



Ultimate Power

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

December 2014



**Jake O'Neill "smashes it" at the Divisionals
840kg total**

Editors View



Hi again to all East Midlands powerlifters.

This is the 5th Xmas I have put out a newsletter to the division and it seems to come round quicker every year now.

2014 has been another good year for the GBPF in general. The East Midlands and powerlifting everywhere seems to be gaining huge numbers of new participants especially in the unequipped ranks.

Since the last issue there have been a lot of competitions both nationally, internationally and regionally with a number of divisional lifters involved and a great deal of success. It's not possible to cover everything but again the usual culprits have excelled – Jenny Hunter, Jackie Blasbery, Kevin Jane, Tony Cliffe, Sharn Rowlands and a number of newer lifters are starting to become well known and contenders for national titles.

There was an excellent divisional championships held in Northampton with some great performances (full report inside) and worth noting how many personal bests were achieved by lifters who were novices just a few months back. Also nice to see a lot more referees available due in part to the number of new members taking the course.

All members of the East Midlands Division should note that the Divisional AGM is to be held in Letchworth 25/1/15 after the East Midlands Classic Championships and all are welcome to attend to keep up with developments in the sport and in the division and to have their say if they want to.

There is also another referee's course to be held at the Farm Club in Moulton College Northampton on Saturday 31st January – if you have been thinking about doing this then please contact Chris Gladding or Kevin Jane for more information.

I hope all members have a great Xmas and New Year – don't worry about the bodyweight – it's only food.



Good lifting. Steve Walker

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East Midlands Records

The latest update of all East Midlands Powerlifting records is now available to view on the East Midlands Powerlifting website – www.eastmidpowerlifting.co.uk
However it does not include any records that were broken at the recent college & university championships. This is because lifters were highlighted as being from a university and not necessarily from their region! Can any lifters wishing to claim records set at these championships please contact the records officer Ian Finch.

CALENDAR FOR 2015

<u>START</u>	<u>FINISH</u>	<u>COMPETITION</u>	<u>VENUE</u>
7/2/15	8/2/15	BRITISH BENCH PRESS– Equipped & Classic	Horncastle Golf Club
7/3/15	8/3/15	BRITISH MASTERS CLASSIC	Horncastle Golf Club
21/3/15	28/3/15	European Classic, Open, Junior & Sub-junior	Pilsen
22/3/15	22/03/15	GBPF AGM	Moulton College
8/4/15	12/4/15	European Junior & Sub Junior	Hungary
11/4/14	12/4/15	BRITISH SENIOR, JUNIOR & MASTERS EQUIPPED	Moulton College
16/4/15	19/4/15	World Masters Bench Press	Aurora, Denver
6/5/15	9/5/15	European Open	Chemnitz, Germany
20/5/15	24/5/15	World Bench Press	Sundsvail, Sweden
5/6/15	14/6/15	World Classic	Salo, Finland
14/7/15	18/7/15	European Masters	Pilsen
6/8/15	8/8/15	European Open Bench Press	Pilsen
15/8/15	16/8/15	ALL ENGLAND	Moulton College
31/8/15	6/9/15	World Junior & Sub Junior	Prague
11/9/15	13/9/15	WEC	La Manga, Spain
12/9/15	13/9/15	BRITISH CLASSIC Women	Bournemouth
28/9/15	4/10/15	World Masters	Aurora, Denver
3/10/15	4/10/15	BRITISH CLASSIC MEN	Bournemouth
16/10/15	18/10/15	European Masters Bench Press	Talin, Estonia

Referee's Course 31st January 2014

Venue – Farm Powerlifting Club, Moulton College, Northampton

Date – 31st January 2015

Starting time – 10.00am (probable finishing time 3.00pm)

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).

For further information please contact

Chris Gladding - chrisjgladding@yahoo.com

Or

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

Tel - 01327 312535

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

East Midlands Powerlifting Association Website

All new divisional members please note you can find out up to date records, results and a calendar of upcoming events on the divisional website

www.eastmidspowerlifting.co.uk

East Midlands Classic Powerlifting Championships 2015

The Hitchin and Letchworth Weightlifting Club

Letchworth Corner Sports Club
Whitethorn Lane
Letchworth
Hertfordshire
SG6 2DN



Date :- Sunday 25th January 2015

<u>Classes</u>	<u>Weigh in time</u>	<u>Lift off</u>
All Women and Men 59 - 66 - 74 - 83 classes	8.00am to 9.30am	10.00am
Men 93 - 105 - 120 - 120+ classes	11.00am to 12.30pm	1.00pm

Lifting under GBPF rules. Drug testing may be carried out at this comp. Due to demand only the first 50 entries will be accepted. Guest lifters are welcome as long as there are spaces left.

Please send entry fee of £20.00 with slip at bottom of page to (PLEASE DO NOT SEND RECORDED DELIVERY):-



Allen Ottolangui
38 Whitethorn Lane
Letchworth
Herts
SG6 2DL

Make cheques payable to: Hitchin Weightlifting Club

Closing Date for entries: 11th January 2015

No entries will be accepted after this date

Name:

Address:

.....

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

GBPF number: Club:

Weight Class: Age: Gender: Male / Female

The East Midlands Divisional Championships 22nd November 2014 held at PTS Northampton

This was the first time that the Championships had been hosted by Progressive Training Systems in Northampton (I believe it was their first hosting of a powerlifting competition) and everything was well organised and ran very smoothly. The venue was spacious with plenty of catering facilities and close to major motorways for easy access.

A total of 48 lifters had entered, with only 9 lifters electing to lift equipped, so it was going to be a fairly long day but there were plenty of referees and spotters for the morning session although there seemed to be a shortage of spotters in the afternoon and a big thank you must go out to Aran Singh (from the West Midlands) and Mike King who both loaded and spotted tirelessly all day.

The lifting was split into two groups with all the ladies and the men up 83kg class going in the first group.

First off from Cambridge University (I think) and possibly a novice lifter was Naruermon Pratanwanich (that slips off the tongue) who lifted steadily for 8 from 9 and a total of 165kg at a bodyweight of 44.25kg



Naruermon very deep with her last squat

Georgie Lee weighing 51.1kg only made one squat today but totalled 245kg including a good 110kg deadlift.



Three lifters in the 63kg class Abi Graham, Leanne Clifford and Faye Jordan (on her home turf for the first time). Leanne lifted steadily for 3rd place with a 197.5kg total.



Leanne got 3rd today

Faye was second making a good 287.5kg including a 130kg deadlift which was successful but hard enough to deter her from taking a third attempt.



The clear winner today was Abi who only missed one squat for a strong 362.5kg total including a great deadlift of 170kg.

Only one lifter in each of the 74 and 84kg classes with PJ Gentle making 237.5kg and Monique Skelton making 335kg respectively.





Monique successful with 117.5kg

In the ladies 84kg+ class there were two lifters with Camille Holland winning with a total of 360kg at 107.9kg with Sarah Marsden making 305kg at 98.75kg for second.



Camille squatted deep with 140kg



Sarah pulled 127.5kg today

Onto the men and Dave Brown lead off at 58.05 making 285kg to win his class uncontested.



Dave had his last squat of 87.25kg turned down

It certainly wasn't uncontested in the 74kg class with a total of 5 lifters after a divisional title. Josh Owen didn't have his best day today only making 4 lifts for a 365kg total and 5th place.



170kg was Josh's biggest lift today

In 4th was George Burke making 395kg. David Braithwaite was third with 410kg with 8 lifts from 9.



170kg also for George Burke



A good deep 140kg for David Braithwaite

Second place went to Tom Winspear who made 427.5kg and had clearly learned from his bomb out at the Novices in July and opened lower on the deadlift today.



Tom nearly sat on the floor with his last squat of 167.5kg

The class winner by 2.5kg was Joseph Fallon who made 430kg including a good 190kg deadlift. Good to see some close lifting in this class.



Joseph won the 74kg class and finished with a 190kg deadlift

Four competitors in the 83kg class which unfortunately saw the most experienced lifter Doug D’Gama bomb out on the squats. The 200kg looked relatively easy but Doug just couldn’t make depth today leaning forward too much due to a hip injury.



Try as he might Doug just couldn’t get his depth on the squats today

So that left the field open however it wasn't closely contested. Third went to Kiran Innocent with 425kg



Kiran made 160kg at the second attempt

A strong 225kg from Dominic today

Second place went to Dominic Hemp who made 500kg which is a great improvement on his 465kg total in July- well done Dominic. However the clear winner today was Joseph Hughes who made an impressive unequipped total of 555kg including a very strong 240kg deadlift.



200kg raw squat from Joseph

The biggest class of the day was the 93kg mens with a total of 10 entries across a vast spectrum of ages and experience.

However as is often the case the class was reduced by a couple of lifters having to withdraw due to injury – Gary Allen who had a back problem warming up and Tony Wightman who pulled out at the deadlift stage – I assume with a back problem also.

So as they say in reverse order was Mick Coleman 372.5kg.



Mick gets 120kg

7th was Ali Wilson again on home turf with 410kg – some way down on his last comp total – either cruising or focussing on running things.



Ali pulled a good 180kg on his third deadlift

6th was Jordan McKenzie with 470kg – this was a 50kg increase on his last comp in July so a great result.



Taking the strain – Jordan with 190kg

5th was Matthew Jack with 515kg.



A great final pull of 220kg for Matthew Jack

4th was Lawrence Rowles with 535kg.



Lawrence made light work of 235kg today

Into the top three and third was Jonathan Faasse who was just 2.5kg ahead of Lawrence making 537.5kg.



Not quite today – 202.5kg wouldn't quite go but still a good day for Jonathan

Second was Joshua Liebelt with 550kg.



Joshua fought hard to make a 205kg squat

Joshua however was some way behind the winner and oldest lifter in the class – Kevin “I’m bored with this” Jane who made a fairly average 725kg total - Kevin refuses to lay down and retire – he will definitely have to be carried out kicking and screaming one day!!



Life in the old dog yet – a 287.5kg pull for Kevin – world class lifting

There was a further 9 lifters in the 105kg class with 5 going equipped.
One guest lifter – Chris Cox bombed on the squat finding 220kg just too much to handle today.
So 8th place went to Danny Phoenix who totalled 425kg today – again a 50kg increase on his last total as a novice lifter back in July.



Danny is improving and pulled 190kg

Scott Carson was 7th today missing four of his lifts



A well fought 205kg for Scott today

6th was Jordan Butel who made 560kg.



Matt Strong (good name for lifting) was 5th with 567.5kg making all his lifts today.



227.5kg deadlift for Mr Strong

4th place went to Danny Willgoss with a good 590kg.



Nice technique from Danny with 220kg

Danny wasn't far behind 3rd placed Stuart Alexander who made a nice round 600kg total.



Good deadlifting from Stuart who also won the loudest shirt and shoes competition

Then a huge gap up to second place Jack Cook who made an impressive 750kg total with 7 from 9. Jack still seems to be between weights at the moment – still over 6 kilos under his bodyweight limit which must be a disadvantage.



A 275kg big squat for Jack Cook

However even Jack's total was no-where near good enough to threaten first place with Jake O'Neill improving rapidly at the moment to win the class with a tremendous 840kg total which included a missed bench and only two deadlift attempts – he certainly would have won best lifter of the day if there had been an award for it.



A bar bending 332.5kg for Jake – the biggest squat of the day by over 50 kg

Again a big class of 7 in the 120kg class with fortunately no bombers or injuries. Sam Moini came in 7th with 455kg.



6th was Jeremy Greer with 512.5kg total just behind Sam Smith on 517.5kg.



Jeremy with 207.5kg



Sam Smith locks out with 212.5kg

Sam Harvey was 4th today with 615kg.



Sam is a big deadlifter and 250kg looked easy enough

Onto the top three and third went to Tom Vazon only on his second comp making a strong unequipped 622.5kg although he was disappointed to just miss his second deadlift of 270kg and opted not to take a third.



Good depth for Tom but he couldn't finish 245kg today and had to settle for 235kg

Ben Leyland was second with 635kg and a good 280kg deadlift.



220kg for Ben

The winner was Andy Hutchings, right at the top of the weight class on 119.9kg and a total of 702.5kg with 8 lifts from 9.



Andy was as consistent as always

Finally onto the we ate all the pies and everything else class – the 120kg+ boys with just 2 entries James Anderton and Ricky Nicholls both unequipped. Ricky won with 9 lifts from 9 and an excellent 700kg total.



245kg squat in Ricky's 700kg total



James happy with 210kg today

James made 560kg today and missed a couple of attempts at a 230kg deadlift but seemed happy enough with his days work.

So a long day ended. Thanks to PTS for hosting the event, to all referees and helpers and to the Farm Powerlifting Club who provided kit and support for the event. Finally a special thank you to Allen Ottolangui for not bothering to turn up – every little helps.

Report and photos by Steve Walker

Some other curious aspects of the day

Pete Weiss was on a “Coaching for the Bewildered” course today



9.30 am – What am I doing in here??



9.45am – Still no idea what’s happening



10.00am - Maybe I should stand somewhere else



10.10am – No just as baffled over this side



10.30am – I’ll give it till 10.45am



10.45am – If only there was a bloody clock in here!!

The flamboyant refereeing hand signals guide by Andy Rodney



The “Double top to win” manoeuvre



The exits are over the wings and at the rear of the aircraft

More “Handy Andy” signals next time

Caption Competition



Entries already received:-

- One of them's a dummy, the other's a training aid.
- Only their mother can tell them apart
- I've seen more hair on a ten pin bowling ball

Please send any entries to Ian Finch (if you dare).

Competition Round Up

I haven't received many reports this issue so all I can do is look at the results to see where divisional lifters have competed at national or international level and just summarise the achievements.

The British Mens Classic 4th & 5th October held in Dover

A total of 13 lifters from the East Midlands division competed with four 1st places, one 2nd place and four 3rd places – a creditable achievement

Joe Strike – 59kg Sub junior class 270kg – 1st
Ben Sparks – 74kg Sub Junior class 325kg – 3rd
Salman Khan – 74Kg Junior class 542.5kg – 2nd place
Dominic Crane – 74Kg Senior class 510kg – 6th place
Thomas Rowell – 83kg Junior class 565kg – 5th place
Chris McKenzie – 83kg Senior class 547.5kg – 7th place
Kieran Stubbings – 105kg Sub Junior class 465kg – 1st place
Matt Deacon – 105kg Junior class 650kg – 3rd place
Sam Harvey – 120kg Junior class 617.5kg – 1st place
Sam Smith – 120kg Junior class 537.5kg – 3rd place
Tony Cliffe – 120Kg Senior class 885.5kg – 1st place
Tom Weavers – 120kg Senior class 627.5kg – 6th place
Chris Hartwig 120kg+Senior class 695kg – 3rd place

The 4 Nations 29th November held in Glasgow

Three lifters from the division represented England against Scotland, Wales and Northern Ireland.

Sharn Rowlands – 342.5kg at 43.8kg
Nina Cambetta – 345kg at 62.8kg (unequipped)
Tony Cliffe – 900kg at 120.4kg (unequipped)

Great lifting from our lifters and the rest of the team helped England to triumph with the ladies winning the equipped and unequipped and the men winning being 1st in the unequipped and 2nd in the equipped. Overall the England team was first in the combined equipped and classic competition.

Again special mention for Tony Cliffe – a 900kg total at 120.4kg is world class and it wasn't too long ago he was injured so great work.

East Midlands Bench Press 2014 at Hamiltons Fitness, Colchester

Unequipped

Gp	Name	Gender	Class	Weight	Age	Equip	EM?	Bench 1	Bench 2	Bench 3	Best	Wilks	Place
1	Zoe Newson	f	47	43.3	u23	n	y	85.0	90.0	95.0	95.0	135.19	1
2	Natalie Blake	f	52	50.9	sen	n	n	90.0	-95.0	-95.0	90.0	114.06	2
3	Jenny Hunter	f	57	54.9	m2	n	y	65.0	70.5	-72.5	70.5	84.25	3
3	Faye Jordan	f	57	56.7	sen	n	y	65.0	-70.0	-71.0	65.0	75.74	4
5	Lucie Sukova	f	72	65.6	m1	n	y	60.0	62.5	-65.0	62.5	65.13	5
4	Tiffany Croker	f	63	61.0	sen	n	y	47.5	-50.0	-50.0	47.5	52.29	6
7	Adam Alderman	m	59	53.0	sen	n	y	135.0	137.5	140.0	140.0	134.68	1
13	Stewart Cowan	m	120	112.1	m2	n	y	167.5	177.5	-180.0	177.5	103.82	2
10	Lee Meachen	m	83	78.3	m1	n	y	137.5	145.0	-150.0	145.0	100.35	3
11	Paul Abbott	m	93	92.0	m3	n	y	150.0	155.0	-160.0	155.0	97.86	4
9	Andrew Wass	m	74	71.3	sen	n	y	-125.0	125.0	130.0	130.0	96.07	5
14	Chris Hartwig	m	120+	131.7	sen	n	y	160.0	170.0	-180.0	170.0	95.84	6
10	Lee Ditchman	m	83	83.0	sen	n	y	137.5	142.5	-147.5	142.5	95.11	8
10	Dean Kehoe	m	83	78.7	sen	n	y	137.5	-142.5	-142.5	137.5	94.85	9
11	Lorenas Mikalajunas	m	93	88.5	sen	n	y	135.0	145.0	-147.5	145.0	93.36	10
10	Thomas Watts	m	83	79.1	sen	n	y	135.0	-140.0	-140.0	135.0	92.82	11
8	Riccardo Biondi	m	66	64.6	sen	n	y	105.0	110.0	-113.0	110.0	87.92	12
9	Dominic Crane	m	74	73.4	sen	n	y	100.0	110.0	120.0	120.0	86.81	13
11	Jonathan Boyles	m	93	92.7	m1	n	y	130.0	135.0	137.5	137.5	86.49	14
13	Sam Smith	m	120	110.1	u23	n	y	135.0	-142.5	142.5	142.5	83.80	15
12	Danny Willgoss	m	105	97.9	u23	n	y	110.0	130.0	132.5	132.5	81.32	18
10	Luke Neal	m	83	81.4	u23	n	y	110.0	120.0	-122.5	120.0	81.03	19
12	Kieran Stubbings	m	105	97.0	u18	n	y	110.0	115.0	120.0	120.0	73.94	20
10	Ali Wilson	m	83	82.5	sen	n	y	110.0	-115.0	-115.0	110.0	73.68	21
13	Chris Gladding	m	120	118.4	m4	n	y	110.0	117.5	122.5	122.5	70.61	22
12	Matt Howard	m	105	95.1	sen	n	y	100.0	107.5	112.5	112.5	69.93	23
12	Stuart Hamilton	m	105	98.7	m2	n	y	112.5	-	-	112.5	68.81	24
9	Tom Winspear	m	74	73.4	u23	n	y	90.0	-97.5	-97.5	90.0	65.11	25
12	James Kleuter	m	105	98.2	u23	n	y	100.0	105.0	-112.5	105.0	64.36	26
11	James Hickey	m	93	89.7	sen	n	y	82.5	87.5	90.0	90.0	57.54	27
8	Daniel McGauley	m	66	60.3	sen	n	y	50.0	-55.0	60.0	60.0	50.94	28

Equipped

6	Jackie Blasbery	f	84+	87.3	m2	y	y	110.0	117.5	-122.5	117.5	102.88	1
13	Pinda Singh	m	120	115.0	sen	y	y	250.0	260.0	-270.0	260.0	151.00	2
13	Ian Sullivan	m	120	110.7	m2	y	n	165.0	167.5	-170.0	167.5	98.34	3
14	Sam Harvey	m	120+	120.9	u23	y	y	160.0	170.0	-180.0	170.0	97.51	4
10	William Dadley	m	83	81.0	m2	y	n	115.0	122.5	130.0	130.0	88.05	5
10	Mick Amey	m	83	82.4	m3	y	y	105.0	-115.0	-120.0	105.0	70.38	6
11	Jordan McKenzie	m	93	89.7	jun	y	y	-130.0	-130.0	-130.0		0.00	

World Masters Championships 2014 Team Report

The 2014 World Masters was held in Pilsen, Czech Republic and as always the venue was presented very professionally even though for many of us it has become almost a training camp because of the amount of times we have lifted there. Anyway on to the lifting.

In the womens M1 Team we had only one lifter in the 84Kg class - Michelle Brand. This was a tough class with 2 girls from the Netherlands and 1 from USA. Michelle got all 3 Attempts on the Squat finishing with 165Kg and the Bronze. The Bench saw the favourite Ielja Strik from the Netherlands miss all 3 attempts and bombing, leaving the contest wide open. Once again Michelle got all 3 finishing with 110Kg and the Silver moving her into 2nd overall at sub-total in front of USA. Michelle chose her Deadlift attempts wisely keeping her in front of the American and finishing with 152.5Kg and a 9 for 9 427.5Kg total giving her the Silver overall.

The M2 Team consisted of 3 lifters, and probably our 3 most consistent performers. First of whom was Jenny Hunter in the 52Kg class. Due to some injuries Jenny was down on her best but showed her competitive spirit by grinding out her lifts to take Gold's across the board and finish with another World Champion title and 12 points for the Team. Jenny has been one of our most consistent lifters over many years and hopefully can get back to fitness and get back on the platform again.

Next was Jackie (I will blame it on my coach) Blasbery in probably the best group of the comp. USA and Germany were Jackie's rivals. The Squats saw the German struggle leaving her slightly off the pace but Jackie's third attempt 170Kg left her 2.5Kg behind USA. The American did 117.5Kg on her second attempt Bench so Jackie took 120Kg on her third to put her in front which she got. USA then took a big jump to 125Kg and missed it leaving them level at sub-total but Jackie was the heavier.

Both lifters started with 170Kg Deadlift but Jackie had the lower lot number so she had to go first, Jackie's second of 182.5Kg was a strong pull so the American took the same keeping her in front on bodyweight. After some changes on the third attempts Jackie took 190Kg and showed why she is such a good competitor as, after an epic pull Jackie got three whites putting the pressure back on USA. However she also showed some true grit and an equally epic pull to take the title on bodyweight over Jackie. Jackie's silver medal gained 9 more points for the Team and I look forward to next year's battle.

Next in the 84+Kgs was Jeannie Maton. A slow start for Jeannie missing her opener on the Squat but then she came back with a vengeance getting a solid 170Kg and the Gold. Jeannie's 112.5Kg bench was also the Gold. And finishing with 180Kg Deadlift and 462.5kg total gave her gold's across the board and the title with 12 points for the Team.

The three girls managed to gain 3rd in the Team event a great achievement.

Two lifters at M3, first of which was Marina Cornwall in the 47Kg class. Marina was up against the New Zealander who ended up overall best lifter so Marina had her work cut out. Marina stuck to her game plan and got in some solid lifts giving her a 245Kg total and the Silver and 9 team points.

At 84+Kg we had Sue Hollands. Sue's consistent lifting gave her 8 from 9 with 175Kg Squat, 85Kg Bench, 165Kg Deadlift and 425Kg Total and Gold's across the board with 12 Team points. A great achievement considering Tony (her other half) was sitting in the front row in his Union Jack outfit, well done Tony.

The M3 Women won the Team event another great achievement.

On to the Men and M1 we only had 2 lifters both in the 74Kg class, Phil (the ring) Richard and Bernie (I'll be ready in a minute) McGurk. On paper Phil was favourite and Bernie had an outside chance of getting in the medals. Phil's competition was from the Japanese lifter but he bombed on the Squat which left it open for Phil, a strong 290Kg third attempt gave Phil the gold. Bernie only managed his opener of 220Kg after losing his balance on the other attempts which left him in 6th place. A 210Kg bench and Gold for Phil was his best but a very close attempt with 225Kg would have given him the World M1 record, next time. Bernie's best of 147.5Kg left him a bit off the pace at sub-total with his favoured Deadlift to come.

Phil's second Deadlift of 145Kg sealed the title so he tried 255Kg on his third to give him a bronze on the Deadlift but he couldn't quite manage it, never the less a 745Kg total and Phil also won the overall best lifter in the M1s, a great performance. Bernie was a bit off the pace for overall medals but had a good chance of a deadlift medal. He had a strong opener of 250kg and a second of 262.5Kg, for his third it depended on whether the Aussie got his 265Kg if he did Bernie would need 265Kg for gold on Deadlift if he missed Bernie would need 275Kg to put him in 3rd place overall. The Aussie pulled 265Kg so the attempt went in for Bernie, in all the confusion the 275Kg went in but Bernie showed his Deadlifting prowess and pulled it giving him Gold on deadlift and 4th overall.

First up for the M2s was Allen Ottolangui. A tough day for Allen getting a hard fought 215Kg Squat and 140Kg bench then after a hard 225Kg Deadlift which he couldn't quite finish before his grip went left Allen in 6th place with a 560Kg total and 5 Team points. (Go and stand in the corner and try much harder next time!!)

In the 83Kgs saw Karnail Singh with a 220Kg Squat, 145Kg Bench, 220Kg Deadlift and a total of 585Kg for 8th place overall with 3 Team points.

That true Brit Steve Cummings was in the 93Kg class and he had a good medal chance. Three good Squats put him in 3rd place with 280Kg only 5Kg behind the leaders. Steve only managed his opener of 190Kg on the Bench leaving him 15Kg behind the American at sub-total and

Steve was the heavier man. After Steve got in his first two attempts on the Deadlift it came down to him needing 17.5Kg more than the American to take the title so after the American pulled his third of 260Kg the bar was raised to 277.5Kg. Steve went out to the bar screaming England, England, and pulled the bar to completion giving him Gold on the Deadlift and the World Champion title and a very happy Brit.

The Men's M2 team came in 7th place.

For the M3 Men Stan Macrow was first in the 74Kg class, three good Squats left Stan with 180Kg, and three Bench's gave Stan 125Kg. Stan only managed his opener on the Deadlift of 180Kg leaving him with a 490kg total and 6 points.

In the 93Kgs we had two lifters Mick Ellender and my Dad Kevin Jane. Mick lifted well with 165Kg Squat, 135Kg Bench, 230Kg Deadlift and a 530Kg total putting him in 6th place and 5 points, good to Mick getting back after a few injury problems. Kevin (been around forever) Jane put up a fantastic performance getting a clean sweep of Gold's with 272.5Kg Squat, 167.5Kg Bench a 285Kg World Record Deadlift and 725Kg Total not only giving him the title but also overall best lifter in the M3s and 12 points well done Dad.

James Dulling was our next lifter in the 105Kgs. Jim Squatted 190kgs and Benched 155kgs finishing with a 235Kg Deadlift and 580Kg total leaving him in 6th place and 5 more points.

This gained the M3 Team 3rd place.

Our only M4 was that 84 year old Ernie Parks. Ernie lifted in the 83Kg class and after a slow start on the Squats taking all three attempts to get his opener of 175Kg, Ernie got into the swing of things getting 110Kg bench and the bronze. Ernie showed his pulling power on the Deadlift pulling a massive 227.5Kg World M4 record giving him a 512.5Kg total and the bronze medal overall a true inspiration to all you over 80s out there.

Once again another successful trip for the Masters, and well done to you all. As always I would like to thank everyone for their help especially Jenny Hunter, Sue Hollands and her sister Marie, my Dad and Gary Hills also to Alex Mathieson, Mick Ellender for their reffing and the groupies Marlene, Sue and Charlotte. Finally that bloke in the Union Jack outfit.

Look forward to seeing you all at the next one.

Team Manager
Allen Ottolanguai



The East Midlands Powerlifting Association – Minutes of committee meeting held at Moulton College,

Northampton on the 11/10/2014.

Meeting open at 11.15am

1. **Members present** – Ian Finch, Chris Gladding, Allen Ottolangui, Jenny Hunter, Steve Walker, Krishnaa Mahbubani (from 12.00) Kevin Jane
2. **Apologies** – Peter Weiss
3. **Matters arising from previous meeting-**

a). **Drug testing** position at a Divisional level was discussed, along with the implications this might have for the GBPF as it would be provide an increase in positive samples. Ian to check out with Richard Parker if this would make any difference to the GBPF as a member of the IPF. (Post meeting Ian reported that testing at National/divisional level does not impact on the status of the GBPF within the IPF). The committee agreed that when notice of the next AGM is made a position on the committee for a Drug Control Officer will be advertised. Although testing at divisional level next year can become a reality.

4. **Financial update** – The treasurer reported that the divisional account currently stands at £4,090.14 with nothing outstanding.
5. **Financial support for lifters** – The committee debated this subject at length and it was pointed out that the division has for many years when funds have allowed, always provided if requested, some support for lifters selected to compete internationally or in some cases nationally. A decision on each request being made by the committee at the time based on the individuals circumstances and criteria such as length of membership, and type of contest.

The donations from the division since 2000 amount to over £2,200, amounts prior to this date are not known. The committee agreed that information about applying for a donation from the division needs to be mentioned in the newsletter regularly as new members are not likely to know about it. It was also decided to produce an application form for this purpose to be used as from 2015 (Ian to action).

The maximum amount for any donation was to remain at £100 per person per year, although no restriction was placed on consecutive year applications. The committee will when deciding upon honouring requests for donations only do so after considering the current budget situation of the division. As in recent years this scheme may be put on hold if insufficient funds are not available.

There were four outstanding claims for a contribution towards international representation this year and the committee decided unanimously to award those lifters £100 each.

6. **AGM** – The divisional AGM will be held after the divisional Classic championships at Hitchin WLC Letchworth Sunday 25th January 2015. **The English AGM will be at Moulton College, Northampton 1st February 2015 11.00pm. and the GBPF AGM at the same venue on the 22nd March 2015 11.00pm.**

7. **Divisional championships-** Jenny reported that there were some difficulties in either finding or downloading an entry form for this event, and that some lifters might have missed out as the maximum number of spaces (50)

was nearly achieved. To ensure that everything was in hand as far as the organisers were concerned Ian and Kevin would visit the venue after the meeting to see what support and equipment was needed. Chris informed the meeting that there were at least 8 referees coming to the event.

7. **Lifter of the year award**- two candidates were proposed for this, one male and one female. As two lifters shared the award last year the committee decided that two awards (male & female) would be given each year. The committee agreed to start by awarding the two nominated lifters an award to be presented at the divisional classic next year. (Allen to provide the trophies) The lifter/s of the year award is awarded to lifters who have not necessarily achieved the highest accolade, and may be awarded to a lifter in the opinion of the committee, who has made a significant improvement in performance or in other ways supported the division or GBPF.

8. A.O.B.

a). **Newsletter** – Steve commented on the difficulty of finding news articles and would welcome any information, training tips etc. from readers. Chris will trawl through some of his extensive archives to see if there are any interesting articles that could be re-produced.

b). **BUCS-Cambridge**- Krishnaa informed the committee of the competition to take place on the 13th December 2014 which will have up to 50 entries. The competition will be under IPF Classic rules and all lifters will be current GBPF members.

The committee will support this as much as possible, the Secretary to liaise with Krishnaa to see what equipment is required and help with organising where possible. Any additional support would be appreciated i.e. officials loaders etc.

c). **National invites** – It would appear that some of the lifters competing under the East Midlands were lifting at the British Classic championships 4/5th Oct who had not during the previous year lifted in the Divisional Classic event. **(Pete will be asked to contact the event organiser Adam Riley if there are any lifters who should have not received their invites)**

d). **Divisional records** - Ian apologised for sending out latest divisional records without the All England record claims, will amend this week.

Meeting closed at 12.20

Kevin Jane -Hon Secretary



The East Midlands Powerlifting Association Annual General Meeting Agenda for 2014.

The meeting to take place after the Divisional unequipped championships at Hitchin WLC, Whitehorn Lane, Letchworth, **on the 25th January 2015**

AGENDA;

1. Members present
2. Apologies
3. Acceptance of previous AGM minutes (2/2/2014)
4. Officer reports (written only)
5. Election of officers (currently). (One new nomination received)

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		

Agenda for Committee meeting to follow the AGM.

1. Members present
2. Apologies
3. Matters arising from previous meeting (17/11/2013)
4. Championship dates
5. Staging of Divisional championships
6. Drug testing at divisional level
7. Committee meeting dates
8. A.O.B.

The Divisional Technical Secretary's Report 2014

2014 was a rather difficult year for me and much worse for my wife. I did however manage to attend some Powerlifting meets and hopefully I can attend a few more this year.

Generally speaking I was very pleased with our cadre of Referee's during this year. Though of course as always there are one or two Referee's that don't offer much help with actual Refereeing or any of the other many and varied duties at competitions that need to be done.

Since becoming Technical Officer in 2013 two Divisional Referee's Courses have taken place. The first one was at Moulton College, Northampton where four candidates attended. Of the three from our division, two were successful -, Ian Finch and Andy Rodney and both have since proved to be great assets.

The second course was run in the early summer of 2014 at Hamiltons Fitness Centre in Colchester and thankfully three candidates were successful in becoming Divisional Referee's. They were Krishnaa Mahbubani, Mick Amey and Tom Hudson. I congratulate them on their new appointments and I am most pleased to have seen them all prove themselves to be proficient as Referees.

I sincerely hope that the two unsuccessful East Midlands candidates will come forward and take the exam again soon as I know that both were so very close to passing.

I would like to ask all our current active referee's to give consideration to trying to encourage someone in your club or sports centre to take the Referee's examination at some time soon.

We have only 17 qualified Referee's in the East Midlands and two or three of these have given their all to our sport over many many years and would now like to retire and hand over to new young blood. Come on you youngsters, give something back to the sport.

Best Regards

Chris Gladding.



MERCHANDISE price list

ITEM	DESCRIPTION	COST
Embroidered BPF logo cotton T-shirts	Sizes XS -4XL various colours. Inc. White, black, green, yellow, blue	£9.00
Polyester T-shirts printed GBPF logo	Yellow and navy with red sleeve s	£11.00
Track suits embroidered GBPF logo	Great Briain powerlifting printed on back sizes XS – 3XL	£60.00
Hoodie tops GBPF embroidered logo	Grey, a few black, pink and light blue in stock	£17.00
Ref. GBPF embroidered white shirts	Med & large	£15.00
Mens embroidered GBPF briefs	Large and med	£6.50
Caps GBPF embroidered logo	Grey or navy	£7.00
Showerproff jackets	With GBPF logo Navy XS- 2XL	£22.50
Training hand towels	White with GBPF embroidered logo	£8.00
Reversible Jackets	GBPF logo embroidered one side, navy, or black	£25.00
Beanie hats GBPF embroidered logo	Grey or Black	£6.50
Vests	Grey with GBPF embroidered logo	£8.00
GBPF Car stickers	Boot or window	£3.00
Long Socks	GBPF logo – only small and Med at present	£7.00
Polo neck T-shirts	GBPF embroidered logo Yellow	£10.00

Please contact Kevin Jane if you want to purchase any of the above quality merchandise

Divisional Masters record for Stuart Alexander

Good morning Steve,

One new item from me:

A member of the Farm club, Stuart Alexander lifted as a guest at the SE Classic event on November 30th, just a week after lifting at the EM event at PTS and broke the EM Masters 1 un-equipped squat record with 235Kg. He went on to achieve a 135kg bench and 242.5kg deadlift for a 612.5kg total.

Squat photo attached.

Regards,

Ian Finch.



So did anyone guess the knock-kneed footballer



Well it was a very young John Bevan your favourite centre referee!!
(Red lights = Red cards maybe!)

Anyone got any pictures of themselves or anyone else taken years ago let me know and we'll do another one next time (Steve Walker).