



Ultimate Power

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

September 2011



Sharn Rowlands British Senior & European Sub Junior Champion

Editors View



Welcome to all East Midlands powerlifters.

Another 3 months has raced by and we are entering the really busy period for major international competitions with host of East Midlands lifters travelling overseas to try and bring back some glory and silverware.

Congratulations to our lifters in this quarter who have achieved great success especially Jenny Hunter and Tony Cliffe for winning the British Seniors and to Jenny for also winning the European Masters and to Sharn Rowlands for becoming the British Senior Champion and the European Sub Junior Champion – tremendous achievements.

It's also good to see East Midlands lifters also featuring strongly in British Unequipped Championships – winners in the 3 lift included Jenny (again), Jackie Blasbery, Ben Cattermole, Paul Bennett and Alan Ottolangui (somehow) and in the bench press winners from the division included Ben Cattermole, Lea Meachen, Andy Howard, Paul Abbott and Matt Mackey – well done to all lifters and to those who achieved runner up positions.

No letters this issue – I assume everyone must be happy with all aspects of the sport or just don't want to commit their views to paper – it would be good as always to get any feedback about divisional, national or any issues.

Thanks go to Joe Walton for another interesting training article and to George Leggett for his continuing memories – any other training tips or ideas would be welcome.

Quite a number of our lifters are off to Luxembourg shortly to lift in the European Masters Bench – Lea Meachen, Andy Howard, James Jeffries, James Allison, Ian Kinghorn and Matt Mackey – we wish them success – no bombing please guys.

Finally good luck to Allen, Jenny and Jackie in the World Masters and to Tony Cliffe in the World Seniors – be a good place to do a 1000 kilo total – I can't remember the last East Midlands lifter to do that (perhaps someone can email me and tell me if they know).

Best Regards Steve Walker

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Calendar of National Events for 2011

	Start Date	End Date	Event
View	17/09/2011		South Yorkshire Open Championships
View	17/09/2011		Anglian Open bench press championships
View	25/09/2011	25/09/2011	English Open Bench Press Championship (Equipped & Unequipped)
View	02/10/2011		NW Bench press championships
View	08/10/2011	09/10/2011	4th All England Open Championship
View	15/10/2011	15/10/2011	THE HOME COUNTRIES CHALLENGE
View	30/10/2011	30/10/2011	South East Deadlift
View	06/11/2011		North Midland Divisional Championships
View	19/11/2011	20/11/2011	THE BRITISH STUDENTS POWERLIFTING CHAMPIONSHIPS
View	20/11/2011	20/11/2011	South Midlands
View	27/11/2011	27/11/2011	South East Powerlifting Championships
View	27/11/2011		East Midlands senior divisional championships
View	04/12/2011		NW Powerlifting championships
View	15/12/2011	18/12/2011	2011 Commonwealth Powerlifting Championships

European Masters Pilzen

Only 3 lifters from the East Midlands made the journey to Pilzen Czech Republic for the European Masters earlier this year.

First on the platform was Jenny Hunter. After making weight Jenny relaxed and soon got into her lifting taking silver on the squat with 125, narrowly missing 130, the German took gold with 132.5.

On to the Bench and Jenny drove up a strong 80 for the gold. As per usual Jenny was way in front with her deadlifts finishing with a World and European Record of 162.5 and taking gold. This also gave Jenny Gold overall with a European Total Record 367.5kg. Hopefully Jenny can produce the goods later in the year at the Worlds.

The next day saw Allen (little legs) Ottolangui (Steve Walkers Hero) (yawn) in the 74s. Allen made all 3 attempts on the squat finishing with the Gold and 237.5. Then amazingly Allen also took Gold on the Bench with 142.5 which left him in first place at sub Total (and in need of resuscitation due to shock).

On to the deadlift and it was close between Allen and the German lifter for the title, Allen managed a hard fought 225 but it wasn't enough and was pushed into Silver medal position overall with 605 total, 5Kg behind the German who took Gold.

Finally it was Jackie Blasbery in the 84s, Jackie's opposition was our very own Jean Maton from the SM. Jackie had a shaky start only getting her opening squat of 150 on her third attempt which gave her a silver medal.

On to the Bench and again Jackie took the Silver with 97.5 slightly down on her best due to a tricep injury. Jackie was too far behind at sub total to threaten for the overall Gold but had a good battle on the deadlight pulling 190, leaving Jean Maton to attempt 192.5 but on this occasion it proved too much so Jackie took Gold on the deadlight and Silver overall with 437.5 Total.

Good luck to them all at the Worlds in Canada later in the year.

Thank you to Allen Ottolangui for the report - rather a tame one by his normal standards!!

East Midlands Masters, Juniors and Novices Championships

Held at Yardley Gobion Powerlifting Club

This competition is always interesting bringing together as it does lifters from both ends of the spectrum - from Juniors and absolute novices to seasoned Masters 3 lifters hopefully all of whom can benefit from the experience.

As for the "seasoned" campaigners there were some good results, Jenny Hunter achieving 9 from 9 with relative ease and Kevin Jane producing a magnificent 700 kg total including an unofficial 280kg world record deadlift (sorry I missed the photo Kev). This total easily ranks Kevin at No.1 in the World Masters 3 category.



Ian Finch lifted as smoothly and in strict style as always and John Jones and Dave Brown also had a good day. That just leaves Allen Ottolangui who turned up at least!!



More brain matter in the foam ball!!!

It was good to see a number of novice lifters also lifting in their first competition and overcoming any nerves and lifting well. Simon Hills got 8 from 9 for a 330kg total at only 56.6kg Sean Maloney made 392.5kg at 71.2kg and Tom Weavers and Luke Woodbridge would have had a good battle in the 120kg class but Luke failed to get a bench passed but looked strong for the next time.

Local "lad" Colin Miller a latecomer to the sport made an excellent 510kg total at 90.6kg in his first competition and made the weights look easy and will be looking for big gains in his next one.



In the 105kg class there were 4 novice lifters going together with Jack Cook weighing only 93.1kg producing a very strong 9 from 9 lifts and a 620kg total – one to watch for the future. Jamie Reilly and James Frost finished 2nd and 3rd with Northampton's Frank Kamau unfortunately failing to get a squat passed on depth – doubly unfortunately for Frank as MC and Franks coach Pete Weiss let Frank and the audience know what he thought about that!!

A good days lifting and well done to all novices – great to see some new faces competing and getting invaluable experience.

Report by the Editor

Some Photos and full results







East Midlands Masters, Juniors & Novices 2011 Results

	GROUP I			Squat			Bench			D/L		Total
53.70	J Hunter	M2	<u>110.0</u>	<u>115.0</u>	<u>120.0</u>	<u>70.0</u>	<u>75.0</u>	<u>82.5</u>	<u>140.0</u>	<u>150.0</u>	<u>155.0</u>	357.5
61.35	A May	G	<u>65.0</u>	<u>70.0</u>	<u>75.0</u>	<u>42.5</u>	<u>47.5</u>	50.0	<u>105.0</u>	<u>115.0</u>	<u>122.5</u>	245.0
56.80	D Brown	M3	<u>87.5</u>	90.0	<u>90.0</u>	<u>70.0</u>	<u>75.0</u>	<u>77.5</u>	<u>125.0</u>	<u>130.0</u>	135.0	297.5
56.60	S Hills	N	<u>100.0</u>	<u>110.0</u>	115.0	<u>65.0</u>	<u>70.0</u>	<u>75.0</u>	<u>130.0</u>	<u>140.0</u>	<u>145.0</u>	330.0
71.20	S Maloney	N	<u>130.0</u>	<u>135.0</u>	140.0	<u>87.5</u>	92.5	95.0	<u>150.0</u>	<u>160.0</u>	<u>170.0</u>	392.5
75.30	A Ottolangui	M2	<u>150.0</u>	170.0	170.0	<u>100.0</u>	<u>107.5</u>	112.5	<u>180.0</u>	<u>190.0</u>	<u>200.0</u>	457.5
80.53	L double	G	<u>150.0</u>	<u>155.0</u>	<u>160.0</u>	<u>110.0</u>	<u>112.5</u>	115.0	<u>205.0</u>	215.0	215.0	477.5
112.50	T Weavers	N	160.0	<u>170.0</u>	<u>190.0</u>	<u>130.0</u>	140.0	140.0	<u>200.0</u>	<u>215.0</u>	<u>230.0</u>	550.0
115.30	I Finch	M2	<u>175.0</u>	<u>185.0</u>	<u>190.0</u>	<u>105.0</u>	<u>112.5</u>	<u>117.5</u>	<u>200.0</u>	<u>215.0</u>	220.0	522.5
118.00	L Woodbridge	N	<u>140.0</u>	180.0	192.5	125.0	125.0	125.0	<u>180.0</u>	<u>200.0</u>	240.0	Disq
	GROUP II											
90.60	C Miller	N	<u>175.0</u>	<u>185.0</u>	<u>190.0</u>	85.0	<u>85.0</u>	<u>110.0</u>	<u>180.0</u>	<u>202.5</u>	<u>210.0</u>	510.0
86.45	N Burgess	G	<u>150.0</u>	<u>160.0</u>	167.5	<u>92.5</u>	97.5	<u>100.0</u>	<u>210.0</u>	220.0	<u>220.0</u>	480.0
85.00	M Whiteman	Jun	<u>145.0</u>	155.0	155.0	<u>95.0</u>	<u>100.0</u>	102.5	<u>200.0</u>	210.0	210.0	445.0
91.70	J Jones	M3	<u>160.0</u>	<u>172.5</u>	182.5	<u>85.0</u>	<u>92.5</u>	<u>97.5</u>	<u>160.0</u>	<u>170.0</u>	177.5	430.0
92.75	K Jane	M3	<u>235.0</u>	<u>257.5</u>	272.5	<u>150.0</u>	<u>157.5</u>	<u>162.5</u>	<u>262.5</u>	<u>275.0</u>	<u>280.0</u>	700.0
86.40	I Otim	G	160.0	160.0	160.0	<u>100.0</u>	<u>105.0</u>	<u>110.0</u>	<u>230.0</u>	242.5	<u>242.5</u>	Disq
93.10	J Cook	N	<u>220.0</u>	<u>230.0</u>	<u>240.0</u>	<u>120.0</u>	<u>130.0</u>	<u>140.0</u>	<u>220.0</u>	<u>230.0</u>	<u>240.0</u>	620.0
112.50	R Faldo	G	<u>205.0</u>	<u>212.5</u>	215.0	<u>130.0</u>	<u>135.0</u>	<u>137.5</u>	<u>210.0</u>	<u>222.5</u>	225.0	572.5
101.40	J Reilly	N	160.0	<u>160.0</u>	<u>180.0</u>	<u>120.0</u>	<u>150.0</u>	160.0	<u>220.0</u>	240.0	<u>240.0</u>	570.0
103.40	J Frost	N	<u>150.0</u>	<u>160.0</u>	170.0	<u>115.0</u>	<u>122.5</u>	<u>130.0</u>	<u>180.0</u>	<u>195.0</u>	202.5	485.0
99.70	F Kamau	N	142.5	142.5	142.5	<u>107.5</u>	<u>112.5</u>	<u>115.0</u>	<u>200.0</u>	<u>212.5</u>	<u>217.5</u>	Disq

British Unequipped Championships Ashington

The British Unequipped Championships held at Ashington over 2 days were a great success, attracting over 70 lifters. The venue was very good which made for some high standard of lifting. 8 Lifters from the East Midlands made the long journey, but were very successful with 4 Golds and 3 Silvers.

As per usual the girls were up first, and Jenny (the man) Hunter in the 52s showed her class by taking the title with British records on everything not only masters records but senior records too. Starting with a 90Kg Squat then 72.5 Bench, finishing with 145 Deadlift to gain 307.5 Total. Who knows what Jenny is capable of if she started trying hard.

Jackie Blasbery also lifted in the first group again taking the title with 130 squat, 80 bench and a very impressive 170.5 deadlift and another British record giving Jackie a 380 total.

On to the Men's and Ben Cattermole at 66 bodyweight in the Under 18s lifted some very impressive weights starting with 142.5 Squat and 95 bench then pulling 167.5 deadlift to give Ben a round 400 total and the British title, a lot more to come from Ben in the future.

Also on the first day was Steve Walkers hero Allen Ottolangui lifting in the 74Kg class. Allen started with a British record Squat of 180 then 110 Bench, Allen only managed his opening Deadlift of 190 but this was enough to give him the British title which he kindly donated to Steve Walker so he could put it in his empty trophy cabinet and cherish it forever (already given it away!!)

All that was left on the first day were the 83s and lifting as a guest in the seniors was Alexander Kolb who had the biggest total in this group with 600, Squatting 200, Benching 130 and pulling a massive 270.

Also in this group was Jenny Hunters son Tom Rowell lifting in his first British Championships at Under 20. Tom had some serious competition in Tristan Kennedy from the Northwest, Tom stayed with him on the Squat with a PB of 150 and a 92.5 Bench, Tom went on to pull a strong 195 but Tristan's Deadlift of 232.5 pushed Tom into the Silver Medal position, but still a good performance for his first National Championships.

Last but not least was Doug D'Hobbit. Doug slightly down on his best had some stiff competition from an improved Alan Joseph from the Greater London Division. Doug started with a 177.5 Squat then managed a 130 Bench just missing 132.5 on his third which proved costly at the end. Doug's deadlift of 225 pushed Alan to a PB deadlift of 242.5 which he pulled and pushed Doug into the Silver Medal position. I am sure Doug will be back on top form soon.

Onto the second day and only one East Midlands lifter in the 93s was Tony Wightman at M2. Tony renowned for his Olympic lifting took the Silver Medal in this class with 142.5 Squat and 100 Bench. Tony a bit down on his deadlift managed 177.5 for a 420 total. Roy Cole from the SE took the Gold.

With the news of the IPF running its first World Unequipped next year it will be interesting to see how the GB lifters compare, hopefully some of the East Midlands lifters will be amongst the team.

Thanks to our roving (or should that be raving) reporter Allen Ottolangui for the report.

Anglian Open Bench Press Championships Held at Yardley Gobion Club 17th September 2011

A lower number of lifters than usual this year with only 16 entries initially, dropping to 15 with big bencher Pinda Singh pulling out with a pec injury.

Never the less it was good to see some close fought battles in several bodyweight categories with some new faces producing some excellent lifts.

Only one lady lifter today, Imelda Flanagan lifting 3 from 3 and finishing with an easy 37.5kg and weighing only 42.6kg.

The next 3 bodyweights had only one lifter in each class, Dave Brown, Russell Howard and Lee Meachen each making 80kg, 82.5kg and 140kg respectively. Lee was down to lift equipped originally but an injury prevented this so his 140kg raw was a great effort on the day.

In the 83kg class were two lifters, Mick Tapp and new boy Darren Walker separated by only 5 grams bodyweight (too many pies again Mick!). Mick, lifting raw, missed his opener of 130kg due to raising his head and then took and got 135kg on his second but the 145kg for his 3rd attempt was too much on the day but he easily qualified for next year's British Bench. Darren was successful with all three attempts finishing with 145kg and demonstrated good technique backed up with controlled determination – he should do well in the future.

Three lifters at 93kg with Ian Wells only taking two attempts to win with a strong 212.5kg and Colin Miller finishing 2nd with 112.5kg – his first bench only competition. Unfortunately Ian Kinghorn didn't get a lift in at 205kg, his opener being ruled out as below the sternum and his next two just unable to finish the lift – better luck in the European Masters Ian.

The 105kg class saw another bomb with Martin Green from the South Midlands unable to make his 240kg opener – again very close but just too much on the day – probably all down to getting the shirt and weight balance right.

That left Steve Bullimore and Bob Baxter to fight for the title with Steve Bullimore achieving a personal best of 162.5kg to win and Bob getting a well fought 150kg for 2nd place and the qualification for next year's British that he was after. Centre referee and Steve's coach John Bevan was pleased with Steve's lift although it apparently beat John's best ever by 2.5kg so the student is now showing the Master how to do it!

The final class of the day saw 3 lifters with unfortunately another lifter, Ryan Adams failing to get any of his 3 attempts passed. However, I do think that had he stayed with his opening weight of 125kg which he missed due to failing to wait for the start signal instead of going up to 130kg that he would have got it on a second attempt – maybe a lesson for next time.

Craig Williams looked strong and made 150kg for 2nd place and new boy Stuart Cowan from Hamilton's gym, ably supported by Mick Amey and crew, won with a very impressive 200kg.

Best lifter on Wilks unequipped was Lee Meachen and best lifter equipped was Ian Wells – congratulations to them.

All in all the feeling was it was a well run event and good to see some more new faces performing well, something of a shame there weren't more lifters with the whole comp being done by 1.00pm but at least the bar was open by then!

Report by the Editor (Sorry no photos but I can't referee and take pics at the same time)

An Interview with Jenny Hunter

Editor - Hi Jenny thanks for agreeing to do the interview, I know that being such a shy modest type you weren't too keen.

Jenny - That's ok I thought I can't let Jackie be the only girl in the East Midlands to have a profile done.

Editor - So how did it all start for you

Jenny - I was born the younger of two girls in Mill Road Maternity Hospital in Cambridge in September 1958 and have spent most of my life in Cambridge ever since.

Editor - How about sports in the early days?

Jenny - I went to Chesterton Secondary Modern School for girls and was a very average student. I enjoyed most sports at school particularly tennis, table tennis, swimming and athletics but didn't excel in any. Neither my parents or my sister are sporty, the only sport we really watched on TV when I was a child was tennis once a year when Wimbledon was on.

Editor - So no clues there as to your potential talent or strength so how did you ever start with the weights?

Jenny - I started going to the Howard Mallet gym in Cambridge in my early 20's with a couple of friends from work to do some general weight training. It seemed like a good idea at the time. I was the worst of the three of us but enjoyed it, so over the next few months the others gave up but I continued.

Editor - So how did you get into competing?

Jenny - At that time the Howard Mallet club put on Powerlifting competitions and I went to help out at one, probably doing the score board, it was my usual job!!

Editor - Yes that's often the way it goes - did anyone make an impression on you?

Jenny - Yes, one of the competitors was an American girl who was about my size and she lifted what I thought was a massive total of about 200kg.

Editor - So that obviously inspired you to start lifting yourself then.

Jenny - It did and I was then encouraged by other gym members to have a go at powerlifting and enter a competition which I did. From what I remember it was 1982 and there were 4 or 5 girls in it and I lifted 85kg 42.5kg 115kg totalling 242.5kg. I think I was in the 48kg class.

Editor - That's very respectable for a first competition so you had a good start and carried on training. Can you remember when you did your first British Championships.

Jenny - Of course, I entered my first British in 1983 and came 3rd with a British Record Dead Lift of 130kg the lifter who impressed me most that day was Rita Bass who totalled 400kg at 60kg body weight.

Editor - Wow a British Record in your first British that's incredible! I know you've lifted abroad many times but did you win the British before you were selected to the team.

Jenny - No, in fact I entered the 1st ever Women's European Championships in Darmstadt the same year and was devastated to come 7th and the only girl in the British team not get a medal, I couldn't believe how good the girls in Europe were.

Editor - Yes I know how high the standards are in internationals, so were you demoralised or determined to do better.

Jenny - Well I was coached at the time by Barry Gray who was a very hard task master but knew how to get the best lifts out of me so it was back to the gym to train harder.

Editor - I remember Barry "Bomber" Gray so you have him to thank for helping you to the success you've gained over the years. Can you summarise what your main achievements in powerlifting competitions are?

Jenny - I think I have competed in 21 British senior Championships and won 17, 8 European senior and won 5 and 7 World senior and won none!

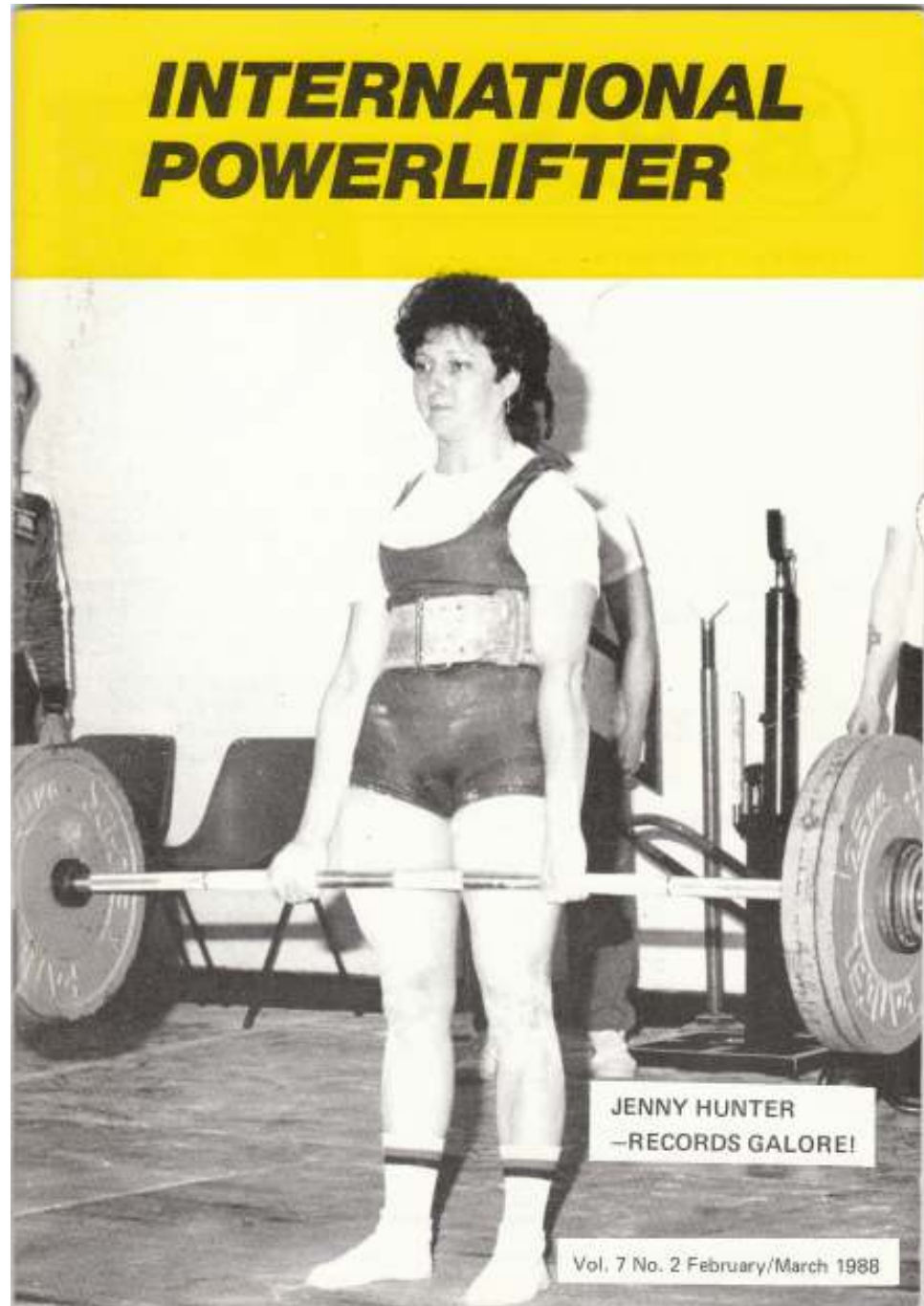


Jenny winning the British Seniors in 1989 (note a slimline J.B. in 2nd spot)

Editor - That's still a fantastic record at Senior level and you have won World titles at Masters we know. How about your personal best lifts and records?

Jenny - The best total I achieved was at the 1988 British which was held in Cambridge where I lifted in the 56kg class with 155kg - 85kg -181kg

totalling 420kg, I took fourth attempts on each lift and actually lifted 157.5kg 87.5kg 182.5kg but these did not count in the competition total. My dead lift and total records still stand.



Editor - I remember seeing you lift all those years ago but then you disappeared off the scene for many years so what happened?

Jenny - I stopped lifting in 1990. I had become disillusioned after competing in the World Games and I felt girls who had been doing similar totals to me were suddenly way in front and I had no chance of catching up with them.

Editor - I suppose they were all eating the blue Smarties and drinking lots of milk!! So when did you start training again?

Jenny - During the time I didn't lift I had my son Tom and didn't go to the gym at all until about 1997 when Rita Bass and I went to visit Ron Reeves in Sittingbourne and he rekindled our desire to start lifting again.

Editor - So you were virtually a Masters lifter when you came back to the sport. How did you find it compared to the first time round?

Jenny - Lifting as a Master is still hard work but the pressure is less, I would like to say I enjoy my lifting more than before.

Editor - How do you train nowadays and do you have favourite exercises?

Jenny - My favourite exercise is tricep pushdowns it's always the last thing we do before going home. I train twice a week now with Jackie Blasbery and have been doing so for the last 10 years or more, I think we work really well together and keep each other going.

Editor - Yes you and Jackie have always been close, I know she trains with Andy Rodney so are there a few of you training together?

Jenny - We have over the years been joined by Chad Mitchell who was a very promising junior before getting injured and Andy who always spurs us on with his positive vibes. Our latest recruit is my son Tom who after years of being dragged around the country to competitions has decided to start lifting himself and came a very respectable second in his first British unequipped comp.

Editor - A real chip off the old block then and talking of chips how about your diet - do you need to worry about what you eat nowadays?

Jenny - Like a lot of lifters I often have to lose weight for competitions and can be seen running around on the day trying to loose the last couple of 100gms. The sensible thing would be to keep a better check on my

weight all year round but I do have a sweet tooth and like eating all the wrong foods chocolate, biscuits and ice cream. My body weight has varied from 48kg to 60kg but I have spent most time and put up my best totals when I have weighed between 52kg or 56kg.

Editor - Well you seem to be very consistent whatever bodyweight you are at and certainly you are now getting the success you deserve on the World Masters stage. I was there with you in 2008 when you won gold in Palm Springs and the overall best Masters 2 lifter award in the World Championships. Do you plan to carry on for a while yet?



Best of the best - Jenny with her Champion of Champions award Palm Springs 2008

Jenny - Yes, although I no longer lift as much as I did 20 years ago, I still believe I can improve on what I do now, I guess that is one of the reasons I still compete.

Editor - Well it's always a pleasure to see your smiling face at both divisional and national competitions thanks for sharing your powerlifting story with us



ALL OUR YESTERDAYS.

1976.

For the 1976 World championships we go back to America, Harrisburg, the capital of Pennsylvania. Organised by Bob Hoffman and heavily sponsored by the York Barbell company.

By now Vic Mercer had been appointed as the British powerlifting secretary and I had the team all to myself. I will never forget that championship. We arrived at the airport and Vic said to me, "here you are Leggett, here are the tickets get us there." Bear in mind I had never been out of the U.K., never flown before and I had to get ten lifters, Vic Mercer, Gren Elmore and myself to the U.S. and get us all settled into our hotel, talk about being thrown in at the deep end. When we arrived Vic called me into his room and told me that the team was my responsibility and any problems I had to deal with it, he did not want any lifters coming to his room with complaints. That was Vic, a strict disciplinarian who would not take any nonsense from anyone.

I remember the day after we arrived we had a free day because it was a public holiday for the American Presidential election which Jimmy Carter won. He only served one term and was replaced four years later by Ronald Reagan.

In those days the championship was over just two days, Saturday and Sunday, there was no round system and very often a lifter would follow himself, I often had two or three lifters competing at the same time and had to keep on top of the attempts for each competitor. They were very long days and the championship just dragged slowly on.

However, there were some memorable moments. This was Eddy Pengelly's first world championship and he was world champion. Who can forget Bill West's last dead lift, it seemed to take ages to move off the platform but it came slowly up and got three white lights to beat American, Tony Carpino, on lighter bodyweight. Ron Collins won his fifth gold medal and Paul Jordan, after his disaster in 1975, was world champion beating the fancied Vince Anello into second. Peter Fiore lifted for Zambia this year but unfortunately did not make a total, you will have to wait for my next article to see what he did the following year. Eamon Toal was slowly creeping up the medal table, previously 4th, then bronze and now a silver.

At the presentation evening on the Sunday night the Americans were not very happy and could hardly speak to us, we had beaten them on their home soil but we did not care, we were the WORLD CHAMPIONS.

GREAT BRITAINS TEAM RESULTS.

<u>1976.</u>	<u>Harrisburg.</u>	<u>U.S.A.</u>
52kg.	N. Bhairo..	(4th.)
60kg.	E. Pengelly.	Gold.
67.5kg.	D. Pal.	Silver.
67.5kg.	T. Kirton.	(4th.)
75kg.	B. West.	Gold.
82.5kg.	R. Collins.	Gold.
90kg.	E. Toal.	Silver.
100kg.	P. Jordan.	Gold.
100kg.	T. Fitton.	Bronze.
110kg.	D. Carter.	(4th.)

GREAT BRITAIN, WORLD CHAMPIONS. U.S.A. 2nd place, FINLAND, 3rd place.

World Championships. 1976.

The following day we did not have to return home but the Americans were very kind to us and had arranged a trip for us to Gettysburg to view the battlegrounds of the 1863 American civil war. They have kept it as a memorial of that great struggle. A very interesting day out. Meanwhile, back at home my wife, Midge, had been trying to get us some publicity but the T.V. companies did not want to know and the newspapers were no more helpful, there were no huge crowds to welcome us home and no hoards of photographers taking our pictures. To be fair, John Sadler, writing in the Sun did write a very good article comparing us to the pampered footballers of Don Revie's England team who were playing in Italy and how they would be feted whether they won, lost or drew. At the end of the day whatever anyone said, we were world champions. During the week-end, at the annual conference, Vic Mercer had been elected as the new I.P.F. president and Gren Elmore the treasurer. We were about to see some huge changes in the world of powerlifting. Vic really took hold of the reins and the I.P.F. owe him a huge debt of gratitude and for me he is the grandfather of powerlifting as we know it today. My next article will be about the 1977 world championships in Perth, Aussie.

George Leggett.

Olympic lifts as a tool for optimal sumo technique

By Joe Walton

The biggest technical fault in all sumo deadlifts is the raising of the hips before the bar leaves the floor. The initial start position can vary massively between lifters depending on leverages and flexibility but the common theme of the ideal technique for all practitioners of the sumo deadlift is that the hips should stay in the initial position until the bar breaks off the floor. Execution of this can be seen in the lifts of the best sumo deadlifters in the world.

<http://www.youtube.com/watch?v=f97JRYR6k3M&NR=1>

If you look at the link you will see his hips do not rise at all until the bar is moving and the lift looks almost effortless, this is why it is common to see sumo deadlifters fail a lift without the bar even leaving the floor. Getting it off the floor is the hardest part when using perfect technique and often the bar will accelerate to lockout, as in the video above.

By lifting the hips early you can use your back more effectively to get the bar moving but leaves you in a position which is far from advantageous to complete the lift.

This extensive preamble showing how holding your hips down will result in a bigger lift. Why people have trouble with this seeming easy piece of advice is due to the fact that it is HARD to lift the bar off the floor in this position. I have heard the excuse that weak hamstrings mean they can't keep their hips down when lifting the bar. Strengthening weak points is always a good thing but in 99% of cases it is mental discipline which stops them from staying down as you have to work so hard to get the bar moving when it feels a lot easier to let your hips rise and then try and grind it out at the top.

The title mentions Olympic lifts as a tool for technique this is due to the fact that if the hips move up and the bar pushes out in front you will never be in the position where you can drive your hips in and exert sufficient force to accelerate the bar. The reason this is a great training tool is that if you don't get in the right position then you'll immediately see the effects as the bar won't go high enough to complete the lift. If an adequate coach can be found this will be a great tool in teaching you to hold your position and also to exert maximal force.

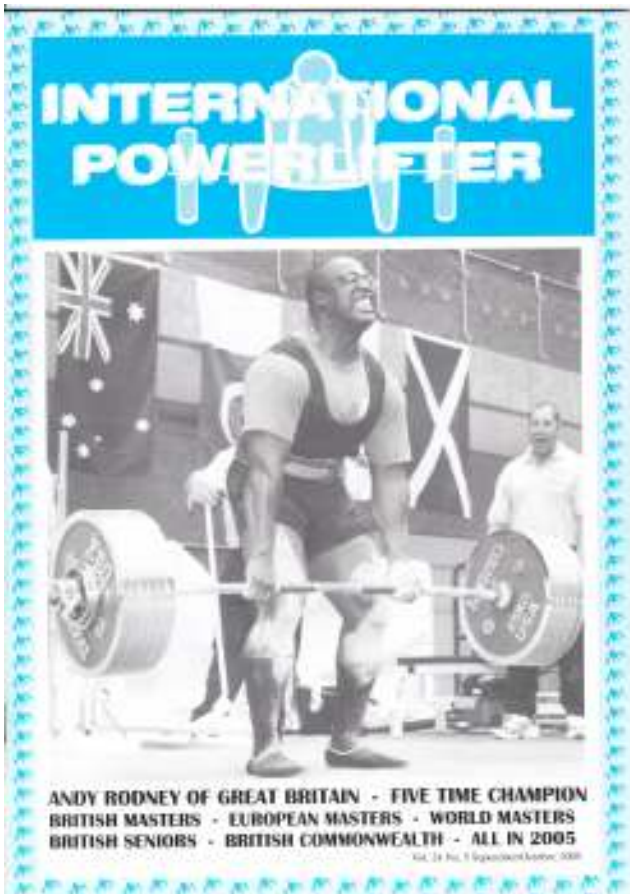


Joe puts theory into practice at the 2010 British Juniors

Feature by Dennis Unitt

Many of you will know the name Dennis Unitt, as the original editor of the International Powerlifter magazine. He has been involved in producing newsletters for over 35 years and only recently decided to retire due mainly to the internet making news so readily available.

Never-the-less Dennis has a wealth of knowledge, experience and memories of the sport and he has kindly provided an article that he wrote and which was only published in Finland - it makes very interesting reading and I hope you enjoy it.



Just one of the many issues of International Powerlifter that Dennis produced over the years.

In my twenties, I was a keen Rugby Football player and used weights to make me strong for the game. However, I injured my knee severely when playing, so I gave up the Rugby but continued weight training, moving to Weightlifting, which led to training on the three powerlifts. I was soon keen to enter competitions.

Back in 1970, there were over 40 powerlifting clubs in the West Midlands area of England and competitions were arranged by the largest, but it was difficult to find out about championships if you were not in a big club.

So I edited the West Midlands Newsletter so that I and other lifters in the Clubs in my area could know about competitions, results, courses etc.

In 1973, I took over the National Powerlifting Newsletter for Great Britain called "BRITISH POWERLIFTING" but carried on with the West Midlands Newsletter.

I continued on for a few years with British Powerlifting until the World Championships in Calcutta in 1980 when it was proposed that my Newsletter became the official IPF magazine, but I had to change the name to "INTERNATIONAL POWERLIFTER".

The BRITISH POWERLIFTING was also produced but as a supplement to the INTERNATIONAL POWERLIFTER, I dropped the West Midlands Newsletter then.

After that I went to nearly all the major European and World Championships and took all the photos for the magazine, getting the results, writing reports, plus talking to lifters to find out what was going on and in some cases conducting an interview on training etc for the magazine. So it was a busy time to put it all together afterwards, type all the pages and publish the magazine. Unfortunately, I was restricted to the World Championships I could go to because of the cost.

That's what I was doing on the magazine front but at the same time I had a full time job as the Publications Manager in the Publicity Department of a local manufacturer.

Family wise, with my wife Hellen, my three sons were raised and put through University, since when they have all succeeded in rewarding professions.

On the Powerlifting side, I was competing regularly at Divisional and national level winning British Championships in the Masters class and competing in World Championships, the last one was in Palm Springs last year 2008.

Being a referee involved me in many British Championships and now I am an IPF Cat Two referee, able to referee at International Championships.

Also I was running B.P.SPORTS supplying Powerlifting equipment nationally and overseas. I was kept very busy during those years

Moving back to my magazine work, I continued to publish INTERNATIONAL POWERLIFTER and in 2001, The IPF President Norbert Wallauch asked me at the World Games in Akita, Japan if I would be willing for my magazine to include the IPF Newsletter at that time produced by Robert Keller in America.

So I included the IPF Newsletter into the INTERNATIONAL POWERLIFTER until in 2005, Norbert Wallauch asked if I would stop producing my own magazine which contained results from other powerlifting organisations and become the IPF Media Officer, one of the jobs being to produce a magazine entirely composed of IPF matters.

This I gladly did and after the World Championships in Stavanger, Norway, produced Vol. I No. 1 of THE INTERNATIONAL, POWERLIFTER in January 2007 and have published the magazine every two months since.

This year, I found that I was competing with the Internet and especially the IPF Website where information and results were readily and quickly available so it was hard for me to find fresh contents for every issue and making it difficult to produce an interesting magazine, so I decided to retire at the end of this year.

Jari, regarding Finland, I have enjoyed my visits and I have known many Finnish lifters but my best friend in Finland is Heikki Orasmaa who I have known for many, many years. Very friendly, always helpful, nothing was too much trouble. He has supplied me with information from Finland for the magazine over the years

My best memory of Heikki, was when during the 1985 World Championships in Espoo, he took Brian Smith and me to the Helsinki Telephone Company's gym where we trained with Viljo Karvinen the Finnish 67.5kg total record holder with 667.5kg, who looked nowhere near his fifty years. The training session was followed by the customary sauna with ice cold beer. Later we enjoyed a meal with Heikki, his wife Riitta and son Villi

Brian Smith was the Chief Loader and his "Tanco Kuormattu" (that's "Bar loaded") was popular with the Finnish audience

Turku was my first World Championships overseas so I was pleased that the hotel ITIKUURI had all the facilities for the lifters, gym, sauna, swimming pool, shops bank, and casino. Night club - all under the same roof. Another feature was that a hostess was allocated to each team (not speaking Finnish) to look after their every request

The venue was in the hotel auditorium with a seating capacity of 2000. The raised stage, giant scoreboard with everything in place for a successful Championships. Even a band to play the winner's national anthem .TV cameras were there every day

Well organised by J.Parvainen and the Finnish Powerlifting Association - These Championships set a standard for all others to follow.

Espoo was another good venue held in the Otahalli Sports Centre, just five miles from Helsinki, Again a bonus was the nearness of the Hotel Dipoli, just 100 yards from the Sports centre. The competition was held in the Sports Hall with the gym as the warm-up area with many other rooms and sports facilities available if required - a good set up

I remember at this Championship that Great Britain's Eddie Pengelly was not happy to compete against Bob Bridges from America, who was being coached by his six times World champion brother Mike Bridges

However, when Bob bombed out on the squat Eddie came to life storming through the benchpresses and dead lifts to take the 67.5kg world title

I had my photo taken in the Otahalli sports Hall with Finnish heavyweight champion, Hannu Saarelainen, a fierce looking man with a stare that turned his opponents into stone!!

In Espoo, I renewed my acquaintance with Finnish 56kg champion, Yrjo Haatanen. He finished second to McKenzie in Turku and in Espoo, now over 50 years of age he did well to finish second to Isagwa from Japan.

Two things I remember about Haatanen, or rather, three, were his two beautiful daughters and his bone crushing handshake.

I admired the big policeman Taato Haara with his big squats in Birmingham . He turned up in Espoo to present the awards to the +125kgs medalists

I have also known Jarmo Virtanen, many time World 75kg and 82.5kg champion. Best memory when in Espoo he completed the double - winning Junior and Senior World titles in the same year

Pori was cold. I remembered the freezing walk from the Hotel Vaakuna to the Pori Sports Hall, which had everything for a successful Championships. For me the highlight was the Press Room with all the information for the TV and Press journalists plus telephone, fax and typing facilities.

Even a room to interview the medalists after each class. Managed to speak again with Jarmo Virtanen. He had not lifted in Johannesburg the previous year as he was about to become a father. The hall filled up when he lifted and won his ninth world title. I asked if he was going for No 10. He replied " I don't know it was hard for me this year" . I didn't see Jarmo on the platform again, but saw him later when he was a coach to Finnish teams at World Championships.

Other memories of Pori was seeing the Sports Hall packed to capacity as the Finns came to see Ed Coan from America power up a 1000 kg total to win the 100kg class. Kirk Karwoski totaled the same I remember.

Also in the Interview room was Toivanen, pulling a 350kg deadlift to beat Gene Bell in the 90kg class. I was able to talk at length with Janne and in my next issue of the "International Powerlifter" I did a feature article on Janne and his incredible deadlifting powers.

In fact, the next years Worlds in Salzburg I saw Janne in the 100kg class up against the best in the world and needed a big dead lift to win. He did it but it was not enough! What followed was the most exciting moment of the Championships for me and my report in the magazine best describes the courage of Janne Toivanen.

"Markovsky of Russia had failed to pull 330kg totaling 912kg leaving Woodside of the Bahamas to pull a magnificent 352.5kg for a 910kg total and second place. This left Toivanen 365kg to total 912kg and win on lighter bodyweight - but 362.5kg was loaded on the bar!

What was happening? JT came out and pulled it strong for three white lights and we were told by the M.C. that he had won the world title. How could that be? His 362.5kg dead lift gave him a 910kg total, still 2.5kgs short

It was getting late and the audience was beginning to disperse. At this point the stage suddenly filled with people. Coaches, managers, TV people, lifters referees loudly gesticulating and arguing about Toivanen winning. It was realised by many people that 365kgs was needed for victory and the Finnish coach said he had asked for that weight but 362.5kgs had been wrongly loaded the bar.

After much discussion it was decided by the referees that to settle it Toivanen was to be given a fourth attempt. The bar was loaded to 365kg. Toivanen strode out. Wide stance, sucking in air he sank down to the bar inch by inch gripping the bar so tightly that his knuckles went white. He then pulled relentlessly until he reached the finishing position. Three whites - he had won again!!""

This dead lift by Janne Toivanen in Salzburg 1996 was another example of what Powerlifting is all about Strength of mind and strength of body.

Jari, you ask me about the best lifts I have seen in the 70's, 80's and 90's. Not an easy one to answer as I have seen thousands of lifts including world records over the years. That dead lift of Janne Toivanen in Salzburg was one of the best.

Another one that stands out was made at the Europeans held in Zurich in 1980 on the dead lift in the 82.5kg class. Ron Collins from GB had pulled 325kg and 345kg and the Finnish lifter Veli Kumpuniemi had pulled 330kg easily enough but couldn't hold world record 355kg.

Back comes Collins, pulls the 355kg, three white lights for a new world record. But his still warm record was taken from him when Kumpuniemi with his wide legged stance came out and pulled up 357.5kg for new world record - a fantastic lift under pressure. His record still stands to this day, some 29 years later - the oldest record on the IPF books.

This lift demonstrated to me the innate pulling power of the Finnish lumberjack and his determination and will to pull the weight - no matter what - to win. That's Powerlifting.

There was another remarkable dead lift made at the World Championships in 2003 in Vejle, Denmark. In the men's 90kg class, Ivan Freydn of the Ukraine, after failing with 342.5kg, pulled a very hard 347.5 to win the World title, pushing Tarasenko of Russia into second place. Immediately, the Russian coach pointed out to the Chief Referee that the bar was incorrectly loaded and was light by 2.5kilos.

Freydn was awarded another attempt due to the misload and so it was up to the Ukrainian to do it all over again. All credit to Ivan. He mentally recharged himself and prepared to attempt another heavy dead lift. Then he came back for this crucial dead lift and to the delight of all pulled it hard and strong for white lights to win the title.

These are just a few of the moments I have enjoyed from the Powerlifting I have seen at various international Championships throughout the World from Perth in Australia to Nova Scotia in Canada. I have had the opportunity to meet the top powerlifters in the World so many I have met and interviewed.

I hope I haven't rambled on too much but there is a lot to remember from the 100 plus international Powerlifting Championships I have been to over the last 30 years. The ones I have talked about in Finland show that each Championships is different - there is always something new to see, always something to learn. Then after the Championships are over, you are already looking ahead and thinking about going to the next one

I love Powerlifting because I am doing everything and get completely involved - training in my local gym, lifting in Championships, refereeing, meeting other lifters at competitions, writing the magazine etc - all these Powerlifting activities I have enjoyed over the last 30 years.

Thanks to Dennis Unitt for this feature.

The East Midlands Powerlifting Association – minutes of committee meeting held at Yardley Gobion WLC on the 23rd June 2011.

Meeting opened at 4.30pm.

1. **Committee Members present;** Pete Weiss, Jenny Hunter, Ian Finch, Allen Ottolangui, Steve Walker, Kevin Jane. **GBPF Member** also present Jackie Blasbury.

2. **Apologies:** Dave Tucker

3. **Matters arising from previous meeting:**
 - a) Keith Clarke had received the trophy from the committee and his wife had sent a message of thanks in that the award was much appreciated.
 - b) Squat racks - John Halfacre has had some delays in finding materials to make the order but was now working on them and they will be available in time for the All England championships. The racks will be locked in a store cupboard at Moulton College and be available to clubs in the Division staging competitions.
 - c) Lifter eligibility: One lifter apparently a member of the East Midlands had received an invite for the British Senior championships. Pete had chased this up as he did not compete in the Divisional East Mids. He is it seems being allowed to lift as a guest, we are not sure of his nationality or how long he may have lived in the East Midlands. (The Secretary will endeavour to find out more)

4. **Finance update:** Jenny reported that the account had altered little since the last meeting (£2134 approx)
5. **English Powerlifting Association:** Pete gave a brief report from his attendance at the EPA meeting held on the 16/7/11. The main debate was to do with the ongoing saga as to whether the Commonwealth Powerlifting Championships is to take place or not in Bournemouth in December. As John Jackson was at the EPA meeting he agreed to speak to Arthur Hoey that evening to try to encourage him to speed up the decision making process.
6. **All England Championships:** To date there were 24 entries which was promising with still 3 months to go. The main worry is finding enough willing helpers especially loaders. Steve requested an e-mail to clubs nearer the time to help stimulate interest.
7. **Commonwealth Championships:** Since the EPA meeting last week the GBPF and CPF had exchanged further e-mails and the sides appear to be nearing a decision, but still nothing concrete. The main questions being raised by GBPF are to do with the standard of drug testing and seeking reassurance that the competition would in no way be a cost to the GBPF. These issues have been made clear to the CPF and as the CPF have assured the GBPF that the competition will be run under IPF rules a decision should be imminent.
8. **Weight Training Course:** As the GBPF has recently produced a basic level weight training course and also listed a number of National Coaches who are regarded as eligible to deliver this training there was some discussion around holding a course. There were concerns that as the course is not accredited or carried any academic recognition it was too costly and for many not worth doing. Also at question was the process by which the GBPF had assigned coaches and instructors. For members who had been in the sport at a top level for many years who had not been assigned a

coaching status the weight training course had nothing to teach them. However the Secretary suggested that the course is more likely to appeal to novice lifters or those just coming into the sport. Therefore a course date/.venue will be looked at and advertised to see what interest there is and if it warrants a designated coach spending £70 on insurance to activate his/her certificate.

9. **A.O.B. :**

- a) Jenny wanted to know why Masters lifters in 2+ categories are being asked to pay drug fees if they are now not to be tested, as at the recent European Masters. The Secretary will speak to Arthur and Ralph at the next GBPF executive meeting.
- b) The Secretary suggested that the Division should have its own logo. Allen can produce the shirts! Kev will speak to Dave Brown to see if he can come up with some designs to present to the next meeting.

Meeting Closed 5.15 pm Next meeting after the Senior Divisionals at Hitchin WLC Letchworth 27/11/2011

East Midland Powerlifting Committee Contacts

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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

Please note the latest East Midlands Powerlifting Records are now updated and on the East Midlands Website

http://www.hamiltonsfitness.co.uk/east_midlands_records.htm



ENGLISH CHAMPIONSHIP CALENDAR

**English Open Bench Press Championship
Equipped & Unequipped
25th September**

**Twin Lakes Golf & Country Club
Horncastle, Lincs LN9 5PP**

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**All England Open Unequipped
Championship
8th October**

&

**All England Open Championship
9th October**

**Moulton College Pitsford Road,
Moulton, Northampton NN3 7RR**

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**Entry Forms for these Championships
Are on the English Web Site**



**The English Powerlifting Association are Promoting
the
2011 Commonwealth Powerlifting Championship
15th to 18th December**

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

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

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

The Parting Shot.....



It seems that virtually everybody recognized this was Allen Ottolangui - which is somewhat worrying and proves it's not a one off occurrence!!

So this issue sees another blast from the past - the clue is take off the hair and who are you left with???

And there are even 3 photos so it should be easy to spot this well known East Midlands character.....



Answer next issue