Office reports;** Jenny produced an up to date balance of accounts which stands at £2,765.14. The Secretary produced a brief report highlighting various (both attached).
- 5. Election of officers;** It was not clear as to whether Dave Tucker wishes to remain as President of the division or indeed if he had joined the GBPF this year. (The Secretary offered to contact Dave to find out the position). No nominations had been received for the existing officer positions and no resignations so the committee as in previous years were elected in block to stand for another period of office.

Krishnaa Mahbubani was nominated (Kevin Jane) and seconded (Pete Weiss) and unanimously elected as a new addition to the committee. Krishnaa has offered to stand as the divisional youth development officer. A most welcome new committee member with youth on her side. Hopefully Krishnaa will encourage other young members to take on similar responsibilities and allow the remainder of the now Masters 2 plus committee to take a back seat.

Position	Officer	Position	Officer
President	Dave Tucker	Drug liaison officer	Kevin Jane
Hon. Secretary	Kevin Jane	Powerlifting Secretary	Peter Weiss
Chairman	Pete Weiss	Web site manager	Jenny Hunter
Treasurer	Jenny Hunter	Safe guarding officer	Kevin Jane
Membership Registrar	Allen Ottolangui	English powerlifting rep	Pete Weiss
Technical Secretary	Chris Gladding	Newsletter editor	Steve Walker
Records Registrar	Ian Finch	Assistant Technical Secretary	Pete Weiss
Youth development officer	Krishnaa Mahbubani		

Meeting closed at 6.25pm
Kevin Jane – Secretary



The East Midlands Powerlifting Association

Minutes of the Committee Meeting

The Meeting took place at the Hitchin WLC, Whitehorn Lane, Letchworth on the 2nd February 2014.

Meeting opened at 6.26pm.

- 1. Members present;** Pete Weiss, Chris Gladding, Allen Ottolangui, Jenny Hunter, Stewart Gates, Ian Finch, Krishnaa Mahbubani, Kevin Jane.
- 2. Apologies;** Steve Walker

3. Matters arising from previous meeting (17/11/13)

Championship dates; Stuart Hamilton had requested to stage the divisional bench press championships at Colchester on the 13/12/2014 which the committee agreed to (Secretary to inform Stuart and clarify if this is for both 'classic' and equipped lifters).

The date of 26/7/2014 for the divisional Juniors, Masters & Novices at Yardley Gobion WLC needs to be confirmed ASAP (Secretary to contact Steve Walker)

Allen Ottolangui announced that he will not now be running the senior divisional championship on the 23/11/2014 as he needs a well deserved break after over a decade of organising these championships. A debate followed as there was much empathy from other members who understand the enormous amount of time, energy and effort that goes into staging competitions which it seems is rarely appreciated by a majority of lifters.

In essence this leaves the division with one less venue and team to call upon, leaving just three current clubs to cater for an increasing number of members and in turn competitions. Krishnaa for the time being has offered to enquire about a venue in Cambridge to possibly hold the senior divisional.

As around 30 lifters missed out on competing at the divisional 'classic' championships due to the large number of entries, the committee suggested incorporating an Open Anglian competition as last year with the Junior, Masters & Novice championship. This to be clarified with the organiser Steve Walker. If acceptable the Anglian Open will be an unequipped event with entry preference given to those on a list of lifters who were not able to compete in the divisional 'classic'.

Chris has a number of interested members wishing to take a divisional referee exam and will liaise with Stuart Hamilton re running the course at his Colchester Gym, Pete offered to assist if required.

4. **Drug Testing.** A lengthy discussion took place on the subject of paying for drug tests at divisional championships, as the division had now accrued membership rebates from the GBPF. It was suggested that testing at divisional level will help deter those who wish to cheat from competing in the association or catch them out. The committee agreed to allocate around £750 to test 2 lifters at the senior divisional this year (venue and date to be confirmed). The Secretary will contact Rich Parker to set this up.

5. **Committee meeting dates;** Sunday 6th April 2014 at Moulton College Northampton 10.30am (room number to be confirmed). *Editors note – this has now been changed to Saturday 26th April after the Farm Classic Championships .* The other two meetings to follow the Junior/Master Novice championships and the senior championship.
6. **Support for lifters;** As the division was now in a better financial state it was agreed to reintroduce financial support or lifters from the division competing internationally. This to be in the form of giving up to £100 to lifters who apply in writing to the secretary. Each application will be discussed by the committee and any payment determined by the amount of money the association has available. Similarly the committee agreed to pay officials at divisional championships up to £10 an event on request, again subject to the current state of funds.
7. **A.O.B.** Chris raised the issue that event organiser's face when needing to check membership of competition entries. It was suggested that as the membership system for the GBPF was electronic, organisers should be able to send the final list of entries to the membership registrar (Carol Parker) at the closing date to check all are current members.



Secretary's Report for 2013.

A busy year for me with it seems ever more to do by a body that's not getting any younger. In fairness though all very positive and a reflection of the development of the GBPF. With over a 1000 members last year and already more than half that number three weeks into this year, things are expanding rapidly.

The East Midlands, in terms of members, is always it seems in the first three nationally and with oversubscribed championships we are virtually on par with how powerlifting was at its peak in the 1980's. The way the current GBPF executive have turned the financial situation around in just a couple of years in office from £400 to well over 20K has given divisions more income to develop the sport with.

The continuing growth nationally in 'classic' lifting has not just come from a decline in equipped lifting but also by attracting many new lifters into the sport, which I believe will

continue to flourish with the IPF now running international classic events that include Masters Categories. This transition does though create difficulties, with now very few lifters competing equipped, there are insufficient representatives to call upon for international teams. This decline also poses problems for competition organisers because there are often not enough entries to warrant a championship. This being a complete reversal of about 3-4 years ago when 'classic' lifting attracted just a handful of lifters.

I think that in order to cater for the growth in 'classic' lifters we need to introduce higher qualifying standards for national championships and as used to be the case in the East Midlands, set a standard for divisional championships and hold a secondary event for those who don't yet meet it.

As mentioned in previous years the East Midlands probably provides the most successful Masters lifters in the country with Jenny Hunter and Jackie Blasbery still leading the way obtaining more gold medals at the world Masters this year to hang around their powerful necks. In addition to the 'old brigade' I'm conscious of the depth and quality of young lifters coming through within the division, many taking national titles and I would think making the East Midlands perhaps the strongest division in the county. Pity old championships such as the UK knockout and All Midlands are not still being held, as I think the EM would come out on top.

With so many new comers to the sport I often notice that at competitions novice lifters have no real insight into the rules governing performance and have little idea of what they are allowed to wear on the platform. To this end I believe it would be beneficial to these lifters if the division could run occasional workshops to cover topics such as preparing for competition, competing within the rules, and the basic duties of officials.

Kevin Jane -Hon General Secretary