



# Ultimate Power

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

December 2010



Cliff Haynes wins World Masters 2 title in Czech Republic

Full details inside

## Editors View



Hi to all East Midlands members, busy training hard no doubt to make room for the forthcoming excesses of Christmas parties and dinners.

This is the last newsletter of the year which seems to have flown by as always and personally for me, the first year in 26 years that I haven't competed and I have enjoyed both the break and editing the letter – I hope some of you have found it vaguely interesting and even useful.

Various competitions have taken place in the last 3 months involving lifters from the division including the World Masters in Pilsen, the Anglian Open bench, the European Masters bench and the East Midlands Divisional Championships and reports are included on all these.

There were some great performances in these events from East Midlands lifters, in particular from Cliff Haynes winning the World Masters 2 title in the 75kg class with a 640kg total. Cliff also broke the World Masters 2 bench press record with 185kg and more recently with 185.5kg – taking the record from yours truly but if I had to lose it I'm glad it stayed in the division so personal congratulations to Cliff from me.

Also a thank you to Kevin Jane who, after some pressure, from me, put together his lifting memoirs – the first time he has ever had these published – he has certainly been one of the most consistent and dedicated lifters and members in the division for many years.

As I'm sure you are all aware there have been some radical changes to the format of our sport proposed in the last 2 months with new bodyweights etc. I would draw your attention to two letters from John Moody on the subject in the letters section which I believe help to show the bigger picture.

Finally, as always, I would welcome any contributions, letters, training routines or tips from any members, I'm happy to keep producing the letter but it would be more interesting if more people sent information in.

A very Merry Christmas and a successful 2011 to you all.



Best Regards Steve Walker

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## Calendar of National Events for the rest of 2010 and 2011

	Start Date	End Date	Event
<a href="#">View</a>	30/01/2011		British Benchpress
<a href="#">View</a>	16/04/2011	17/04/2011	British Masters
<a href="#">View</a>	15/05/2011	15/05/2011	Scottish division unequipped
<a href="#">View</a>	16/07/2011		British Unequipped Bench Press
<a href="#">View</a>	20/08/2011	21/08/2011	British Unequipped Championship
<a href="#">View</a>	04/09/2011	04/09/2011	Scotland divisional masters

## Divisional Championships dates for 2011

Date	Championship	Venue
6 <sup>th</sup> February	Divisional unequipped	Letchworth
20 <sup>th</sup> March	Divisional Bench press	Hamilton's Fitness Centre Colchester
30/31 July*	Masters, Juniors & Novice	Yardley Gobion
8/9 October	All England	Moulton College, Northampton
27 <sup>th</sup> November	Divisional Seniors	Letchworth

## WORLD MASTERS PILSEN

The flights went with military precision, after the GB team, flying from 4 different airports, arrived at Prague within 1 hour of each other. Unfortunately that is where the precision stopped as the competition promoters had not been notified of the GB team's arrival and so there were no transfers. Eventually we arrived at the Hotel only to find the GB team had not been booked in. So after some negotiations the promoters got us into an alternative hotel, which was a bus ride away.

After a night's rest the first lifter on the Monday was Jenny Hunter. Jenny had her work cut out and was up against the strong Philippine girl. Jenny lifted sensibly getting every last kilo on the Squat with 132.5kg and a silver medal, knowing that the Philippine girl was a 160kg squatter.

Onto the bench and again Jenny got all 3 attempts finishing with 80kg and another silver medal. Jenny was down at the sub total stage but was the better deadlifter, and we were hoping for a potential slip up from the Philippine girl however, on this occasion, Jenny was just too far behind on sub total to pull it back and finished with a hard but well fought 160kg deadlift and a gold, giving Jenny a 372.5kg total and a hard fought overall silver medal. Jenny also got a Bronze medal for best lifter in the Masters 2 section and the Women's M2 Team came 3<sup>rd</sup>.



The “inch by inch” technique perfectly demonstrated by Jenny again

Tuesday saw Allen Ottolangui and Cliff Haynes both in the 75kg M2 category and both with a medal chance. Cliff squatted a solid 230kg and Allen, although down on his best, managed 235kg taking the gold on the squat.



**Allen also won a consolation gold medal in the World Gurning Championships**

Then came the bench with Allen missing his first attempt but getting his second and third finishing with 142.5kg. Cliff showed his benching ability with a massive 185kg and new world record. Moving into the deadlift Cliff was in the lead but it was close for the top 4 places. Allen pulled 235kg to put him into the bronze medal position ahead of the Canadian, with a 612.5kg total. Cliff pulled a 225kg to give him a 640kg total and the gold medal, narrowly beating the German. Allen and Cliff contributed 20 points towards the M2 Team which gained a Bronze medal in the team event.



Wednesday and next up was Doug D'Gama lifting in the M1 82.5kg class. This was a very competitive class with 10 lifters. Doug started with a solid 227.5kg squat and a new PB at this bodyweight. Moving into the bench Doug's opener of 160kg hit the stands on the way up so he took it again getting it on his second attempt. He then narrowly missed 165kg on his third. Doug managed a 245kg deadlift to give him a PB total of 632.5kg and 8<sup>th</sup> position overall, still much more to come from Doug at this bodyweight.



Thursday and back from a year of injury problems it was good to see Jackie Blasbery back on the lifting platform, in the 75kg M1 class. Jackie, still not quite back to full fitness, knew she had to build her total carefully to be in the medals in this very competitive class and that is exactly what she did. Jackie started with a 155kg squat.



Then she took the gold on the bench with 105kg. Jackie's 182.5kg second attempt deadlift guaranteed her the silver on the deadlift and overall silver. Jackie then needed 192.5kg to put her in the gold medal position over the American but on this occasion it was too much.

Some intelligent lifting from Jackie with a 442.5kg total and silver medal. I am sure when Jackie is back to full fitness there will be more golds.



Five lifters from the East Midlands went to the World Masters and gained 4 gold and 3 Silver individual lift medals and 1 Gold, 2 Silver and 1 Bronze overall medals - a fantastic result and testament to the standard of lifting in the East Midlands.

Thanks to Allen Ottolangui for writing the report which left him physically and emotionally drained as seen below



# 13<sup>th</sup> European Masters Bench Press Championships

**Venue: Hagondange, France**

**Dates 21<sup>st</sup> to 23<sup>rd</sup> October 2010**

British team:

M1: Gary Prater; Lee Meachen; Andy Howard; James Jeffries. [8<sup>th</sup> overall]

M2: Cliff Haynes; Martin Flett; Ian Kinghorn; Steve (Marco) DeMeis. [5<sup>th</sup> overall]

M3: Alex Lee; Bill MacFadyen; Mike Edwards; Tom Collins; Fred Smith. [5<sup>th</sup> overall]

M1 women: Jenifer Nicol

The venue and organisation at the competition was very good, everything went smoothly and the competition venue itself was well laid for the event.

## Masters 3 competition

No East Midlands lifters in the team, but essentially the results were as follows:

- 75kg class: 1<sup>st</sup> place Alex Lee
- 82.5kg class: 7<sup>th</sup> place Bill MacFadyen (this was 3<sup>rd</sup> best overall lifter in masters 4 competition)
- 90kg class: 5<sup>th</sup> place Mike Edwards
- 100kg class: 4<sup>th</sup> place Tom Collins
- 110kg class: Fred Smith

## Masters 2 competition

East Midlands lifters Cliff Haynes and Ian Kinghorn were lifting in this age group.

- 75kg class: Cliff got things off to an excellent start in masters 2 with lifts of 180kg and 185.5kg for a new British and European record and of course the gold medal. He missed his last attempt and 190kg but not by much and I am sure he has more to come in the near future.
- 100kg class: Martin Flett finished 2<sup>nd</sup>. I (Ian Kinghorn) lifted in this class and didn't manage to get a lift in. No excuses but I was carrying an injury. [Note to self: must do a lot better next time.]
- 110kg class: Steve DeMeis finished 4<sup>th</sup>.

## Masters 1 competition

Several East Midlands lifters were competing in this competition.

- 67kg class: Gary Prater finished 3<sup>rd</sup>.
- 75kg class: Lee Meachen from the East Midlands went in this class on his first international appearance. He missed his opener but got the 175kg on his 2<sup>nd</sup>

- attempt and missed his last lift at 190kg. He finished in 4<sup>th</sup> place lifting close to his best and having learnt something of international competition.
- 82.5kg class: Andy Howard, also of the East Midlands lifted in this class, he too was at his first international competition. Andy opened successfully at 180kg but missed his next attempts two attempts, coming away with 9<sup>th</sup> place in a very competitive class.
- 90kg class: James Jeffries had a bad day and failed to get any lifts in.

Ian Kinghorn  
Bench Press Team Manager

## Anglian Open Bench Press 2010

The Anglian Bench Open Bench Press was held at Colchester on Sunday 3<sup>rd</sup> October 2010. It was a small competition with some 24 lifters taking part. The full results are attached (see below). The day went off well and organization was its usual high standard as we expect from Stuart and Cathy and the team at Hamilton's.

Lifting was organized into two session, morning and afternoon. There was some good lifting and some not so good (reference there to me not making a lift). The majority of lifters were lifting unequipped, so things moved through fairly quickly.

Trophies were awarded for best lifters in the equipped and unequipped sections of the competition.

## Anglian Bench Press Championship 2010

Gp	Name	Club	Gender	Class	Weight	Age	Equip	Bench 1	Bench 2	Bench 3	Best	Wilks	Place
1	Nikki Scott	Hamiltons	f	67.5	65.0	sen	n	55.0	60.0	-62.5	60.0	62.95	1
2	Joan Gladding	una	f	82.5	79.9	m3	n	55.0	60.0	62.5	62.5	57.23	1
3	Roxanne Salmon	Crystal Palace	f	90	88.3	sen	n	75.0	77.5	-80.0	77.5	67.51	1
4	Graham Ball	una	m	67.5	64.5	sen	y	87.5	92.5	102.5	102.5	82.03	1
4	Stephen Dodd	una	m	67.5	61.9	m2	n	82.5	87.5	90.0	90.0	74.64	2
4	Ben Cattermole	Spartons	m	67.5	65.2	u16	n	80.0	85.0	-87.5	85.0	67.41	3
4	Roy Banks	British Barbell	m	67.5	66.6	m2	n	80.0	85.0	-90.0	85.0	66.25	4
5	Lee Meachen	Hamiltons	m	75	74.6	m1	n	140.0	147.5	-	147.5	105.49	1
5	Chris Mills	Hamiltons	m	75	74.7	m1	n	80.0	-82.5	-82.5	80.0	57.16	2
6	Andrew Howard	Hamiltons	m	82.5	81.7	m1	y	180.0	185.0	190.0	190.0	128.02	1
6	Paul Abbott	una	m	82.5	82.0	m2	n	-	-	135.0	135.0	90.76	2
6	Gordon Kay	una	m	82.5	80.5	sen	y	-	130.0	-	130.0	88.39	3
7	Mark Jackson	Bethnal Green	m	90	85.5	u23	n	107.5	115.0	-	115.0	75.45	4
8	Ian Kinghorn	Yardley Gobion	m	100	98.8	m2	y	-	-	-			

8	Ian Wells	Hamiltons	m	100	92.5	sen	y	190.0	202.5	-	202.5	127.51	1
8	Jay Moore	una	m	100	99.2	sen	n	145.0	150.0	-	150.0	91.56	2
8	Paul Kerridge	Hamiltons	m	100	93.9	m2	y	130.0	142.5	-	142.5	89.09	3
9	David Hodgson	Bowpower	m	110	101.3	m2	n	150.0	160.0	-	160.0	96.85	1
9	Chris Gladding	una	m	110	109.9	m4	n	117.5	125.0	-	125.0	73.55	2
9	Ken Crickmore	Crystal Palace	m	110	109.5	m3	n	115.0	120.0	-	120.0	70.69	3
10	Tony Cliffe	una	m	125	116.3	sen	y	235.0	245.0	-	252.5	146.21	1
10	Phil Klidas	una	m	125	123.2	sen	n	140.0	147.5	-	147.5	79.96	2
11	Robert Weijas	una	m	125+	132.4	sen	y	265.0	265.0	-	275.0	149.26	1
11	Jared Fortin	una	m	125+	127.1	sen	y	180.0	190.0	-	190.0	107.83	2

## East Midlands Powerlifting Championships 2010 at The Hitchin and Letchworth Weightlifting Club.

Only 14 Lifters for the East Midlands Powerlifting Championships, a very poor turn out for a division that has such a large membership.

The lifters were put into 2 flights, and first up was the women and men up to 67.5kg. Jenny Hunter lifted unequipped in the 56Kg class and got 9 out of 9 for a 310 total next time Jenny might break a sweat.

Next was Jenny's stable mate Jackie Blasbery also lifting unequipped in the blar blar blar bodyweight class also getting 9 for 9 and a total of 375 kg, but unlike Jenny did actually break a sweat and achieved a few PBs. Good to see Jackie back on form after a hard year.

On to the men's - in the 60 Kg class our own Johnny Pardy lifting equipped for the first time and putting in a 370kg total and qualifying for the British Juniors, a lot more to come once he gets used to the equipment.

4 Lifters in the 67.5kg class, Graham Ball failed to get a squat in after getting injured and so pulled out of the comp. This left Matt Boulton and Benjamin Cattermole fighting it out for 2<sup>nd</sup> and 3<sup>rd</sup>, and what a good battle it was leaving Benjamin to take 2<sup>nd</sup> place by 2.5kg over Matt even though

Matt's 3<sup>rd</sup> attempt deadlift was a strange choice as he only needed 150kg to take 2<sup>nd</sup>. But the winner was the legend himself George Leggett at 81 years old and a very impressive 370 kg total -he is an inspiration to us all. Keep it going Dad!

Moving into the second flight and Doug D'Gama lifting in the 82 kg class got a PB squat, deadlift and total. Once Doug gets his bench back up to the 170kg which he is capable of we will see some big totals and with Doug approaching M2 he will take some beating.

In the 90s we saw John Jones from Yardley take second nearly getting 9 for 9, he just missed his last bench, but managed a 422.5 kg Total. The winner of this class was Ian Wells with 670kg - a few technique problems on the squat but once Ian has ironed these out I am sure we will see some big totals.

It was great to see the return of Dave Battisson in the 100 kg class after a 18 month lay off for a knee replacement and how well did he perform with a 200kg squat 150kg bench and only narrowly missing his last deadlift of 220kg for a 560kg total, keep it up Dave cos I need my old drinking partner back - that Steve Walker is rubbish.

The 125kg class had 3 lifters. In 3<sup>rd</sup> at M4 was Chris Gladding, great to see Chris get all his squats in and I am sure there is more to come. 2<sup>nd</sup> was that old veteran Terry O'Neill - he has been around even longer than me but is still lifting solidly with all 9 and a 732.5kg total. The winner of this class with a massive 800kg total lifting unequipped and breaking all the British records was Tony Cliffe. Tony is still young and I can see him pushing these records even higher.

I would like to thank all the referees Dave Tucker, John Bevan, Steve Jones, Pete (during the war) Weiss, Kevin Jane and the lads from the gym who loaded all day - Steve, Ian, Toby, Dave and Martin for doing the scoring. I would also like to thank Steve Walker for not coming. Hope to see more of you at the Divisional Unequipped Championships in Letchworth on the 6<sup>th</sup> FEBRUARY 2011.

Merry Xmas Allen

## Kevin Jane - Lifter Profile

It all began on an April evening in 1970 for me, perhaps by fate or an inner urge to remain an accepted member of a group of friends I had made an acquaintance with I'm still not sure. What I am still definite about is that from that time in my life, I like many of you reading this, might equate with, found myself a victim to the weight-training bug. Forty years on and the pastime has taken over many aspects of my life and I think that even if I wanted to I would meet great resistance if I ever tried to escape its clutches.

I have lost jobs and sacrificed opportunities over the years due to prioritising powerlifting and I sometimes wonder what other highways of life I might have travelled on if I had not shown this initial interest.

Over time the memory fades and the events, images and times become distorted as they are recalled or analysed from a different perspective. Nevertheless I often try to make some sense of what such a long dedicated commitment to trying to shift a weight has been all about. I can in reflection and in all honesty say that the consequence of my own perseverance has rewarded me with too many wonderful experiences, feelings and friends for a short profile and perhaps a book would seem more appropriate.

The Northampton Weight Lifting Club had unbeknown to me been long established before moving to the Community Centre in Thorntons Park, Kingsthorpe, Northampton when some lads I associated with discovered it. I had recently moved away from the Kingsthorpe area of town and I was trying to maintain friendships with these lads who still lived in the area.

My induction to the use of weights for a short while that first evening was exciting as I was urged on by so called friends to perform more and more exercises and reps with increasingly heavier weights. The next day I was faced with one of the most difficult challenges I'd thus far experienced, namely getting out of bed and cycling the six miles to work. It was not the initial bug that had bitten me and forced my return two days later, but the fact that I was too stubborn, proud and stupid to have friends take advantage of me or let them see me as weak.

The 'bug' though soon took hold of me as I began to enjoy the buzz of developing lifting techniques and applying them. As I was at that time into playing football and badminton the weight training had a significant effect on my fitness and performance levels.

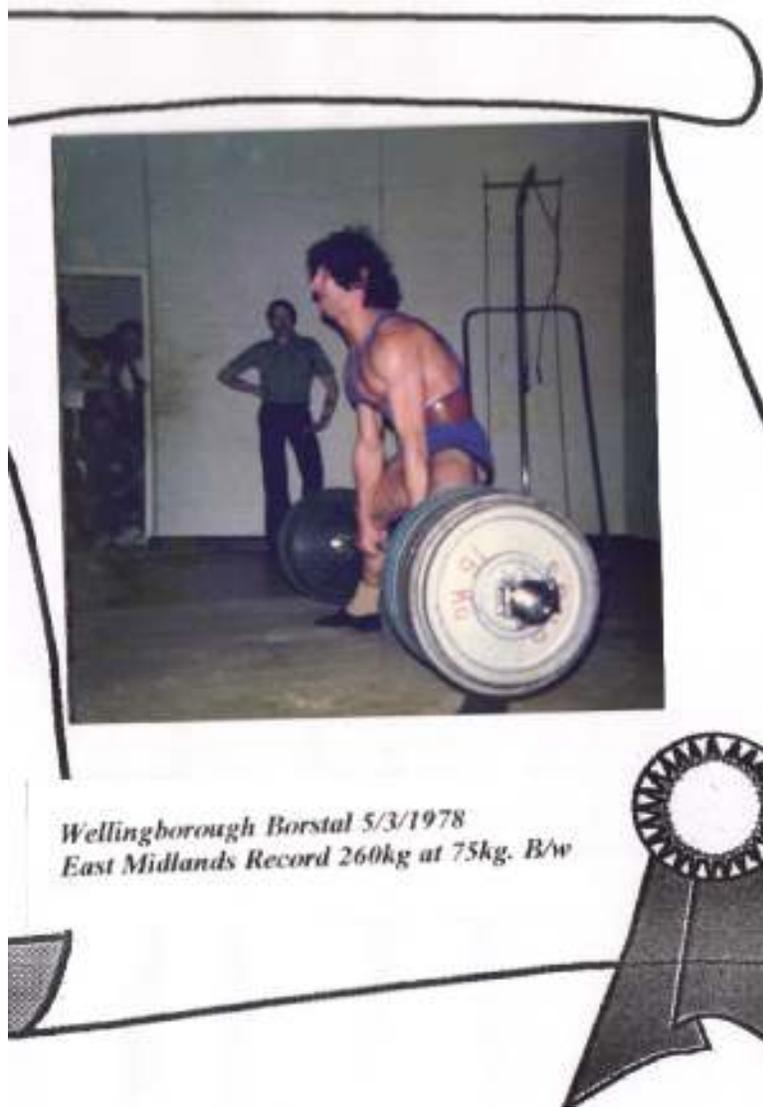
The Northampton club, based in the cellar of the Community Centre in two adjacent rooms, had the atmosphere, characters and camaraderie that I've since pleasantly always associated with amateur weight training clubs.

Moving on four years, I had given up football in favour of more competitive badminton where I played in the county league for several seasons. This plus cycling many miles a day, until I passed a driving test, helped me develop some good leg strength and I would spend much time at the gym under the squat bar. I think this was noticed by a short chap with longish black hair who collected subs at the club, this chap (Pete Weiss) persuaded me to enter that years (1974) divisional championships which were being hosted by the club.

In fact not just on his own but another slightly larger club member who had a picture of himself in front of the squat rack with some 660lbs+ on his back and someone who I always thought I should never make angry, one Alf Summers.

I learnt several years later that the picture was not an actual weight he was about to squat but just a pose. Nevertheless Alf always had my admiration and I owe much to him and Pete for getting me started. So in my first comp I weighed in around 70kg and totally unequipped made a 412.5kg total and placed a comfortable second out of two. I remember being amazed at the guy who won the class V.Young who totalled near 600kg and secretly thinking to myself that I'd love to lift that much one day, or at least win the divisional title.

I competed several times over the next few years, although powerlifting was still not as important to me as badminton. I think the turning point came when I won my first title (Northants/Cambs) in 1977 and decided to bulk up to 75kg and then to 82.5kg by 1979. I also took the equipment side of the sport more seriously and started competing in knee wraps and the prerequisite of today's lifting suits. Badminton now took a back seat although I still play most weeks with my daughter, grandson and some friends just to keep the cardio fitness going, I'm too heavy and old to move as I did but there's a bug there that also still gets me.



At 75kg my best total was 632.5kg (232.5, 112.5, 287.5) crepe knee wraps no suits or bench shirts those days. At 82.5 best total was 702.5kg (275, 140, 317.5) in the pre-bench shirt days. As a senior lifter I started somewhat late and never made the qualification for the national championships. Few lifters though actually did as in the late 70's early 80's to make the senior British at 82.5kg you had to total 720kg and 760kg at 90kg. Today with the inclusion of the bench shirt, far more advanced lifting suits, wraps and belts the standard has fallen dramatically. Ironically as a master two I still qualify for the senior British needing just 690kg. (likely to be just 680kg for the new 93kg class next year) There was a secondary British standard in those days which I qualified for a few times as an 82.5kg lifter although I was often a close second, never first.

In 1980 I began to take more of an interest in the sport and with a little persuasion from John Moody I sat a Divisional referee exam with Pete Weiss, which at that time was for all competitive lifts under the BAWLA. Within a couple of years we were both upgraded to national referee status (Pete on account of the number of none white lights he could illuminate in a contest). I later sat my IPF cat. 2 exam not

sure when, and in 1995 in Valencia sat the IPF 1 test. From time to time I have held various divisional officers positions and club secretary posts. I enjoy refereeing and like to believe that I am both consistent and fair, although perhaps have a slight bias to fellow lifters if I'm unsighted. I like to see a level playing field and also feel a need to give something back in return for what I've gained from the sport.

Looking back there were numerous reasons why I did not excel when a senior lifter, family, jobs and relationships all at one time or another took precedence over powerlifting. There was also the influence of what I saw as elite lifters setting standards that for me seemed unobtainable. Many of the top lifts in Britain in the late 70's early 80's eventually received bans for the misuse of drugs, and although I trained with some of them and admired their feats on the platform they have a lot to answer for.

Personally I feel with the right life style, coaching, and lifting apparel etc. that I could have made it further as a senior lifter, although I don't believe I would have become exceptional. I realise in this sport that much depends on what you are blessed with in terms of bone structure and physical attributes. Having fairly long arms I never believe that I will bench 200k+ in a similar way a lifter with short arms is unlikely to have a large dead lift.

There is probably an ideal body type for a powerlifter and although we can't all have that framework we can compensate to some degree by increasing/decreasing bodyweight, and developing specific muscles. Similarly with techniques, we can experiment with different styles, routines and types of supportive apparel to maximise personal performance. I think part of the fun in powerlifting is about taking on this challenge to get the best out of yourself.

As life for me settled to some degree when I reached early Masters one status so my lifting began to improve. I moved up with the onset of '*middle age spread*' to the 90kg category. My first two attempts to win a British masters title failed, but my persistence finally paid off in 1994 and this for me signalled a new chapter in powerlifting. I have won a masters title every year since (17). Later that year I received an invitation to compete in the World Masters in Bratislava and with a 687.5kg total finished second. This competition provided me with my first opportunity to officiate abroad, which I enjoy although at times find more daunting and taxing than lifting.

Over the next thirteen years I competed in numerous European and World Masters championships always managing to stand on the rostrum although, apart from individual lifts, never on the top spot. In 1997, in Hungary I missed out on the overall gold having my final dead lift turned down 2 to 1. The cost of competing

abroad over the years mounts up and at times I wondered if I should give up on my pursuit of the ultimate goal. On the few occasions when I decided not to venture abroad the winning totals seemed to be well in within my grasp.

In 2007 I decided that I would give things one more go as I would soon be in the last years as a Masters 2 lifter. I was also conscious that I was beginning to decline in terms of lifting performance. My main rival at the European masters Stefan Sochanski from Poland was there, he had the previous year increased my world total record from 732.5kg to 745kg. Stefan struggled on the day and I at last put in a sturdy performance to win the title. I felt that I had finally reached another step on the ladder and even if I never made the last rung I was satisfied that had achieved some ambition.

Later that year I made the trip again to the Czech Republic for the World Masters hoping that I could lift well and that none of the opposition would be making drastic increases on their usual totals, or that no new names were about to make a sudden impact. Although one competitor from Germany who I knew little about lifted far more than I expected I seemed to be able to call on many years of experience and control my nerves to win with a 717.5kg total. I had to keep telling myself that I'd won, as I think what I had long daydreamed about such a moment was not as I had imagined, a certain anti climax. To make things worse there was no video of the lifting for my class and no pictures taken. Powerlifting though does not carry much by way of recognition and glamour, and what little rewards there are perhaps even



less as a master.

**Worlds Masters Ostrava October 2007**

I had though reached my objective and managed to be in the right place at the right time for which I am thankful and relieved. I have not competed abroad since, although have aspirations to do so next year as a Masters 3 lifter if I can deal with some of the lifting injuries that are plaguing me.

As a 90kg/100kg masters lifter my best lifts are;

	<b>Squat</b>	<b>Bench press</b>	<b>Dead lift</b>	<b>Total</b>
Master one 90kg	290	172.5	320	770
Master two 90kg	280	170	307.5	742.5



**Yardley Gobion WLC 320kg May 1998**

Over the years I have also recorded the following lifts in training;

<b>Lift/exercise</b>	<b>Weight lifted</b>	<b>Approx bodyweight</b>
Half squats	350kg x 10 reps	82.5
Dead lift double bodyweight	165kg x 34 reps	82.5
Dead lift triple bodyweight	245kg x 10 reps	82.0kg
2 hands snatch	90kg	70kg
2 hand clean & jerk	105kg	70kg
Dead lift	300kg x 2 reps	83kg

In more recent years with the upsurge in unequipped lifting I have competed without supportive apparel on several occasions and probably because I was a late starter in terms of using such equipment, enjoyed a degree of success. To date I think I've won three British titles at M2 and held at one point the senior squat, dead lift and total records. At 90kg my best so far as a M2 is 226 - 140 - 287.5 647.5 with a best squat of 230kg at 100kg.

I have never really been one for sticking to specific workouts or programmes, much at times has been dictated by the type of equipment and time I have available. I usually like to have a six-eight week build up to a competition, gradually increasing the weight for the low reps and singles aiming to perform my opening lifts for three singles the week before the contest. During the last week I normally have a light session five days before the comp and a light stretching session three days prior.

I think training with regular partners over the years at either the Northampton club or the Farm has resulted in a familiar pattern where for the most part everyone tends to perform the three powerlifts 2/3 times a week and then if time put in some assistance exercises. For me this normally equates to heavy half squats once a week and some triceps work such as dips.

When I look back I can recall quite a number of lifters that I have had the pleasure of training with for significant periods. Many of these people have achieved much in the sport themselves, and I like to think that we at times positively influenced each other. Apart from Alf and Pete some of the other powerlifting names I can recall are; Baldesh Singh, Andy Rose, Stella Clifford-Jones, Malcolm Swannell, Tony Turner, Mike Round, Andy Thompson, Sean Rowlands, Stewart Gates, Malcolm Bason, Ian Finch, Dave Brown, Steve Jones, Some are still heavily involved (excuse the pun) and I hope I have not omitted anyone.

I have at times trained at other gyms, In the 70's & 80's I would regularly travel to Luton once a week to train with top lifters of the day such as Sean Spillane, John Neighbour and Terry O'Neil. In the 90's I used to train once a week at either Cambridge or Wellingborough Prison. I have also many times trained at the Yardley Gobion club where I've always felt welcome. Training in different gyms does I believe provide the opportunity to pick up new techniques and helps you to become more familiar with different equipment.



### **2000 Yardley Gobion WLC Last of the summer wine!**

There have been many lifters I have admired for one reason or another, be it their consistency, attitude, strength or technique.

For me Ron Collins was one of my first powerlifting heroes, I was fortunate enough to see him perform on several occasions in the late 1970's, where his feats of strength would in those days set large audiences alight, creating an atmosphere I have not since witnessed in the sport. For me Ron had the perfect physique for powerlifting, together with a controlled temperament, and anyone who can hold on to 355kg at a bodyweight of 82.5kg is someone special. Another hero for me was Hideaki Inaba of Japan who I believe won some 18 world titles at senior and masters levels, a true gentleman of the sport.

It is always exciting to see large weights being lifted, although when knowing or later discovering that a lifter has used banned drugs to enhance performance the spectacle suddenly loses some of its appeal. There have been many lifters who have had short careers, won the odd title but then have since given up the sport, gone to other powerlifting organisations etc. I personally admire lifters who have demonstrated consistency and longevity in their careers such as Pete Fiore, Jenny Hunter and Steve Walker.

I have, over the last decade, become more involved with the sport. I have been Divisional Secretary for the East Midlands since taking over from Wally Pullum in 2002. Wally was another big influence on me and I received much guidance from him and Pete Weiss when I first started lifting and I used to travel to Wally's Gym in Hatfield. As Divisional Secretary, I regularly attended Central Council meetings and became one of the BWLA directors prior to the split between weightlifting and powerlifting, which I was very much in favour of and helped to instigate. I do not regret being a part of this break up as I firmly believe that there was too much corruption within BWLA and powerlifters (the majority of the memberships at this time) were receiving a raw deal.

The break with BWLA would in my opinion have been far more productive had it been allowed to happen a year or so earlier when Pete Fiore was at the helm. I will never forget the meeting when Arthur Hoey and Ralph Farquharson showed their anger and disapproval of the suggested split from BWLA. Today there are a large number of disgruntled members and the powerlifting forums full of criticism of those holding the power in the new GBPF. When the vacancy for the GBPF director came up initially I was the only applicant apart from Arthur who was selected for interview. I didn't really want the job but knew that if I was offered it that I had the full support of several people who had united behind Pete Fiore when he was in charge.

I today have several positions within the GBPF namely merchandising officer, drug liaison and child protection officer. I was elected last year to the position of Secretary for the English Powerlifting Association which is affiliated the GBPF. Although in its early days and with little real business to deal with, the EPA is comprised of a number of officials who seem very capable of getting on with and respecting one another.

I have also over the years help stage many competitions and league matches. Over the past three years I have helped to put on The All England Championships which as a new yearly event is beginning to find roots at Moulton College. National events do involve much organising and I at times get despondent. However there are some dedicated and reliable individuals across the country who I have come to rely on and who ensure all runs well on the day. I often feel part of this team made up of people such as Fred Starry, Doreen Dowsett, Richard Parker, Pete Weiss, Dave Tucker, John Halfacre, Gavin Walker, Rod Regler to name a few, and without whom I think the GBPF would collapse.

In my 'spare time' I today work as a Parent Practitioner with some youth work thrown in. After being made redundant (after 26 years service) as an area Youth & Community worker by the Northants County Council in 2005 my wife and I set up our own Community Interest company and have been basically supporting parents and working with families, providing a variety of training courses in parenting, anger management, self esteem, & social skills etc in Luton and Northampton on a part time basis.

I did in the past work for York Barbell, the Canadian version not the original Bob Hoffman USA company, when it first came to this country in 1981, and have also had jobs with the Probation Service and Communities Against Drugs partnership. It was as a Youth worker in 1992 that I broke away from the Northampton WLC and set up the Farm P/L & W/L club as a youth project. The club was at first slow to develop but with some help from lottery funding and the County Council the club gradually became established.

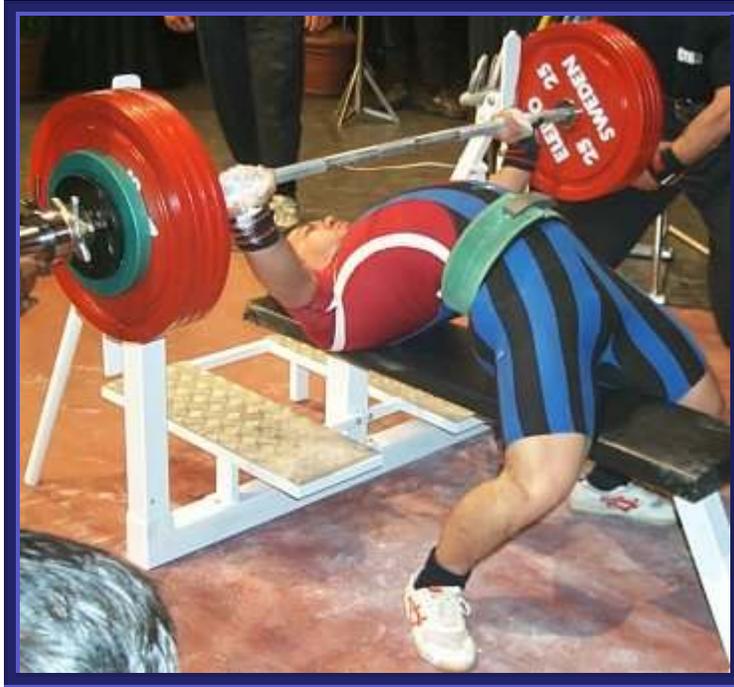
In all the club has moved premises five times and still survives today in its present location at Moulton College. Many people have joined the club over the years' many have excelled in weight related sports and have hopefully benefitted from their time with the club.

I would like to compete in next years' European, World & Commonwealth Masters events, as I will be a M3, although finances will dictate to some degree. I am also currently awaiting an MRI scan appointment to sort out a shoulder injury which also might dictate what I do next year. It looks almost definite that there will be new weight classes from January 2011 and the record books will be open. I don't entirely agree with the proposed change especially when lifters are getting bigger and the heaviest new class will be for 120kg+ men or 84kg+ women. At the other end small, light lifters are also likely to be far more disadvantaged. For me the new 93kg class will be ideal as I won't need to diet any more.

<b>SO YOU THINK YOU KNOW THE RULES???</b>  <b>See if you can answer these questions correctly - the answers are on page 26</b>		
	YES	NO
1. In World Championships under IPF rules, 3 single lift championships are recognized and sanctioned by the IPF		
2. A sub-junior becomes a junior on the day he reaches 18 years of age.		
3. The lightest bodyweight class for women is 52kg.		
4. Each nation is allowed a maximum of 5 reserves		
5. Each nation must submit a team roster giving the name of each lifter and his/her bodyweight category at least 60 days before the date of the championships		
6. A nation being the member of the IPF for more than 3 years should include at least two international referees among it's team officials at world championships		
7. The hole size in the middle of the discs must not exceed 54mm or be less than 53mm		
8. A lifting costume may be of any colour or colours		
9. The support shirt as used in the squat or deadlift may be sleeveless		
10. The width of a lifter's belt must not exceed 10cm.		

Thanks again to John Moody for this feature

# Mental cues for the bench press



## The set up

This is the most important part of the bench press and where you can hit or miss your lift, I've shown some guys in the gym all of the tips about setting up on the bench and in one session see them do reps with their previous max. Most people will know about arching their back and often dismiss it citing flexibility as a reason for not doing it, if so you're missing out on cutting the distance you press the bar down dramatically. Not all of these tips are about arching though and most of them centre on the fact you should be stable under the bar, you can't shoot a cannon out of a canoe.

## Setting up an arch

First thing is to get as far up the bench as possible as when you try to arch you will move down the bench, and not only will you get a better handout but the spotters will be a lot happier with you. Get on your tip toes and set your buttocks on the bench, once you are nice and solid in this position you can then try and slide your upper back down the bench, thereby creating the arched back.

Once you are as arched as is comfortable or possible, aim to push your feet out away from the bench, dragging them along the floor. When your heels touch the floor you will be in a strong stable position to bench. Keep your upper back tight and flex your glutes to get the most out of all of your body, it is a whole body exercise.

N.B- A note on handouts

When you get a handout try to get the bar passed OUT to you, not up and out. The bar should travel horizontally with as little vertical motion as possible; if it's lifted up then you will lose all the tightness in your back and be far less stable due to this.

## Lowering the bar

When you are ready to go you should be squeezing that bar from start to finish, if you aren't keeping a tight grip not only is it dangerous you're also not utilizing all the muscle groups in your arm effectively, when I say squeeze the bar, this is as hard as you can.

When lowering the bar you aren't trying to pull it into you, this is especially important in a shirt, you should be thinking about bending the bar around your body, this will keep your chest up and allow you to touch more easily.

Never let your chest crumble, if this happens then you are touching around the sweet spot and not getting the most out of your shirt. Not only this you are also losing the tightness in all your muscles, which have been storing it as a stretch reflex, letting you push harder.

## Pressing

For those in a shirt and for raw benchers who tuck their elbows, this is a very useful thing to think about, when pressing there should be two stages, the initial drive and at the finish, the flare. The flare is when your shirt starts to bottoms out the elbows should flare to utilize the triceps, think about pressing back in the direction of the rack.

This next part is quite probably the most useful thing I have been taught and I may mess up the other parts occasionally but this I stick to religiously, it has allowed me to lock out PB attempts many times and push through sticking points.

If you've ever felt the frustration of missing a bench just inches from lockout furiously trying to press that last part then this is a gem. When you at the last part of the press don't try to press the bar you should be thinking about **PUSHING YOUR ELBOWS THROUGH**, this may sound a bit strange but the idea is to push your elbows inwards to lock the bar rather than press it up.

Hopefully these will help but as I am not the greatest communicator through text then feel free to ask me at any competitions about any points which need clarification, I'll be happy to help.

**Joseph Walton**

# **EAST MIDLANDS POWERLIFTING ASSOCIATION – MINUTES OF COMMITTEE MEETING of the 28<sup>th</sup> November 2010.**

*Meeting took place at Hitchin WLC, Whitehorn Lane Letchworth.*

**The meeting opened at 2.05pm**

1. **Committee members present:** Dave Tucker, Pete Weiss, Jenny Hunter, Allen Ottolangui, Steve Jones, Kevin Jane. GBPF member Dave Brown also present.
  
2. **Apologies;** Stuart Hamilton, Steve Walker, Ian Finch.
  
3. **Matters arising** from previous meeting (24/7/2010)
  - a) As noted in the previous minutes, any committee member missing three consecutive meetings without good reason, automatically relinquishes their position and needs to be nominated and seconded at the next AGM if wanting to seek re-election.
  - b) GBPF membership system. Some members had already received an application form to renew their membership for 2011. Apparently on the letter sent with the form it states that unless renewed by the 31/3/2011 existing members will not be allowed to join the GBPF. The committee felt that this would be likely to deter people from joining the association – the Secretary agreed to contact John Jackson re this change.
  - c) It was noted that only 14 lifters competed in today's Divisional Senior Championships many of them being Master lifters. As per the Divisional ruling stated at the last meeting, there may well be several lifters who will not be given their invites to lift in national championships next year. The Secretary to contact Fred Sterry to ensure that all such invitations come directly to Pete Weiss so that he can check if each lifter has satisfied the criteria.
  
4. **Treasurers update:** Jenny informed the committee that the divisional account, as at 24/9/2010, stands at £2, 234. There is an amount of £48 to come from the Anglian Open entries, £28 from the EM Seniors, £24 from sale of t-shirts less expenses claims for two officers. The committee discussed purchasing a new IPF legal squat/bench rack to be stored at the Farm WLC and be available to all clubs within the division staging championships. The decision to go ahead with this will be discussed at the next meeting when actual costs can be ascertained.

## **5. Championships dates for 2011;**

<b>Date</b>	<b>Championship</b>	<b>Venue</b>
6 <sup>th</sup> February	Divisional unequipped	Letchworth
20 <sup>th</sup> March	Divisional Bench press	Hamilton's Fitness Centre Colchester

30/31 July*	Masters, Juniors & Novice	Yardley Gobion?
8/9 October	All England	Moulton College, Northampton
27 <sup>th</sup> November	Divisional Seniors	Letchworth

- Provisional date and venue , other events i.e. Anglian Open and Bench may be added later
- **6. Date for 2010 AGM** The AGM will follow the Unequipped Divisional Championships on the 6<sup>th</sup> February 2011 at Hitchin WLC, Whitethorn Lane, Letchworth. The AGM will be to receive written officer reports, accept last year report and to elect officers to the committee only. All nominations therefore need to be received by the Divisional Secretary no later than the 9<sup>th</sup> January 2011.

All other divisional business will be discussed at the committee meeting following immediately after the AGM.

7. **EPA.** Pete read out the minutes from the recent (4/11/10) EPA council meeting. This prompted some discussion around the lack of minutes from the GBPF AGM and around the issue of membership rebates that the GBPF had still to pay to the home countries. Pete emphasised that members should contact him as representative on the EPA Council to raise any issues they have in future.
8. **World Masters organisation.** As the Secretary had been copied into a number of e-mails from Arthur Hoey et al pertaining to the complaints surrounding team management at the recent World Masters he felt the matter warranted some discussion. It would appear that as a result of lifters not being booked into the hotel that they had paid for and the team manager and lifters arriving at different times a number of changes regarding future teams travelling abroad are to be made. Namely that all team members must travel from Great Britain together and stay at the designated venue hotel and for the duration of the championship.
- The committee were of the view that these changes would not necessarily improve things. In the first instance to overcome similar problems the team manager should take note of the event organiser information that is made available re hotel bookings, transfers, costs, and times etc. Secondly it should be appreciated that Masters lifters have still to meet all their expenses and as a consequence may not all be able to afford the often inflated hotel prices and full trip duration costs when competing abroad. It may also prove more costly for some British Masters lifters if they, for instance, have to take an internal flight to travel out with the rest of the team instead of a direct route.
- The committee felt that these changes if to be implemented should be an item on the next GBPF agenda.

9. **Lifter of the year.** The committee have decided upon a lifter to be honoured for their achievements and Mick Amey will be contacted in due course so that the lifter in question can be presented with the award at the Unequipped Championships on the 6<sup>th</sup> February 2011.
10. **Web site;** Jenny and Kev agreed to look into the costs of setting up a Divisional web site in order that the division can become more independent and develop and attract a greater membership.
11. **A.O.B.** Dave tucker informed the meeting of the current state of health of one of our longest serving members KC and in line with earlier discussions regarding honouring individuals who have devoted much to the sport, the committee agreed to present KC with an award for lifelong achievements and devotion to Powerlifting in the New Year.

Kevin Jane – Hon Secretary.

### **East Midland Powerlifting Committee Contacts**

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**Stuart Hamilton - [hamiltonsfitness@aol.com](mailto:hamiltonsfitness@aol.com)**  
**Jenny Hunter - [jenny@ced.co.uk](mailto:jenny@ced.co.uk)**  
**Steve Walker (Newsletter) – [SJR.Walker@fsmail.net](mailto:SJR.Walker@fsmail.net)**

### **Answers to the “So you think you know the rules quiz”**

1) No. 2) No. 3) No. 4) Yes. 5) Yes. 6) No. 7) No. 8) Yes. 9) Yes. 10) Yes.

- Qu.1. No – only the bench press single lift is recognized by the IPF
- Qu.2. No. He/she can remain a sub-junior throughout the full calendar year that he/she reaches 18 years of age.
- Qu.3. No. The lightest bodyweight class for women will be 47kg. (open)
- Qu.6 No. Only one international referee is required.
- Qu.7. No. Must not exceed 53mm or be less than 52mm.



**Notice is hereby given of the English Powerlifting Association 2010 Annual General Meeting. The meeting will be held at the Thorpe Centre, Moulton College Gate 4, Pitsford Road, Moulton, Northamptonshire NN3 7RR on Sunday 23<sup>rd</sup> January 2011 commencing at 10.30am.**

**Proposed agenda;**

1. Members present
2. Apologies
3. Acceptance of minutes of Inaugural meeting of the 17<sup>th</sup> January 2010
4. Officer reports
5. Election of officers (currently)

<b>POSITION</b>	<b>OFFICER</b>
President	Mick Barry
Chairman	Richard Parker
General Secretary	Kevin Jane
Treasurer	Fred Sterry
Assistant Treasurer	Doreen Dowsett
Sponsorship Secretary	Fred McKenzie
Championships Secretary	Kevin Jane
Selections Secretary	Fred Sterry
Merchandising officer	Kevin Jane
Web Master	Steve Gibson
Records officer	Ian Hampson
Supplies officer	Dave Kirkland

6. Divisional Representatives (currently)

<b>DIVISION</b>	<b>REPRESENTATIVE</b>
East Midlands	Peter Weiss
North Midlands	Fred Sterry
South Midlands	• <i>Not represented</i>
West Midlands	John Mitchell
Greater London	John Jackson
North West	Bryn Evans
South East	John Halfacre
South West	Kevin Green
Yorkshire North East	Fred McKenzie

7. Championship dates for 2011
  8. Dates for Council meetings
  9. Constitution – notices of motions received
- **Please note the following;** only current members of the British Powerlifting Federation are entitled to attend and vote at this meeting. All Officer reports should be received in written format, by the Secretary no later than the 9<sup>th</sup> January 2011. Any notices of motion for changes to the constitution should be made to the Secretary no later than the 24<sup>th</sup> December 2010.

**Secretary Kevin Jane, 17, Weedon Lane, Norton, Northants NN11 2NQ. Tel. 01327 312535 Mob. 07887903104 e-mail Kevin@kjane.fsbusiness.co.uk.**

# Letters Section

I guess that you are all up to date concerning the new international bodyweight categories that were accepted by the IPF General Assembly in South Africa. These take effect from the 1<sup>st</sup> January 2011.

Just in case of one of those few members who have not yet seen them, they are:-

Women – up to 43kg. (Sub Junior/Junior) 47kg., 52kg., 57kg., 63kg., 72kg., 84kg., 84+kg.

Men – up to 53kg. (Sub Junior/Junior) 59kg., 66kg., 74kg., 83kg., 93kg., 105kg., 120kg., 120kg+

I have read numerous comments for and against these changes and I am now beginning to appreciate the logic that is behind the original recommendations.

Apparently the fact that powerlifting had so many bodyweight categories has been one of the stumbling blocks where IOC recognition is concerned.

In 2008, the IPF Congress voted for a strategic review concerning the whole structure of the IPF. The man elected to conduct this review was Robert Wilks, the highly respected Australian, probably better known for the Wilks formula that has governed your lifting career for many years.

Robert and his committee spent two years studying our sport in all it's aspects before presenting their report to the IPF Executive in Munich last September.

The IPF maybe hoping that one of the major outcomes will be that in the eyes of the IOC, this reduction in the number of bodyweight categories will ensure that all classes are properly contested. The embarrassing situation of having only one lifter in a class automatically being declared he winner may soon be a thing of the past.

I appreciate that for some lifters who have possibly spent most of their career in the one bodyweight class, this new change of bodyweight categories may come as a bit of a shock. However, please give it a chance. The goal of achieving IOC recognition may be the reward that we have longed for and worked so hard for over the past few decades.

The hard fact is that the change in bodyweight categories is now a “fait accompli” and cannot be changed. If a lifter wishes to lift internationally, he must first be a member of the GBPF and secondly accept the rules and regulations of the IPF. I earnestly hope that our members will accept the facts and recognize the reason for change.

As yet the full “Minutes” of the Congress are not available but we need to keep open minds and recognize the need for a complete overhaul of the IPF structure which has now been carried out and accepted at Congress.

The Old Man

The Minutes of the IPF General Assembly held in South Africa have now been published. Although the new bodyweight categories are a step in the right direction, anyone reading the General Secretary's Report will see that in his opinion the main reason for the IOC reluctance to accept the IPF is Anti Doping or rather the lack of it among some of the national federations affiliated to the IPF.

After a recent meeting in Lausanne between our IPF President, General Secretary and the IOC Sport Manager, Jean Laurent Bourquion, the General Secretary said that about 80 per cent of the discussion was taken up with the anti doping problem. Although the IOC recognise the work of the IPF at world level, they remain concerned at national level. Our G.S. states that it could be two or three years before we are considered for acceptance by the IOC and then only if we continue with our standards in anti doping and can fulfil all the requirements requested by WADA and the IOC.

In his President's Address to the General Assembly, Detlev Albrings also referred to the subject of Anti Doping. He spoke of the need for more "out of competition" testing as well as the need for a strategic plan to simplify the rules for the benefit of all members.

Both Detlev and Emmanuel have spent much time on the Anti Doping aspects of our sport. Nearer home, our own Arthur Hoey and John Jackson have fought tirelessly with the Sports Council for acceptance and the necessary grant that would enable the GBPF to fully augment our own Anti Doping Policy. Why the powers that be in the Sports Council cannot see the light on such an important aspect of our sport and help us to achieve same is beyond comprehension.

Also please spare a thought for Gaston Parage, the IPF Treasurer. His report to the Assembly illustrates only too well the frustrations and disappointments that go with the job. Despite and against all the odds, these IPF officers continue their fight on our behalf for a better and more efficient IPF. The least we can do is to back them 100% in their efforts.

The Old Man

**Note: - The Editor cannot accept any responsibility for the views expressed within any of the letters printed within this section of the magazine**

**Please send any comments, letters or articles for the Newsletter to Steve Walker @ [SJR.Walker@fsmail.net](mailto:SJR.Walker@fsmail.net) or ring on 07710 138171**



## 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
	<b><i>East Midlands (GBPF) T-shirts</i></b>	<b><i>£8.00</i></b>

All prices exclude postage. Contact Kevin Jane to order any merchandise on 07887903104 or [Kevin@kjane.fsbusiness.co.uk](mailto:Kevin@kjane.fsbusiness.co.uk)

## The Parting Shot.....

In the last issue I asked who you think this was, lifting in the 1979 Northants and Cambridgeshire Powerlifting Championships



**Yes of course I'm sure you all recognized a super slimline Dave Tucker (without the regulation blazer and brief case!!)**

Well I'm just as certain that everyone will guess who this rippling hulk is as well in 1990 but it is still something nice for the ladies to ogle anyway so no apologies for using the photo.



