



Ultimate Power

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

July 2010



James Jeffries hits a purple patch – silver medal in the World Masters Bench Press and new British Senior bench record of 240kg

Full details inside

Editors View



Welcome to the latest edition of Ultimate Power, I hope you found the last one interesting and informative.

Various competitions have taken place in the last 3 months involving lifters from the division including the World Masters Bench Press championships in Orlando, the East Midlands Bench Press Championships and the Anglian Open both held at Hamiltons Gym in Colchester and reports are included on all these.

A number of records, divisional and national have been set at these events at both ends of the age spectrum which is great to see especially for the Juniors and I hope we see more novices and Juniors (as well as the old faithfuls lifting at the East Midlands Juniors at Yardley Gobion on July 24th).

Finally, thanks to the usual contributors – it is proving somewhat difficult to get much feedback other than from a few in the division which is essential to keep the newsletter topical so please email or let me know your views, concerns or what you would like to see in future editions

Best Regards Steve Walker

CONTENTS

NEWS	FEATURES	LETTERS	TECHNICAL
British Masters Page 3	This referee's no Muppet Page 9	Special Olympics Movement Page 21	East Midlands Committee meeting (page 18)
Anglian Open Page 4	So you think you know the rules Page 15	Changes to hotel rules for internationals Page 22	Referees corner (page 19)
East Midlands Bench Page 5	Squat position tips Page 16		Calendar of events (page 23)
World Masters Bench Page 7			

East Midlands Success at the British Masters Championships

A great set of results for East Midlands lifters at these championships held in Accrington in April with no less than 7 winners out of a total of 9 divisional members lifting.

Jenny Hunter lead the way with a superb total of 377.5kg which was 10kg better than the total she achieved to win the 2009 World Masters title.

The ever improving Cliff Haynes won the 75kg Masters 2 title with a total of 635kg although Cliff later confirmed that this was less than he expected due to a grip problem with the deadlift caused by cramping from the tightness of his bench shirt - more to come next time.

Alan "does my bum look big in this squat suit" Ottolongui had a somewhat disappointing day finishing 2nd to Cliff after injuring his back on the squats and only (but bravely) managing to total 565kg - some 70-80kg down on his target for the day. Alan will have a chance to make amends in the European Masters in July.

Mick Amey at Masters 3 was a comfortable winner in the 75kg class with a steady 515kg total as was George Leggett in the Masters 4 (or 5?) class with a 425kg total at a bodyweight of only 69.6kg (maybe down to the 67.5kg class soon??)

Doug D'Gama now back lifting regularly in the 82.5kg class totalled 630kg for 1st place and is also building towards the European Masters in Czech Republic.

The ever slim Kevin Jane totalled 695kg at 89.7kg to win the 90kg title for the umpteenth time and Nicholas Oliver placed 3rd with a 530kg total.

Finally, Terry O'Neill had a real ding dong battle with Chris Woodhead from Yorkshire North East division winning the title after overturning a 25kg deficit on the sub total to make a total of 760kg and a win by 5kg.

Well done to all lifters and good luck to those off to the European Masters in June.

Report by Steve Walker

Latest news – Jenny Hunter European Masters 2 Champion, Allen Ottolongui Silver medallist Masters 2 and Doug D'Gama bronze medallist Masters 1 – well done to all 3 – full report next issue.

Recent competitions in the East Midlands Division

Anglian Open Powerlifting Championships: 9th May 2010

A well organised day of lifting with some 31 lifters taking part with some excellent individual performances. In particular Sunil Chahal from the West Midlands broke British U18 records in the 75kg class lifting unequipped and looked very strong for the future. Joe Walton and Dominic Fazzani managed to avoid another head to head conflict by lifting unequipped and equipped respectively both going well and Joe making a total this time.

Ian Wells continued to improve and showed that he's not just a bench press specialist totalling 715kg to win the 90kg class with obviously more to come soon.

Nice to see 4 lifters from Oxford University competing and the usual strong contingent from Bethnal Green Club with Thomas Celestin squatting 250kg and deadlifting an impressive 312.5kg but with an obvious problem with only one bench of 105kg.

Matthew Pearce continues to look very strong lifting raw and making 690kg @ 124.2kg and still U23.

A good day all round with a few pictures to prove it.....



A smooth performance from Phil & Grant



Combined age of around 220!!



A relieved Chris Gladding after just missing out on a bomb on the squats



A relieved Dave Tucker just after just pocketing a fiver from Chris Gladding



Jenny caused an internet sensation by sitting opposite the live streaming camera!!



Jackie obviously furious at Jenny getting so much attention

Apologies to all concerned - no offence intended but it was a long day!! (The Editor)

Link to full results score sheet

http://www.hamiltonsfitness.co.uk/Anglian_Power_scoresheet.pdf

East Midlands Bench Press: 25th April 2010

The competition was held at Hamilton's Fitness Centre, hosted by Stuart Hamilton and Cathy Wass and their support team. The day was split into two groups, one from the first weigh in and then further from the second, running flights of 16 and 14 lifters respectively.

Throughout the day there was some good lifting with a number of British records being established. Of note first was Adam Alderman at just 47.4kg he lifted 132.5kg for a new British record and just 10kgs shy of 3 times bodyweight whilst lifting unequipped. Adam is preparing for the 2012 disabled Olympics and is working towards qualifying for the British team.

Cliff Haynes set an unequipped British record with 152.5kg, despite failing his opener at 150kg he came out for his second attempt and smoked it, and followed this with the 152.5kg.

In the afternoon session James Jeffries got off to a rocky start missing his opening attempt but got it on the second try for a new British Master 1 record of 229kg and then went on to blow that away with a further successful lift of 240kg being a British Senior record. James continues to show much promise and we should see him going from strength to strength in this discipline.

Keith Clarke was lifting again now as a masters 4 lifter and looking very well. He lifted a very respectable 107.5kg unequipped.

Ian Kinghorn (that's me) opened successfully at 205kg for a British masters 2 record and extended it with my second attempt of 210kg, however misjudged the last attempt at 225kg (change of shirt for this) but just wasn't working for me on the day. Still feel things are returning and I hope to continue progressing as I finally get back to some training.

Paul Kerridge did a double PB with 135 and 140kg for his 2nd and 3rd attempts and Pinda Singh opened with a new British record at 270kg in the 110kg class but that was his only successful lift, although neither of his next two attempts buried him they just weren't there on the day. This lift did take the best overall lifter award for the day.

Referees, Jackie Blasberry and Jenny Hunter were in their chairs the whole day, with Ian Kinghorn in the morning and Cathy Wass in the afternoon. With refereeing and lifting I may have missed some of the more entertaining parts of the event; however it was as usual a good competition and well run.

If I haven't mentioned anyone's achievements of note, then I must have missed it but on the other hand I was busy all day so lucky to note anything at all really, except of course the good and bad lifts whilst I was actually refereeing (I didn't fall asleep once) and I was there for my own attempts too.

Report by Ian Kinghorn

East Midlands Bench Press Championship 2010

Gp	Name	Club	Gender	Class	Weight	Age	Equip	Bench 1	Bench 2	Bench 3	Best	Wilks	Place
1	Roxan Luckock	una	f	52.0	49.5	sen	n	65.0	70.0	-75.0	70.0	90.61	1.0
2	Roxanne Salmon	Crystal Palace	f	90+	91.1	m1	n	72.5	77.5	-82.5	77.5	66.63	1.0
3	Jack Thomas	Horncastle	m	52.0	51.9	u23	n	50.0	55.0	-57.5	55.0	54.08	1.0
4	Adam Alderman	DAAUK	m	56.0	47.4	sen	n	125.0	130.0	132.5	132.5	143.84	1.0
5	Roy Banks	British Barbell	m	67.5	66.6	m2	n	82.5	87.5	-90.0	87.5	68.19	2.0
5	Steve Dodd	una	m	67.5	61.8	m2	n	80.0	85.0	87.5	87.5	72.67	1.0
5	Ben Cattermole	Suffolk Spartans	m	67.5	66.7	u16	n	72.5	75.0	-77.5	75.0	58.38	3.0
6	Lee Meachen	Hamiltons	m	75.0	74.7	m1	y	-185.0	-190.0	-		#VALUE!	
6	Cliff Haynes	Hamiltons	m	75.0	74.9	m2	n	-150.0	150.0	152.5	152.5	108.76	1.0
6	Gerrard Hart	Union Barbell	m	75.0	72.0	u20	n	-125.0	125.0	-136.0	125.0	91.71	2.0
6	Will Ellinger	una	m	75.0	74.1	u23	n	-120.0	-120.0	120.0	120.0	86.23	3.0
6	Kevin Peacock	una	m	75.0	73.0	m2	n	100.0	110.0	112.5	112.5	81.71	4.0
6	Peter Jones	South West	m	75.0	73.4	m4	n	80.0	-85.0	85.0	85.0	61.49	5.0
7	Andrew Howard	Hamiltons	m	82.5	82.1	m1	n	135.0	142.5	-147.5	142.5	95.73	1.0
7	Gordon Kay	The Farm	m	82.5	80.3	sen	y	130.0	-140.0	-140.0	130.0	88.53	2.0
7	Steve Maynard	una	m	82.5	81.4	sen	n	120.0	-130.0	-130.0	120.0	81.03	3.0
8											0.0		
9	Ian Wells	Hamiltons	m	90.0	89.5	sen	y	-200.0	-200.0	-200.0			
9	James Jeffries	Hamiltons	m	90.0	86.6	m1	y	-229.0	229.0	240.0	240.0	156.34	1.0
9	Richard Balderston	Horncastle	m	90.0	84.9	u18	n	100.0	110.0	120.0	120.0	79.04	2.0
9	Keith Clarke	una	m	90.0	83.8	m4	n	102.5	107.5	-110.0	107.5	71.34	3.0
10	Ian Kinghorn	Yardley	m	100.0	99.0	m2	y	205.0	210.0	-225.0	210.0	128.29	1.0
10	John McComish	una	m	100.0	98.9	m1	n	-155.0	155.0	162.5	162.5	99.31	2.0
10	Paul Kerridge	una	m	100.0	94.2	m2	y	130.0	135.0	140.0	140.0	87.40	3.0
11	Pinda Singh	Hamiltons	m	110.0	109.9	sen	y	270.0	-275.0	-282.5	270.0	158.87	1.0
11	Marc Giles	Horncastle	m	110.0	107.0	m1	n	140.0	160.0	-170.0	160.0	94.96	2.0
11	Mike Pennington	Horncastle	m	110.0	106.9	u23	n	130.0	140.0	155.0	155.0	92.02	3.0
11	Ken Crickmore	Crystal Palace	m	110.0	107.4	m3	n	120.0	122.5	125.0	125.0	74.09	4.0
12	Julian Massey	British Barbell	m	125.0	116.4	m2	y	177.5	-190.0	-190.0	177.5	102.76	1.0
13	Jared Fortin	una	m	125+	130.7	u23	y	180.0	190.0	200.0	200.0	112.91	1.0
13	Graham Mellor	Horncastle	m	125+	156.0	u18	n	100.0	110.0	-115.0	110.0	60.41	2.0

East Midlands Lifters at the 10th IPF World Masters Bench Press Championships Orlando Florida

Team manager's report

Venue: Orlando, Florida, USA

Dates: 31st March 2010 to 3rd April 2010

The event was well hosted in the USA and the venue itself was very professional for all aspects of the competition from the participant's accommodation through to the warm up and lifting facilities. The overall competition was very good and the only small flaw was a distinct lack of referees apart from those from the host nation which caused some logistical challenges in ensuring no nation had any more than 1 referee officiating at any one time.

The British team comprised:

- Women masters 1: Jennifer Nicoll 82.5kg [team placing: 7th]
- Masters 1: James Jeffries 90kg; Stuart Hamilton 100kg [team placing: 7th]
- Masters 2: Ian Kinghorn 100kg; (Marco) Steve DeMeis 110kg; Julian Massey 125kg [team placing: 5th]
- Masters 3: Tom Collins 100kg; Jim Dulling 110kg [team placing: 5th]

Jennifer Nicoll

Jennifer pushed for the gold in her class but failed to make anything other than her opening lift of 105kg which was still good enough for silver (2nd place).

James Jeffries

James established a good strategy and following a consistent warm opened up successfully with 222.5kg which ultimately secured silver (2nd place) but he was really competing for the gold medal. However he missed both his 2nd and 3rd attempts which would have pressured the eventual winner if they had been successful.

James in recent months has negated his previous record on bombing, and has come on dramatically in terms of consistency and technique. He is quickly establishing himself as a quality bench press specialist and still has more to produce. On this occasion he was let down with some technique but having established himself in 2nd place he set his sights on the win. His second attempt of 237.5kg was a narrow miss, but when the eventual winner missed his opportunity it was a risk all strategy to take the win. The attempt of 255kg with a fresh shirt was just a little too light to make the shirt work effectively and a little too heavy for James on the day. Better luck next time.

Stuart Hamilton

Stuart was lifting unequipped and in his first international championships. He pressed his opening lift to finish in 6th place.

Stuart has an injured shoulder and was not expecting big things but even so wanted to take his place in the team. To his credit he pressed his opener well despite weighing in heavy. Despite shedding the weight and the injury he contributed to the team points and gained his first experience of international competition.

Ian Kinghorn

I opened successfully with 202.5kg for a new British masters 2 record which was good enough for overall 4th place but missed out on a medal position due to incorrect weight selections for my second and third attempts.

Well what do you say, been there done that, why didn't he secure the medal – surely he should know better. (As it is me writing, I can answer that and say yes he should and that I was disappointed not to make the medal). The change of shirt between the opener and second attempt didn't go well and the weight was just too heavy on the day, whereas if I had stayed with the shirt and took 210kg I could have finished in the bronze medal placing. Well, next time – the real victory for me is getting over the injuries and not looking back – there's more to come.

Marco (Steve) DeMeis

Steve was successful with his opening attempt at 202.5kg, rushed his second but achieved 212.5kg on his third attempt for 3rd place and the bronze medal. Steve is just starting to make bench shirts work for him and I expect much more to follow.

Julian Massey

Julian put in a consistent performance and lifted his opener of 175kg and 2nd attempt of 185kg successfully for a finish in 5th place.

Tom Collins

Another lifter out for his first international and he had something of a torrid time only making his opening weight on the third attempt, but never the less showed great character to pull it out and finish with 160kg in 5th place.

Jim Dulling

Jim took the safe option of an unequipped 100kg opener to secure the bronze medal in his class and then took 147.5kg which he achieved on his last attempt, finishing 3rd for the bronze medal.

Overall

A good result from the smaller than usual team and with several relatively inexperienced lifters on the team a medal tally of 2 silver and 2 bronze was an excellent result.

3 lifters from a team of 8 originate from the East Midlands and all performed well in their respective circumstances.

Thanks to Ian Kinghorn for the report

Link to full results <http://www.powerlifting-ipf.com/World-Masters-Bench-Press.288.0.html>

So what gives me the right to be a referee then?

Hi to all you fellow powerlifters out there. These days I am a qualified Olympic and Powerlifting referee. Sometimes when seated at the platform I think to myself that although a lot of lifters recognise and know me they know nothing about my background. They probably think to themselves, whilst I am judging their lifts, “has he ever been on the platform and who is that Muppet who says my lift is good or not?”

Well here goes, my name is Peter Weiss and for me it all began with Powerlifting in August 1966. Prior to then my whole sporting life had been in the sport of Roller Speed Skating which was everything to me.

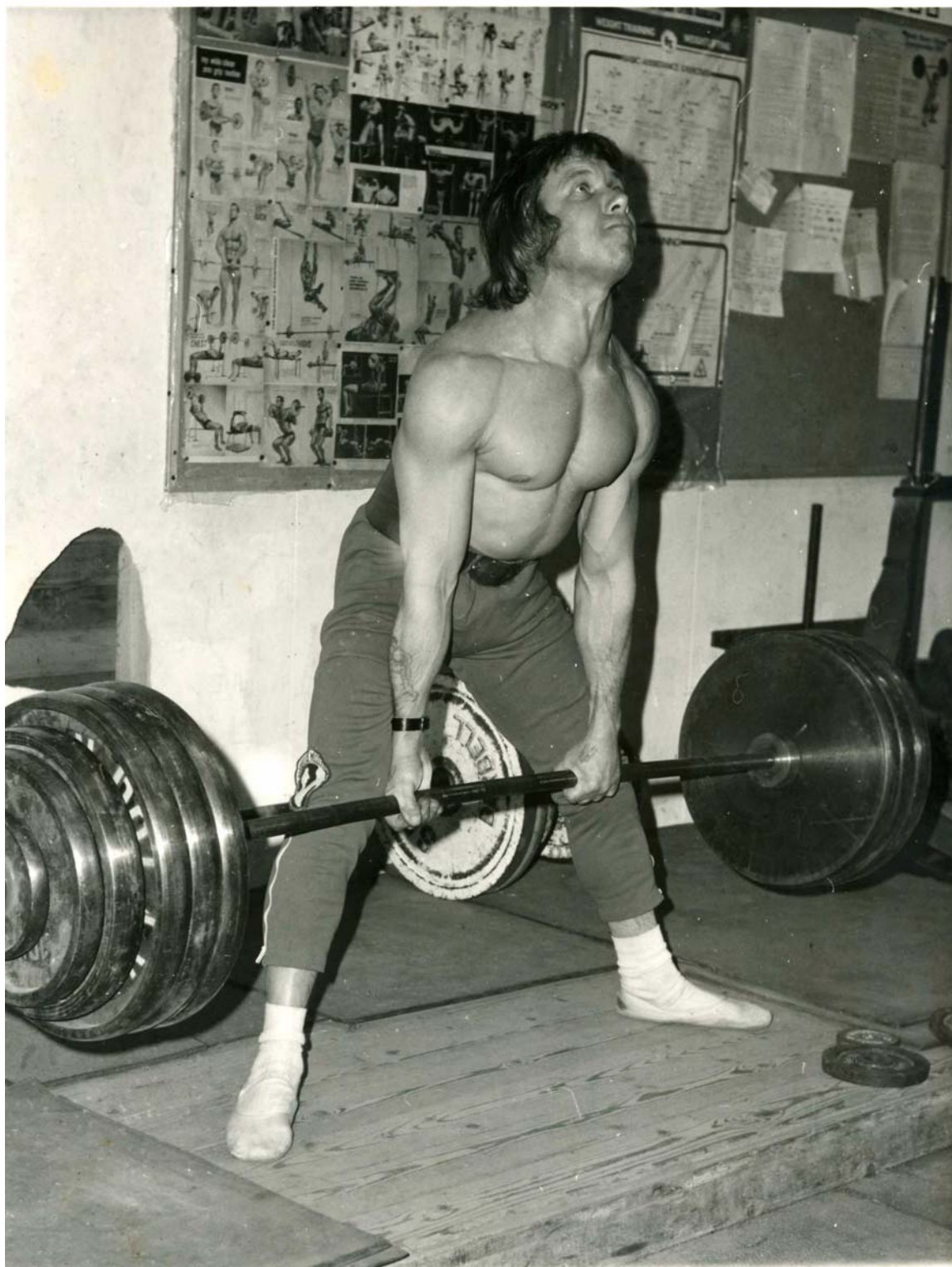
Unfortunately it all came to an end on moving from London to Deanshanger in North Buckinghamshire as I could no longer afford the constant travel to London to train. I had always intended to take up Judo if the skating finished, however whilst looking for a judo club I accidentally came across a weightlifting club based in the George Pub in the village of Roade in Northants.

After being invited to have a session (of weights not drinking) I was taken under the wing of a powerlifter called Peter Hillyard who was a good lifter and who taught me all I ever needed to know about the sport and to whom I have been indebted ever since.

At this point I was 30 years of age and Powerlifting had only just superceded what was known as “The Strength Set” which comprised the squat, bench-press and two hand curl.

My first competition was the Northampton County Championships in 1966 – there were two in my class and I came second and I promised myself, that although it was a learning curve, I would not be beaten again.

After that there were numerous competitions – too many to remember but I do remember that from then on it was solid training and to be truthful it became an obsession for me, nothing else counted and I was not going to give up until I became British Champion.



Now you must appreciate that in those days the only lifting attire that could be worn was an Olympic lifting leotard, a weightlifting belt, boots or slippers and ordinary crepe bandages (no supersuits, bench shirts or wraps). Competitions were also run on a "Rising Bar" format with lifters only coming in to the competition to open when the weight was high enough.

There was also no time limit between lifts so it was almost like playing poker and a game of bluff – your opponent would call his next attempt and if the result was getting close and you thought you could do better you could then up your next attempt and so sometimes it went on and on until someone cracked and went out for the lift.

It may have taken ages sometimes but it certainly kept the audience on the edge of their seats and created great competition.

Then finally, the great day arrived when I received my first invitation to compete in the British Championships in 1970 and I was elated as I had finally arrived in the sport only to be disappointed as I wasn't available on the day to take part.

However I got my chance again the next year in 1971 and travelled to Liverpool and although favourite to win I was nervous and under pressure coming away with the silver medal despite the audience erupting their displeasure at me not winning, still not bad for a first try.

Again in 1972 I was second in the British, this time to John Ambler and it was really close so although disappointed I couldn't believe that after this competition I was invited to represent Great Britain in the World Powerlifting Championships in Harrisburg, Pennsylvania USA.

I was overwhelmed to have reached this level in the sport and went to the States with high expectations and it proved to be a big wake up call for me. It was a tremendous experience and although I only came 7th in the 60kg class I was suddenly aware of the reality of the kind of level I would have to lift at to be an international success.

However I soon realised that this wasn't going to be so easy when the Americans openly admitted to being on "gear" and laughed at the natural supplements we were taking (who remembers Liquid Liver and Brewers Yeast!!!) so it was no surprise we were beaten.

The next time we took on the Yanks was in 1974 when they sent a 10 man team over for a Great Britain V USA international in Coventry, the first powerlifting international ever held in this country. After the previous fiasco it was claimed they were sending an "all clean team" which remained to be seen.

I lifted out of my skin on the day and got revenge on my opponent who was a world record deadlifter and the overall competition was drawn with 5 wins each, a great result for us considering we witnessed some American lifters openly injecting each other – there was very little testing in those days!!

The Strength Athlete

No. 139
Official BAWLA Journal

August 1974
Price 18p



Featherweight Peter Weiss won his class for Great Britain
against USA on June 29

David Morton photo

That same year, 1974, I lifted in the Worlds in Yorktown USA and tied 4th in the 60kg class. At that time my coach, Bill Bryce, used to select my lifts for me – I had no idea that my last deadlift to get me overall bronze was a world record attempt and I managed to get it off the floor!

I continued to be successful in the mid 70s however in 1976 a lifter by the name of Eddie Pengelly came on the scene in my bodyweight class and after a couple of years he dominated everything – he was virtually invincible, certainly one of if not the greatest British Powerlifter there has ever been.

I kind of realised then that I would be playing second fiddle at the British but carried on regardless and set out to break as many divisional records as possible in 1977 at the Divisionals held in Wellingborough, an event which I had organised.

All was going well, the squat record was mine and I was going for the bench record of 120kg – a weight I had been doing easily in training. I took the weight, the signal was given and it was on its way up when I lost it and the bar came down fast with the loaders missing it completely. The result was a crushed and broken upper jaw and a session in hospital – no bench safety racks then and no record for me.

My best ever total in the 60kg class was 545kg comprising 202.5kg squat, 120kg bench and 222.5kg deadlift all done with minimal lifting support clothing so not bad for a little one and I was ranked No. 1 in the UK at 60kg class for a number of years.

Although Masters lifting never greatly interested me I continued to train through the 80s although not so intensely and I did do some divisional masters events and put up good totals but couldn't get the motivation to be fully happy with it. However I was always committed to training hard, after all how else would I stay healthy?

However things took a turn for the worse when I suffered my first heart attack in 1991 followed by a quadruple heart bypass operation in 1993 and the training had to be drastically reduced for obvious reasons and I behaved myself for the sake of the family.

Despite that I was diagnosed with cancer of the colon in 1999 and underwent intensive and successful treatment after which I thought “Sod It” I'm coming back to do what I enjoy the most. After a lot of discussion I finally persuaded my family to let me carry on lifting and I finished up winning two British Masters titles, divisional titles and who knows maybe a third British senior title if my daughter hadn't decided to get married on that day but I couldn't argue with that.

I also went on to compete in European and World Masters Championships although I did suffer further heart attacks and a cardiac arrest in hospital which was a close call. Even now I still train, much against advice but while I feel good why not?

So what else gives me the right to offer my opinion as a referee, well I also worked as a weight training instructor for 20 years and my friend Kevin Jane and I sat our Olympic and Powerlifting referees exams back in the seventies and I have served on the East Midlands Powerlifting committee since the early seventies in various capacities. I also sat in on the inaugural meeting on the formation of the IPF.

Another claim to fame is that a trophy statuette was created from a photo of me deadlifting and used for many years on powerlifting trophies –so I am in many peoples attics and mantelpieces (for the benefit of Steve Walker – it wasn't life size!!)

I'm sorry to have gone on at length but I really think it is a real shame that many of the younger lifters and even some of the older ones nowadays seem virtually totally unaware of the history and background of both the sport and the lifters who figured in its development and who are still involved in all sorts of ways purely because of their love of the sport.

The more we can mention the history and some of the "Greats" from the past the better as far as I am concerned so thanks for the opportunity of letting me tell you my sporting life story.

So to all of you who know me and to those who don't know me, I AM THAT MUPPET saying whether it's a good lift or not!

Cheers and successful lifting to you all.

Peter Weiss



Editors Note – Thanks to Pete for all the information.
Photo courtesy of Wormwood Scrubs Archives

SO YOU THINK YOU KNOW THE RULES???		
See if you can answer these questions correctly - the answers are on page 20		
	YES	NO
1. A woman becomes a Master 1 lifter when she reaches 41 years of age.		
2. A nation is allowed ten competitors throughout the ten bodyweight categories for men, however there must not be more than 3 competitors from any one nation in any bodyweight category.		
3. A point is awarded to a lifter who makes a total in a competition and places 11 th in his bodyweight category		
4. The point scores of the six best lifters of each nation will be counted for the team competition of all international championships		
5. The name of the formula used for deciding the "best lifter" in an IPF championship is known as the "three lift formula"		
6. A system of lights is provided whereby the referees make known their decisions. Each referee controls a white and a red light. If the electrical system breaks down, the referees are each provided with a white or a red flag or paddle with which to make known their decision		
7. Referees are provided with coloured cards to indicate the reason for failing a lift. The colour of the card used in the deadlift for lowering the bar before receiving the chief referees signal is yellow		
8. On the scoreboard, the lifters' names are arranged in alphabetical order of the first initial of their surname		
9. Loose inner soles may be worn inside lifting shoes provided that they do not exceed more than one centimeter		
10. The fee for wearing a sponsor's logo is 250 Euros		

Another set of questions next issue. Also see "Referees Corner" on page 19 for more information on the rules of powerlifting.

Thanks again to John Moody for this feature

Tips on Squat Stance Positioning by Doug Daniels

One of the questions I get a lot is on the matter of squat stance. First off, there's no way that I can exactly recommend guaranteed- to-work stance choice and execution by correspondence. What I can give, however, are some tips to use when choosing your most effective stance in the squat. Squat stance varies greatly throughout the sport with extremely successful examples of each type of stance. What's it all mean? It means that every lifter will have to choose his/her best stance and not let a favorite athlete's stance influence the choice.

Some lifters have been recommended to try squatting wide because "it looked like they should be wide squatters" by their coaches or advisers. What sometimes happens is the lifter's squat suffers a marked decrease and the lifter can't figure out what's wrong. I agree that lifters should remain open-minded to advice from other sources and should give new ideas a fair shake. If after a good period of trial they fail to work, their use should be reconsidered. What's a "good period" of time? Probably one training cycle. This period of time should be sufficient to determine if you are on the right track. Even a failure can have positive benefits. You have eliminated, with a high degree of certainty, one training method or technique that you thought may benefit you.

If you narrow your stance, you may require more back strength, as well as more abs strength as in the wide stance. Narrow squatters tend to use more back while wide squatters use more in the way of hip strength. Your assistance training should be geared to accomplish these new strength needs. Use moderate weights until you get the new stance down pat. Going full-speed into a new stance could result in injury and loss of confidence.

Another common question is leaning forward during execution of the squat. The result is usually either registering a lower lift or a missed lift due to depth problems. The depth problem occurs because as the squatter descends into the squat, his back leans forward, closer to parallel to the ground, which, in turn, raises the hips. This results in the need for the squatter to descend even lower than he may think he needs to break parallel. The most obvious answer to this problem is to be aware that this happens. The lifter will need to make an adjustment in his perception of necessary depth if the lean is maintained.

There are more execution considerations. Try keeping your head up during the squat. This will aid in keeping your back more upright. Also, keep your chest out and elbows back. This will help keep your torso upright and straight. Don't let the bar slide too far down your back during the lift. This will cause your back to bend forward to keep the weight in place. Set up with these ideas in mind, and you stand to improve your chances. This comes from practice in the gym. Don't wait until the meet or you may get "redlightitis"!

There are some training methods available to help reduce back bend or to help the lifter deal with it. Again, increased flexibility would be helpful, especially in the hamstrings and hips, as some lifters may not be flexible enough to remain upright comfortably. This is critical in both wide and close stance squatting. Increased torso strength, front and back, would help stabilize the torso and help maintain an upright position. Lower back work like hyperextensions or deadlifts off the block are top choices for lower back strength. Abs strength can be improved through crunches. Sit-ups are a poor choice as they have been shown to be mostly a back and hip exercise with slight isometric contraction of the abs.

Along with the lower back, upper back work of the traps and lats would be helpful. You really need full back development to extract a big squat as well as a big deadlift. Exercises here include chins, pull downs, rowing, and shrugs. Strong shoulders and arms help to support the weight while it's on your back. This will help to keep the bar in place during the entire squat from unracking to placing it back on the rack after your 3 white light attempt.

I hope I've given you a few usable squat tips. There is more to squatting than sets, reps, knee wraps, and squat suits. Keep in mind the importance of your form during the squat and combine it with a good routine and an open mind and you will see the results and more white lights.

[Doug Daniels](#)

[Natural Bodybuilding at its Finest - Lift for Life.com](#)

The East Midlands Powerlifting Association – Minutes of committee meeting held on the 24th April 2010 at Hitchin WLC, Letchworth.

Meeting opened at 10.05am

- 1/. **Members present:** Dave Tucker, Pete Weiss, Jenny Hunter Allen Ottolangui, Kevin Jane
- 2/. **Apologies:** Steve Walker, Steve Jones, Ian Finch
- 3/. **Matters arising from previous meeting (7th February 2010)**
 - a) **GBPF Memberships system:** The Secretary had spoken to John Jackson re some of the problems that officials and competition organisers were having as a result of there being no easy way to verify current membership of the GBPF. It was evident that around 45% of people joining the GBPF last year had not renewed their membership for 2010. However some former members were still competing and officiating at all levels. John Jackson was adamant that the membership system is to continue as it is as the cost of issuing members with a membership card each year plus postage would prove too expensive despite the extra £5 increase in membership fees.
 - b) **Championships dates:** The Divisional Masters ,Juniors and novice championships will be held on the 24th July 2010 at the Yardley Gobion Club. The Anglian Open is to be held on the 9th May 2010.
 - c) **Lifter of the Year Award** This was presented to Mick Amey at the British Masters Championships and Mick was very grateful to be given the award. The committee will decide on the next year's award winner prior to the next AGM.
 - d) **British Bench Press;** The Secretary had been informed that some issues had been raised regarding the previous minutes relating to the British Bench press. The committee agreed that the minutes should remain as they are. The Secretary had received no criticism at the time the minutes were sent out to committee members . The Secretary was also made aware that there were some additional issues pertaining to the way the newsletter had been distributed. As the committee members involved with this matter were not present an outcome was not reached.
- 4/. **Financial update:** Jenny informed the meeting that the Divisional account stands at £1,708 99 with A cheque for £300 still to be cleared to add on. There had been no rebates received to date from the GBPF for membership as agreed at the GBPF AGM.
- 5/. **Newsletter;** the Committee were very impressed with Steve's first Divisional newsletter. The Secretary pointed out that as usual the success of the newsletter depends on the information that the editor receives and that all members should make a conscious effort to ensure Steve receives as many articles and material as possible.,
- 6/. **A.O.B.**
 - a) The Secretary will produce some criteria for the next meeting to discuss regarding setting up a Divisional 'Hall of Fame'

DATE OF NEXT MEETING 7TH August 2010 @ Hitchin WLC
Meeting closed at 12.05pm.

Kevin Jane – Hon Secretary.

Referees Corner

Some regular thoughts and advice from our very own refereeing legend Dave Tucker

Referees in the East Midlands Division

IPF1 and IPF2 Category referees

George Leggett
Harry Turner
Kevin Jane
Dave Tucker
John Bevan
Ian Kinghorn

National & Divisional referees

Pete Weiss
Jenny Hunter
Jackie Blasberry
Cathy Wass
Stuart Hamilton
Steve Walker
Mark Pittam
Steve Jones

There is always a need for more referees to help with divisional events so anybody interested in becoming a referee should write to Dave Tucker, 27, Gunhild Close, Cambridge CB1 8RD

Some tips on bench press for lifters from the referee's viewpoint

Q. Before giving the signal to start what does the referee look for?

A. After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned.

Q. When will the referee give the command "Replace"

A. For reasons of safety the lifter will be requested to "Re-place" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.

Q. There are 10 causes for disqualification in the bench press. What are they?

A. Causes for Disqualification of a Bench press

1. Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.
2. Any change in the elected lifting position during the lift proper i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or movement of the feet on the floor / blocks / plates / or lateral movement of hands on the bar.
3. Heaving, or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
4. Any pronounced / exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the whole of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms at the completion of the lift.
7. Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals, in order to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rests support.
10. Failure to comply with any of the items outlined under the Rules of Performance.

Some more tips for lifters on the deadlift in the next issue

All rules on powerlifting can be found on the IPF website www.powerlifting-ipf.com

IPF Promotional Video

(Editor's note – there is no new technical newsletter since the last issue but I see that the IPF have produced a promotional video on powerlifting which is good to see on this link) -

<http://www.youtube.com/watch?v=TMIGc-PqsBc>

Answers to the "So you think you know the rules quiz"

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

Qu.1. From the 1st of January in the year she reaches 40 years old. See Age Categories.

Qu.2. There must not be more than 2 competitors from any one nation in any bodyweight category.

Qu.5. the name of the formula for deciding the "Best lifter" is known as the Wilks formula.

Qu.8. Lifters names are arranged on the scoreboard by lot numbers for each session

Letters Section

The Special Olympics movement has a creed/oath:

“Let me win, but if I cannot win let me be brave in the attempt”

The first International Special Olympic games were held in 1968 at Soldier Fields, Chicago, Illinois.

The games proved a tremendous success and led to the establishment of a non-profit making organisation “Special Olympics Inc.” Special Olympics was officially recognised and endorsed by the I.O.C. In 1988. An historic agreement becoming the first organisation authorised by the I.O.C. to use “Olympics” on a global scale.

The movement is geared to helping people with learning disabilities with an IQ of under 75 and offers over thirty summer and winter sports around the world with accredited in over 90 countries including Powerlifting.

Powerlifting competitions are held annually in Scotland and England with an Anglo Welsh connection. From those competitions, lifters are selected by their commitment, attendance and recommendations from the regional chairpersons and coaches for the National, European and World Games, which are held in exactly the same format quadrennial as the Mainstream Games.

Special Olympics is not an Elitist organisation, it enhances “Sport for All” everyone is giving the opportunity to compete at the highest level.

As an International sports body, Special Olympics have created their rules based upon N.G.B. And the I.P.F. These rules are used except when they conflict with the S.O. sports rules. E.g. there are two competitions in one:

- (a) The “Double Combo” which is the Bench Press and Dead Lift. This is for lifters unable to squat due to a medical condition called “Atlanto Axial Displacement Syndrome”
- (b) The “Triple Combo” as in mainstream powerlifting. It is worth mentioning at this point that a number of S.O. Lifters do compete in mainstream competitions.

During my twenty two years involvement with S.O. Powerlifting, I have witnessed many benefits to the lifters. Due to the sport being of audience participation the socialisation benefits are immeasurable. The audience witnesses their commitment, skill and camaraderie not to mention their dedicated approach. This helps to overcome the stigma of their disability and strikes blows at the walls of segregation. The true measures of humanity are those qualities of human spirit displayed by the lifters. They have that in abundance.

Unfortunately the East Midlands do not have any S.O. Powerlifters. One of the reasons for this article is to assist coaches in our region to encourage “people with a learning disability” into our sport with the knowledge that there is a sports organisation in society that does care. That they can have the opportunity, they are not restricted and can compete, from small beginnings to a National, European and World Stage. Who knows maybe a future Mainstream Olympic Games?

I thank the editor for allowing me the opportunity to highlight a most worthy organisation. For any further information I can be contacted on 01536 200882 or by email at tony.clelland@btinternet.com (my son).

Willie Clelland
S.O.G.B. Powerlifting Advisor

This years EPF Congress and the accompanying Open Championship organized by the Swedes in Koping seem to have been a great success. Several interesting items were discussed and voted upon at the Congress.

Possibly the most controversial item passed was the one that stated that all competitors in the European Championships must stay at the official hotels. It seems that organizers of championships are having problems due to the fact that competitors, especially Masters who are often paying their own way are not using the official hotels. The outcome of these discussions was that in future all competitors are now obliged to stay at the official hotels or they cannot take part in the championships.

The argument for accepting this new rule was that the higher the number of guests, then the lower the cost per room. Also the EPF can then insist upon hotel room rates not being higher than the normal rates for the hotel in question.

However the wording of the new rule caused some argument. The term “participants” was in the original proposal but after some discussion this was changed to “competitors”. Hence lifters themselves must stay in the official hotels but referees etc may use other accommodation.

The administration may become a little difficult as lifters will presumably have to produce some documentation to prove where they are staying. Could become a little complicated!

However, nearer home I understand that Arthur and John, despite all their endeavours are coming up against a brick wall in their longstanding battle to persuade “the powers that be” that the GBPF be recognized by the Olympic Committee or whoever it is wishing them to return to the BWLA. If it is a question of numbers then these idiotic officials need to get their heads around the fact that for decades now, even in the old BAWLA, powerlifters have far outnumbered weightlifters in this country. Maybe certain officials do not like to admit the truth of the matter.

The Old Man

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

East Midland Powerlifting Committee Contacts

Dave Tucker - 27, Gunhild Close, Cambridge CB1 8RD
Kevin Jane - kevin@kjane.fsbusiness.co.uk
Ian Finch (records) - Ian.Finch@rfsworld.com
Steve Jones (membership) - birth@supanet.com
Allen Ottolangui - acc138@yahoo.co.uk
Pete Weiss - pweiss@02.co.uk
Stuart Hamilton - hamiltonsfitness@aol.com
Jenny Hunter - jenny@ced.co.uk
Steve Walker (Newsletter) – SJR.Walker@fsmail.net

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

Calendar of Events for the rest of 2010

10/07 to 11/07 British Senior Powerlifting Championship, Birmingham
24/07 East Midlands, Masters, Juniors and Novices Powerlifting Champs, Yardley Gobion Powerlifting Club.
5/08 to 7/08 European Bench Press Championship, Bratislava, Slovakia
21/08 to 22/08 All England Powerlifting Championships, Northampton (TBC).
28/08 to 4/09 World Sub-Juniors and Junior Powerlifting Championship, Prague, Czech Republic.
10/09 to 11/09 British Unequipped Powerlifting Championship, Tyseley Birmingham
22/09 to 2/10 World Masters Powerlifting Championship, Pilsen, Czech Republic
03/10 Anglian Bench Press, Colchester
16/10 Four Nations Powerlifting, Northern Ireland.
21/10 to 23/10 European Masters Bench Press Championship, France.
1/11 to 6/11 World Powerlifting Championship, Durban, South Africa
28/11 East Midlands Powerlifting Championship

The Parting Shot.....

In the last issue I asked who you think this was,

I wonder how many recognised a young Mr Ian Kinghorn (complete with his own hair!!)



So have another try and guess who this muscle bound athlete is from a previous generation (it's the winner we want)



Again the answer next time!!