



Ultimate Power

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

Apr - Jul 2009

East Midlands Masters Juniors and Novices

This year's competition was held at the Farm, Moulton College on 5th July 2009. The event was attended by 12 lifters (1 guest and 11 in the competition).

Allen Ottolangui set a new Masters 1 squat record at 75kg with a best squat of 250kg. [No other record claims have been received so let me remind you, if you have broken a record please remember to claim it from the divisional record secretary].

Class	M/F	Age	Name	Best squat	Best bench	Sub total	Best deadlift	Total	Place
56	f	M2	Jenny Hunter	60.0	60.0	120.0	100.0	220.0	1.
75	f	M1	Jackie Blasbery	25.0	50.0	75.0	75.0	150.0	1.
56	m	M2	David Brown	87.5	75.0	162.5	125.0	287.5	1.
75	m	M1	Allen Ottolangui	250.0	147.5	397.5	230.0	627.5	1.
90	m	Guest	Steve Gates	260.0	145.0	405.0	260.0	665.0	
90	m	M1	Doug D'Gama	-225.0	0.0		0.0		
90	m	M2	Kevin Jane	267.5	155.0	422.5	280.0	702.5	1.
90	m	M2	Nick Oliver	192.5	117.5	310.0	220.0	530.0	2.
110	m	M2	Malcolm Bason	202.5	137.5	340.0	225.0	565.0	1.
110	m	M2	Ian Finch	182.5	117.5	300.0	215.0	515.0	2.
125	m	M1	Andy Rodney	150.0	100.0	250.0	250.0	500.0	1.
125	m	M2	Terry O'Neill	302.5	155.0	457.5	282.5	740.0	1.

News in brief

GBPF memberships continues to grow

Membership of the GBPF continues to exceed expectations, we now have something in excess of 700 members. Hopes were originally for the federation to grow to a membership of 400 active members in the first year but that was exceeded very early on.

It would appear that powerlifters are keen to embrace self determination away from BWLA and let's hope that the new federation will, given time, put in place all that is needed to support the sport of powerlifting in this country.

GBPF merchandise

Kevin Jane is selling merchandise for the GBPF. This includes the following items:

Embroidered t-shirts (Navy or White)	£9
Polo shirts (navy)	£11
Sweat shirts (navy)	£14
GBPF masters t-shirts (cream or navy)	£12

Items are subject to post and packaging charges of £3.

Contact Kevin Jane for all orders or further details.

World bench press

The IPF world bench press took place in Luxembourg over the period 27th to 30th May 2009. For the British team it was a very poor showing and despite a significantly larger sized team than in previous years only 1 lifter out of the team of 6 managed to get a lift in. Aaron Gideon from Greater London pressed both his first and second attempts but failed his attempt at a PB on his third.

Various problems caused the failure in lifts for the others, everything from lifters using shirts for the first time, to injuries which either had not sufficiently

recovered or which had got worse leading up to the competition.

Pinda Singh from the EM, although failing all his attempts was in fact very close to the lift he opened with, but the result was the same he still failed.

Full results are available on the IPF website:
www.powerlifting-ipf.com

European Powerlifting Championships

The European Powerlifting championships took place in Ylitornio, Finland over the period 5th to 9th May 2009. The GBPF sent a team to this event which finished a creditable 8th in the men's event and Phil Richard of Wales finished 1st in the 67.5kg class. There was no women's team from the GBPF.

Full details of results can be seen on the EPF website: www.europowerlifting.org

World junior bench press

The IPF held the first ever Junior and Sub-junior bench press championship over the period 1st to 4th July 2009. Only one lifter from GBR took part, Carlin Jones competing in the Junior age class at 100kg bodyweight. Carlin completed a lift of 185kg to finish 8th.

Full results are available on the IPF website:
www.powerlifting-ipf.com

European masters Powerlifting championships

Held over the period 23rd to 27th Jun 2009 and accounting for the absence of a number of masters lifters at the British championships. These were held in Pilsen in the Czech Republic.

East Midlands lifters taking part were:

Jackie Blasbery	1 st 67.5kg m1 with 427.5kg
Jenny Hunter	1 st 56kg m2 with 382.5kg 2 nd in best lifter award
Mick Amey	1 st 75kg m3 with 537.5kg
George Leggett	6 th 75kg m3 with 427.5kg Don't know place in M4 contest

Full details of the competition and the results for other members of the GBR team can be found on the EPF website: www.europowerlifting.org

EM to host British bench press

Next year's British bench press will be hosted by the East Midlands. The event has been awarded to Stuart Hamilton and his team from the Colchester Fitness Centre. The actual venue is yet to be decided but it will be in Colchester on the weekend of the 30th January 2010.

Anglian Powerlifting Championship

The Anglian powerlifting championships were held at Colchester, hosted by Hamiltons Fitness Centre. Full details of results are included in this newsletter from page 5. The competition took place on 12th April 2009 and saw an entry of 26 lifters. There was a mixture of equipped and unequipped lifting on the day and the results show both the equipped and unequipped results for the best overall lifter. Joseph Walton won the best overall lifter event in the equipped section and Dominic Patmore took the unequipped title.

It is worthy of note however that video footage of the event is included on the competition page on the divisional website:
<http://www.hamiltonsfitness.co.uk/Anglian2009.htm>.

This, I think is a first for the division but also prompts me to remind you all of the excellent divisional website hosted under Hamilton fitness Website:
<http://www.hamiltonsfitness.co.uk/weightlifting.htm>.

GBPF British Powerlifting championships

The first GBPF British Powerlifting championships was held in Birmingham over the weekend of the 27th and 28th June 2009. It was held at a new venue which proved to be very suitable, and was once again well organized both for spectators and competitors.

East Midlands lifters lifting in the event were as follows:

Tiffany Croker	3 rd in 67.5kg class, totaling 335kg
Tony Cliffe	3 rd in 110kg class, totaling 830kg
Joseph Walton	5 th in 110kg class, totaling 680kg

Jerry Rice was scheduled to lift but pulled out due to injuries.

Full results are available on the GBPF website:
www.gbpf.org.uk

EM committee meeting

The East Midlands division of the GBPF met on the 4th April 2009 for a routine committee meeting. The minutes of which have been included in this newsletter. [see page 4].

Calendar

Date	Competition	Venue	Details
22 & 23 Aug 2009	All England Open Powerlifting	Moulton College, Northampton	Equipped & unequipped
6 Sep 2009	Anglian Bench Press	Hamilton's Fitness Centre, Colchester	Equipped & unequipped
29 Nov 2009	Divisional Powerlifting Championship	Hitchin WLC Letchworth	Equipped

Contacts

EM Powerlifting Association – committee members			
Name	Position	Telephone	e-mail
Dave Tucker	President	01223 411414	
Pete Weiss	Chairman	01604 844669	peter@pweiss.wanadoo.co.uk
Jenny Hunter	Treasurer	01223 479511	jenny@ced.co.uk
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Pete Weiss	Powerlifting Secretary	01604 844669	peter@pweiss.wanadoo.co.uk
Stuart Hamilton	Web site Manager	01206 854319	hamiltonsfitness@aol.com
Allen Ottolangui	Committee Member	01462 675952	aacj38@yahoo.co.uk

EM committee meeting minutes - 4th April 2009

The East Midlands Powerlifting Association – Minutes of committee meeting held at Hitchin WLC, Whitehorse Lane, Letchworth on the 4th April 2009.

Meeting opened at 10.30am

- 1/. **Members present;** Stuart Hamilton, Allen Ottolangui, Dave Tucker & Kevin Jane
- 2/. **Apologies;** Ian Kinghorn, Jenny Hunter, Pete Weiss
- 3/. **Matters arising from previous meeting (31/1/09)**
 - a) The date for the Divisional Masters, Juniors & Novices competition had been changed to the 5/7/2009, still to be held at the Yardley Gobion WLC.
 - b) Steve Walker had been approached re taking up an official position within the division as publicity/promotions manager. To date Steve had not accepted or declined this offer, Allen will contact him regarding his decision.
 - c) The committee agreed to allow the Secretary to spend up to £350 on T-shirts and other apparel that publicises the Division and its governing body the GBPF.
 - d) Dave Tucker had received supporting letters from various sources re Jackie Blasbery and sent his request to 10, Downing St.

4/. **All England Championships;** Because of the congested calendar the 'English committee' had asked the secretary to hold both the equipped and unequipped All England Championships again this year. So the equipped event will be on the 22/8/09 and the unequipped on the 23/8/09 both at the Farm P/L & W/L club based at Moulton College Northampton. Fred Sterry has asked if all interested officials for this event to contact him ASAP. As this is a divisionally run event the secretary would welcome as much support as possible by way of officials, loaders and some equipment from East Midlands clubs and members.

5/. **Finances;** The treasurer had passed a message to the meeting that the recently opened account had a balance of around £800. In addition there is a cheque for £500 in the post from the Farm PI club and there are two further cheques for the same amounts to be received from the Yardley Gobion and Hitchin lifting clubs which will give a balance of around £2,300.

6/. **Feedback from the GBPF AGM;** The Secretary reported that this initial Meeting of the GBPF seemed somewhat amateur by comparison to BWLA agm's he had attended. There were still no minutes available from this meeting. Few officer positions were contested and several new nominations for positions were merely added to the existing list of officers. On the positive side the meeting was well attended and it was reported that there were well over 500 members nationally.

The issue of doping control is a major concern as it is becoming common knowledge that lifters are not currently being tested unless they are tested when competing abroad. This runs the risk of teams representing the country being banned if among those selected there are individuals who have little regard for doping rules. The Secretary had been elected as one of the GBPF merchandising officers and can be contacted for Masters T-shirts etc.

7/. **A.O.B.**

- a) Stuart was in need of officials for the Anglian Open on the 12/4/09 which he is hoping to broadcast on the internet. The Secretary will contact John Bevan and also hope to be at the event to assist.
- b) Dave Tucker is looking to run a divisional referees exam on the second weekend in June. He will contact Mick Barrie to discuss the cost of this for students and to see if any income from this needs to go to the GBPF. It is likely to be held at Cambridge and any others interested in taking the exam should contact Dave.

Meeting closed at 11.55am

Date of next meeting 15/8/2009 at Letchworth (10.30am approx)

Anglian Open Powerlifting Championship at Hamiltons Fitness Centre, Colchester. 12th April 2009

Women					Squat			Best SQ	Bench			SUB.	Deadlift			TOT.	Wilk's	pos
Eq	BDW.	NAME	CLASS	CLUB	1.	2.	3.		1.	2.	3.		1.	2.	3.			
y	60.0	Tiffany Croker	60	Hamiltons	100.0	110.0	120.0	120.0	65.0	70.0	75.0	195.0	120.0	130.0	135.0	330.0	367.91	1

Men																		
Eq	BDW.	NAME	CLASS	CLUB	1.	2.	3.	Best SQ	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	pos
y	59.8	Andy Smith	60	Cambridge	115.0	-125.0	-125.0	115.0	-100.0	100.0	110.0	225.0	140.0	160.0	-170.0	385.0	329.35	1
n	61.3	Stephen Dodd	67.5	una	95.0	100.0	105.0	105.0	77.5	82.5	85.0	190.0	125.0	130.0	132.5	322.5	269.77	1
n	74.3	Roland Johnson	75	una	-145.0	-145.0	145.0	145.0	87.5	-100.0	-100.0	232.5	35.0	0.0	0.0	267.5	191.85	1
n	79.7	Alan Joseph	82.5	Bethnal Green	150.0	160.0	170.0	170.0	110.0	115.0	-120.0	285.0	200.0	215.0	230.0	515.0	352.38	1
y	79.4	Gordon Kay	82.5	una	-185.0	185.0	-190.0	185.0	135.0	140.0	-142.5	325.0	175.0	185.0	-190.0	510.0	349.80	2
n	79.2	Ivan Otim	82.5	Bethnal Green	150.0	-160.0	0.0	150.0	90.0	97.5	102.5	252.5	220.0	230.0	237.5	490.0	336.63	3
n	78.3	David Potticary	82.5	una	110.0	135.0	150.0	150.0	130.0	137.5	-140.0	287.5	175.0	185.0	192.5	480.0	332.20	4
n	79.4	Devon Zachwatajlo	82.5	Hamiltons	150.0	155.0	-157.5	155.0	-115.0	115.0	-120.0	270.0	180.0	195.0	200.0	470.0	322.37	5
n	81.9	Tony Wightman	82.5	Gym 1	145.0	150.0	152.5	152.5	102.5	107.5	110.0	262.5	185.0	190.0	0.0	452.5	304.43	6
n	80.4	Matthew Williams	82.5	una	100.0	105.0	-110.0	105.0	105.0	110.0	-115.0	215.0	150.0	160.0	-170.0	375.0	255.18	7
n	87.4	Romualdas Kokstis	90	una	140.0	-150.0	160.0	160.0	125.0	130.0	-140.0	290.0	170.0	190.0	202.5	492.5	319.22	1
n	84.2	Dave Blackwell	90	una	130.0	140.0	150.0	150.0	140.0	-150.0	-150.0	290.0	-170.0	170.0	200.0	490.0	324.29	2
y	89.8	James Jeffries	90	Hamiltons	130.0	160.0	0.0	160.0	-222.5	-242.5	-242.5	-62.5	180.0	210.0	230.0	167.5	107.03	
y	89.6	Nick Rees	90	BAC	240.0	-250.0	0.0	240.0	-170.0	-170.0	-170.0	70.0	0.0	0.0	0.0	70.0	44.78	
n	98.8	Domininc Patmore	100	Bethnal Green	205.0	210.0	215.0	215.0	140.0	145.0	147.5	362.5	235.0	250.0	-260.0	612.5	374.49	1
n	93.6	Tim Grove	100	British Barbell	160.0	175.0	185.0	185.0	120.0	125.0	-130.0	310.0	190.0	210.0	225.0	535.0	334.99	2
y	105.0	Joseph Walton	110	Mike's Gym	260.0	-275.0	-275.0	260.0	145.0	150.0	-155.0	410.0	235.0	255.0	-265.0	665.0	397.23	1
n	104.7	Eric Boama	110	Bethnal Green	210.0	220.0	222.5	222.5	-120.0	125.0	127.5	350.0	-235.0	235.0	-250.0	585.0	349.80	2
n	105.7	Malcolm Bason	110	The Farm	180.0	190.0	200.0	200.0	125.0	130.0	135.0	335.0	210.0	225.0	230.0	565.0	336.72	3
n	101.3	Chris Williams	110	una	125.0	130.0	-135.0	130.0	120.0	122.5	-125.0	252.5	180.0	195.0	205.0	457.5	276.94	4
y	108.8	Malcolm Kempton	110	Cambridge	-220.0	-220.0	-220.0	-220.0	-125.0	130.0	142.5	-77.5	255.0	270.0	-275.0	192.5	113.63	
n	114.9	Julian Massey	125	Hatchford Brook	157.5	165.0	172.5	172.5	-135.0	135.0	140.0	312.5	190.0	200.0	210.0	522.5	303.51	1
y	125.0	Jared Fortin	125	una	-240.0	250.0	260.0	260.0	170.0	-175.0	-175.0	430.0	-220.0	-220.0	-220.0	210.0	119.58	
n	146.0	Ben Pearson	125+	Hercules	135.0	155.0	170.0	170.0	107.5	115.0	120.0	290.0	155.0	185.0	-212.5	475.0	263.44	1
n	146.0	Phil Wright	125+	Hamiltons	100.0	0.0	0.0	100.0	160.0	-180.0	-180.0	260.0	100.0	200.0	-220.0	460.0	255.12	2

Thanks to loaders: Mick Amey, Mike King, Wayne Beckham, Steve Dodd , Referees: Kevin Jane, John Bevan, Ben Banks, Catherine Wass, Scorekeeper: Grahame Hamilton, MC/Promoter Stuart Hamilton.

Anglian Open Powerlifting Championship at Hamiltons Fitness Centre, Colchester. 12th April 2009
Results ranked by wilks points equipped and unequipped

Eq	Equipped				Squat				Bench				Deadlift			TOT.	Wilks	pos
	BDW.	NAME	CLASS	CLUB	1.	2.	3.	Best SQ	1.	2.	3.	SUB.	1.	2.	3.			
y	105.0	Joseph Walton	110	Mike's Gym	260.0	-275.0	-275.0	260.0	145.0	150.0	-155.0	410.0	235.0	255.0	-265.0	665.0	397.23	1
y	60.0	Tiffany Croker	60	Hamiltons	100.0	110.0	120.0	120.0	65.0	70.0	75.0	195.0	120.0	130.0	135.0	330.0	367.91	2
y	79.4	Gordon Kay	82.5	una	-185.0	185.0	-190.0	185.0	135.0	140.0	-142.5	325.0	175.0	185.0	-190.0	510.0	349.80	3
y	59.8	Andy Smith	60	Cambridge	115.0	-125.0	-125.0	115.0	-100.0	100.0	110.0	225.0	140.0	160.0	-170.0	385.0	329.35	4
y	125.0	Jared Fortin	125	una	-240.0	250.0	260.0	260.0	170.0	-175.0	-175.0	430.0	-220.0	-220.0	-220.0	210.0	119.58	
y	108.8	Malcolm Kempton	110	Cambridge	-220.0	-220.0	-220.0	-220.0	-125.0	130.0	142.5	-77.5	255.0	270.0	-275.0	192.5	113.63	
y	89.8	James Jeffries	90	Hamiltons	130.0	160.0	0.0	160.0	-222.5	-242.5	-242.5	-62.5	180.0	210.0	230.0	167.5	107.03	
y	89.6	Nick Rees	90	BAC	240.0	-250.0	0.0	240.0	-170.0	-170.0	-170.0	70.0	0.0	0.0	0.0	70.0	44.78	
	Unequipped																	
n	98.8	Domininc Patmore	100	Bethnal Green	205.0	210.0	215.0	215.0	140.0	145.0	147.5	362.5	235.0	250.0	-260.0	612.5	374.49	1
n	79.7	Alan Joseph	82.5	Bethnal Green	150.0	160.0	170.0	170.0	110.0	115.0	-120.0	285.0	200.0	215.0	230.0	515.0	352.38	2
n	104.7	Eric Boama	110	Bethnal Green	210.0	220.0	222.5	222.5	-120.0	125.0	127.5	350.0	-235.0	235.0	-250.0	585.0	349.80	3
n	105.7	Malcolm Bason	110	The Farm	180.0	190.0	200.0	200.0	125.0	130.0	135.0	335.0	210.0	225.0	230.0	565.0	336.72	4
n	79.2	Ivan Otim	82.5	Bethnal Green	150.0	-160.0	0.0	150.0	90.0	97.5	102.5	252.5	220.0	230.0	237.5	490.0	336.63	5
n	93.6	Tim Grove	100	British Barbell	160.0	175.0	185.0	185.0	120.0	125.0	-130.0	310.0	190.0	210.0	225.0	535.0	334.99	6
n	78.3	David Potticary	82.5	una	110.0	135.0	150.0	150.0	130.0	137.5	-140.0	287.5	175.0	185.0	192.5	480.0	332.20	7
n	84.2	Dave Blackwell	90	una	130.0	140.0	150.0	150.0	140.0	-150.0	-150.0	290.0	-170.0	170.0	200.0	490.0	324.29	8
n	79.4	Devon Zachwatajlo	82.5	Hamiltons	150.0	155.0	-157.5	155.0	-115.0	115.0	-120.0	270.0	180.0	195.0	200.0	470.0	322.37	9
n	87.4	Romualdas Kokstis	90	una	140.0	-150.0	160.0	160.0	125.0	130.0	-140.0	290.0	170.0	190.0	202.5	492.5	319.22	10
n	81.9	Tony Wightman	82.5	Gym 1	145.0	150.0	152.5	152.5	102.5	107.5	110.0	262.5	185.0	190.0	0.0	452.5	304.43	11
n	114.9	Julian Massey	125	Hatchford Brook	157.5	165.0	172.5	172.5	-135.0	135.0	140.0	312.5	190.0	200.0	210.0	522.5	303.51	12
n	101.3	Chris Williams	110	una	125.0	130.0	-135.0	130.0	120.0	122.5	-125.0	252.5	180.0	195.0	205.0	457.5	276.94	13
n	61.3	Stephen Dodd	67.5	una	95.0	100.0	105.0	105.0	77.5	82.5	85.0	190.0	125.0	130.0	132.5	322.5	269.77	14
n	146.0	Ben Pearson	125+	Hercules	135.0	155.0	170.0	170.0	107.5	115.0	120.0	290.0	155.0	185.0	-212.5	475.0	263.44	15
n	80.4	Matthew Williams	82.5	una	100.0	105.0	-110.0	105.0	105.0	110.0	-115.0	215.0	150.0	160.0	-170.0	375.0	255.18	16
n	146.0	Phil Wright	125+	Hamiltons	100.0	0.0	0.0	100.0	160.0	-180.0	-180.0	260.0	100.0	200.0	-220.0	460.0	255.12	17
n	74.3	Roland Johnson	75	una	-145.0	-145.0	145.0	145.0	87.5	-100.0	-100.0	232.5	35.0	0.0	0.0	267.5	191.85	

Thanks to loaders: Mick Amey, Mike King, Wayne Beckham, Steve Dodd , Referees: Kevin Jane, John Bevan, Ben Banks, Catherine Wass, Scorekeeper: Grahame Hamilton, MC/Promoter Stuart Hamilton.