

Ultimate Strength

The Official Newsletter of the East Midlands Weight Lifters Association

November 2005



Anglian Bench Press Competitors

Contents

Editorial.....	2
World Masters Powerlifting Championships.....	2
Anglian Bench Press Championships.....	10
EM Committee Meeting.....	11
BWLA and split of powerlifting members.....	13
EM Divisional Record Changes Since 1 st January 2005.....	14
Anti Doping Policy – The British Weight Lifters Association.....	16
Competition calendar.....	19

Editorial

For the East Midlands there are two key issues in this edition of Ultimate strength, firstly advice of the date for the AGM and the need to put issues before the committee at that meeting, and secondly information about the proposed split from BWLA of powerlifting, essentially to form it's own association or federation.

The annual general meeting (AGM) for the East Midlands division is scheduled for 28th January 2006 at Robinson College in Cambridge. All members of the division are welcome to attend and vote (provided they are members of BWLA). Any items for consideration at that meeting should be sent to the divisional secretary, Kevin Jane, as soon as possible. Full transcript of the minutes of the committee meeting held on 5th November 2005 can be found later in this edition.

The split of powerlifting from weightlifting and therefore BWLA came about as a result of the reduction of funding which led to Great Britain not sending a team to the world championships in Miami this year. When raised at the general council meeting an invitation was made by BWLA to propose a

split off of powerlifting into it's own association. This proposal was presented in November at the BWLA general council meeting and it was agreed that this should be put before and extraordinary general meeting (EGM) of BWLA and voted on by the membership. If approved the timetable would be to split from BWLA from the beginning of 2007. Key to this proposal is the retention of the affiliation to the IPF and EPF to safeguard our international recognition and competition. This has been agreed in principle and fundamental to the proposal being presented.

All members able to attend the EGM should do so in order to support this proposal. There is an extract from an e-mail from Peter Fiore, Director of Powerlifting which provides more detail. All parties currently believe the split to be in the interests of both sports and although we may face a difficult short term we will be much better off in the medium term. Your support is required if this proposal is to be carried through.

Ian Kinghorn
Newsletter Editor

World Masters Powerlifting Championships

Held in Pretoria, South Africa between 4th and 10th October 2005.

The Great Britain team was led by team manager George Leggett and also included Gaby Lesting, Jackie Blasbery, Jean Maton, Sue Holland, Graham Dowers, Nigel Patrick, Mike McBride, Stan Macrow, T.S.Adevale, Dave Battison, Ian Kinghorn, Andy Rodney, Arthur White and Brian Lee.

Team Managers Report

I have been travelling the world for the last 30 years and I can honestly say, without any hesitation, that I have never been to a finer championship. It was an amazing experience and the organisers can be rightly proud of their effort. I cannot think of a thing that they could have done to make it any better. The venue was the superb Carousel Casino, the warm up area was spacious with four full sized platforms with lever racks, a bench and even a bar lifter, the platform itself was excellent, the table officials very efficient and the young loaders so fast they had the bar loaded before the M.C could announce the next lifter. They cannot be praised too highly. The staff in the official office were so kind and helpful, very patient and nothing was too much trouble for them. Everyone knew their jobs and carried them out effectively.

Now, how about our Great Britain team. I had the honour and privilege to be the team manager, and I could not have wished for a better group of competitors and supporters.

Day 1. Gaby Lesting, our first lifter, obviously very tired and a hard contest and made 5th place.

Jackie Blasbery, 75kg M1, world champion, gold medal squat, bronze medal in the bench and silver medal deadlift. Now champion of Britain, Europe and the world. With Andy Rodney, her partner, we now call them the golden couple.

Jean Maton, World champion and golds medals in the squat, bench and deadlift.

Sue Holland, our only M2 lady lifted at 82.5kg. world champion, world record squat of 182.5kg and gold medal squat, bench press and deadlift. So ended our first day with the national anthem ringing in our ears. What a fantastic team.

Day 2 Graham Dowers. Our 60kg british champion has only been powerlifting 8 months. Won silver medal in his first world championships and won gold in the squat and deadlift and bronze in the bench press.

Nigel Patrick also in his first worlds and gained bronze in the squat and deadlift. They have got the bug and will be back.

Mike McBride, 67.5kg. Masters 2 silver medal total, silver medal squat and gold medal deadlift. Also his first worlds but will not be his last.

George Leggett. 75kg. Although I am a masters 4 I had to lift at master 3 and made 4th place with bronze in the squat and deadlift but at master 4 I got the bronze in total and silver squat and gold deadlift.

Stan Macrow, 75kg M2. Gained 4th place total and gold medal bench press. Unfortunately Stan and I had a lot of referee and jury duties to perform also.

Day 3 Mick Amey, 82.5kg M3. Also in his first worlds and made 6th place.

T.S.Adewale, 82.5kg M1. Lifted well for his bronze medal and tried a big pull for the silver medal but did not make it but got silver in the deadlift.

David Battisson, 90kg M3. My training partner had a hard battle but ended with the silver medal. Also gained bronze in the squat, gold bench press and silver deadlift.

Day 4 Ian Kinghorn, 100kg M1. Consistent lifting but could only make 6th place but his total was a personal best and his 230kg bench press gave him the gold medal and a new British record. You cannot ask more than this.

Andy Rodney, 110kg M1. His 830kg total makes him world champion and his squat gave him another gold medal. Andy's 310kg deadlift gave him a silver medal. Along with Jackie they really are the golden couple.

Arthur White. 110kg, M2. Another world champion with a 740kg total and a gold medal in the deadlift. Once again the day ended with our national anthem.

Day 5 Brian Lee, 125kg M1. A hard task for Brian and he had to settle for 6th place but even if he had got his best ever total he would still have finished 6th.

On Saturday night the organisers held an BBQ and roasted a whole ox. They also presented the ladies best lifter awards and Jackie got the silver. Sunday was the awards ceremony and the women's master 1 team gained the silver and the men's master 1 team also won the silver. The evening was wonderful with a lovely meal with food from various African countries and entertainment from the best girl singers in Africa. South Africa thank you for a spectacular World championship.

George Leggett
Great Britain Team Manager

Women's Masters 1 results

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL
Women Masters 1							
- 48 kg							
1	Bechar Sylviane	FRA	45,85	125,0	75,0	137,5	337,5
2	Friedrich Marion	GER	45,15	130,0	85,0	120,0	335,0
3	Eremenko Svetlana	RUS	47,25	130,0	62,5	125,0	317,5
—	Tanaka Shoko	JPN	47,30	—	67,5	110,0	—
- 52 kg							
1	Ivanova Natalia	RUS	51,05	135,0	72,5	135,0	342,5
2	Kitamura Junko	RSA	48,05	130,0	80,0	122,5	332,5
3	Sinclair Mirriam	RSA	48,70	120,0	55,0	130,0	305,0
4	Oca Catalina	PHI	51,50	105,0	70,0	122,5	297,5
- 56 kg							
1	Dingle-Craig Kate	USA	55,60	110,0	65,0	130,0	305,0
—	Siveny Patricia	USA	55,45	117,5	—	140,0	—
- 60 kg							
1	Brightwater-Wharf Maria	NZL	56,15	145,0	80,0	152,5	377,5
2	Simons Angela	USA	58,75	122,5	95,0	140,0	357,5
3	Bruder Klothilde	GER	57,25	127,5	75,0	137,5	340,0
4	Mathias Sylvie	FRA	57,90	115,0	80,0	140,0	335,0
5	Lesting Gaby	GBR	58,55	115,0	67,5	135,0	317,5
6	Stepleton Gina	USA	58,85	97,5	50,0	112,5	260,0
7	Flett Margit	GER	57,85	95,0	60,0	97,5	252,5
—	Garnier Magali	FRA	58,20	132,5	—	145,0	—
- 67,5 kg							
1	Houston Paula	USA	67,20	155,0	102,5	175,0	432,5
2	Welding Ruth	USA	66,20	140,0	75,0	157,5	372,5
- 75 kg							
1	Blasbery Jackie	GBR	71,70	167,5	102,5	190,0	460,0
2	Berseneva Olga	RUS	70,30	160,0	102,5	177,5	440,0
3	Nelson Lynne	USA	69,70	145,0	90,0	200,0	435,0
4	Styrlung Laura	USA	73,20	150,0	105,0	175,0	430,0
5	Aalto Elina	FIN	72,85	117,5	90,0	132,5	340,0
- 82,5 kg							
1	Pecante Erlina	PHI	80,60	205	105,0	170,0	480,0
- 90 kg							
1	Maton Jean	GBR	82,55	175,0	110,0	182,5	467,5
2	Baum Malinda	USA	82,90	160,0	100,0	182,5	442,5
3	Kude Sandhe	IND	84,40	55,0	30,0	100,0	185,0
90+ kg							
1	Hallen Susan	USA	112,75	150,0	120,0	162,5	432,5

Women's Masters 2 results

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL
Women Masters 2							
- 44 kg							
—	Boulle Liliane	FRA	43,40	—	52,5	105,0	—
- 48 kg							
1	Viitasaari Vuokko	FIN	47,65	135,0	75,0	150,0	360,0
2	Turunen Seija	FIN	47,85	85,0	62,5	100,0	247,5
- 52 kg							
1	Guinard Marie-Francoise	FRA	50,20	95,0	52,5	130,0	277,5
2	Kumpuniemi Eila	FIN	51,10	85,0	62,5	117,5	265,0

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL
- 56 kg							
1	Daumas Lucienne	FRA	55,20	135,0	77,5	152,5	365,0
2	Kimura Hatsuko	JPN	53,90	130,0	70,0	150,0	350,0
3	Agarwal Mridula	IND	55,00	92,5	45,0	107,5	245,0
- 60 kg							
1	Wender Christine	BRA	57,65	137,5	80,0	132,5	350,0
2	Zintsmaster Barbara	USA	56,25	122,5	57,5	140,0	320,0
3	Louarduzzi Daria	FRA	57,10	115,0	57,5	130,0	302,5
4	Vainio Ritva	FIN	58,05	70,0	37,5	100,0	207,5
- 67,5 kg							
1	Fomina Tatyana	RUS	65,65	170,0	70,0	182,5	422,5
2	Lee Terry	USA	66,40	115,0	87,5	137,5	340,0
3	Carlsson Rita	USA	65,00	127,5	60,0	145,0	332,5
4	Gronholm May-Gun	FIN	63,80	90,0	52,5	117,5	260,0
- 75 kg							
1	Thimm Anita	GER	67,90	125,0	77,5	172,5	375,0
2	McKinlay Sonja	USA	72,95	130,0	82,5	135,0	347,5
3	Lehto Anne	FIN	68,10	90,0	60,0	135,0	285,0
4	Ratan Moni Roy Chowdary	IND	69,70	110,0	45,0	122,5	277,5
- 82,5 kg							
1	Hollands Susan	GBR	81,50	182,5	87,5	177,5	447,5
2	Diter Susanne	DEN	82,50	120,0	65,0	122,5	307,5
- 90 kg							
1	Speth Eva	GER	87,80	125,0	120,0	145,0	390,0

Men's Masters 1 results

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL
Men Masters 1							
- 52 kg							
1	Taguibao Antonio	PHI	51,65	163	83	180	425
2	Singh Sat Ram	IND	50,90	145	70	163	378
- 56 kg							
1	Christians Karl	RSA	55,85	165	98	195	458
2	Bidika P.C.	IND	54,10	140	65	155	360
- 60 kg							
1	Shibata Hitoshi	JPN	59,20	185	135	190	510
2	Dowers Graham	GBR	59,50	190	120	193	503
3	Irie Masahiro	JPN	59,40	178	130	185	493
4	Patrick Nigel	GBR	59,80	188	103	190	480
5	Jones Kevin	USA	59,55	188	110	175	473
6	Bissen John	USA	59,75	170	95	188	453
- 67,5 kg							
1	Simmons Gregory	USA	67,35	250	160	245	655
2	Dacosta Adriano	FRA	66,95	238	173	230	640
3	Roytvand Jan	NOR	66,85	250	135	220	605
4	Ruso Karel	CZE	67,00	250	110	238	598
5	Thomas Vareed T.V.	IND	66,85	200	110	230	540
6	Khandinise Ephraim	RSA	64,00	170	75	180	425
- 75 kg							
1	Anttila Pekka	FIN	74,75	283	160	260	703
2	Khosravi Mani	IRN	73,95	255	175	260	690
3	Schmidt Walter	RSA	74,60	245	163	278	685
4	Braca Joseph	USA	74,90	238	155	260	653
5	Oksanen Ari	FIN	74,75	240	165	245	650

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL
6	Konita Hiroshi	JPN	73,55	208	140	260	608
7	Nakane Akihiro	JPN	73,60	240	155	210	605
8	Rykov Sergey	RUS	75,00	253	100	230	583
9	Urban Walter	CAN	74,40	200	138	213	550
10	Mathias Patrick	FRA	73,80	183	143	205	530
- 82,5 kg							
1	Garofalo Ronald	USA	81,00	290	188	300	778
2	Becker Jeff	CAN	82,10	298	185	283	765
3	Adewale T.S.	GBR	81,65	250	155	280	685
4	Carlot Dominique	FRA	81,00	235	155	270	660
5	Yamaguchi Makoto	JPN	80,55	250	150	243	643
6	Rasmussen Erik	DEN	82,15	225	190	225	640
7	Harada Seiji	JPN	79,04	220	175	240	635
8	Esposito Alain	FRA	81,60	230	158	245	633
9	King Stephen	NZL	80,50	245	133	233	610
10	Jacobs Louis	RSA	80,75	243	148	220	610
- 90 kg							
1	Gunnarsson Jon	ISL	89,45	303	200	295	798
2	Jones Gregory	USA	89,55	305	200	293	798
3	Encinas Vincent	FRA	89,45	280	218	265	763
4	Mauchosse Eric	FRA	88,85	280	195	275	750
5	Frank Noel	NZL	89,05	265	218	260	743
6	Marentette Jerry	CAN	87,30	268	185	270	723
7	Stover Jochen	GER	88,55	220	165	280	665
8	Allen Derek	RSA	89,45	245	180	225	650
9	Timonen Antti	FIN	88,80	225	165	240	630
10	Julius Donald	RSA	89,05	225	153	240	618
- 100 kg							
1	Roberts Scott	USA	99,35	318	195	290	803
2	Kalic Francois	FRA	98,30	295	200	295	790
3	Torres Peter Edward	PHI	97,35	295	178	308	780
4	Hagfors Harri	FIN	98,20	275	203	303	780
5	Hall John	RSA	98,85	265	190	283	738
6	Kinghorn Ian	GBR	99,25	245	230	238	713
7	Anderson Ted	NZL	99,55	250	173	238	660
8	Rao Sarveswara	IND	92,85	240	155	240	635
9	Prakash Satya	IND	92,80	170	100	170	440
—	Schoonraad Christo	RSA	98,50	268	160	—	—
- 110 kg							
1	Rodney Andrew	GBR	109,30	330,0	190,0	310,0	830,0
2	Henderson Bill	NZL	108,40	302,5	195,0	310,0	807,5
3	Callahan Brian	USA	108,95	312,5	210,0	285,0	807,5
4	Coertze Helgard	RSA	109,30	315,0	195,0	275,0	785,0
5	Charvoz Eric	FRA	100,10	280,0	190,0	270,0	740,0
6	Kampl Werner	AUT	106,65	270,0	165,0	302,5	737,5
7	Strong Ron	CAN	108,55	265,0	175,0	292,5	732,5
8	Flett Joachim	GER	100,35	230,0	210,0	235,0	675,0
9	Toora Rajesh	IND	100,05	260,0	120,0	250,0	630,0
- 125 kg							
1	Sidenko Sergey	RUS	123,90	320,0	247,5	290,0	857,5
2	O'Halloran Shawn	CAN	124,40	330,0	245,0	270,0	845,0
3	Aalto Aulis	FIN	117,40	300,0	222,5	310,0	832,5
4	Ryder Ken	USA	124,30	282,5	240,0	307,5	830,0
5	Collins William	USA	122,00	300,0	222,5	292,5	815,0
6	Lee Brian	GBR	115,85	250,0	205,0	272,5	727,5
7	Balachandra P.M.	IND	112,80	235,0	125,0	200,0	560,0

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL
125+ kg							
1	Hulbakviken Knut Olav	NOR	133,45	350,0	245,0	320,0	915,0
2	Rogers Deron	USA	135,95	322,5	207,5	335,0	865,0
3	Hanninen Reijo	FIN	127,90	320,0	190,0	302,5	812,5
4	Chekushkin Mykhaylo	UKR	125,30	345,0	190,0	275,0	810,0
5	Girrolat Frank	GER	128,05	275,0	240,0	290,0	805,0
6	Smith Hanie	RSA	144,25	300,0	170,0	250,0	720,0
7	Knudsen Tommy	DEN	125,15	255,0	165,0	265,0	685,0
—	Lahteenmaki Pertti	FIN	131,10	—	100,0	—	—

Men's Masters 2 results

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL
Men Masters 2							
- 56 kg							
1	Shishkin Vladimir	RUS	55,40	165,0	115,0	175,0	455,0
- 60 kg							
1	Kavarnos James	USA	59,90	170,0	102,5	190,0	462,5
2	Mashimo Seiichi	JPN	59,85	165,0	102,5	180,0	447,5
—	Isagawa Hiroyuki	JPN	59,55	222,5	—	225,0	—
—	Vyas Mukul	IND	59,90	140,0	—	—	—
- 67,5 kg							
1	Rohan Brendon	USA	66,95	190,0	145,0	235,0	570,0
2	McBride Mike	GBR	66,60	200,0	115,0	235,0	550,0
3	Cuvelier Alain	FRA	66,65	210,0	125,0	210,0	545,0
4	Chesnais Jean Jacques	FRA	66,65	165,0	132,5	187,5	485,0
5	Torma Heimo	FIN	66,70	170,0	100,0	180,0	450,0
- 75 kg							
1	Guyon Raymond	FRA	71,65	230,0	140,0	235,0	605,0
2	Moore Glynn	CAN	74,05	230,0	137,5	225,0	592,5
3	Couturier Claude	FRA	74,10	207,5	140,0	225,0	572,5
4	Macrow Stan	GBR	74,15	200,0	150,0	205,0	555,0
5	Chauhan K.S.	IND	71,05	110,0	60,0	120,0	290,0
- 82,5 kg							
1	Glinin Vasiliy	RUS	81,60	267,5	177,5	280,0	725,0
2	Schuricht Lutz	GER	82,10	255,0	175,0	240,0	670,0
3	Tachibana Tadashi	JPN	81,75	235,0	180,0	215,0	630,0
4	Hundertmark Dieter	GER	81,95	220,0	150,0	222,5	592,5
5	Arendse Lawrence	RSA	81,10	215,0	125,0	232,5	572,5
6	Amey Mick	GBR	78,35	185,0	115,0	220,0	520,0
7	Booyesen Johannes	RSA	81,90	140,0	90,0	180,0	410,0
- 90 kg							
1	Sochanski Stefan	POL	89,70	285,0	177,5	277,5	740,0
2	Herrmann Rainier	GER	88,95	255,0	140,0	262,5	657,5
3	Seguin Scot	CAN	89,35	235,0	142,5	255,0	632,5
4	Cormier Don	CAN	87,15	257,5	167,5	190,0	615,0
- 100 kg							
1	Givens Floyd	USA	98,15	275,0	195,0	310,0	780,0
2	Melzig Reinhard	GER	98,45	275,0	165,0	310,0	750,0
3	Buchs Christian	FRA	98,05	270,0	152,5	250,0	672,5
4	McNamara Kevin	RSA	96,90	210,0	110,0	247,5	567,5
—	Musto Michael	USA	98,55	—	—	—	—
- 110 kg							
1	White Arthur	GBR	107,35	270,0	155,0	315,0	740,0
2	Stepanenko Vladimir	RUS	100,05	300,0	140,0	280,0	720,0

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL
3	Lefevre Michel	FRA	106,80	245,0	185,0	285,0	715,0
4	Ramirez Marcos	VEN	106,00	270,0	155,0	275,0	700,0
5	Taylor Crayton	USA	108,20	265,0	162,5	265,0	692,5
6	Sindelar William	USA	109,50	252,5	170,0	260,0	682,5
7	Georg Manfred	GER	104,50	240,0	215,0	220,0	675,0
8	Platzer Helmuth	GER	105,85	245,0	152,5	267,5	665,0
9	Fuglsang Allan	DEN	109,40	200,0	190,0	250,0	640,0
10	Bostrom Georg	SWE	103,15	100,0	75,0	125,0	300,0
—	Ponnau Yves	FRA	100,10	270,0	—	280,0	—

- 125 kg

1	Ivanenko Volodymyr	UKR	117,55	360,0	215,0	290,0	865,0
2	Hendrix Roger	USA	123,35	315,0	205,0	315,0	835,0
3	Helfenbein Bernd	GER	114,30	270,0	192,5	255,0	717,5
4	Bolanos Carlos	VEN	110,20	235,0	130,0	245,0	610,0
5	Agnihotri Raj	IND	116,45	215,0	125,0	210,0	550,0
—	Wainwright Curtis	USA	119,70	257,5	—	230,0	—
—	Pakoti William	NZL	121,55	—	152,5	247,5	—

125+ kg

1	Bulichev Alexey	RUS	125,11	305,0	220,0	270,0	795,0
2	Steyn Wietze	RSA	128,95	295,0	172,5	282,5	750,0
3	Tau Willie	NZL	139,25	275,0	175,0	220,0	670,0

Men's Masters 3 results

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL
Men Masters 3							
- 52 kg							
1	Surati R.K.	IND	51,10	135,0	90,0	160,0	385,0
- 56 kg							
1	Oshiro Shinjun	JPN	55,80	175,0	122,5	160,0	457,5
- 60 kg							
1	Aita Toshiaki	JPN	59,55	170,0	95,0	195,0	460,0
2	Nivault Marcel	FRA	60,00	170,0	55,0	200,0	425,0
- 67,5 kg							
1	Diter Horst	DEN	66,35	202,5	100,0	210,0	512,5
2	Yamai Keiichi	JPN	64,70	145,0	80,0	150,0	375,0
- 75 kg							
1	Sato Toshihiko	JPN	74,50	230,0	135,0	230,0	595,0
2	Tolli Arvo	FIN	74,20	192,5	145,0	192,5	530,0
3	Andersson Kjell	SWE	74,00	175,0	110,0	230,0	515,0
4	Leggett George	GBR	72,65	185,0	107,5	200,0	492,5
5	Sainati Robert	USA	72,60	137,5	87,5	192,5	417,5
6	Goodwin Dan	USA	74,65	97,5	82,5	142,5	322,5
—	Stensgaard Svend	DEN	72,25	—	70,0	140,0	—
—	Llosa Georges	FRA	74,15	—	125,0	180,0	—
- 82,5 kg							
1	Bouchakour Ali Rabah	FRA	79,05	220,0	140,0	230,0	590,0
2	Schuller Charles	USA	81,30	172,5	115,0	200,0	487,5
3	Lyons James	USA	80,15	187,5	112,5	185,0	485,0
4	Thomas Tony	NZL	81,30	170,0	125,0	185,0	480,0
5	Malkavaara Heikki	FIN	78,65	165,0	115,0	180,0	460,0
—	Burlakov Boris	RUS	81,75	—	110,0	145,0	—
- 90 kg							
1	Mattila Kari	SWE	89,60	230,0	152,5	260,0	642,5
2	Battisson David	GBR	88,70	220,0	155,0	255,0	630,0

PL.	Name	Nation	Weight	Squats	Bench.	Deadlift	TOTAL
3	Behnke Hans	GER	88,50	130,0	90,0	175,0	395,0
4	Palm Bjarne	DEN	88,60	135,0	102,5	145,0	382,5
- 100 kg							
1	Helmich William	USA	97,65	202,5	165,0	260,0	627,5
2	Wissing Steen	DEN	91,55	220,0	135,0	220,0	575,0
3	Chazelle Francois	FRA	92,15	215,0	100,0	250,0	565,0
4	Jaffa Paul	RSA	95,55	182,5	135,0	215,0	532,5
5	Comelli Luis Angel	ARG	91,25	205,0	115,0	210,0	530,0
6	Isagulov Yury	RUS	90,15	195,0	115,0	205,0	515,0
7	Puhakka Tapani	FIN	90,75	170,0	132,5	212,5	515,0
- 110 kg							
1	Kristensen Truls	NOR	107,60	245,0	167,5	232,5	645,0
2	Chatis Stan	USA	106,30	200,0	155,0	222,5	577,5
3	Vierthaler Heinz	GER	100,70	170,0	120,0	200,0	490,0
4	Naude Theunis	RSA	100,05	150,0	95,0	212,5	457,5
- 125 kg							
1	Morris William	USA	121,35	252,5	200,0	235,0	688
2	Grisham Robert	USA	116,50	232,5	142,5	210,0	585
125+ kg							
1	Sandelin Raimo	FIN	128,05	202,5	180,0	190,0	573
2	Heyman Harry	USA	130,65	210,0	115,0	210,0	535

Tribute to Great Britain masters teams and their supporters

I know I have already written a report about the 2005 World Masters event but I do not think I really did justice to their dedication and devotion to our sport.

All our competitors were absolutely marvellous, their performance reflects their hard work that they put in to their training sessions. We travelled out as a team, we worked as a team, we performed as a team and we socialised as a team. Nobody was left on their own and team members were there for each other, supporting and encouraging one another. I was very proud of each and everyone, their humour and team spirit was second to none and it is what makes our teams so great. Stan Macrow and I had the added burden of refereeing and jury duty which meant the teams were left on their own but they coped well.

Now, what of our supporters. Marie Thornton was so helpful especially when guiding her mother, Sue Holland to a brilliant performance. They understood one another so well they are a brilliant double act.

Special mention goes to Mick James, Alan Moses and Ashley Amey. Mick was the influence behind Graham Dowers success in his first worlds, his coaching and understanding made a big difference. Alan (disco) Moses was there for everyone. So concerned about all the team, always buzzing around and making sure we all knew what was going on and that we all had what we needed. Then Ashley, as well as aiding his dad Mick, he is very useful at getting on the shirts and generally making himself useful in whatever capacity that was required. I promised I would not mention the confrontation with the rhino, it will remain our secret.

Now, I must mention our lady supporters, Barbara Lee, Lesley Kinghorn and my wife, Midge. They were there for most of the sessions, applauding and encouraging every lifter but I think the nerves got the better of them when their respective husbands competed. They were absolutely marvellous, fun to be with, making us laugh and congratulating and consoling competitors as necessary. Midge even had a special padded chair which the ladies commandeered for her at the start of each day, they all had such a wonderful time. They are all part of what makes us such a great organisation.

I was very proud to be appointed team manager and to be part of such a great event and I am sure everyone will be trying hard to be selected for next years world championship in Texas, USA. Thank you one and all for making this such a memorable occasion.

George Leggett

Anglian Bench Press Championships

The Anglian Open Bench Press competition was again held at Hamiltons Fitness Centre in Colchester. Once again this was a well organised event despite the challenges presented having a field of over 50 lifters. The Hamiltons team coped well and everything went smoothly.

BDW.	NAME	CLASS	CLUB	equip	TOT.	Wilk's	place
Women							
51.7	Claire Bailey	52	Hamiltons	n	45	56.35	1
			Gt				
65.3	Colette Pendry	67.5	London	y	97.5	101.94	1
65.3	Trisha Forbes	67.5	Jersey	n	52.5	54.89	2
61.5	Candice Westaway	67.5	Hamiltons	n	35	38.29	3
63.6	Carol Simpson-Reeve	67.5	Hamiltons	n	32.5	34.65	4
79.7	Louise Pennell	82.5	Hamiltons	n	47.5	43.55	1
117.7	Suzanne Last	90+	C. Palace	y	120	96.29	1
101.8	Roxanne Salmon	90+	C. Palace	n	90	74.55	2
Men							
55.8	Charles Ifill	56	C. Palace	n	92.5	84.5	1
56.8	Michael Neale	60	The Farm	n	90	80.81	1
59.5	Stephen Dodd	60	una	n	85	73.05	2
64.6	Wayne McFarlane	67.5	Hamiltons	n	135	107.9	1
67.5	Rob Cork	67.5	una	n	100	77.1	2
65.8	Alan Draper	67.5	Mike's Gym	n	95	74.78	3
66.9	Tom Johnston	67.5	una	n	75	58.24	4
73.7	Steve Walker	75	Yardley	n	150	108.2	1
71	Frankie McFarlane	75	Hamiltons	y	145	107.49	2
74.9	Mike King	75	Mike's Gym	y	120	85.58	3
73.8	Gary Draper	75	Mike's Gym	n	92.5	66.66	4
80.8	Dan Collins	82.5	Hamiltons	n	135	91.58	1
79.4	Chris Anderson	82.5	Hitchin	n	130	89.17	2
81.9	David Hinchley	82.5	una	n	125	84.1	3
80.4	Graham Hatch	82.5	Hitchin	n	112.5	76.55	4
78.6	Mick Amey	82.5	Hamiltons	n	100	69.04	5
88.4	Andy Howard	90	Hamiltons	y	177.5	114.35	1
87	Doug D'Gama	90	Hitchin	n	152.5	99.09	2
83.6	Steve Maynard	90	C. Palace	n	130	86.4	3
88.5	Keith Clark	90	una	n	122.5	78.87	4
87.6	Mark Brazier	90	Hercules	n	110	71.21	5

BDW.	NAME	CLASS	CLUB	equip	TOT.	Wilk's	place
99.3	Ian Kinghorn	100	Yardley	y	230	140.33	1
96.1	Tony Brown	100	una	n	175	108.27	2
99.8	Stuart Hamilton	100	Hamiltons Mike's	n	165	100.47	3
95.5	Kieran Magill	100	Gym	n	155	96.16	4
99.4	Ken Crickmore	100	C. Palace	y	150	91.48	5
96.7	Michael King	100	Hamiltons	n	140	86.38	6
90.3	Byron Harvey	100		n	135	86.02	7
92.1	Simon Malloy	100	una	n	135	85.18	8
92.8	Paul Kerridge	100	Hamiltons	y	125	78.59	9
96.6	Tom Martin	100	Hamiltons	n	110	67.9	10
93.7	David Short	100	Essex Uni	n	Disq.		
101.4	Richard Twycross- Lewis	110	C. Palace	n	180	108.92	1
109	Tom Chantler	110	una	y	175	103.24	2
100.7	John McCormish	110		n	160	97.08	3
105.7	Geoff Bethell	110	Hercules	n	155	92.37	4
100.3	David Oneil	110		n	130	79	5
102.1	Pinda Singh	110	Hamiltons	y	Disq.		
124.3	William Massey	125	una	n	210	119.72	1
120.6	Kenneth Walkington	125	una	y	200	114.78	2
117.7	Francis Beckles Christian	125	C. Palace	n	155	89.48	3
118.3	Solomonides	125	una	n	155	89.36	4
116	Tom Metcalfe	125	Hamiltons	n	120	69.53	5

EM Committee Meeting

**The East Midlands Weight Lifters Association Committee meeting minutes of 5//11/05
Meeting held at the Hitchin Weightlifting club Letchworth, opened at 1.15 p.m.**

1. Members present Peter Weiss (Chair) Jenny Hunter, Ian Kinghorn, Alan Ottolangui, Kevin Jane
2. Apologies; Dave Tucker
3. Matters arising from previous meeting (19/8/05)
 - a. Check for £468.50 (rebate) now received from BWLA.
 - b. The meeting agreed (unanimously that Lucy Gledhill should be awarded a 50% rebate of hotel expenses incurred for competing at this years All Midlands Championships on production of a valid receipt. *(AO to chase this up)*
 - c. As the East Midlands were the only division to enter a team in this years All Midlands event which subsequently did not take place, team entry fees (£35) should be refunded. *(KJ to chase this up with the hosts North Midlands)*
4. Financial update ; Jenny informed the meeting that the division has a current bank balance of £4,195.31 there being few transactions since the last meeting.
5. Powerlifting independence proposal – All present except Alan had attended a meeting in Daventry on 22/10/05 to discuss the possibility of powerlifting becoming an association

independent of BWLA.

There was some discussion re the implications that this might have for the East Midlands division and a number of points were raised. *

What happens to the money held by the division

Will the present committee (all powerlifters) continue as officers and affiliate to BWLA

Should current BWLA members of the division be encouraged to affiliate to a new Powerlifting association as from January 2006.

The committee agreed unanimously that the maximum £100 divisional donation towards helping lifters financially to meet the cost of lifting at international level when no funding is provided by the governing body will not increase. However the committee will consider donating larger amounts in certain circumstances if there are sufficient funds available. Ian pointed out that not all lifters may be aware of this initiative so he will include details in his next newsletter.

Although all present were supportive of the proposal for Powerlifting to become independent there were number of concerns:- the timescale being the most worrying. It does not seem feasible that given only eight weeks that governing policies, insurance, membership systems, and registration etc can be in place. At this stage there is no confirmation that the proposal will even be discussed at the next Governing Council meeting planned for the 19/11/05, or whether BWLA as a result of any deliberation would agree to relinquish their hold on powerlifting. The committee were in favour of ensuring that such criteria were in place and that adequate time was taken to do this rather than mistakes be made through rushing. It was felt that a realistic time scale might be to look at January 2007.

If however all is in place and up and running by January 2006 the committee agreed that they might need to convene again to discuss the points mentioned above. *

As many members of the division who are affiliated to BWLA are not powerlifters or competitive lifters they may wish to continue to affiliate to BWLA as opposed to any new organisation. These people are still entitled to representation. Therefore there is no reason why current officers of the division cannot stay in office (if re-elected) and also become officers for a new independent association.

6. Championship dates;- The following dates and venues were agreed for 2006 championships as provisional dates to be presented at the next AGM.

COMPETITION	DATE	VENUE
Unequipped East Midlands	12/3/06	Hitchin WLC Letchworth
East Midlands Bench press	26/3/06	Hamilton's fitness Colchester
Anglian Open	23/4/06	Hamilton's fitness Colchester
East Midlands juniors/novice/Masters	End July	Yardley Gobion PLC (TBC)
Anglian Open Bench Press	29/10/06	Hamilton's fitness Colchester
East Midlands Seniors	26/11/06	Hitchin WLC Letchworth

Any Olympic competitions or additional events to be discussed at the AGM.

7. Date for AGM (05) 28/1/06 at Robinson College, Cambridge 1.00p.m. (**Please note; all recommendations be received by the secretary no later than 1/12/05, and that the purpose of the AGM is to elect officers, receive officer reports (written) and present items for the BWLA AGM. The elected committee will hold a committee meeting immediately after the completion of the AGM.**)
8. Any Other Business – Jenny informed the meeting that Justin Manion had recently competed in the Greater London Senior championships and wanted to know if he was still a member of this division. (KJ to chase this up)

Kevin Jane Hon Secretary

BWLA and split of powerlifting members

BWLA clearly take interest in and promote the sport of weightlifting to a greater degree than they do powerlifting. This has been a bone of contention with the powerlifting membership for some time, which came to a head at the general council resulting in an invitation to present a proposal to split powerlifting into a separate organisation. This was done at the BWLA general council meeting on 19th November 2005 following a wide consultation with the powerlifting membership. (As wide as possible although this doesn't mean everyone was spoken to).

At that meeting the general council agreed that this issue should be put to a vote, however that would need to be done at an Extraordinary General Meeting as in effect this would be a change of BWLA's constitution and should be open to the full membership. That meeting should be arranged in January and all current members (that is 2006 members) will be notified in accordance with the constitution. The message is clear, if you want your voice to count and you want to support this proposal then you need to renew your membership or join BWLA as soon as possible to be included in the vote. You can make a difference.

If the vote is positive then the split itself will take place in January 2007 which provides time for the new organisation to establish itself properly.

Below is extracted from an e-mail sent by Peter Fiore for the information of powerlifters:

Dear Colleagues,

The position is as follows:- On the 19th November at a BWLA General Council meeting, it was agreed by 10 votes to 2 to allow Powerlifting to present a proposal for Independence from BWLA at an EGM in the early part of 2006.

You

are probably aware, as part of the Independence proposal we will be seeking a transfer of affiliation authority from BWLA to the new Federation (UKPF). The majority of existing IPF affiliated countries are independent and free of Weightlifting governance. We intend to be the same. We have the support of IPF and EPF and have the approval of most of powerlifting members throughout the 4 home countries. The new organisation will be a federation of all the Divisions and home countries.

The sequence of events will be- BWLA EGM at Lilleshall in 2006. Vote for independence with a proposed changeover 1st January 2007.

I have to remind everyone, this may be our last opportunity for self determination of UK Powerlifting before modernisation takes place.

-Those powerlifters/officials/supporters who favour our move towards independence please consider the following:-

-Make sure you are paid up BWLA members for 2006.

-Those who are active life members, please make sure you pay your "active life member fee" of £8 to BWLA office (Contact BWLA if any queries)

-Please pass this information to any Powerlifter/Official/Supporter you are in contact with or in your area and advise them of the forthcoming proposal. Information is being spread by email, website, magazine and word of mouth.

-Those who favour this move, please send your name and BWLA number to Fred Sterry either by post, telephone or email. Fred Sterry will be compiling a centralised register of all Powerlifters/officials/supporters prior to the EGM. Please do your best and help with this important task.

36 manthorpe rd.
Grantham.

Lincs
NG31 8BZ

Tel. 01476 593053

fredsterry@btinternet.com

-Finally, I will pass the date for the EGM, when it has been finalised. It is important we have as many powerlifting sympathisers attend the EGM. Information will be posted on our website www.britishpowerlifting.org.uk

Many thanks for your support for powerlifting.

Regards

Peter Fiore

EM Divisional Record Changes Since 1st January 2005

Recent records								
Date	Record Area	Record Category	Lift	Lift (kg)	Name	B/wt	Class	M/F
04/12/2005	EM	Snr AC	Bench	240.0	Ian Kinghorn	99.75	100	M
04/12/2005	EM	M1 AC	Bench	240.0	Ian Kinghorn	99.75	100	M
24/09/2005	EM	Snr AC	Bench	237.5	Ian Kinghorn	99.25	100	M
24/09/2005	EM	M1 AC	Bench	237.5	Ian Kinghorn	99.25	100	M
30/07/2005	EM	M1	Bench	232.5	Ian Kinghorn	98.8	100	M
30/07/2005	EM	M1 AC	Bench	232.5	Ian Kinghorn	98.8	100	M
30/07/2005	EM	Snr	Bench	232.5	Ian Kinghorn	98.8	100	M
30/07/2005	EM	Snr AC	Bench	232.5	Ian Kinghorn	98.8	100	M
30/07/2005	EM	M1	Total	720.0	Ian Kinghorn	98.8	100	M
30/07/2005	EM	M1	Deadlift	162.5	Jenny Hunter	57.9	60	W
30/07/2005	EM	M1	Bench	120.0	Shaun Rowlands	66.7	67.5	M
30/07/2005	EM	M1	Squat	240.0	Shaun Rowlands	66.7	67.5	M
30/07/2005	EM	Snr	Squat	240.0	Shaun Rowlands	66.7	67.5	M
30/07/2005	EM	M1 AC	Bench	120.0	Shaun Rowlands	66.7	67.5	M
30/07/2005	EM	M1	Deadlift	215.0	Shaun Rowlands	66.7	67.5	M
30/07/2005	EM	M1	Total	575.0	Shaun Rowlands	66.7	67.5	M
30/07/2005	EM	U20 u	Squat	70.0	Michael Neale	55.5	56	M
30/07/2005	EM	U20 u	Bench	100.0	Michael Neale	55.5	56	M
30/07/2005	EM	U20 ACu	Bench	100.0	Michael Neale	55.5	56	M
30/07/2005	EM	U20 u	Deadlift	120.0	Michael Neale	55.5	56	M
30/07/2005	EM	U20 u	Total	290.0	Michael Neale	55.5	56	M
30/07/2005	EM	Snr u	Squat	70.0	Michael Neale	55.5	56	M
30/07/2005	EM	Snr u	Bench	100.0	Michael Neale	55.5	56	M
30/07/2005	EM	Snr u AC	Bench	100.0	Michael Neale	55.5	56	M
30/07/2005	EM	Snr u	Deadlift	120.0	Michael Neale	55.5	56	M
30/07/2005	EM	Snr u	Total	290.0	Michael Neale	55.5	56	M
30/07/2005	EM	M3	Squat	170.0	John Jones	82.2	82.5	M
30/07/2005	EM	M3	Deadlift	190.0	John Jones	82.2	82.5	M
30/07/2005	EM	M3	Total	457.5	John Jones	82.2	82.5	M
30/07/2005	EM	M1 u	Squat	180.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	M1 u	Bench	125.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	M1 u AC	Bench	125.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	M1 u	Deadlift	220.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	M1 u	Total	525.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	Snr u	Squat	180.0	Terry McDonald-Davis	96.2	100	M

Recent records								
Date	Record Area	Record Category	Lift	Lift (kg)	Name	B/wt	Class	M/F
30/07/2005	EM	Snr u	Bench	125.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	Snr u AC	Bench	125.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	Snr u	Deadlift	220.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	Snr u	Total	525.0	Terry McDonald-Davis	96.2	100	M
30/07/2005	EM	Snr u	Squat	62.5	Claire Bailey	51.4	52	W
30/07/2005	EM	Snr u	Bench	45.0	Claire Bailey	51.4	52	W
30/07/2005	EM	Snr u AC	Bench	45.0	Claire Bailey	51.4	52	W
30/07/2005	EM	Snr u	Deadlift	95.0	Claire Bailey	51.4	52	W
30/07/2005	EM	Snr u	Total	202.5	Claire Bailey	51.4	52	W
30/07/2005	EM	M1	Squat	62.5	Claire Bailey	51.4	52	W
30/07/2005	EM	M1	Bench	45.0	Claire Bailey	51.4	52	W
30/07/2005	EM	M1 AC	Bench	45.0	Claire Bailey	51.4	52	W
30/07/2005	EM	M1	Deadlift	95.0	Claire Bailey	51.4	52	W
30/07/2005	EM	M1	Total	202.5	Claire Bailey	51.4	52	W
30/07/2005	EM	M1 u	Squat	62.5	Claire Bailey	51.4	52	W
30/07/2005	EM	M1 u	Bench	45.0	Claire Bailey	51.4	52	W
30/07/2005	EM	M1 u AC	Bench	45.0	Claire Bailey	51.4	52	W
30/07/2005	EM	M1 u	Deadlift	95.0	Claire Bailey	51.4	52	W
30/07/2005	EM	M1 u	Total	202.5	Claire Bailey	51.4	52	W
10/07/2005	EM	Snr	Bench	227.5	Ian Kinghorn	99	100	M
10/07/2005	EM	M1	Bench	227.5	Ian Kinghorn	99	100	M
07/07/2005	EM	M3	Squat	225.0	Dave Battison	89.15	90	M
07/07/2005	EM	M3	Bench	160.0	Dave Battison	89.15	90	M
07/07/2005	EM	M3	Deadlift	255.0	Dave Battison	89.15	90	M
07/07/2005	EM	M3	Total	640.0	Dave Battison	89.15	90	M
07/07/2005	EM	M3 AC	Bench	160.0	Dave Battison	89.15	90	M
25/06/2005	EM	M3 u	Squat	190.0	Dave Battison	89.6	90	M
25/06/2005	EM	M3 u	Bench	145.0	Dave Battison	89.6	90	M
25/06/2005	EM	M3 u	Deadlift	240.0	Dave Battison	89.6	90	M
25/06/2005	EM	M3 u	Total	575.0	Dave Battison	89.6	90	M
25/06/2005	EM	M3 AC u	Bench	145.0	Dave Battison	89.6	90	M
25/06/2005	EM	Snr u	Squat	190.0	Dave Battison	89.6	90	M
25/06/2005	EM	Snr u	Bench	145.0	Dave Battison	89.6	90	M
25/06/2005	EM	Snr u	Deadlift	240.0	Dave Battison	89.6	90	M
25/06/2005	EM	Snr u	Total	575.0	Dave Battison	89.6	90	M
25/06/2005	EM	Snr AC u	Bench	145.0	Dave Battison	89.6	90	M
25/06/2005	EM	M1 u	Squat	195.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	M1 u	Bench	115.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	M1 u	Deadlift	225.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	M1 u	Total	535.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	M1 AC u	Bench	115.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	Snr u	Squat	195.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	Snr u	Bench	115.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	Snr u	Deadlift	225.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	Snr u	Total	535.0	Alan Ottolangui	74.9	75	M
25/06/2005	EM	Snr AC u	Bench	115.0	Alan Ottolangui	74.9	75	M
17/04/2005	EM	Snr	Bench	220.0	Ian Kinghorn	99.15	100	M
17/04/2005	EM	M1	Bench	220.0	Ian Kinghorn	99.15	100	M
27/03/2005	EM	Snr AC	Bench	228.0	Ian Kinghorn	99.9	100	M
27/03/2005	EM	M1 AC	Bench	228.0	Ian Kinghorn	99.9	100	M
27/03/2005	EM	U18 AC	Bench	97.5	Wayne Bartlett	67.2	37.5	M
27/03/2005	EM	M4 U AC	Bench	107.5	Keith Clark	90.1	100	M
13/03/2005	EM	Snr AC u	Bench	150.0	Mick Tapp	?	82.5	M
13/03/2005	EM	M2 U AC	Bench	150.0	Mick Tapp	?	82.5	M

Recent records								
Date	Record Area	Record Category	Lift	Lift (kg)	Name	B/wt	Class	M/F
06/03/2005	EM	Snr	Squat	320.0	Joe Lampshire	97.35	100	M
06/03/2005	EM	Snr	Bench	240.0	Paul Doherty	141	125+	M
06/03/2005	EM	U23	Bench	240.0	Paul Doherty	141	125+	M
06/03/2005	EM	U23	Total	810.0	Paul Doherty	141	125+	M
06/02/2005	EM	Snr AC	Bench	220.0	Ian Kinghorn	99.45	100	M
06/02/2005	EM	M1 AC	Bench	220.0	Ian Kinghorn	99.45	100	M
05/02/2005	EM	M2 AC	Bench	155.0	Mick Tapp	80.5	82.5	M
29/01/2005	EM	U18	Squat	145.0	Wayne Bartlett	65.5	67.5	M
29/01/2005	EM	U18	Bench	95.0	Wayne Bartlett	65.5	67.5	M
29/01/2005	EM	U18	Deadlift	165.0	Wayne Bartlett	65.5	67.5	M
29/01/2005	EM	U18	Total	405.0	Wayne Bartlett	65.5	67.5	M
29/01/2005	EM	U18 AC	Bench	95.0	Wayne Bartlett	65.5	67.5	M

To claim an East Midlands record you need to contact the records registrar (Ian Kinghorn) and advise details of the record you wish to claim including the date, your body weight, and what you lifted as well as which competition. If the above table does not include records you believe you have set this year for the East Midlands please also advise the records registrar. A full set of records will be published in the December edition of Ultimate Strength.

Anti Doping Policy – The British Weight Lifters Association

The BWLA Anti Doping Rules states:

Overriding Objectives	
1	These rules have the following overriding objectives:
1.1	To ensure that the sport of weightlifting and powerlifting and all other related activities throughout the United Kingdom are conducted free of the use of banned substances or methods;
1.2	That anyone found guilty of using a banned substance or method is punished appropriately.
1.3	That competitors who are not using banned substances or methods are able to demonstrate that fact;
1.4	That any offence is dealt with justly and expeditiously and in a manner which is proportionate to the importance of the case, the complexity of the issues, the financial resources of those involved and the overall interest of the sport and the sportsman involved in having matters determined justly and promptly.
2.	These Rules must always be interpreted in the light of the overriding objectives.

The BWLA fully endorses the UK Statement of Anti Doping, the procedures of the World Anti Doping Agency, the International Weightlifting Federation and the International Powerlifting Federation.

The following adverse doping offences were reported in 2005. The BWLA Disciplinary Procedures have dealt with all the offences, except three which are being investigated. Investigation could mean preparation of the Disciplinary Panel and the defence of the athlete, or administration of the B sample.

Class	Weightlifting		Powerlifting	
	In Competition	Out of Competition	In Competition	Out of Competition
Stimulants			2	
Narcotics				
Cannabinoids	2			
Anabolic Agents		2	4	1
Peptide Hormones				
Beta 2 agonists				

Agents with Anti oestrogenic activity				
Masking Agents	1			
Glucocorticosteroids				
Refusal			1	1
Total	3	2	7	2

Lifter	Program	Date	Prohibited Substance	Action
Weightlifting				
Jonathan Evans ATN38051 A041032	In Competition	19.02.05	<u>Cannabis:</u> 11-nor-delta9-tetrahydrocannabinol-9-carboxylic acid	Lifter suspended for six months until 18 th August 2005.
ATN 36969 A042095	Out of competition	10.03.05	Anabolic Agent: 3'hydroxy-stanozolol	Under investigation
Christine Johnson ATN38762 A914313	In Competition	10.04.05	<u>Cannabis:</u> 11-nor-delta9-tetrahydrocannabinol-9-carboxylic acid	Lifter suspended for six months until 9 th October 2005.
ATN38289 A042840	In competition	19.03.05	Diuretic: Bendrofluazide	Disciplinary Hearing issued lifter with severe warning.
ATN 38816 A1050223	Out of Competition	22.06.05	Steroid: 19 Norandrosterone	Lifter has been informed, awaiting reply.
Powerlifting				
Gurbhej Singh Nijar ATN38034 A042711	In Competition	05.02.05	<u>Stimulant:</u> Benzoylcgonine, A metabolite of cocaine	Lifter suspended for two years until 4 th February 2007.
Michael King	In Competition British Bench Press	05.02.05	<u>Anabolic Agent:</u> 17 methyl 5 androst 3ene, 17 diol, a metabolite of methandienone	Lifter suspended for two years until 4 th February 2007
ATN38034 A041356	In Competition	05.02.05	<u>Anabolic Agent:</u> 17 Epimethandienone, a metabolite of methandienone	Lifter suspended for one year until 4 th February 2006.
Chris Jenkins ATN 37908	In competition	13.02.05	<u>Refusal:</u>	Lifters is not a member of WPU. Lifter barred from joining BWLA or WWF or two years.
ATN 36961	Out of competition	07.03.05	<u>Refusal:</u>	No case to answer. Dismissed.
David Barnes ATN 38317 A041807	In Competition	17.05.05	<u>Steroid:</u> Ratio of testosterone to epitestosterone greater than the threshold stated in the 2005 Prohibited List of the World Anti Doping Code.	Second offence. Lifter suspended for life.
ATN 38317 A 041805	In Competition	17.05.05	<u>Steroid:</u> Ratio of testosterone to epitestosterone greater than the threshold stated in the 2005 Prohibited List of the World Anti Doping Code. <u>Stimulant:</u> Ephedrine.	Further testing is being conducted. Investigation being conducted by Blayze Ltd and UK Sport
ATN38429	Out of	17.06.05	<u>Steroid:</u>	Lifter has been informed,

<u>Lifter</u>	<u>Program</u>	<u>Date</u>	<u>Prohibited Substance</u>	<u>Action</u>
A1050137	Competition		Ratio of testosterone to epitestosterone greater than the threshold stated in the 2005 Prohibited List of the World Anti Doping Code.	awaiting reply.

Competition calendar

East Midlands

Date	Competition	Venue	Contact
12 th March 2006	Unequipped Powerlifting	Hitchin & Letchworth	Alan Ottolangui
26 th March 2006	Bench Press	Hamiltons Fitness, Colchester	Stuart Hamilton
23 rd April 2006	Anglian Open Powerlifting	Hamiltons Fitness, Colchester	Stuart Hamilton
July 2006 (TBC)	Juniors, Masters and Novices Powerlifting	TBC (Yardley Gobion)	TBC
29 th October 2006	Anglian Open Bench Press	Hamiltons Fitness, Colchester	Stuart Hamilton
26 th November 2006	Divisional Powerlifting	Hitchin & Letchworth	Alan Ottolangui

All above dates to be confirmed at AGM on 28/1/2006.

National

Date	Event	Venue/Location
28 th & 29 th January 2006	British Junior Powerlifting Championship	Dover
4 th & 5 th February 2006	British Bench Press Championship	Tyesley, Birmingham
25 th & 26 th February 2006	British Powerlifting Championship	Birmingham Sports Centre
13 th & 14 th May 2006	British Masters Powerlifting Championship	Birmingham Sports Centre
June (TBC)	British Unequipped Powerlifting Championship	Birmingham Sports Centre?
29 th & 30 th July 2006	British Unequipped Bench Press Championship	Shenley, Milton Keynes?
14 th or 21 st October 2006	4 Nations Championships	Scotland

Contacts

East Midlands: Officers of the Divisional Council

General Secretary & Drug Liaison Officer	Kevin Jane 17 Weedon Lane Norton Northants NN11 5NQ	Tel: 01327 312535 e-mail: kevin@kjane.fsbusiness.co.uk
	Note: All enquiries and correspondence should be directed to the General Secretary.	
Chairman & Powerlifting Secretary	Pete Weiss 1 Fairmile Kingsthorpe Northampton NN2 8DQ	Tel: 01604 844669 e-mail: peter@pweiss.wannadoo.co.uk
President	Wally Pullum 22 Dunsby Road Luton Bedfordshire LU3 2UA	Tel: 01582 592841 Fax: 01582 482901 e-mail: info@pullumsports.co.uk
Treasurer	Jenny Hunter 22 Abbots Close Arbury Cambridge	Tel: 01223 479511 e-mail: jenny@ced.co.uk
Technical Secretary	Dave Tucker 27 Gunhild Close Cambridge CB1 8RD	Tel: 01223 411414
Membership registrar, Newsletter Editor & Records Registrar	Ian Kinghorn 20 Bell Close Helmdon Brackley Northants NN13 5UH	Tel: 01295 760172 e-mail: ian.kinghorn21@btinternet.com
Olympic Secretary	Vacant	
Disabled Secretary	Vacant	
Course Co-Ordinator	Vacant	

Note: Changes are highlighted in blue

British Powerlifting Championships – 2005														
Qualifying Totals														
Women							Men							
Weight Class	U'18	U'20	U'23	Senior	40+	50+		U'18	U'20	U'23	Senior	40+	50+	60+
44kg	120	140	155	170	165	150		-	-	-	-	-	-	-
48kg	130	150	165	190	185	170		-	-	-	-	-	-	-
52kg	140	165	185	215	205	190		160	270	310	400	350	330	280
56kg	155	185	200	215	205	190		180	300	340	420	375	350	300
60kg	175	205	225	270	265	225		210	340	370	460	410	370	330
67.5kg	200	230	255	300	285	250		250	380	420	510	450	410	365
75kg	220	250	285	325	310	275		290	420	465	580	490	455	400
82.5kg	240	275	305	360	330	300		330	455	505	650	530	500	440
90kg	260	295	315	390	330	300		370	480	550	690	570	525	480
90+kg	260	300	320	400	330	300		-	-	-	-	-	-	-
100kg	-	-	-	-	-	-		400	510	590	720	610	550	510
110kg	-	-	-	-	-	-		400	540	610	760	650	570	530
125kg	-	-	-	-	-	-		410	570	620	780	670	590	550
125+kg	-	-	-	-	-	-		410	580	630	800	670	590	550

British Bench Press Championships – 2005												
Qualifying Weights												
Women						Men						
Weight Class	Under 20	Under 23	Senior	40+	50+	Under 20	Under 23	Senior	40+	50+	60+	
44kg	30	35	40	35	30	-	-	-	-	-	-	
48kg	37.5	42.5	45	42.5	37.5	-	-	-	-	-	-	
52kg	42.5	47.5	50	47.5	42.5	60	65	75	70	65	60	
56kg	45	50	55	50	45	65	70	80	75	70	65	
60kg	47.5	52.5	60	52.5	47.5	70	75	85	80	75	70	
67.5kg	50	57.5	70	57.5	50	80	85	100	90	85	80	
75kg	52.5	62.5	80	62.5	52.5	90	95	120	105	95	90	
82.5kg	57.5	65	80	65	57.5	100	105	140	120	105	100	
90kg	57.5	65	80	65	57.5	107.5	115	155	135	115	107.5	
90+kg	57.5	65	80	65	57.5	-	-	-	-	-	-	
100kg	-	-	-	-	-	115	125	165	150	125	115	
110kg	-	-	-	-	-	120	135	175	160	135	120	
125kg	-	-	-	-	-	120	145	185	170	145	120	
125+kg	-	-	-	-	-	120	145	200	180	145	120	

British Unequipped Championships – 2005 Qualifying Totals									
	Women				Men				
Weight Class	Senior	40+	50+		Senior	40+	50+	60+	70+
44kg	130	120	110		-	-	-	-	-
48kg	150	140	130		-	-	-	-	-
52kg	170	160	150		280	250	220	200	190
56kg	195	180	170		310	280	250	230	200
60kg	210	200	190		360	330	290	260	230
67.5kg	225	210	200		420	370	335	300	260
75kg	240	220	210		480	440	385	345	300
82.5kg	245	230	220		510	460	420	380	340
90kg	260	240	230		540	490	450	410	370
90+kg	275	250	240		-	-	-	-	-
100kg	-	-	-		570	520	490	430	390
110kg	-	-	-		600	550	510	460	410
125kg	-	-	-		630	580	530	480	430
125+kg	-	-	-		650	600	550	500	460

PROVISIONAL QUALIFYING REQUIREMENT FOR BRITISH UNEQUIPPED BENCH PRESS CHAMPIONSHIPS - 2005														
Weight Class	44kg	48kg	52kg	56kg	60kg	67.5kg	75kg	82.5kg	90kg	90+kg	100kg	110kg	125kg	125+kg
Men(Open)	-	-	55	60	70	85	100	110	125	-	135	145	155	195
Men (U23)	-	-	50	55	65	80	90	95	100	-	105	110	115	120
Men(U20)	-	-	47.5	52.5	57.5	65	70	77.5	85	-	95	105	110	115
Men (40+)	-	-	50	55	65	80	90	95	100	-	105	110	115	120
Men (50+)	-	-	47.5	52.5	57.5	65	70	77.5	85		95	105	110	115
Men(60+)	-	-	45	50	55	60	65	72.5	90	-	90	95	100	105
Women(Open)	40	42.5	45	47.5	50	52.5	55	60	65	70	-	-	-	-
Women(U23)	37.5	40	42.5	45	47.5	50	52.5	55	57.5	60	-	-	-	-
Women(U20)	35	37.5	40	42.5	45	47.5	50	52.5	55	57.5	-	-	-	-
Women (40+)	35	37.5	40	42.5	45	47.5	50	52.5	55	57.5	-	-	-	-
Women(50+)	30	32.5	35	37.5	40	42.5	45	47.5	50	52.5	-	-	-	-