



Ultimate Power

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

June 2011



**Tony Cliffe squats 375kgs in European Seniors and makes PB total
Full report inside**

Editors View



Welcome to all East Midlands powerlifters.

As this goes out it is nearly half way through the year already and we are approaching the really busy time of the year for major powerlifting competitions.

Since the last issue, the European Seniors have taken place in the Czech Republic and Tony Cliffe amassed a great total of 965kg - 1000kg is quickly approaching!! He also produced a full report of the Championships for which I am very grateful.

The British Masters also took place in Hatchford Brook with a relatively low number of entries this year (only 43 men and women in total) – a full report in the newsletter and congratulations go to the six East Midlands lifters who lifted as well as ever with several British records being gained (especially Kevin “it’s not the Viagra” Jane who keeps going from strength to strength).

I have also managed to get a lifter profile on Jackie Blasbery after a lot of persuasion and it’s great to give one of our most consistent lifters some long overdue well earned publicity and praise.

The popularity of “raw lifting” seems to be growing and the IPF website has recently published details of the first Unequipped World Cup to be held in 2012 and details of this are included in the newsletter on page 29.

Last issue I made a plea for any letters, articles or training tips but I have to say that there is virtually no feedback coming back from the division with the exception of the usual contributors. I will keep pushing for information and ideas but if there seems less content in this issue and also going forward you will know why – I can’t make up articles and without input the newsletter will just become a results sheet!

Anyway hope you enjoy this one, good luck to the Masters in the Europeans and to all our members with their training.

Best Regards Steve Walker

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Calendar of National Events for 2011

	<u>Start Date</u>	<u>End Date</u>	<u>Event</u>
View	19/06/2011	19/06/2011	Kent, Surrey & Sussex Powerlifting Championships
View	16/07/2011		British Unequipped Bench Press, Colne, Lancs, BB8 OAE
View	23/07/2011	23/07/2011	East Midlands masters, juniors and novices championships
View	24/07/2011	24/07/2011	North Midlands unequipped powerlifting championships
View	30/07/2011	31/07/2011	British Senior Championship Coventry
View	06/08/2011		Roses Powerlifting - Lancs vs. Yorks
View	20/08/2011	21/08/2011	British Unequipped Championship Ashington, Northumberland
View	04/09/2011	04/09/2011	SCOTLAND OPEN MASTERS AND BENCH PRESS
View	17/09/2011		South Yorkshire Open Championships
View	17/09/2011		Anglian Open bench press championships
View	02/10/2011		NW Bench press championships
View	08/10/2011	09/10/2011	4th All England Open Championship Northampton
View	15/10/2011	15/10/2011	THE HOME COUNTRIES CHALLENGE
View	30/10/2011	30/10/2011	South East Deadlift
View	19/11/2011	20/11/2011	BRITISH UNIVERSITY AND COLLEGES CHAMPIONSHIPS
View	20/11/2011		North Midland Divisional Championships
View	27/11/2011		East Midlands senior divisional champs Letchworth.
View	27/11/2011	27/11/2011	South East Powerlifting Championships
View	04/12/2011		NW Powerlifting championships

05/07 to 09/07 European Masters Powerlifting, Pilsen, Czech Repub.
4/08 to 6/08 European Bench Press Championship, Yalta, Ukraine
27/09 to 1/10 World Masters Powerlifting Championship, St Catherines, Canada
20/10 to 22/10 European Masters Bench Press Championship, Hamm. Luxembourg
6/11 to 12/11 World Powerlifting Championship, Pilsen, Czech Repub.

British Masters Powerlifting Championships 2011

The British Masters 2011 was held at Hatchford Brook in Birmingham and although it was not well represented this year it was held over two days.

On the first day our very own Jenny Hunter lifted in the 52s at M2. Jenny struggled to make weight but after going for a slow jog she weighed in at 52kg on the button. As per usual Jenny lifted steadily making sure of her attempts but I think the weight loss caught up with her by the deadlift and Jenny missed her 3rd attempt of 160kg leaving her with 125Kg Squat, 80Kg Bench which was a British Record and 155Kg Deadlift also a British Record for a respectable 360Kg total and the British Title.

In the 84kg class Jackie Blasbery lifted at M1. Jackie was still recovering from a recent operation and was not on top form. Although Jackie still managed some very good lifts of 150kg Squat, 107.5kg Bench, 182.5kg Deadlift giving her a 440kg total she came second to an on form Jean Maton from the South Midlands. I am sure Jackie will get her revenge next time out.

On to the men's, and the first East Midlands lifter was Allen Ottolangui at M2 in the 74kg class. Allen also found the new lighter bodyweight class a bit harder to get down to (fat git) but after weighing in, achieved a new British record Squat of 232.5kg taking it back seconds after Miguel Flores from the Yorkshire North East Squatted 230kg. Allen Benched 145kg on his second attempt and did not take a 3rd. Again the bodyweight loss was taking its toll moving on to the deadlift and Allen only managed his opener of 215kg which gave him a 592.5kg total which was enough to take the title (just).

At 83Kg M1 was Doug D'Hobbitt sorry I mean D'Gama. Doug had his work cut out as Manoj Chahal of the West Midlands had just moved into the M1 section. Doug, slightly down on his best due to some injuries, put up some good lifts of 230kg squat, 152.5kg bench, 235kg deadlift and a 617.5kg total but this was only enough

for the Silver medal. This was Doug's last year at M1 so it will be interesting to see what he achieves next year in the M2s.

Kevin Jane lifted in the 93s at M3 which he won comfortably with some fantastic lifts of 270kg Squat and British Record 162.5kg Bench and British Record 265kg British Record deadlift giving him a 710kg British Record total. Kevin had the second biggest total in this group out of all the Masters lifters, a great achievement for one so old who should know better and be at home with his slippers and a pipe.

Last but not least from the East Midlands was Dave (the bionic knees) Battisson lifting in the 105s at M3. Great to see Dave lifting again and taking the title on bodyweight over Jim Dulling from the Yorkshire North East. Even with those knees Dave managed a 190kg squat, 147.5kg bench, 230kg deadlift and 567.5kg total. A great achievement and an inspiration to us all and a warning don't try this at home.

Thank you to Allen "Little Legs Ottolangui" for the write up - if only he was even half as good at lifting and taking photos of the competition!! (only joking - not)

Waiting for lift off

European Powerlifting Championships Pilsen Czech Republic 2011

The Great Britain senior squad arrived at Luton airport at 5.30am on Monday 2nd May 2011 to catch the 2 hour flight to Prague, this meant getting up between 2.30-3.30am for most of the guys, so an early start all round. For some reason Rob Palmer decided to get the airport for 3.30am "better safe than sorry" but I think he regretted having had practically no sleep on Sunday evening. A comfortable flight and we arrived in Prague at around 8.30am local time, an hour or so on the coach took us to the home of Czech lager - Pilsen and the venue for the European's at the imaginatively titled Park Hotel, situated in a rather obscure location between what looked like 1960's blocks of flats in desperate need of a lick of paint.

I shared a room with Rob who being 83kgs was lifting on Thursday, whilst I being a bit of a fatty had to wait until Saturday. Luckily for Rob he remembered the most important piece of kit in an international lifters armory for travel....EARPLUGS!! I'm willing to bet snoring has caused more red lights on a platform than most other causes on a week long trip!

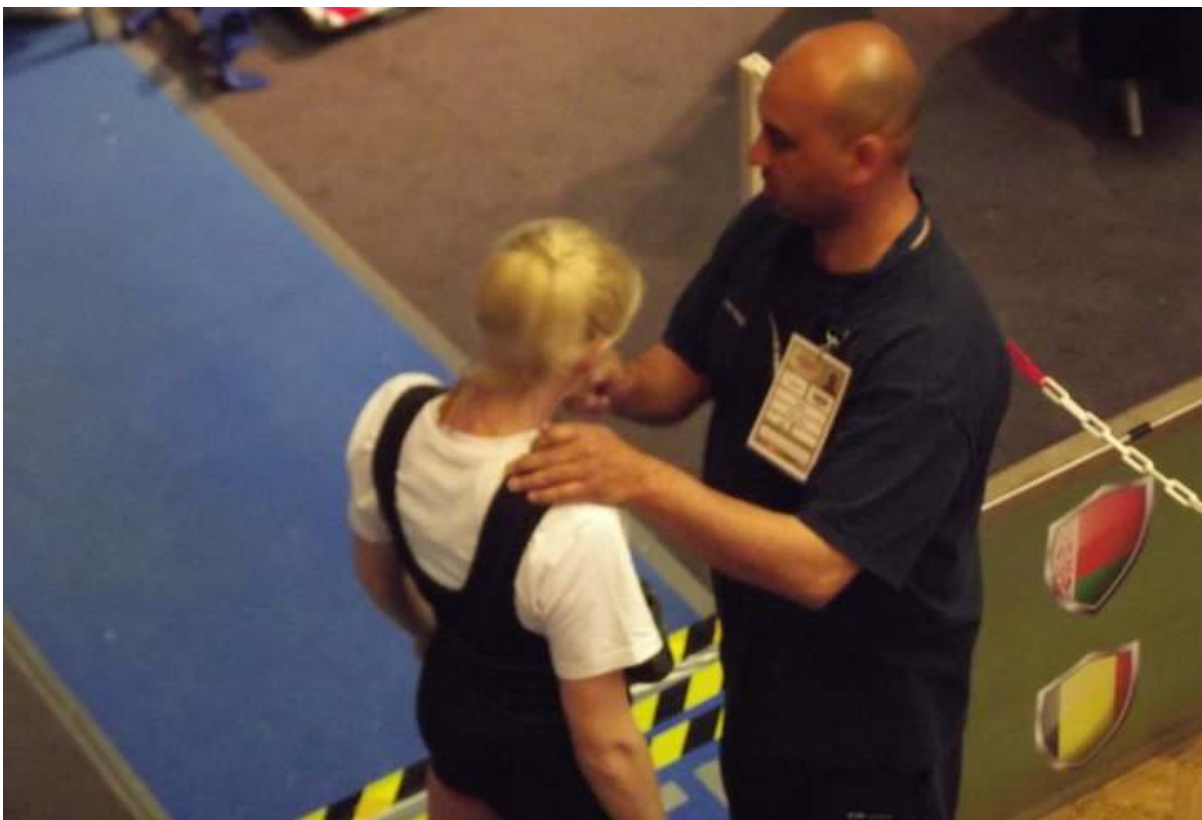
So the competitors had arrived, the venue was set, the next job for the lightweight lifters - make the weight! and try and get a good night's kip. Phil Richard now a 66kg lifter since the change in weight categories had never looked so trim, usually sporting quite the beer belly he had shrunk unimagably in order to make the bodyweight...

Super slim Phil Richard



I'm

not sure how, but somehow I managed to drag myself out of bed at around 9am on Tuesday morning and make my way down to the warm-up area to do some light squatting and deadlifting, as a heavyweight it's important to do something during the week to keep limber, as much as the week's rest does you good, the training does help you acclimatise and settle into your surroundings. Louise Clarke was the first to take to the platform on the Tuesday, lifting in her first senior international in the under 52kg class, She had a bit of an off day on her squat only managing her opener of 110kgs but managed to nail all her benches ending with 55kgs, a couple of solid pulls ending on 140kgs saw her take a total of 305kgs but unfortunately a very tough group left her in last place.



Louise Clarke in preparation for the platform

Next up to lift was the new and improved super slim Phil Richard, opening his squat on 270kgs, potentially a new M1 world record. What would usually be a very comfortable opener for Phil at 67.5kg looked like a bit of battle on the way up at the lower bodyweight, but he got the lift. Next attempt he went 282.5kgs but on this and the 3rd attempt it proved too much and he finished with a 270kg squat. Next was the bench, opening on 172.5kgs, he looked set for a good total and every chance of being in the medals, but a crunch on the way down in his right shoulder saw the end of his competition, he retired from the bench through injury but in order to claim his silver medal on the squat he had to make a bona fide attempt at a deadlift, after some deliberation it was decided that an injured man of his weight should be able to pull 125kgs (nearly double bodyweight). I think I'd have struggled to pull the equivalent for me with a bad shoulder of 240kgs!!! But Phil did the necessary and was able to claim his medal, however unfortunately as he made no total was not able to claim the M1 world squat record.

Some other highlight's from the first day of lifting were Frenchman Hassan El Belghitti's 66kg World deadlift record of 312.5kgs and Finnish female U47kg lifter Raija Jurkko breaking the world squat record with 172.5kgs.

So the first day of lifting was done, a trip down to the supermarket this morning meant I was able to stock up the fridge in the room with beer and chocolate (essential powerlifting food) and on Tuesday evening I relaxed with a few cans of Pilsen's finest.

Wednesday was ladies day for us, with two contenders going head to head in the 63kg class. Louise Watton and Jordana Freemantle would take to the platform, the stronger squatter was Louise and this proved decisive as she got all three squats and finished on 180kgs, whilst Jordana took all three passes to finish on 162.5kgs. Next they went onto bench which saw Jordana gaining some ground after the squat, getting all three lifts and finishing on 100kgs, whilst Lou missed her last bench of 95kg leaving her with a best lift on the 2nd of 92.5kgs. Then it was onto the pull, it meant Louise was in real contention for a medal, two easy pulls of 165kg and 177.5kg left her with a final attempt of 192.5kg which would of given her third in the deadlift and the overall however it just proved too much at lock out as her grip gave way and she slipped into 5th place overall with a 450kg total. Jordana performed similarly in the deadlift with two successful pulls at 162.5kg and 170kg leaving her with a 432.5kg total and 7th place overall.



Lou and Jordana receiving their participation medals (not sure about Mrs Happy from Czech!)

Thursday saw the battle of the 83kg men and the heavyweight women, I was sharing a room with Rob and knew he was in potentially great shape, with real potential of getting on the podium. The new contender was Tom Martin and his monster deadlift, with every chance of smashing the world record standard in the pull, it was going to be an interesting evenings lifting...but first up was Charlie Shotton-Gale lifting in the 84kg class and was looking to put in a solid performance.

Charlie managed 8 from 9 lifts, taking all three squats and finishing on 195kg and all three benches finishing on 120kgs. Two solid pulls ending with a successful 175kgs and a 490kg total.



Charlie's 175kg deadlift

So, after watching some enormous women smash a few world records it was time for our boys to take to the platform in the 83kg class. Tom was the first to take to the platform opening with a 290kg squat which flew up, then it was Rob's opener of 310kg, which again was a good lift but he had a slight wobble in the middle which we weren't expecting but put it down to nerves. Next was Tom's second at 300kg and a good solid squat but his next at 310kg proved too much. Rob on the other hand opted for a 320kg on his second and third but it proved too much on the day and he had to settle for his opener.



Rob Palmer - 310kgs squat

Then it was onto the bench and Rob's favoured lift, however it proved a tricky day for him, failing his opener and his second attempt at 230kgs but managing to get it right at the third attempt which secured him third place in the bench.

Although not Tom Martin's favoured discipline he still managed to secure two of his attempts and finished on 177.5kgs.

Next came a Tom Martin deadlift master class where he opened on a very modest 320kgs that flew up. It was clear Tom had a big one in the bag, so he jumped 25kgs to a new world record 345kgs, which on the day was a more difficult pull than it was in his training, but he muscled it up taking the world record and first place in the deadlift. Rob managed two successful pulls and finished the day with a 292.5kg deadlift and an 832.5kg total and 5th place overall whilst Tom's big pull meant he took 7th place with an 822.5kg total.



Tom's monster 345kg world record deadlift

Friday came the turn of Tom Gee in the u105kg class. A really solid day of lifting for Tom saw him take all three squats finishing on 317.5kgs, all three benches finishing on 220kgs and two deadlifts ending on 272.5kgs and an 810kg total.



Tom in the warm-up room with Ralph and Tony.

The final day of lifting was the Saturday and finally after a week of lazing around the hotel and trying to keep myself occupied it was finally time to get on with some lifting. Both I and Ben would be lifting in Group B, which put us at a disadvantage of contending for any medals but I could use this competition to put me in the contention group by the worlds.

First out to the platform was Ben, still recovering from a back injury he took a 300kg opening squat which he got quite easily. My 350kg went without a hitch after a comfortable warm-up so I knew a good squat was on the cards. Ben went for a 310kg on his second and third but it wasn't to be and he had to settle for his opener. I went 367.5kg on the second and 375kg on the third, giving me the British record in the squat.



My 375kg squat

Next up was the bench, again Ben was down on his potential but being a seasoned international lifter he managed all three benches ending with a 220kg. I opened on 260kg but although it was an easy press it touched too low and I had to jump only 5kgs on my second to secure a total. So with the 265kg in the bag (and a second British record) I jumped 10kgs in the hope I may be able to cling to third place once group A had their attempts, but after another easy press I was disappointed to see 2 red lights for another low touch.

Lastly came the deadlift and traditionally Ben's best lift and even though down on his best he still managed a 320kg pull with his second giving him an 840kg total. I opened on 310kg but it wasn't the zippy pull I was hoping for and was feeling the effects of the heavy squats, 325kg for the second went OK but it was clear there was little left in the tank and I finished with a 965kg total and British records in the squat, the bench and the total.



My 325kg deadlift

Lastly it was time for the super heavyweights and our man Dean "the growler" Bowring had been in good shape in training and had the potential to be knocking on the door of an 1100kg total. He opened his squat with a 390kg, which although looked comfortable slowed a little in the middle, he went 410kg on the second but it was too much and didn't come out of the bottom. His third at the same weight came up easy enough but never hit depth and he finished with his best being the opener of 390kgs.



Dean's attempt at 410kgs

Two good benches gave Dean a 295kg bench and a subtotal of 685kgs which meant if he was going to make the podium he needed a great performance in the deadlift, but that is exactly what he delivered and although finishing 50kgs behind the leader from the Ukraine Dean managed to take the overall Bronze and deadlift gold with a massive 365kg



Dean collecting his overall Bronze medal

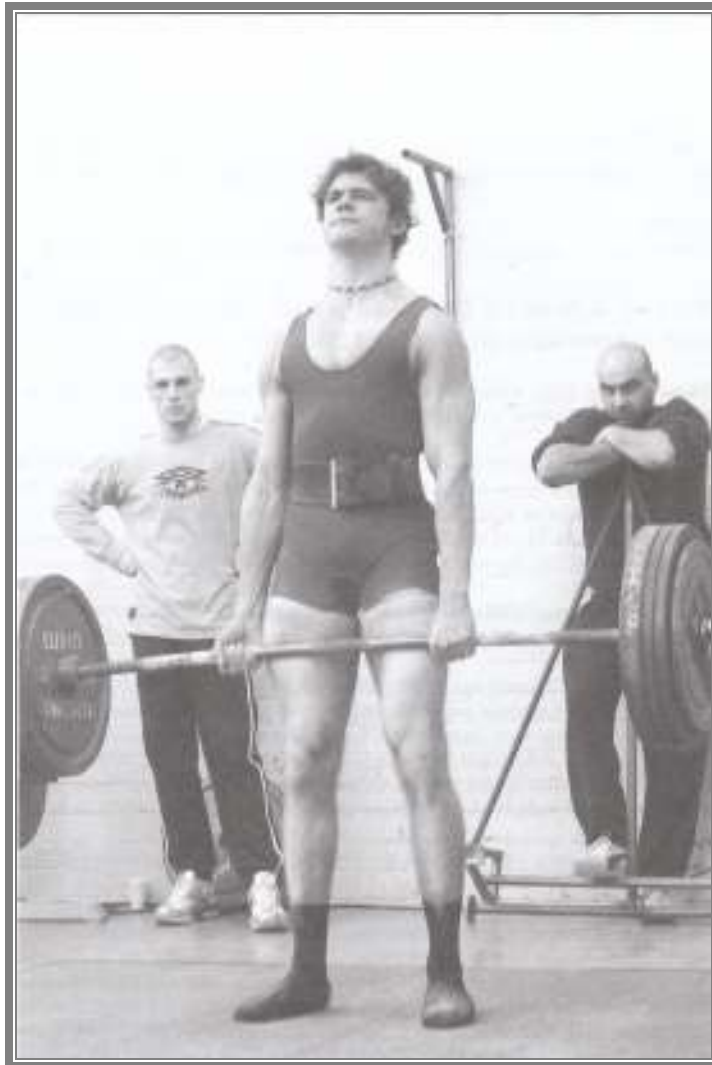
So, after a successful trip the best way to celebrate was to take a dip in the ice cold swimming pool (even the Russians only managed to stay in for 5 seconds at a time) and a few



beers...



Roll on the World's in November and hopefully another report from me....



A big thank you to Tony Cliffe for providing the report and photos.

Incidentally whilst scouring old copies of the “International Powerlifter” I found this picture of Tony as an U18 pulling 255kg at 90kg bodyweight in 2004 – seven years of Big Macs have certainly had an effect since those days!!

IPF World Masters Bench Press 2011

Rodby, Denmark (13th to 16th June)

The British team comprised 5 men in masters 2, 3 men in masters 3 and 1 woman in masters 1. There were no masters 1 men this year due a mixture of reasons related to cost, work and injury.

There were only two lifters from the East Midlands: Ian Kinghorn (that's me) and Matt Mackay.

Masters 2

First up was **Ian Kinghorn** in the 93kg class and yet again another poor performance from me failing to get any lifts on the board. It seems that my old injuries and the change of bodyweight are still taking their toll and I am just not ready for competition at this or any level. Something I will be endeavouring to correct in the coming months.

Martin Flett went at 105kg, **Allan Hulme** (120kg) and **Marco DeMeis** (120kg) all failed to get any lifts on the board.

That left the other East Midlands man, **Matt Mackay** in the 120+kg class to show us how it was done. This he did despite a shaky start failing his opening lifts he pressed 240kg on his final attempt to become world champion in this class. An excellent result for Matt and the East Midlands, yet another world champion.

Overall a very poor showing from the masters 2 team, and for some (me) it's back to the drawing board to fix the problems and try again another day.

Masters 3

William 'Bill' MacFadyen was up first lifting at 83kg. Bill pressed 145kg on his first attempt and then 150kg on his second for a new masters 4 world record. Bill placed 5th in the masters 3 class which was also good enough for a silver in the masters 4 competition.

Mike Edwards lifted at 93kg finishing 8th and **Tom Collins** lifted at 105kg finishing 4th only 2.5kg from a medal.

Women masters 1

Helen Barrs lifted at 63kg in her first international and placed 6th with a lift of 70kg and no doubt gaining lots of valuable experience along the way.

Overall summary of British bench press lifting

This was not the best trip for the masters team, especially the results in the masters 2 men with only 1 good lift registered from 5 lifters. It is somewhat reflective of the state of the bench press of recent years on the international stage with a very high proportion of bombers. There are always numerous issues for individuals all failing for varying reasons but the underlying issue seems to be the acceptance of the risk in bench press competitions by the competitors and coaches that they may not get a lift in, primarily due to the shirt technology and the way they are used.

The IPF are very concerned about this and once again the senior IPF official made a plea after the event addressed to all coaches and lifters to request lifters start with lifts they are capable of in order to make the event a competition. With many lifters failing classes there are sometimes only just enough lifters getting lifts in to award medals in all 3 places, even though classes started with many more lifters than just 3.

The competitive spectacle is hugely diminished with so many lifters failing, it detracts from our sport. Spectators want to see competitors achieve lifts rather than failed attempts. Everyone accepts that 3rd attempts will be very near a competitors' maximum and will not always be achieved but this is not true of first attempts.

If we had classes as competitive as the recent senior world championship where the 93kg class had 4 lifters finishing with best lifts of 300, 299, 298.5 and 297.5 respectively, and between them getting 9 out of 12 lifts in - how much better would the spectacle be? I accept this was exceptional lifting but in a class of 16, 14 lifters were on the board - it smacks of a true competition.

I personally believe preparation is key. Lifters must know how their shirt should feel when it is on, how it needs to be adjusted and how that adjustment will affect the lifting line and also what they are capable of lifting (based on the warm up and all related conditions). Coaches too need to pay attention to the lifter in the warm up and to call a change to opener, also taking into account the shirt the lifter is wearing.

There are medals to be had and an enhanced image of British bench press if we take stock and improve this situation.

Thanks to Ian Kinghorn for the report and his interesting comments.

Lifter Profile – Jackie Blasbery

Introductory note from the Editor

After a large amount of nagging Jackie has finally agreed to provide the story of her sporting career. Not only is she one of the most successful lifters in our division she has one of the best records in the whole country over an incredibly long career. She is also extremely modest about all her achievements and it seems many people are entirely unaware of what she has accomplished over many years of hard work and dedication.

So read and enjoy – it was worth the effort!!

I was born in Newmarket, (at the end of the garden, under a gooseberry bush, so my Mum said) in 1963.

I attended Newmarket Upper School, I didn't really enjoy school at all apart from the sports and the holidays! I was fairly good at most sports except for netball as the taller girls were always able to catch the ball over my head!! I represented the school on many occasions, including the following sports:- Trampolining, Hockey, Rounders, Cross-country running, 1500 metres and in my even younger years I went to the Royal Albert Hall country dancing and represented my school choir (my singing voice has however now long gone!)

I am an only child (Mum said one was enough)!! My parents both worked in horse-racing, my Mum being one of the first women to ride "work" (being allowed to ride the horses up the gallops) in a racing yard. My Mum rode out until she was six months pregnant with me, (so you could say I was born into the saddle).



I have been involved with horses and ponies all of my life and competing in show jumping, gymkhanas and eventing since I was six years old. In my younger years (up to 18) I was in the Pony Club and represented them on numerous occasions competing in show jumping and eventing competitions. We won a few All England competitions as a team and I won a few as an individual.

The highlight of the Pony Club years had to be representing them show jumping at the Burghley Horse Trials (near Peterborough, Burghley House) on a least five occasions. During my time in the Pony Club we also had a Penthalon team, (shooting, riding, running, swimming and fencing) which I also joined. We only managed to compete to area level, I loved this sport always getting top marks for riding, but unfortunately for me I was a useless swimmer (which everyone else was good at) and never scored 1 point.



I was also a member of a Riding Club, (an adult version of the Pony Club, even though children can be members). I again represented them in competition all over the country, winning the All England (Stoneleigh) at show jumping and eventing with the team and as an individual. I carried on competing with my horses until my early thirties.



I still have a couple of horses but they are more like pets, just eating and doing nothing else. My best horses unfortunately have passed away. One of my biggest regrets is not having enough money to go all the way to the top with my horses.

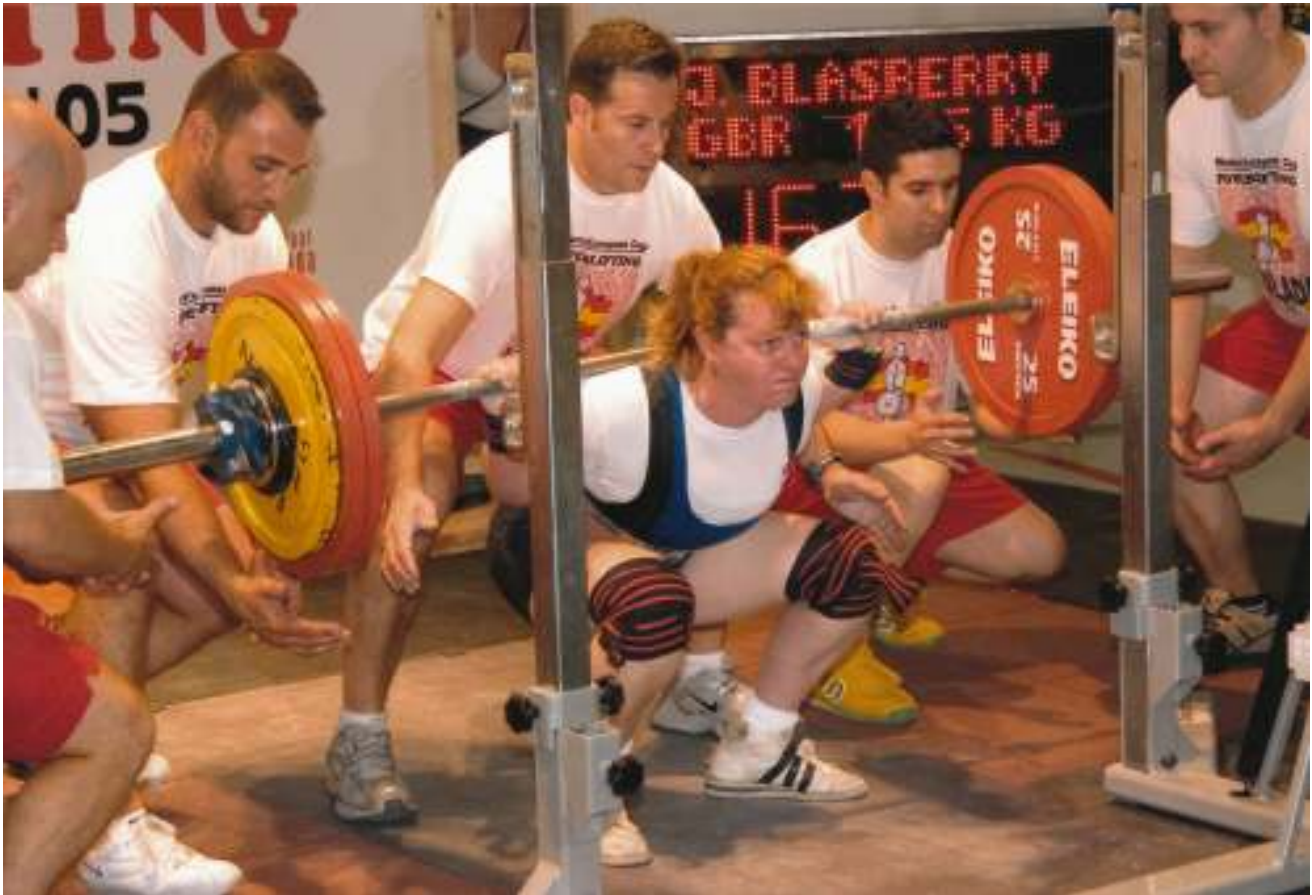
In my late 30's early 40's I had a go at Tae Kwon Do, mainly to keep a bit of fitness and to try and keep my weight under control. I gave up as I wasn't flexible enough and the little kids kept beating me up!

In the early 80's in my second job I worked in a factory packing and grading eggs. Some of my work colleagues decided they wanted to get fit and suggested we go to Newmarket Sports Centre and do a weight training class. I wasn't as keen as I didn't want to get "big muscles" (oh how naive was I)!

Anyway one by one they stopped going and I was the only one left. I was approached by the tutor (an experienced ex-lifter) who realized I was fairly strong (it must of been carrying all those bales of hay and barrows of muck!) who asked if I would like to have a go at Powerlifting. Not knowing what it was he explained there was a competition at the weekend at the Howard Mallett Club in Cambridge and suggested I have a look.

I went along to watch and was befriended by a group of blokes who explained what was happening, (and taking the Mickey out of me). Later I found out these guys were Tony Stevens and his training partners. I went back to the tutor and said I would have a go, this was in 1983. I started training at the Howard Mallett, which was run by Dave Tucker.

I think my first comp was the east midlands in the same year. I cant remember much about the competition, I would have been in 56kg class, I think I only got my third squat in as I racked it too early on my first attempt, stepped back on my second and finally got my third, I think it was about 90kg, I probably did about 40kg bench and I was always a good dead lifter of about 110kg.



I think my biggest achievement is competing in every British Seniors Championship since 1984 only missing one in 2009 due to being away in a Masters comp abroad.

I have won: - (to the best of my knowledge)

13 British Senior titles (over 5 bodyweight classes) also once Best Lifter

7 British Maters (had to pull out last year due to illness)

6 European Masters

6 World Masters

3 Western European Cups

1 Commonwealth

All the above together with numerous Divisional titles.



My highest place in Senior Europeans was 3rd in 1990 in Madrid and the Worlds in 1991 I was 3rd in India.

I still hold the British Dead Lift Record for the 60kg open of 192.5kgs set in 1994, for which I am listed in the 1996 Guinness Book of Records.

I hold all British Masters 1 unequipped records for the 75's and the DL record in the 82.5's.

I have just set 2 British Records for Masters 1 in the new weight class of 84kg (dead lift and total)

I first represented Great Britain in 1986 and think almost every year since that, bar a few.



Oh yes, I also invented the semi-sumo position in Dead Lift!!



I think my lowest point in lifting has been the last couple of years as I have been plagued with injury and illness which I am still dealing with. I have been disappointed with the new federation as it seems there are so much politics going on

and if you upset certain people they will do their utmost to ignore you or make lifting difficult. I also feel that the break away with BWLA would have been better under Pete Fiore.

Another low point is the new bodyweight classes, they will only make my lifting more difficult and internationally if you over weight now you wont be able to compete in the next group up!

The highs are that I have been very fortunate to be reasonably good at the sport and travelled to many places that I may never visited otherwise and been able to win Masters Worlds and Europeans Titles. Also to hold my British Record and finally to make and meet some good friends and most of all to meet my partner Andy Rodney, he is my best friend and sole mate.



In terms of people who have inspired me over the years, I think one person who has inspired and influenced me and whom I respect is Jenny Hunter. Jenny started a couple of years before me and I can always remember the newspaper cuttings being on the wall of the gym and my coach comparing my lifting to that of Jenny's and saying 2 years time you will be doing that total (I've never caught up!).

Jenny has been very consistent over the years and still is a force to be reckoned with even in the seniors even though she is Master's 2. I am now fortunate to be able to train with Jenny, but she still beats me hands down.

Jean Maton is also someone I admire, she has also been doing the sport a long time and is consistent and a very good friend and also Chad Mitchell who I respect, even though he doesn't compete anymore he still comes to the gym and trains with us, spotting and putting on our bench shirts. Without him Jenny's and my training would be a lot more difficult.



I also respect Andy, he is a very talented lifter in his own right and I feel he has still not reached his potential. He is always encouraging and inspiring me and Jenny.

Last but not least, my mum, Rose, she has always encouraged me in everything I've done. I've learnt from her tenacity, you don't always win but you keep trying.

My best individual lifts are (at 67.5kgs) Squat 172.5, DL 200 and at 82.5 a 110 Bench. My best totals are:-

56kgs = 392.5

60kgs = 425

67.5kgs = 457.5

75kgs = 470

82.5 = 450 (didn't really take a serious shot at this weight class) but I have done 380 unequipped.

I suppose Dead Lift is my favourite lift as it's the only one I'm good at (was)! I can't say I enjoy any training, I think it has just become a habit although I just remembered that going home is the favourite part of my training!!

In my younger days I used to train about 3 times a week for a couple of hours, now I train twice a week for a couple of hours. I feel I need more time to recover nowadays. I try to fit in cardio but due to my illness have had to stop this for a while, hence the new bodyweight.

Jenny and I tend to stick to the same routine in training, unless we feel we have a weak area, then we will try something new to improve the weakness.

I like all foods that are bad for me (chocolate, cake) and I dislike fish, I will eat meat but I could take it or leave it. My entire lifting career I have had to watch my weight and it is wearing quite thin now. After 20 odd years of watching my weight, my body now knows how to fight against me. I used to be able to dehydrate 3 to 4 days in advance, but now I would have to cut down on fluid at least 5 or 6 days. I don't recommend this to anyone.

I have taken various supplements over the years but who knows if they really work. I have started taking glucosamine and cod liver oil again to help with the joints.

If I hadn't of been a power lifter, I would probably carried on competing with my horses.

My remaining ambitions in power lifting are still to be the best (even though I am probably too old to improve now). I still feel I have more in me and I still haven't reached my potential. Oh, and to beat Jenny at least five times consecutively on the Wilkes formula.

The advice I would give to a novice lifter is to be careful of whom you take advice from, has this person lifted and to what standard did they get, or who they have coached and what standard did they get. In other words do you take advice from your mate down the gym or a British/World champion? This sport is hard and don't expect to win too early, learn by your mistakes and if you ever have a red light and don't know why ask the referee.

Nowadays I work in a factory producing packets of seeds (for gardens) - Mr Fothergills Seed. I used to work in production actually packing the seeds, then moved on to "Support" which is taking the raw materials to the machines and now I have moved into the Office. I am now a "Chaser" it is my job to make sure the work gets to the machines on time and packed in the correct order (sort of an assistant supervisor)..This was a new role introduced about 18 months ago and I was volunteered for the job.

In our spare time, Andy, Jenny and I have a property portfolio, so out of our normal working hours and at weekends we could well be sorting out something for our properties (new tenants, painting, cleaning, renovating or even looking at new properties). This is very time consuming, but well worth the effort.

"Raw" Powerlifting

Below are details of the IPF's first raw World Championships which have just been placed on the IPF website, together with details of the equipment that can be used in raw competitions.

Sunday, 19. June 2011

IPF Classics Powerlifting World Cup (unequipped)

Category: World

Dear Powerlifting Friends,

"To 'raw', or not to 'raw', that is the question!"

Now the IPF has answered that very question. As have many lifters and countries throughout the world, who have enthusiastically welcomed the raw competition format.

And so, the first IPF Unequipped World Cup will be hosted in Sweden in 2012.

This historic event well behooves a quick preview as well as dispelling rumors kicking about, instilling the true intentions of our federation and the organizers.

First, let's take a look at what is "unequipped". Generally called "raw" in our powerlifting community, it means lifting without the assistance of any supportive gear such as squat suits and bench shirts, etc. The word "raw" in the dictionary means: *"simple, natural, classic, plain, uncluttered, unembellished"*. And the essence of that definition is exactly what the IPF and the organizers had in mind when we announced next year's Unequipped World Cup. The Swedish organizers chose to name it "IPF Classic Powerlifting". Well, they are the brave ones, the pioneers with the drive and initiative to boldly bring this kind of lifting to the international powerlifting scene, so they have the right to name it, don't you agree? So it is called "IPF Classic" in our terminology. The rules set out for it you can find here:

http://powerlifting-ipf.com/fileadmin/data/Championships/IPF_CLASSIC-Rules.pdf

The setting and circumstances of this event are nothing short of spectacular per reports from Sweden. The venue is in Stockholm with a brand new hotel 7 minutes walk from the competition hall. The area is teeming with restaurants while the underground (one of the best modes of transport in the city) is just 3 minutes away. In 2012 Sweden's capital (that's Stockholm for those who missed their geography classes way back) will host the 100th anniversary celebrations in honor of the 1912 Stockholm Olympic games. So festivities won't be lacking for sure.

Add to that the fact that powerlifting in Scandinavia and Sweden is traditionally extremely popular, lifters often compete with a full-house, vocal crowd cheering them to greater and greater performance. True viking style!

Raw lifting is not without an already successful track record within the IPF. Many countries have already held extremely popular and high class unequipped competitions at national level. This kind of lifting is clearly so much in demand that the IPF has decided to bring it to the international platform.

And here comes your part: We would like you to tell us how you plan to participate in this vital and vibrant IPF Classic movement. Tell us if you are planning to come to Sweden, or if you are doing some other things in your area to further promote IPF unequipped powerlifting. The IPF belongs to you personally. Whatever your role in powerlifting, be it lifter, coach, referee, fan, official, you are a shareholder of the IPF. And your opinions and voice do count! Whatever you have to say, it's welcome, it helps us to make the sport better. So shoot your e-mails to marketing@ipf-powerlifting.com or just comment on the webpage in the forum, or the IPF Fan page on Facebook.

We have so much more to tell you about unequipped IPF competitions, their possible ramifications for Olympic recognition and, in our hopes, creating a greater unity in powerlifting. And many, many more... But first things first.

The clarion call of IPF Classic Powerlifting has been given. It is waiting to be answered by those thousands of you out there by giving us your feedback and ideas on all of this.

Master Shakespeare, allow us to borrow and slightly modify your famous line for our humble powerlifting uses here:

To "raw", or not to "raw", aye that is the point,

To Die, to sleepe, is that all?...

Best regards,

IPF Marketing

IPF CLASSIC “unequipped” WORLD CUP 2012
Personal Attire
Costume (non-supportive)

A leotard type one piece full length lifting costume (as pictured) must be worn. It must be single ply, of stretch material, and form fitting without any looseness when worn by the lifter. The straps must be worn over the shoulders at all times while lifting in competition.

- (a) It may be of any colour or colours.
- (b) It may bear the badge, emblem, logo and/or inscription of the lifter's National Association or sponsor, (refer to Sponsor's Logos IPF Technical Rules) and the name of the lifter.
- (c) It may have a double thickness of the same material 12 cm's x 24 cm's in the area of the crotch.
- (d) The length of leg must be a minimum of 3 cm's and a maximum of 25 cm's measured from the top of the crotch.
- (e) Any doctoring or manipulation of the costume from that as designed by the manufacturer will render it illegal for use in competition. The costume should be purchased as it is to be worn.

T-Shirt

A standard/regular cotton or polyester or mixture of cotton and polyester (as pictured) T-Shirt must be worn under the lifting suit during the performance of the squat and bench press, but is optional for men in the dead lift. Women must wear a T-Shirt while competing in all three disciplines.

- (a) It may be of any colour or colours, and may be the official T-Shirt of the contest in which the lifter is competing.
- (b) It may bear the badge or inscription of the lifter's Nation, National or Regional Federation, or Sponsor. (Refer to Sponsor's Logos IPF Technical Rules)
- (c) It shall not have sleeves, which terminate either below the elbow or at the deltoid. Lifters may not push or roll the sleeves up to the deltoid when competing in IPF Competition. T-Shirts must not be worn inside out.

Briefs

A standard commercial “athletic Supporter” or standard commercial briefs (not boxer shorts) of any mixture of cotton, nylon or polyester must be worn under the lifting suit. Women may also wear a commercial or sports bra.

Any supportive under garment is not legal for use in IPF Competition.

Socks

Socks may be worn

- (a) They be of any colour or colours and may have manufacturers logos.
- (b) They shall not be of such length on the leg that they come into contact with the kneecap supporter if worn.
- (c) Full length leg stockings, tights or hose are strictly forbidden. Shin length Socks must be worn to cover and protect the shins while performing the dead lift.
- (d) Light protective guards between sock and shin may be worn.

Belt

Competitors may wear a belt. If worn it shall be on the outside of the lifting suit.

- (a) It shall be made of leather, vinyl or other similar non-stretch material in one or more laminations, which may be glued and/or stitched together.
- (b) It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
- (c) The belt may have a buckle attached by means of studs or stitching. The buckle may have one or two prongs. It may also be lever type.
- (d) A tongue loop shall be attached close to the buckle by means of studs or stitching.
- (e) The name of the lifter, the lifter's Nation, State or Club may appear on the

outside of the belt.

Dimensions:

1. Width of belt maximum 10 cm's.
2. Thickness of belt maximum 13 mm.
3. Inside width of buckle maximum 11 cm's.
4. Outside width of buckle maximum 13 cm's.
5. Tongue loop maximum width 5 cm's.
6. Distance between end of belt and far end of tongue loop maximum 25 cm's.

Shoes/Boots

Shoes or boots shall be worn.

(a) Shoes or boots shall be taken to include only sports shoes, sports boots - Weightlifting, Power lifting boots or Dead lift slippers. All referring to indoor sports only.

(b) The underside must be flat i.e. no projections, irregularities, or a doctoring from the standard design and no part of the underside higher than 5 cm's.

(c) Loose inner soles that are not part of the manufactured shoe shall be limited to 1 cm thickness.

Wraps

Wrists

1. Wrist wraps as featured on the IPF Approved list may be worn.

2. Standard commercial sweatbands may be worn, not exceeding 12 cm's in width. A combination of wrist wraps and sweatbands is not allowed.

3. A wrist covering shall not extend beyond 10 cm's above and 2 cm's below the centre of the wrist joint, and shall not exceed a width of 12 cm's.

Knees

Commercial knee sleeves as designed for medical/surgical or sports use and constructed of neoprene (no other form of rubber or similar material is acceptable) with an optional covering of cotton, polyester or medical crepe may be worn. Alternatively an elasticised traditional kneecap supporter may be worn. A combination of the two is forbidden.

(a) Knee sleeves must be "slip on" and not contain any form of tightening e.g. straps/draw strings/velcro tabs and the likes.

(b) Maximum length 30 cm's maximum thickness 7 mm's.

(c) Must not extend more than 15 cm's above or 15 cm's below the centre of the knee joint.

(d) Shall not be in contact with socks or lifting suit.

Thumbs

Two layers of medical tape may be worn around the thumbs.

Inspection of Personal Equipment

There will be no pre-contest inspection, but the Technical Controller will carefully scrutinise each of the lifter's apparel before they appear on platform.

If a lifter is found to be wearing or using an item contrary to the rules it could result in disqualification.

All items worn must be clean and not ripped or torn.

Items such as watches, jewellery and mouthpieces may be worn.

The rules will be strictly enforced.

What is "unequipped" in the IPF

Belt, wrist wraps, single-ply neoprene knee sleeves without attaching and/or tightening mechanisms like Velcro, clips or straps will be IPF's definition of "unequipped"

ALL OUR YESTERDAYS.

1975.

By 1975 the I.P.F. was firmly established and they awarded these World championships to Birmingham, England. The I.P.F. was basically run by the Americans, Bob Grist was the I.P.F. President and Clay Patterson general secretary.

I wonder if any of today's competitors realise why the World championships is always held in November. Well, Bob Hoffman was a very influential man in the weightlifting world and the owner of the York Barbell company. He was a prominent member of the I.W.F. and when the Powerlifting world championships were first arranged Bob was asked to be the promoter and organiser and as a mark of respect they were held in November to help celebrate his birthday, and it has never been changed.

Vic Mercer was the promoter and organiser for these championships and Terry Jordan was the B.A.W.L.A. powerlifting secretary and Bill Brice the team coach while I was assistant to Bill. One of my specific tasks was to raise enough money to bring Precious McKenzie back from New Zealand where he had recently emigrated to.

Something unique happened at these championships, it had not happened before and it has not happened since. The B.B.C. were televising the event, Jim Rosenthal was a very new sports presenter and a man named John Salisbury was the outside broadcast producer. They insisted that the very small men and the biggest men lifted first because they wanted to show the contrast between the two. To help create interest in the championship they asked Precious and the giant American, Don Reinhoudt to appear in a midday T.V. programme called Pebble Mill at One. The taxi arrived to take us to the studio but when the driver saw the size of Don he refused to take him so Precious, myself and the American coach, Dennis Burke, went and they sent for another taxi for Don and his wife. The filming at Pebble was done in the foyer which had a huge glass front and you could see all the traffic passing by. When Don arrived he could not get out of the taxi and had to slide out on to the pavement. He carried an Oxygen bottle with him.

When the programme producer met us he wanted Precious and Don to do a demonstration of the lifts but they refused saying they were lifting the next morning so Dennis Burke and myself did the demonstration and Don and Precious did the commentary.

The 1975 championships were superbly organised by Vic Mercer and it was for many years regarded as an example of how a championship should be. It was here that Ralph Farquharson was first introduced to powerlifting. These were the championships where we expected to show the world what we could do and confidently thought we could beat the Americans, but it became a disaster, the first day Mike Shaw bombed on the squat, Precious on the Bench press and the second day Paul Jordan also bombed on the squat, he had a badly injured ankle and in my opinion should not have lifted but I was overruled.

Remember, in those days there was no supportive gear, no bench shirts and no decent wraps. Precious squatted 190kg in a leotard, thin weightlifting belt and no wraps, not bad at 56kg.

At the end of these championships Terry Jordan and Bill Brice resigned and Vic Mercer became British powerlifting secretary and I was appointed by the B.A.W.L.A. coaching committee to be the G.B. team coach.

Next article the 1976 world championships.

George Leggett.

1975 WORLD CHAMPIONSHIPS.

GREAT BRITAINS TEAM RESULTS

1975 Birmingham England.

52kg.	N.	BHAIRO.	(4th)
56kg.	K	THRUH.	Bronze.
56kg.	P.	McKENZIE.	Disqualified.
60kg.	J.	AMBLER.	Silver.
67.5kg.	M.	SHAW.	Disqualified.
82.5kg.	R.	COLLINS.	Gold.
90kg.	E.	TOAL.	Bronze.
100kg.	P.	JORDAN.	Disqualified.
110kg.	D.	CARTER.	Silver.
Super.	J.	ALDERSON.	Bronze.

GREAT BRITAIN. 2nd. Place.

The Americans were once again world champions and Sweden in 3rd. place.
Fifteen nations took part and I believe Don Reinhoudt was the first
man to total over 1000kgs.

EAST MIDLANDS POWERLIFTING ASSOCIATION – Minutes of committee meeting held on 3rd April 2011 at Sturton Street, Cambridge.

Meeting opened at 2.15pm.

1.. Committee Members ; present; Pete Weiss, Allen Ottolangui, Jenny Hunter, Steve Walker, Dave Tucker, Kevin Jane . Also Present GBPF member Malcolm Bason

2.. Apologies; Steve Jones, Stuart Hamilton, Ian Finch

3.. Matters arising from previous meeting (6/2/11)

a) Keith Clark trophy had found its way to Steve Walker who agreed to send on to Keith.

b) The committee agreed to go ahead with ordering a new set of Squat/bench racks from John Halfacre for use at competitions. The Secretary will order these.

4. Treasurer Update; Jenny reported that the account has £2.170 in it with income to come from the recent bench press championships.

Also outstanding was the income from the Anglian Open, however Dave did not recall informing Nigel of this procedure and in light of there being just nine lifters the committee decided to waiver this fee on this occasion.

5. Forthcoming events; This years commonwealth championships will now take place in Bournemouth due to South Africa not being able to find a suitable venue and no other countries putting in definite bids. (December 14 -18th Bournemouth University) It had been noted that the divisions championships this year were not being advertised on the GBPF website, Steve has agreed to contact the site manager to ensure this is amended.

6. GBPF AGM feedback; As a number of committee members attended this years' GBPF AGM the item was included on the agenda to share some opinions. On the whole it was seen as a shambles, the meeting being poorly chaired, with few issues raised being resolved and much concern expressed as to the immediate survival of the Federation.

The Secretary had prior to the AGM met at length with Arthur Hoey and discussed a number of matters. This meeting in itself seemed productive in that communications had improved but time will tell if much of what was discussed transfers into practice.

A.O.B. Pete to check lifters eligibility to compete in this years' British Masters (16/17th April)

East Midland Powerlifting Committee Contacts

Dave Tucker - 27, Gunhild Close, Cambridge CB1 8RD

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

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

Steve Jones (membership) - birth@supanet.com

Allen Ottolangui - acc138@yahoo.co.uk

Pete Weiss - pweiss@02.co.uk

Stuart Hamilton - hamiltonsfitness@aol.com

Jenny Hunter - jenny@ced.co.uk

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

Letters Section

Note: - The Editor cannot accept any responsibility for the views expressed within any of the letters printed within this section of the magazine (except his own comments)

Please send any comments, letters or articles for the Newsletter to Steve Walker @ SJR.Walker@fsmail.net or ring on 07710 138171



Great Britain Powerlifting Federation

(AFFILIATED TO THE IFF AND EPF)

Director of Powerlifting and General Secretary: Arthur Hoey
4 Grant Road, Exhall, Coventry, CU7 9DD
Tel. 02476 490960

GEORGE LEGGETT (IFF 1)
'HIDEAWAY'
18 LOWESTOFT ROAD
CARLTON COLVILLE
LOWESTOFT
SUFFOLK
NR33 8JE
Telephone 01502 513059

17th. May. 2011.

Dear John,

Thank you for your letter and the enclosed coach status form. I find myself at a loss exactly how to reply to it.

My first reaction was to feel a bit insulted. After 25 years coaching at international level, twice a year at Worlds and European level as well as other international events, I have been asked to pay an annual insurance fee of £70-00 to be allowed to coach at national level only.

Then I became curious. £70-00 is a huge premium to pay and you do not mention which company I would be insured with or the level of cover I would receive. I am sure I could take out a personal insurance for a lot less than this.

Now I am indignant so I have decided to set down my own scale of fees. As from 1st. January. 2012 if I am required to referee any event my fees would be as follows:- for divisional competitions my fee would be £25; for British championships it would be £50 and for any internationals it would be £100. I think these are reasonable as any event I attend would mean a journey of at least 100 miles and this would hardly cover my travelling expenses. Of course for the remainder of 2011 my services are entirely free, and I reserve the right to waive these charges if I wish.

I have been an international referee since 1975 and have always given my services for no payment whatever but I think the time has come to call a halt to all this goodwill.

From what I have said I think you will realise that I will not be taking up the offer of coaching at national level and I do not expect to get many invitations to referee after 2012 but I can easily fill my time with my wife, family and friends, or in the garden or lounging about on Lowestoft beach or canoeing on Oulton Broad.

Yours sincerely,

George Leggett

George Leggett.





ENGLISH POWERLIFTING
ASSOCIATION

*Affiliated to the Commonwealth Powerlifting Federation
GB Powerlifting Federation*

*CHAIRMAN
Richard Parker
44 Roberts Road
Cheltenham
GL52 5DJ*

20th April 2011

Dear English Powerlifter,

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS

The next Commonwealth Powerlifting Championships are being held at Bournemouth University 15-18th December 2011 and England will be sending full teams. All age groups and disciplines will be covered, i.e. Equipped, Unequipped and Bench Press. This is excellent an opportunity for English lifters to compete in a prestigious international competition with a real chance of success.

Team selection will be done by the English Powerlifting Association, based on performance at all national championships this year. However, lifters will have to pay their own entry and drug test fees, which are likely to be in the order of £30 and £50 respectively. In addition, they will be responsible for their own accommodation and fee for the banquet, which will be around £25. Do bear in mind that these championships were originally scheduled to be in South Africa, which would have meant significant travel costs that would have had to be borne by the lifters. Of course, the EPA will endeavour to help if finances permit.

We are starting the selection process so lifters who wish to be considered should complete and return the attached form as soon as possible. This will also be available on our web-site.

Thanking you in advance,

**Richard Parker
Chairman**

www.englishpowerlifting.co.uk

COMMONWEALTH POWERLIFTING CHAMPIONSHIPS
BOURNEMOUTH UNIVERSITY 15-18 DECEMBER 2011

If you wish to be considered for selection for the English team please complete and return this form, as soon as possible:

Full Name:

Address:

.....

Contact telephone number (s):

Email address:

Date of birth: Age Group:

Please indicate which weight category and discipline you wish to be considered for:

Weight category:kg Equipped or Unequipped 3 lift
Equipped or Unequipped Bench Press
(please delete those not applicable)

I accept that I will be responsible for paying the required entry and drug test fees:

Signed Date

IMPORTANT NOTE:

If you are under 18 years of age on the day you lift you **MUST** provide parental consent that you can have urine samples taken for drug testing:

I give my consent that can be drug tested at the 2011 Commonwealth Powerlifting Championships:

Name: Signature..... Date.....

Relationship to lifter

Please return form to: Fred Sterry, 35 London Road, Grantham, NG31 6EX. Email: fred.sterry@btinternet.com

2011 EASTMIDLANDS MASTERS, SUB JUNIORS, JUNIORS & NOVICES POWERLIFTING CHAMPIONSHIPS

SATURDAY 23RD JULY 2011

OFFICIAL ENTRY FORM

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



Closing Date for entries: Friday 8th July 2011

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

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

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

Lift Off: 11:30am

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

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

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

The novice category is for first time lifters only who have never previously competed.

✕

Name:

Address:

..... Date of Birth.....
Telephone: e-mail:

GBPF number: Club:

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

40
Please indicate weight, age and gender by circling appropriate value
Note 43kg & 53kg bodyweight limits only applicable for Sub Juniors and Juniors

The East Midlands Powerlifting Association

Presents the

‘All England Powerlifting Championships’

Hosted by the **Farm Powerlifting & Weightlifting Club** on the 8th & 9th October 2011 at **Moulton College** **Pitsford Road, Moulton Northampton NN3 7RR**

The ‘All England Powerlifting Championships’ will be a combined event for Equipped (under IPF rules) & unequipped lifters who are GBPF members of an English Division	This year will be two separate competitions the equipped event being held on the 8/10/11 and the unequipped on the 9/10/11 with awards for sub junior, junior, senior and Masters age categories.
As with last year’s event, there are no set qualifying standards and therefore only the first 50 entries per day per day will be accepted.	All competitors will receive a commemorative T-shirt at the weigh-in and need to complete an anti-doping registration form.

Sat 8th October 2011 equipped lifters	Weigh-in times
All Sub junior, & Junior lifters Male and female	9.00 – 10.30 am lift-off 11.00am
All Master & senior lifters	12.00 – 1.30 pm lift-off 2.00pm
Sun 9th October 2011 unequipped lifters only	
All Sub junior & junior lifters male & female	9.00 -10.30am lift-off 11.00am
All master & senior lifters	12.00 -1.30pm lift-off 2.00pm

- **Please note – these weigh-in times are provisional and are subject to actual entries received no later than 1.00pm on the 24th September 2011.**



GBPF – Merchandise Price List

Masters	T - Shirts	£11.00
GBPF	T – Shirts	£9.00
	Vests	£8.00
	Caps	£7.50
	Beanies	£7.00
	Polo Shirts	£10.00
	Sweat Shirts	£14.00
	Hoodies	£15.00
	Fleece Jackets	£20.00
	Refs white collar shirts	£15.00
	Refs ties National or Divisional	£10.00
	Long Socks S,M,L.	£6.50
	Bags	£6.50
	<i><u>East Midlands (GBPF) T-shirts</u></i>	<i><u>£8.00</u></i>

All prices exclude postage. Contact Kevin Jane to order any merchandise on 07887903104 or Kevin@kjane.fsbusiness.co.uk

"DEADLIFT OFF THE BLOCKS" BY DOUG DANIELS



Most lifters are always looking for a good assistance or substitute exercise for the powerlifts.

For the dead lift, the best, by far, is the dead lift off the blocks.

The saying goes, "be dead lift more, dead lift". This definitely holds true. There are other somewhat effective moves to assist a lifter in his quest for a bigger pull, but the best results will come from doing dead lifts. Also, adding too many other exercises can result in negative progress due to overtraining. That's the beauty of the dead lift off the blocks.

It is, in reality, no more than a dead lift done from a slightly elevated position. This slight elevation can make all the difference in the world. The elevation makes the lifter pull from a deeper starting position, overloading that part of the lift. This added distance changes the lift just enough to develop your pulling musculature over a greater range of motion.

The main beneficiary is the start of your pull, but the mid-range and lockout is also beneficial. If you can improve your pull off the floor, even if that part of the lift is your forte, the bar should progress to lockout with greater power and velocity, thus breaking through any sticking point later in the lift. It is like pushing a car. It may be hard to get the car going, but once it starts to roll, keeping it rolling is a piece of cake. We can improve our chances against our mortal enemy, gravity.

Let's begin with a description of this lift. These dead lifts are done while the lifter stands on a sturdy platform such as a wood block or platform, or even on a 100 pound barbell plate.

Again, the main requirement is that the platform be sturdy enough to allow balance and support both the weight of the lifter and the weight used. The platform also must not be too high or the bar will hit the top of the lifter's feet when it is fully lowered to the floor. About 3-5 inches is all you need, any more is inviting injury due to a decrease in distance in the lowering phase of the lift.

I recommend all dead lifts touch the floor after each rep and no bouncing is done. This will insure better pulling form, power from the floor, and less chance for injury. Perform this lift in the conventional style, that is, hands outside your legs. It doesn't lend itself too well to the sumo style of dead lifting.

Lifters with poor flexibility, especially in the ankles and Achilles tendons, may have trouble getting comfortable and maintaining their balance during the lift. They may tend to lunge forward during the lift and may actually fall forward off the platform, which, of course, means improving your flexibility a bit before going hard on this move. If you are too big to get a good pull, then you'll have to forego this one and concentrate on the traditional dead lift off the floor.

You will not be able to use as much weight for this dead lift as you normally do with the 'pull off the floor' due to the increased range of movement.

To start, I would suggest starting out with 50% of your best dead lift for one rep for 6 reps to get accustomed to the new angle and balance. Go up in weight slowly from there. I don't recommend going lower than 3 reps with this pull due to the higher chance for injury because of the increased range of motion and the unusual pulling position you must assume to start the lift.

As with any dead lift, begin the pull with your legs while keeping your back as flat and erect as possible. Keep your arms locked straight during the lift to completion.

Application is last on the list. This dead lift variation can be substituted for regular dead lifts in the off season up to about 6-10 weeks prior a contest. At that time, you can return to regular pulls off the floor with, hopefully, increased power throughout the lift.

For lifters who need less time to convert over to their normal style, they can stay on these a little longer.

For lifters who choose not to rely totally on this variation in the off season, I suggest doing a down set of 'off the block pulls' after your regular dead lifts. Sumo dead lifters can use these also and may actually benefit more than conventional pullers.

The sumo lift uses more hip and leg muscle than the conventional style with less back involvement. Due to less involvement in the sumo style, the erectors may not be stimulated or developed to a high degree and be a weak link in the sumo pull.

By using the 'off the block' dead lift in the off seasons, the erectors will be strengthened to a higher degree than normal. This could add up to a bigger sumo dead lift. Sumo lifters probably need to devote more time working on their style of choice rather than conventional pullers due to the greater difference from the dead lifts off the block.

Exercises are often recommended without an in-depth analysis or description. For example, sometimes we say do hammer curls, but give little or no description of what a hammer curl is or how it is done effectively. I hope this discussion of the dead lift off the blocks has provided you with a little extra information you can use on the platform when it counts.

Remember that assistance or substitute exercises are not made to themselves but a means to an end.

Until next time, may all your lifts feel light and all your lights be white.

The Parting Shot.....

Well I wonder how many of you recognised this good looking groom with the Wayne Rooney hairstyle as our very own Starship Commander Mick Amey (thanks for the photo Mick)



So recognising this issues mystery transsexual guest might be a lot easier - note the age of the cars - could be a clue to her/his identity!!! Sorry to anyone of a nervous disposition or delicate stomach!!



