



Ultimate Power

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

March 2015



**Abi Graham - East Midlands
Female lifter of the year 2014**



**Allen Ottolanguì – East Midlands
Gurner of the year 2014
(claims he was male lifter of the year)**

Editors View



Hi again to all East Midlands powerlifters.

The GBPF and East Midlands division continue to go from strength to strength with more and more members joining and participating in competitions at all levels both in the traditional equipped events and the ever popular Classic unequipped events.

Such is the demand for competitions for both the experience and for qualifying purposes that The Farm Powerlifting Club have agreed to put on a qualifying event on the 26th May which will no doubt prove to be well supported.

There have been a number of competitions this quarter and I have tried to pull together a summary of all results I can find – I only have received one competition report on the East Midlands Classic held at Letchworth (thanks to Allen Ottolangui for that one). There have been a number of great achievements in these competitions and I am finding it increasingly difficult to get much feedback from the division in the form of reports or comments for the newsletter which I believe is largely due to the inevitable increase in news, comments, training ideas, photos etc on the internet via social media nowadays.

As a result of this I have decided this will be my last newsletter – if anyone else would like to take on the task or has ideas on how to better communicate with the membership they can contact any members of the committee to discuss.

I've enjoyed producing the newsletter for the last five years and would like to thank all contributors both regular and one offs for your help and input.

In the meantime good luck to all East Midlands lifters in forthcoming local and international competitions and here's to the sport continuing to flourish.

Good lifting. Steve Walker

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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

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
9/11/15	15/11/15	Worlds Open	Hamm, Luxembourg
28/11/15	28/11/15	Four Nations	England
1/12/15	5/12/15	Commonwealth Championships	Vancouver

Congratulations to Tony Cliffe

A great result for Tony in the inaugural European Open Classic Powerlifting Championships, just finished in Pilsen, with an overall silver medal and an 875kg total. His lifts of 320/225/330 also gained him 2 individual silver medals and 1 bronze medal. Fantastic lifting from someone who has successfully made the transition from equipped to raw lifting.





Accolade for Faye Jordan

Whilst browsing through our local Northampton paper recently I recognized a familiar face and was delighted to hear that Faye was the winner of Northampton's Inspirational Woman Award 2015.

I'm sure everyone who knows her would agree that this was well deserved so congratulations to Faye on an outstanding achievement.



AWARD Faye Jordan accepting her Inspirational Woman Award 2015

Faye is an inspirational woman

Northampton business-woman Faye Jordan has been announced as the winner of Northampton's Inspirational Woman Award 2015.

The annual award, run by Northampton Borough Council and BBC Radio Northampton, was presented at the International Women's Day event on Saturday.

Faye was chosen out of over 100 amazing

women nominated for the award, which celebrates Northampton's unsung heroines, who work hard all year and are committed to making a difference in their community.

She was chosen for her tireless work in helping others and giving them confidence and help to achieve their goals through sport.

She has overcome many obstacles, includ-

ing cancer and meningitis, which has had a devastating effect on her physically.

Overcoming her physical challenges, Faye has represented England at national level in powerlifting and competed in Britain's Strongest Woman Competition. Faye is described as a "remarkable woman", "great inspiration", "amazing", "fantastic", "awesome" and "passionate".

EAST MIDLANDS CLASSIC POWERLIFTING CHAMPIONSHIPS 2015

This year's East Midlands classic was a very well represented competition with 52 lifters taking to the platform and many more wanting to lift but sadly we had to cap the amount of entries as it was only a one day event. This is something that the committee is working on to eliminate similar problems in the future. Anyway on to the day's lifting.

In the Women's 47Kg Class there were 2 lifters Imelda Flanagan and Sharn (Shazam Doris) Rowlands. Imelda, now a M2 lifter, put in a very solid performance getting 6 from 9 and finishing with a 222.5Kg total and second place.



Imelda should do well at the forthcoming British Masters but today she had her work cut out coming up against Sharn (Shazam Doris) Rowlands. Getting 8 from 9, only narrowly missing her last bench, Shazam cruised to a 267.5Kg total and the win.



Shazam is still U23 but is also one of the best lifters in the seniors class, not only at divisional but nationally too.

Faye Jordan lifted unopposed in the 57Kg Class. Faye had a slow start using all 3 attempts to get her opening Squat but then got into her stride finishing with a 290kg total, having some near misses with divisional records on the way.



In the 63Kg Class Abi Graham took the win getting 9 from 9 and a very impressive 372.5Kg total. Abi has made some great improvements and has now become a force nationally.



Close on her heels in second place with a 337.5Kg Total was Nina Cambatta, who has also been making some very good improvements. Nina's technique on the lifts has improved which I think is now showing dividends.



Third and fourth place was determined by a mere 0.1Kg bodyweight between Anastasia Zinchenko and Roxanne Richards. At subtotal Anastasia was 17.5Kg up but was the heavier. Anastasia's last Deadlift of 127.5Kg meant that Roxanne needed 145Kg to take the win. Roxanne pulled a solid 132.5Kg on her second attempt then with nowhere to go took the big jump to 145Kg which she pulled and took the third position - a great battle between these two and I am sure Anastasia will want her revenge - watch this space.

Heidi Markely took the win in the 72Kg's with some solid lifting and a 292.5Kg total. Heidi has only been competing for a couple of years and is showing some good improvements. Only 10Kg separated second and third, Wendy Williams took the Second with a 260Kg total and Paula Gentle third with a 250Kg total - a very evenly matched contest between them through all the lifts.



The shock of the day came in the 84+Kg, our very own Jackie (nice baps) Blasbery now a M2 came in a few Kg's over her normal 84Kg class and came up against a new lifter in Camille Holland. Camille's Squat of 170Kg gained her a massive lead and the divisional record, Jackie managed a strong 135Kg but was 35Kg behind. Jackie pulled back 5kg on the bench with a comfortable 85Kg but was 30Kg behind at sub-total. Both Women ended on 160Kg deadlifts giving the win and the title to Camille with a 410Kg total over the slightly older (by 25 years!!) Jackie's 380Kg. Some awesome lifting from these two and it will be interesting to see how they both do at their respective Nationals. In third place in her very first comp was Jennifer Clare also a M2. A nervy start for Jennifer on the squats and bench but she got into her stride by the deadlift finishing off with three good lifts and a 260Kg Total.



Camille squats 170kg



On to the men and the 66kg Class, two in this class. Sean Maloney took the win over a young Benjamin Sugarman. As usual Sean put in a solid performance getting 7 from 9 and a 417.5Kg total.



Sadly Ben injured himself on his opening Squat and so only took a token deadlift, hopefully he will be back soon and lifting in the Junior Nationals.



Four men contested the 74Kg Class. A comfortable win for Dominic Crane with a good 520Kg total. Dominic's calm and quiet approach to lifting works very well for him and each year he keeps making steady gains.



Another close battle between Declan Challenor and David Braithwaite separated second and third. At sub-total David lead by 22.5Kg leaving Declan, as the heavier man, needing 25Kg more on the deadlift. David narrowly missed his third attempt of 182.5kg leaving him with a 177.5Kg and this left Declan needing 202.5Kg on his third lift to take the second place which he pulled with three whites.





In fourth was Makhan Mann now a M3. Mak started the day well getting all three squats and two benches but he ran out of steam on the deadlift finishing with a 280 Total. Hopefully Mak can make amends at the British Masters.

The 83kg's was one of the biggest classes I have seen for many years fielding some 13 lifters. Dalwara Singh back after a short 27 year break and now a M3, did a 320Kg total. Ali Wilson seemed to struggle a bit today finishing with a 410Kg total. Still relatively new to the sport Toby Sharp at M1 managed to qualify for the British Masters with a 447.5Kg total. Stephen Knowles another new lifter finished with 457.5Kg.

Thomas Watts just crept in front of Stephen with 460Kg. Brandon Hawksley at U23 showed some promise with a solid 477.5kg total. Lorenas Mikalayunas (easy for you to say) crept over the 500Kg barrier with 507.5Kg. Also with 507.5Kg total but lighter bodyweight saw Thomas Wilson. Nearly 9 from 9 for Alexander Leeder gave him 512.5kg. In fourth Christopher McKenzie's 535Kg total was not far off the third place but his deadlifts were not quite there on the day.

Third saw Grant Sugarman now a M2 pull a 242.5Kg deadlift for the Divisional record and a 547.5Kg total, hopefully Grant will have a good day at the British Masters.



Derek Hussey another new name lifted a very creditable 560Kg total to gain second place. The overall winner of this group was Lee Ditchman coming in with a 570Kg total. It was great to see so many new names in a single weight class.



Moving into the afternoon's lifting saw the "Who ate all the pies" weight classes. First of these was the 93Kg class. James Lee was overweight and sadly missed the 83s so had to lift as a guest in the 93s - he got 9 from 9 and finished with a 545Kg total which would have given him second place on bodyweight. Nathaniel Jordan, still a junior, only missed one lift over the day giving him a 380Kg total. Great to see Tony Wightman still going strong at M3 achieving 412.5Kg total.

Some more new comers contended the top three positions with Laine Norton taking third with 505Kg. In second place James Halford who, after a slow start on the squats, managed 545Kg. The winner was Falai Baldeh with some very good deadlifting, pulling a comfortable 262.5kg on his third to give him a 582.5Kg total.

At 105Kg five lifters fought for the title. In fifth was Nuno Lima in his first comp finishing with 440Kg and some great photo's and films of the day, thanks Nuno. James Klueter – a junior came in fourth with a creditable 510Kg total. Danny Willgross an U23 lifter took the third spot with some solid lifting and a 542.5Kg total. James Copping came in second place, James struggled on the bench today but still managed a strong 620Kg total. Edgaras Kreipavicius showed some more of his consistent lifting and took the title with 665Kg narrowly missing a massive 287.5Kg deadlift – next time Edgaras.

On to the 120Kg "fat boys Class". Another new comer in Anthony Donnelly a M1 saw him achieve a 425Kg total. Next was that true Giant of a man in every sense of the word now a M4 Chris Gladding. Chris has been competing for more years than I can remember at Divisional through to International level and it's great to see him still going strong getting 8 from 9 and a great 452.5Kg total, we hope to see him at the British Masters. Ian Finch came in fourth after grinding out some great lifts and showing true determination and at M2 totaling 495Kg. Tom Weavers keeps on improving and moving forward gaining third place with 620Kg Total but he was up against some strong opposition in the top two.

In Second place totaling 700Kg after only getting 4 from 9 saw Andy Rodney. Andy has been a quality lifter for many years and this year is his first year as a M2. Andy's Bench of 180Kg was an unofficial world M2 Record and I am looking forward to seeing Andy perform at the World Masters later this year- that's if Jackie lets him go of course. The winner of the class was Andy Hutchings with 8 from 9 only missing his last squat. A good win for Andy with a 720Kg total. Andy will also be competing in the British Masters.

Last but not least the even fatter boys class 120+Kg. In second place Tony Bond a M2 struggled a bit today and finished with a 555Kg total – I am sure Tony will make amends at the British Masters. The winner with 690Kgs was Chris Hartwig. Chris also struggled today but I am sure after some more pies he will be back with a vengeance.

A good day's lifting with some solid performances from old and new lifters. The lifting finished at 5.30pm which with this amount of lifters was a great performance by the loaders who worked

tirelessly the whole day. To give you some idea of their effort they loaded for roughly 400 minutes over the day for about 430lifts, which means that each lift loaded and performed in less than a minute. For this I think we owe them a debt of gratitude. Thanks guys.

I would also like to thank Jenny (the man) Hunter, her son Tom Rowell and his beautiful assistant Adelle for running the food bar all day great job and everyone who helped out.

LOADERS :- STEVE (monkey boy) GATES, IAN (the Hobbit) NEWSOME,
GRAHAM (big nose) HATCH, HENRY (the) COOK,
TONY (who ate all pie's) CLIFFE and some old boy who wandered in off the streets ARUN.

REFEREES :- Peter (during the war) Weiss NAT. Kevin (my Dad) Jane IPF 1.
Chris (the giant) Gladding NAT. John (bacon butty) Bevan CAT2.
Krishna (I shrunk the kids) Mahbubani DIV. Dave Tucker NAT.

MCs :- Toby (the dad) Swallow. Dave (where am I) Ottolangui.
Stuart (The media man) Hamilton.

SCORERS :- Jenny (the man) Hunter, Jackie (nice baps) Blasbery

NO SHOWS :- Steve (too drunk to get up) Walker.

Thanks all see you at the next one. Allen Ottolangui.

Thanks to my very old mate Allen Shrinking Legs Ottolangui for this eloquent report which only took three and a half days to edit into English (well he is from Letchworth).

Sorry there were no photos of the big boys but it must have been tea-time.

Championship East Midlands Classic powerlifting champs **Venue** Letchworth **Date** 25-1-15 **B/W Class/s**

Age	Name	B/W	Squat		Bench Press			S/T	Dead Lift		Total	PN		
	Women	47Kg												
U23	Sharn Rowlands	44.3	85	92.5	<u>95</u>	45	<u>52.5</u>	55	147.5	107.5	112.5	120	267.5	1
M2	Imelda Flanagan	42.3	67.5	<u>70</u>	72.5	37.5	<u>40</u>	42.5	110	105	<u>112.5</u>	115	222.5	2
		57Kg												
Snr	Faye Jordan	56.5	87.5	87.5	<u>87.5</u>	65	<u>67.5</u>	71-dr	155	130	<u>135</u>	145.5dr	290	1
		63Kg												
Snr	Abi Graham	62.5	110	120	<u>125</u>	75	77.5	<u>80</u>	205	155	165	<u>167.5</u>	372.5	1
Snr	Nina Cambatta	62.5	105	112.5	<u>117.5</u>	60	<u>65</u>	67.5	182.5	145	<u>155</u>	162.5	337.5	2
Snr	Roxanne Richards	62.4	75	80	<u>87.5</u>	47.5	52.5	<u>55</u>	142.5	125	132.5	<u>145</u>	287.5	3
Snr	Anastasia Zinchenko	62.5	87.5	92.5	<u>95</u>	57.5	62.5	<u>65</u>	160	110	120	<u>127.5</u>	287.5	4
		72Kg												
Snr	Heidi Markely	70.7	87.5	95	<u>100</u>	57.5	<u>62.5</u>	65	162.5	120	<u>130</u>	137.5	292.5	1
M1	Wendy Williams	66.7	80	85	<u>90</u>	<u>40</u>	45	45	130	110	120	<u>125</u>	255	2
M1	Paula Gentle	65.3	70	80	<u>82.5</u>	42.5	<u>47.5</u>	50	130	110	115	<u>120</u>	250	3
		84+Kg												
Snr	Camille Holland	108.2	150	160	<u>170</u>	75	<u>80</u>	85	250	150	<u>160</u>	170	410	1
M2	Jackie Blasbery	88.6	110	130	<u>135</u>	65	75	<u>85</u>	220	140	150	<u>160</u>	380	2
M2	Jennifer Clare	116.1	90	90	<u>90</u>	<u>60</u>	65	65	150	90	100	<u>110</u>	260	3

Side Referee_ Peter Weiss (NAT)) Centre Referee_ John Bevan (CAT 2) Side Referee_ Dave Tucker (NAT)
 dr = Divisional Record Krishnaa Mahbubani (DIV)

Championship East Midlands Classic powerlifting champs													Venue	Date	B/W Class/s
Age	Name	B/W	Squat			Bench Press			S/T	Dead Lift			Total	PN	
	Men	66Kg													
Snr	Sean Maloney	65.9	130	<u>137.5</u>	140	90	95	<u>100</u>	237.5	170	<u>180</u>	190	417.5	1	
subjnr	Benjamin Sugarman	63.6	<u>130</u>			60	<u>65</u>	67.5	195	<u>60</u>			255	2	
		74Kg													
Snr	Dominic Crane	72.5	175	<u>185</u>	195	110	120	<u>125</u>	310	200	<u>210</u>	220	520	1	
Jnr	Declan Challoner	73.2	120	<u>130</u>	135	97.5	<u>100</u>	105	230	185	195	<u>202.5</u>	437.5	2	
M1	David Braithwaite	71.2	135	135	<u>150</u>	95	105	<u>107.5</u>	257.5	165	<u>177.5</u>	182.5	435	3	
M3	Makhan Mann	72	80	90	<u>100</u>	60	<u>70</u>	75	170	<u>110</u>	120		280	4	
		83Kg													
Snr	Lee Ditchman	82.6	180	190	<u>190</u>	140	145	<u>145</u>	335	200	220	<u>235</u>	570	1	
Snr	Derek Hussey	82	180	195	<u>207.5</u>	115	<u>127.5</u>	135	335	200	215	<u>225</u>	560	2	
M2	Grant Sugarman	81.4	175	175	<u>185</u>	115	<u>120</u>	125	305	230	<u>242.5</u>	247.5	547.5	3	
Snr	Christopher McKenzie	83	<u>200</u>	210	210	115	115	<u>115</u>	315	<u>220</u>	230	230	535	4	
Snr	Alexander Leeder	82.6	160	165	<u>170</u>	110	115	<u>117.5</u>	287.5	215	<u>225</u>	230	512.5	5	
Snr	Thomas Wilson	80.7	137.5	157.5	<u>170</u>	97.5	110	<u>117.5</u>	287.5	190	210	<u>220</u>	507.5	6	
Snr	Lorenas Mikalajunas	82.6	157.5	170	<u>177.5</u>	<u>125</u>	135	135	302.5	195	<u>205</u>	215	507.5	7	
U23	Brimdon Hawksley	78.6	175	<u>182.5</u>	190	82.5	<u>90</u>	95	272.5	195	<u>205</u>	215	477.5	8	
Snr	Thomas Watts	80.4	135	<u>140</u>	150	125	132.5	<u>137.5</u>	277.5	165	<u>182.5</u>	190	460	9	
Snr	Stephen Knowles	81.5	120	120	<u>132.5</u>	120	<u>130</u>	137.5	262.5	170	180	<u>195</u>	457.5	10	
M1	Toby Sharp	81	145	<u>155</u>	165	85	90	<u>92.5</u>	247.5	185	195	<u>200</u>	447.5	11	
Snr	Ali Wilson	78.8	120	<u>130</u>	140	<u>100</u>	110	110	230	<u>180</u>	190		410	12	
M3	Dalwara Singh	75.1	90	<u>100</u>		80	<u>80</u>	90	180	130	<u>140</u>		320	13	

Side Referee_Peter Weiss (NAT) Centre Referee_John Bevan (Cat 2) Side Referee_Dave Tucker(NAT)
 dr - Divisional Record

Championship East Midlands Classic powerlifting champs													Venue	Date	B/W Class/s
Age	Name	B/W	Squat			Bench Press			S/T	Dead Lift			Total	PN	
	Men	93Kg													
Snr	Falar Baldeb	89.1	165	175	<u>185</u>	125	135	140	320	240	255	<u>262.5</u>	582.5	1	
Snr	James Halford	92.3	<u>180</u>	190	195	140	<u>145</u>	150	325	200	<u>220</u>	230	545	2	
Snr	Laine Norton	88.3	<u>170</u>	180	185	100	<u>110</u>	115	280	215	<u>225</u>	240	505	3	
M3	Tony Wightman	89.5	140	<u>145</u>		<u>90</u>	95	95	235	170	<u>177.5</u>		412.5	4	
Jnr	Nathaniel Jordan	86.4	110	115	<u>120</u>	75	80	<u>85</u>	205	160	170	<u>175</u>	380	5	
Snr	James Lee (Guest)	83.5	160	170	<u>180</u>	145	155	<u>165</u>	345	160	180	<u>200</u>	545	Guest	
		105K													
Snr	Edgars Kreipuvicius	99.3	230	<u>242.5</u>	252.5	145	152.5	<u>157.5</u>	400	250	<u>265</u>	287.5	665	1	
Snr	James Copping	104.3	195	212.5	<u>227.5</u>	<u>137.5</u>	145	147.5	365	240	255	<u>270</u>	620	2	
U23	Danny Willgos	97.3	180	<u>190</u>	200	125	<u>132.5</u>	135	322.5	210	220	<u>220</u>	542.5	3	
Jnr	James Klucter	102.8	185	<u>200</u>	207.5	<u>110</u>	117.5	117.5	310	<u>200</u>	225	225	510	4	
Snr	Nuno Lima	100.7	155	<u>155</u>	165	85	<u>92.5</u>	100	247.5	180	<u>192.5</u>	200	440	5	
		120Kg													
M1	Andy Hutchings	119	240	<u>255</u>	265	162.5	172.5	<u>177.5</u>	432.5	260	277.5	<u>287.5</u>	720	1	
M2	Andrew Rodney	120	<u>240</u>			170	<u>180</u>		420	<u>280</u>	302.5		700	2	
Snr	Tom Weavers	119.8	200	210	<u>220</u>	<u>150</u>	160	162.5	370	240	<u>250</u>	260	620	3	
M2	Ian Finch	108.8	170	<u>180</u>	185	<u>105</u>	112.5	112.5	285	200	<u>210</u>		495	4	
M4	Chris Gladding	118	150	157.5	<u>165</u>	115	120	<u>127.5</u>	292.5	150	<u>160</u>		452.5	5	
M1	Anthony Donnelly	117.4	145	155	<u>165</u>	<u>85</u>	95	100	250	150	165	<u>175</u>	425	6	
		120+kg													
Snr	Chris Hartwig	125.7	240	<u>240</u>	265	<u>170</u>	180	180	410	<u>280</u>	300	300	690	1	
M2	Tony Bond	127.7	227.5	235	<u>235</u>	120	<u>130</u>	135	365	<u>190</u>	200		555	2	

Side Referee_Peter Weiss (NAT) Centre Referee_Kevin Jane (IPF CAT1) Side Referee_Krishnaa Mahubani (DIV)

Competition Round Up

British Bench Press – Equipped Horncastle 7/2/15

Jackie Blasbery M2 84kg class – 70kg – 1st
Stewart Cowan M2 120kg class – 210kg – 1st
Chris Gladding M4 120kg class – 155kg – 1st
Danny Willgoss Jnr 105kg class – 152.5kg – 1st

British Bench Press – Classic Horncastle 8/2/15

Zoe Newson Jnr 47kg class – 90kg – 1st (Only weighing 40.2kg)
Faye Jordan Open 57kg class – 67.5kg – 1st
Jackie Blasbery – M2 84kg class – 86kg – 1st
Joe Strike – Jnr 59kg class – 85kg – 1st
Adam Alderman – Open 59kg class – 142.5kg (only weighing 50.7kg – Wilks 143.6)
Riccardo Biondi – Jnr Open 66kg class – 110kg – 2nd
Danny Willgoss – Jnr 105kg class – 132.5kg – 2nd
Stewart Cowan M2 120kg class - 172.5kg – 2nd
Andy Rodney M2 120 kg class – 180kg – 1st

British Female Masters Classic Powerlifting Championships Horncastle 7/3/15

Imelda Flanagan M2 47kg class – 225kg – 1st
Jenny Hunter M2 52kg class – 225kg – 1st
Paula Gentle – M1 63kg class 242.5kg – 1st
Jackie Blasbery – M2 84kg class 378.5kg – 1st (included 171kg British record deadlift)
Sarah Marsden – M1 84kg+ class – 337.5kg – 3rd

British Male Masters Classic Powerlifting Championships Horncastle 7/3/15

Allen Ottolangui – M2 (looks older) 74kg class (looks fatter) 462.5kg (weak) – 2nd (on bodyweight –Porky)
Hari Singh Cheema – M3 – 74kg class – 480kg (British record including 180kg British record squat)
Andy Hutchings – M1 – 120kg class – 742.5kg – 2nd
Andy Rodney – M2 – 120kg class – 693.5kg (British record total & 265/168/260.5kg all British records)

Lots of great lifting and 1st places and records – well done to all concerned



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



The East Midlands Powerlifting Association

Minutes of Annual General Meeting for 2014.

The meeting took place at the Hitchin WLC, Letchworth on Sunday 25th January 2015

Meeting opened at 6.40pm

1. **Members present;** - Peter Weiss (chairman) Stuart Hamilton, Ian Finch, Jenny Hunter, Allen Ottolangui, Chris Gladding, Krishnaa Mahbubani, Kevin Jane
2. **Apologies:-** Steve Walker
3. **Minutes of previous AGM (2/2/2014)** accepted *Unanimous.*
4. **Officer reports;** The Technical Officer, Treasurer, and Secretary produced reports which were read and accepted.
5. **Election of Officers;** One nomination was received for the new position of Social Media Officer and Stuart Hamilton was duly unanimously elected, Proposed Kevin Jane , Seconded Chris Gladding. The role of the Social media officer in part is to monitor and be responsible for the East Midlands powerlifting association Face book group. All other officers agreed to stand for another term.

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	Social media officer	Stuart Hamilton

6. Meeting closed at 7.00pm

Kevin Jane – Hon General Secretary



The East Midlands Powerlifting Association

Minutes of committee meeting at the Hitchin WLC, Letchworth on Sunday 25th January 2015. Meeting opened at 7.01pm

1. **Members present;** - Peter Weiss (chairman) Stuart Hamilton, Ian Finch, Jenny Hunter, Allen Ottolanguai, Chris Gladding, Krishnaa Mahbubani, Kevin Jane.

2. **Apologies;** Steve Walker.

3. Matters arising from previous meeting (11/10/2014)

- a) Anti-doping – After a lengthy debate the committee agreed to use some of the divisional funds received in the form of membership rebates towards the cost of drug testing at divisional championships this year, the Secretary to liaise the GBPF executive regarding implementing this. The need to ensure that in the event of drug testing being carried out at divisional level it was pointed out that all championships within the division need to comply with national/international guidelines with designated facilities being made available for the said purpose together with chaperones and a drug liaison officer appointed to oversee proceedings. The committee also decided that along with each competition entry form a drug testing agreement form for lifters to sign will be included among other things stating the rule that no lifter will be allowed the leave a competition venue until they have a signed consent form from the appointed drug liaison officer responsible at the event.
- b) It was discussed last time that some lifters were lifting at national level without having competed in or supporting their relevant divisional championships. This being down largely to the problems of officers not able to access the national membership data base and results not being posted on appropriate sites. The Secretary informed the meeting that at the previous weeks GBPF executive meeting this issue was discussed and that the intention is for each division to have a nominated officer (Allen Ottolanguai) who will be able to access the national membership files and will then be the point of contact for competition organisers to check lifters authenticity by after closing dates.

4. Championships dates;

Championship	Date	Venue
British Open, Junior & Masters	11/12 th April 2015	Moulton College, Northampton
Anglian Open *	26 th April 2015	Hamilton's Fitness Centre, Colchester
East Midlands Open/Classic Bench Press	10 th May 2015	Hamilton's Fitness Centre, Colchester
East Midlands 'Classic' Juniors, Masters & Novice	18 th July 2015	Yardley Gobion WLC. Northants
All England Open/classic	15/16 August 2015	Moulton College, Northampton
Anglian Open/Classic Bench Press	? October 2015	Hamilton's Fitness Centre, Colchester

East Midlands Equipped	? November 2015	University of Cambridge?
British University BUCS	? Nov/Dec2015	University of Cambridge?
East Midlands 'Senior classic'	January 2016	Hitchin WLC, Letchworth.

- This may be extended to a two day event depending on number of entries and availability of loaders and officials. (?) Dates and venues still to be clarified.
- It was thought that with the decline in lifters competing equipped at present that there is probably only a need for running one equipped East Midlands event a year which will include Juniors, Seniors and Masters lifters, with separate trophies awarded for the different age categories.
- The increase in 'classic' lifting has been considered by the committee and so that competitions are not so oversubscribed the Masters, Juniors & Novices divisional championships that up till now has been an equipped event, will now be a 'classic' competition. This year's Anglian championships will be an open event but there will be separate awards for the best overall Classic lifters based on the WILKS formula.

The committee discussed the issue of those wanting to stage divisional competitions. There are some basic guidelines on how to run events on the IPF website, although these pertain mainly to international events they can be used as a checklist for organisers to follow. All potential organisers should in the first instance make a request to the Divisional secretary and should ensure that they can provide acceptable equipment to run an event and have sufficient loaders and helpers at their disposal.

5. **Committee meeting dates;** Once again only members of the current committee were present at this year's AGM, and to some extent it must be assumed that the membership is content with things. The committee agreed to meet after the Anglian Open on the 26th April, then on the 18th July at Yardley Gobion after the Classic Junior, Masters & Novice competition. A fourth meeting to be agreed after the divisional equipped competition (November).
6. **Any Other Business** - Jenny raised the point that many new lifters competing did not seem to have much knowledge of the rules governing the sport, it was suggested that lifters could be sign posted to the relevant websites via the website and Face book page, newsletter, and competition entry forms. Ian suggested that lifter profiles with some basis facts on performance and ambitions could be set up on the Face book web page.

Meeting closed 8.15pm
Kevin Jane Secretary

East Midlands Powerlifting Association – Secretary’s report for 2014 AGM.

2014 represented a very positive year for the Division and the GBPF because of the increasing numbers that have joined the federation - 1540 nationally, which has more than doubled since the current executive took over less than three years ago. This has presented a number of challenges for the division in terms of catering for our own percentage of this increase, along with dealing with the continuing move away from equipped to unequipped lifting.

In essence this means that the division needs more officials, more competition venues and organisers and probably some more spaces in an ever crowded calendar. Meeting the challenges though should bring in additional revenue for the division that in itself could help to pay for more competition equipment and provide more suitable venues. I also hope that if the membership continues to grow that it will also mean some new faces wanting to get involved in the running of the division.

I am aware of the increasing difficulties that arise when results from competitions are not presented in a format that is easy for officers sending out national invitations or dealing with records and ranking lists to follow. However as with the IPF this is something that needs to be taken care of. The ‘Goodlift’ system which does cost money is the preferred method for scoring events and if possible should be used. I use a system inherited from Fred Sterry which is very similar, free and compatible although like many faced with having to use it, I’m not too proficient. Nevertheless it is becoming a necessity to ensure that details such as who lifted in what age group, who were guests, who broke what record and who qualified for what championship need to be recorded and passed on to appropriate officers after each competition. So ideally the job of scoring at a competition is best if given to someone who in lay man’s terms is a ‘computer wizard’ or competent with these systems.

The divisional committee as the membership continues to grow is tasked with having to ensure that the rules governing the sport are implemented at divisional level. This entails putting procedures in place to accommodate any rule changes together with modifying, where necessary existing divisional rules, in order that they are more encompassing. Not an easy task but can be made simpler by keeping up to date with any notifications posted by the IPF and highlighting any issues when trying to administer such changes, so that solutions can be found to ensure the division runs smoothly. At present this is I think proving difficult as those making the decisions within the IPF in my opinion are creating problems and seem unclear as to what to announce next in terms of permitted lifting apparel.

The committee discussed paying for doping tests at specific divisional events last year, as other divisions have already done so. I am all in favour of using some of the divisional finance to fund this, as long it is in agreement with the GBPF executive and will not result in the division being out of pocket due to the cost of fighting any legal battles. There have been a number of positive doping cases that have emerged this year and will hopefully deter others to some extent. There is likely to be testing at the All England paid for by the GBPF this year and my view would be to delay our divisional testing for a little longer. Another consequence of the increased GBPF membership is that a new application for powerlifting governing body status will be made to Sport UK which if successful could result in additional drug testing also being paid for.

This year (2014) once again saw many of the divisions lifters excelling at national and international level with the ‘**Old Masters**’ taking 5 world titles, and establishing a number of world records. In addition some youngsters also made their mark at national and international level, in particular Tony Cliff, Jake O’Neill, Sharn Rowlands and Abi Graham to name a few. 2015 should be a good year with many up and coming lifters improving rapidly and with Andy Rodney finally making it to Masters2 more world titles should be on the way.

Kevin Jane – Hon General Secretary

Email received from Michael Soong – Powerlifting Statistician regarding Sharn Rowlands achievements

PF Great Britain Jr/Sr Natls -- 7/12-13/14 -- (Burnley, England)

CONGRATULATIONS on your **INCREDIBLE** performance! You're currently ranked 14th amongst the "Women's 97-lb All Time SQ Rankings," and your performance is listed on page 40 of the "Rankings" document. I just got through emailing Johnny Vasquez & Dave Bates the updated "Records," "Rankings" and "Rankings-RAW" documents! Hopefully they'll have the PowerliftingWatch website updated ASAP! You can view your performance in the "Subscriber Only" section: <http://www.powerliftingwatch.com/yearly-rankings>

97 Pound (44 Kilogram) Women's Weight Division -- Squat

Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
14. 330.7 (150.0) *3.42X		Sharn Rowlands (Great Britain/94) 7/12/14 (70.0 kg. @ 43.8 kg.) (Burnley, England) (IPF)

Page 40 of the "Rankings" document.

Could you all please forward this email to Sharn? I do **NOT** have her email address.

Michael Soong

"All Time Historical Powerlifting World Records/Rankings" Statistician

<http://www.powerliftingwatch.com/records>

<http://www.powerliftertoday.com/>

http://www.westside-barbell.com/index.php?option=com_content&view=article&id=289&Itemid=668

http://www.westside-barbell.com/index.php?option=com_content&view=article&id=295:michael-soong&catid=101:rankings

<http://www.thepowermagazine.com/>

<http://www.powerliftingusa.com>

<http://www.criticalbench.com/powerlifting-benchpress-halloffame.htm>