

# Ultimate Strength

The Official Newsletter of the East Midlands Weight Lifters Association

February 2006



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### Editorial

As usual very little happens in January, and as such there was no newsletter provided for that month.

Next month (March) the first divisional competition of the year takes place, the unequipped powerlifting championships for the Division hosted by the Hitchin and Letchworth Weightlifting Club. The competition takes place on the 12<sup>th</sup> March 2006 and I am sure that it will be a great competition as have been previous events at the same venue.

This competition will be followed by the East Midlands bench press championships on the 26<sup>th</sup> March 2006. The closing date for entries to which is 12<sup>th</sup> March 2006, so it's not too late to enter if you wish to lift and haven't yet sent in your entry. Details can be found on the web site at [www.hamiltonsfitness.co.uk](http://www.hamiltonsfitness.co.uk) or you can give Stuart Hamilton a call on 01206 854319.

The divisional AGM was held on 28<sup>th</sup> January 2006, full details of which are included in this issue. It was good to see new members/volunteers elected to the committee, welcome on board to them and thanks to those who continue to stand in their current positions. An updated list of members of the committee can be found at the end of this edition.

Following this year's AGM, then the East Midlands official web site is now part of Hamilton's Fitness web site. The content to date is limited, however it does have some useful content including the competition dates and entry forms. New content will be added over the coming weeks and months and it also

holds copies of this newsletter. The URL is: <http://www.hamiltonsfitness.co.uk/weightlifting.htm>. Take a look and see what you think, please also feel free to pass content ideas and comments to our new webmaster and publicity manager: Stuart Hamilton.

February saw not only the British Bench Press championships at a national level, but also the British Seniors. To date though I have had no results from the British Seniors so I have not been able to include them in this edition, hopefully next month. Of significant note was the performance of Steve Walker, in his first year as Masters 2 and competing in the British for the first time in 4 years, he pulled off a solid win in the 75kg class to add to his previous string of British titles. Well done Steve.

BWLA have scheduled the AGM for the 14<sup>th</sup> May 2006 at which the issue of whether powerlifting should split from weight lifting will be considered and voted upon. It is important that all members attend in order to ensure the votes cast are representative of your views. Secondly though this date clashes with the British Masters currently scheduled for that same weekend. An alternate date and venue is being sought, but at this stage nothing has been finalised.

Please note those wishing to renew their subscription that haven't done so as yet, must do so before the next edition. This is the last edition to be sent without the renewal being received.

Ian Kinghorn  
Newsletter Editor

## Subscription 2006

Ultimate Strength is published by the East Midlands Weightlifting Association. It contains results and news from the division together with items of interest from both a national and international perspective.

Two alternative subscriptions are available:

- |                        |                |
|------------------------|----------------|
| 1. Printed copy .....  | £5.00 per year |
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If you would like to subscribe please send the following details: name; address; telephone number; and e-mail address, together with a cheque for £5.00 if requesting a printed copy. Cheques should be made payable to: EMWLA. Send application to: Ian Kinghorn, 20 Bell Close, Helmdon, Brackley, NN13 5UH (e-mail for e-mailed copy if preferred: [ian.kinghorn21@btinternet.com](mailto:ian.kinghorn21@btinternet.com)).

## British Bench Press Championships 2006

The British bench press was held at Tysley in Birmingham over the weekend of 4<sup>th</sup> and 5<sup>th</sup> February 2006. It was a well run event with the whole thing going off very efficiently, especially when you consider there were over 80 lifters who took part in the event. There seemed to be no shortage of referee's or spotters on the day.

Saturday's competition was for the women, juniors and men masters 2, 3 and 4. Whereas Sunday's competition saw the Masters 1 and Seniors on the platform.

### Women's results

Class	Cat.	Name	Weight	Attempts			Best	Place	Wilks
48.0	M1	Hobbs, Jan	49.10	50.0	55.0	60.0	60.0	1	78.138
52.0	Snr	Elding, Nicola	58.50	52.5	57.5	-62.5	57.5	1	65.383
60.0	Snr	Pendry, Colette	60.00	90.0	97.5	-110.0	97.5	1	108.703
75.0	M1	Tyson, Sue	79.60	105.0	-115.0	115.0	115.0	1	105.524
82.5	M1	Maton, Jean	82.50	100.0	107.5	110.0	110.0	1	99.000
90+	Snr	Last, Suzy	118.80	120.0	-125.0	125.0	125.0	1	100.138
90+	M1	Salmon, Roxanne	104.80	87.5	92.5	-97.5	92.5	1	76.044

### Junior's results

Class	Cat.	Name	Weight	Attempts			Best	Place	Wilks
60.0	U20	Neale, Michael	56.00	90.0	100.0	-102.5	100.0	1	91.030
75.0	U23	Flemming, Mark	73.90	155.0	-162.5	-162.5	155.0	1	111.600
75.0	U23	McFarland, Frankie	72.20	-135.0	-140.0	140.0	140.0	2	102.508
75.0	U20	Daffae, S	72.80	140.0	-150.0	-157.5	140.0	1	101.892
82.5	U23	Triggs, Michael	81.50	145.0	150.0	-152.5	150.0	1	101.235
90.0	U23	Tutt, Mitchell	87.70	-170.0	-180.0	180.0	180.0	1	116.478
90.0	U23	Gee, Tom	88.20	-165.0	-165.0	165.0	165.0	2	106.442
90.0	U20	Sohata, Jaskaran	84.80	140.0	-150.0	150.0	150.0	1	98.880
90.0	U20	Gergory, Mark	87.20	-145.0	147.5	155.0	155.0	2	100.611
100.0	U23	Singh, Harminder	90.60	130.0	145.0	-155.0	145.0	1	92.264

### Master's 2, 3 and 4 results

Class	Cat.	Name	Weight	Attempts			Best	Place	Wilks
60.0	M4	Brown, Ted	59.30	85.0	90.0	95.0	95.0	1	81.900
75.0	M2	Walker, Steve	74.00	165.0	175.0	-180.0	175.0	1	125.878
75.0	M2	Macrow, Stan	73.10	145.0	150.0	-155.0	150.0	2	108.840
75.0	M3	Lee, Alex	73.70	145.0	155.0	-162.5	155.0	1	111.817
82.5	M2	Williams, David	81.70	-115.0	115.0	-120.0	115.0	1	77.499
82.5	M2	Amey, Mick	79.20	110.0	-120.0	-120.0	110.0	2	75.581
82.5	M3	Edwards, Mike	82.30	120.0	-125.0	-125.0	120.0	1	80.508
82.5	M4	Tuffnall, Brian	81.00	105.0	110.0	-115.0	110.0	1	74.514
90.0	M2	Brookes, John	89.80	180.0	190.0	-200.0	190.0	1	121.429

Class	Cat.	Name	Weight	Attempts			Best	Place	Wilks
90.0	M3	Anderson, Norman	88.20	-135.0	140.0	-145.0	140.0	1	90.314
90.0	M3	Boulton, John	87.30	112.5	117.5	-122.5	117.5	2	76.222
90.0	M4	McFadden, Bill	85.00	160.0	165.0	170.0	170.0	1	111.911
100.0	M2	Flett, Martin	96.00	165.0	172.5	-182.5	172.5	1	106.795
100.0	M2	Crickmore, Ken	100.00	140.0	147.5	152.5	152.5	2	92.812
100.0	M2	Kerridge, Paul	93.40	122.5	-130.0	-130.0	122.5	3	76.795
110.0	M2	Brookes, Dave	106.80	-185.0	-185.0	-185.0	-185.0	disq.	0.000
110.0	M3	Smith, Fred	109.50	-140.0	140.0	-147.5	140.0	1	82.502
125.0	M2	Massey, Julian	M2	-175.0	-185.0	-190.0	-175.0	disq.	0.000

### Master's 1 and Senior results

Class	Cat.	Name	Weight	Attempts			Best	Place	Wilks
52.0	U23	Alderman, Adam	47.10	100.0	107.5	110.5	110.5		120.832
							4th attempt		
56.0	Snr	Ifill, Charles	56.00	-92.5	-92.5	92.5	92.5	1	84.203
60.0	M1	Dowers, Graham	59.40	115.0	120.0	-125.5	120.0	1	103.296
60.0	M1	Dodd, Steve	59.60	77.5	82.5	-85.0	82.5	2	70.793
60.0	Snr	Irving, Jason	59.90	165.0	172.5	180.0	180.0	1	153.756
67.5	M1	Mirxa, Zia	64.60	110.0	117.5	125.0	125.0	1	99.913
67.5	Snr	McFarlane, Wayne	65.70	140.0	-142.5	-142.5	140.0	1	110.334
75.0	M1	Prater, Gary	74.20	135.0	-145.0	-145.0	135.0	1	96.917
75.0	Snr	Richard, Phil	69.90	177.5	188.0	192.5	192.5	1	144.414
						-197.5			
75.0	Snr	Haynes, Shaun	75.00	170.0	-175.0	-175.0	170.0	2	121.142
75.0	Snr	Santos, Jon	74.50	155.0	160.0	165.0	165.0	3	118.124
75.0	Snr	McFarlane, Frankie	70.40	142.5	147.5	-155.0	147.5	4	110.050
75.0	Snr	King, Mike	74.50	125.0	130.0	135.0	135.0	5	96.647
82.5	M1	Guisse, Phil	82.10	172.5	177.5	-180.0	177.5	1	119.262
82.5	M1	Hughes, Paul	79.50	160.0	-172.5	-172.5	160.0	2	109.664
82.5	M1	Cooper, Chris	81.55	137.5	145.0	-150.0	145.0	3	97.788
82.5	M1	Leach, Stephen	80.80	125.0	-130.0	-130.0	125.0	4	84.813
82.5	Snr	Beaton, Robert	82.50	170.0	-180.0	-180.0	170.0	1	113.883
90.0	M1	Arkle, Keith	89.65	-195.0	200.0	-205.0	200.0	1	127.900
90.0	M1	Rice, Jerry	89.50	190.0	-197.5	-200.0	190.0	2	121.638
90.0	M1	D'Gama, Doug	87.80	165.0	177.5	-182.5	177.5	3	114.789
90.0	Snr	Davie, Chris	88.85	170.0	-180.0	-180.0	170.0	1	109.208
90.0	Snr	George, Darren	89.00	170.0	-180.0	-180.0	170.0	2	109.157
90.0	Snr	Green, Martin	89.80	-215.0	-215.0			disq.	0.000
100.0	M1	Kinghorn, Ian	99.50	230.0	237.5	245.0	245.0	1	149.401
100.0	M1	Cumming, Steve	93.25	-180.0	180.0	190.0	190.0	2	119.168
100.0	M1	Stevenson, Tony	90.75	170.0	180.0	-190.0	180.0	3	114.408
100.0	M1	Smith, Terry	95.50	170.0	175.0	180.0	180.0	4	111.708
100.0	Snr	Lewis, Richard	98.05	210.0	215.0	-217.5	215.0	1	131.881
100.0	Snr	Tanner, Andrew	97.30	187.5	195.0	-200.0	195.0	2	120.023

Class	Cat.	Name	Weight	Attempts			Best	Place	Wilks
100.0	Snr	McCormack, Rick	98.50	175.0	190.0	-197.5	190.0	3	116.337
100.0	Snr	Wright, John	97.40	165.0	-172.5	-175.0	165.0	4	101.508
100.0	Snr	Singh, Parvinder	99.55	-210.0	-210.0	-210.0		disq.	0.000
110.0	M1	Haulme, Allan	107.85	190.0	195.0	-197.5	195.0	1	115.460
110.0	Snr	Talbot, Jason	109.30	220.0	225.0	-230.0	225.0	1	132.683
110.0	Snr	Willson, Glan	107.90	210.0	-220.0	-220.0	210.0	2	124.341
110.0	Snr	Majid, Kamran	109.95	192.0	-200.0	-205.0	192.0	3	112.992
110.0	Snr	Dickerson, Mark	102.00	170.0	-182.5	-182.5	170.0	4	102.663
125.0	M1	Frost, Phil	112.50	180.0	185.0	190.0	190.0	1	111.074
125.0	M1	Lambert, Clive Walkington,	121.50	165.0	175.0	182.5	182.5	2	104.627
125.0	Snr	Kenneth	122.50	200.0	-210.0	210.0	210.0	1	120.183
125.0	Snr	Massey, Julian	115.10	-180.0	185.0	-202.5	185.0	2	107.467
+125	M1	Mackey, Matthew	159.80	215.0	222.5	-230.0	222.5	1	121.997
+125	Snr	Blanchflower, Jim	162.00	265.0	-280.5	-280.5	265.0	1	145.008
+125	Snr	Thomas, Rob	153.25	-220.0	220.0	232.5	232.5	2	128.247
+125	Snr	Evans, Bryn	130.70	-210.0	-210.0	-210.0		disq.	0.000

## East Midlands Record Claim Process

A number of people have advised me recently that they do not know how to claim a divisional record. The process is quite simple and requires very little on behalf of the lifter, but you do have to actually make the claim.

I (as records registrar) will make sure that copies of the latest divisional records are passed to the organiser to be made available on the officials table at the contest. If you are taking a divisional record attempt then you should inform the record keeper (at the officials table) on the day and they should mark this on the score sheet. If successful you can then claim your record.

I will accept record claims by any method (e-mail, paper, ...); however I need to know the following information:

- your name
- the record you are claiming
- which lift and the amount you lifted
- the date, venue and competition
- your actual bodyweight and the weight class you were lifting in
- if you would like a certificate, I also need to know your address, and I need 2 x 1<sup>st</sup> class stamps

I will then verify the claim against an official score sheet for the event, and if upheld will enter the record in the divisional tables and issue a certificate if requested.

The concept of the divisional certificate is newly re-introduced, and subject to provision of stamps I am willing to trace back old records for which you may wish to have a certificate. This process however may be time consuming and difficult, so you will need to bear with me as it may take some time. I will need the same information as above (as far as you know it) in order to trace the record, however you will also need to let me know it is an old record as opposed to a current record.

## Proceedings of the East Midlands AGM

### *Minutes of Annual General Meeting of the East Midlands Weight Lifters Association for 2005 held at Robinson College Cambridge Saturday 28<sup>th</sup> January 2006.*

**Meeting opened 1.10p.m.**

- 1) **Members present:** Peter Weiss (chair), Jenny Hunter, Dave Tucker, Ian Kinghorn, Allen Ottolangui, Jackie Blasbery, Cathy Wass, Stuart Hamilton & Kevin Jane.
- 2) **Apologies:** Andy and Tracy Hawkins, Wally Pullum
- 3) The minutes of the last AGM were accepted
- 4) Officer Reports were received from The Treasurer, Secretary, Records Officer, Membership officer and newsletter editor
- 5) **Election of officers:**

President	Wally Pullum
Chairman	Peter Weiss
Hon General Secretary	Kevin Jane
Treasurer	Jenny Hunter
Technical Officer	Dave Tucker
Newsletter editor	Ian Kinghorn
Membership registrar	Ian Kinghorn
Records officer	Ian Kinghorn
Power secretary	Tracy Hawkins *
Schools liaison officer	Michael Neil *
Publicity manager	Stuart Hamilton
Drug officer	Kevin Jane
General committee member	Allen Ottolangui

\* To be confirmed by the persons named who were elected in their absence unanimously. Tracy Hawkins proposed by Dave Tucker and seconded by Jenny Hunter, Michael Neil proposed by Kevin Jane and seconded by Stuart Hamilton. Stuart Hamilton was nominated (Kevin Jane seconded Pete Weiss) as publicity manager. As the division has no Olympic secretary Chris Gladding and Tony Wightman are to be approached to see if they are interested.

- 6) Item for BWLA AGM
  - o That the current membership system be completely reviewed so that membership data is readily available to each division, and is both up to date and accurate.
  - o That powerlifting governance is relinquished by BWLA so that those with a current interest in powerlifting can attempt to move the sport forward.

**Meeting closed at 2.05 p.m.**

Kevin Jane – Hon General Secretary

*Treasurers report*

East Midlands Financial report 2005

	Income	Expenditure
Wreath & Donation (Geoff Brown)		100.00
Rebate from BWLA 2003	344.00	
Rebate from BWLA 2004	468.50	
Championship Fees	109.50	
Leaders Courses	944.00	
Leaders Courses BWLA Fees		366.00
Leaders Courses Expenses		267.50
Championship Fees All Mids		85.00
Sponsorship – 2 Lifters		200.00
General Expenses (Travel, Postage & phone)		311.82
Newsletter	15.00	
Bank Interest	24.69	
	<b>£1,905.69</b>	<b>£1,330.32</b>
Profit for year ended 31/12/05	575.37	
Brought for profit as at 31/12/04	3,623.31	
<b>Total profit as at 31/12/05</b>	<b>£4,198.68</b>	
<b>Bank Statement as at 3 1/12/05</b>	<b>£4,198.68</b>	

Income for the year not yet accounted for:

East Mids Senior Championship fees £51.00 – cheque banked in January 2006

*Secretaries report***East Midlands Weightlifters Association Secretary's report for 2005 AGM**

At a Divisional level the East Midlands in its current guise is I feel functioning well, albeit from a powerlifting perspective. Championships have been well organised and have attracted many new lifters as well as some 'more mature' lifters back into competition. Our officials have also been busy not only at a Divisional level but nationally and internationally. As practitioners our officials are in my opinion responsible for keeping the sport going, ensuring that competitions run smoothly and in line with the rules of the association.

I think that many officers and officials over the last year have found it difficult at times to perform their functions due to the confusion and inadequate governance created by those currently managing BWLA. The uncertainty of the future governance of powerlifting and the persistent problems that have arisen from the implementation of a pathetic membership system continue to thwart the progress of those at face level who wish their sport to prosper.

Without a regularly updated list of Divisional members plus contact and personal details (D.O.B. etc.) it is both time consuming and near impossible to ensure that appropriate invites are received by lifters and to know just who is a current member of the Division, or indeed BWLA. Several of my own club members are still awaiting memberships cards for 2004, 2005 and 2006. I feel confident in writing this report to state that many if not all of those who attend have not received a membership card for this year, is this AGM therefore valid?

Having attended all the BWLA Governing Council meetings this year I can conclude that the efforts of the Powerlifting Secretary Peter Fiore and his supporters to set up powerlifting as a separate entity from BWLA are confronting opposition. The unanimous agreement of the 25 powerlifting representatives from across the country attending the special meeting in Daventry in October last year is in itself an indication that as far as powerlifting stands at the moment within BWLA, powerlifters have nothing to lose by striving for independence. It might be the case that BWLA as it struggles on are not so keen to relinquish their hold on powerlifting because of a potential loss of revenue and face. In fairness I believe that if in post to represent a membership, the needs of the membership should be paramount. With the negativity surrounding the sport at present there is a need for change and

decisions to be made by BWLA, to either accommodate the needs of the majority of its competitive lifters or provide them with an opportunity to fend for themselves.

My other concern is that if BWLA decide to come in line and adopt the same geographical boundaries as Sport England just how will this affect the East Midlands. If Northamptonshire is to become part of the current North Midlands this would mean that half of the Divisions present (2005) committee members would suddenly reside in another Division and two prominent clubs (Yardley Gobion & the Farm) and numerous lifters will be lost.

As a long standing member of BWLA I intend to remain a member of this association as I believe that the association has much to offer, especially with the Olympic games being staged here in 2012. The East Midlands has yet again a vacancy for an Olympic Secretary a position I feel that taken on by any one in any capacity will be well supported. It would be a shame if this Division could not provide lifters for a once in a lifetime event that will be on our doorstep!

I must re-emphasise that ground level our Division in terms of lifters and officials should be commended for their achievements and hard work and I hope that this year will iron out the infringing problems related to the governing of the sport.

Kevin Jane – Hon General Secretary

### *Report for AGM – Records secretary*

Activity on claimed records for this year has been quite significant. All records for the East Midlands have been updated to a consolidated spreadsheet; however this hasn't been done for the county records as yet.

New record categories have been added for unequipped powerlifting and bench press all contest records.

The criteria used for all contest records is that they may be set either in a powerlifting competition or a bench press competition, whereas for the bench press as part of the powerlifting records, they can only be set if a lifter establishes a total within the particular contest.

The record claim procedure followed has been that provided the lifter has notified me, in any form, of the claim, and that I have been able to verify this with access to competition results then the record has been established.

I am looking at developing a certificate which will be issued to all record holders when claiming records once the claim has been confirmed.

Table over the page shows all records claimed/set this year.<sup>1</sup>

Ian Kinghorn  
EM Records Registrar

### *Membership officers report*

**East Midlands Membership** (report for AGM on 28<sup>th</sup> January 2006)

There is very little to say in this respect, I have no figures on membership for last year, only that most people wishing to compete seemed to have membership cards issued by BWLA. BWLA have commenced the membership renewal process for this year and I have some evidence that cards are being issued.

This is very little, if any information provided by BWLA to the divisional membership secretaries and as such I cannot comment further.

Ian Kinghorn  
28<sup>th</sup> January 2006

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<sup>1</sup> Table not reproduced here as this was the same table produced in the December 2005 edition of Ultimate Strength.



## *Newsletter editors report*

**East Midlands Newsletter** (report for AGM on 28<sup>th</sup> January 2006)

Newsletter distribution is:

7 by post (paper media)  
16 by e-mail

8 newsletters were produced throughout the year.

As things currently stand the newsletter is:

Produced: monthly (unless limited content)  
Date: within few days of end of month  
Distributed: via e-mail immediately  
Via post after further delay for printing and posting  
Cost is £5 for paper copy and **free** for e-mail copy

I suggest no change to the current pricing for the newsletter and following this meeting will produce subscription forms to be included with the next issue.

I am currently looking at the development of an East Midlands web site, as agreed at last committee meeting), however progress on this has been rather slow.

Ian Kinghorn  
28<sup>th</sup> January 2006

## **East Midlands Committee Meeting**

### *The East Midlands Weight lifters Association - minutes of committee meeting held at Robinson College Cambridge 28<sup>th</sup> January 2006*

- 1) Members present – Peter Weiss (chair) Jenny Hunter, Stuart Hamilton, David Tucker, Ian Kinghorn, Allen Ottolangui, Kevin Jane. Also present Cathy Wass and Jackie Blasbery.
- 2) Matters arising from previous meeting (5/11/2005)
  - a) The secretary had spoken to Dave Kirkland, North Midlands who would look into reimbursing the division £35 owed from the All Midlands women's competition which did not take place.
  - b) Justin Manion - it was not clear if Justin was a current member of the East Midlands or of Greater London. He had lifted in the Greater London Divisional's last year and therefore we can only assume that he affiliated to Greater London for 2005. An invite had been received for him to lift in this years British senior championship, but as he had not lifted in the East Midlands divisional championships in 2005 or paid a fee to compete in last years senior British this invite has been withheld.
- 3) Championship dates

<b>Competition</b>	<b>Date</b>	<b>Venue</b>
Unequipped Divisional bench press	12/3/06	Hitchin WLC Letchworth
Divisional Bench Press	26/3/06	Hamilton's Fitness Colchester
Anglian Open Powerlifting	23/4/06	Hamilton's Fitness Colchester
Divisional juniors/novice/masters	End July	Yardley Gobion WLC
Anglian Open Bench press	29/10/06	Hamilton's Fitness Colchester
Divisional Senior Powerlifting	26/11/06	Hitchin WLC Letchworth.

It was decided (all) that in open bench press competitions staged within the division that there

would be awards for the best unequipped performance.

- 4) **Leaders courses** – Stuart Hamilton proposed to hold a number of leaders course in Colchester this year if he can find a suitable coach and find enough applicants. The division would receive £25 per course student, although it was pointed out that this is likely to be a considerable reduction on the amount the division usually receives. However as Stuart is aiming to run more courses it was agreed to go ahead with this proposal for a trial period of a year.

There was some discussion re the lack of qualified coaches who could be contacted to run such courses and re the lack of instructor/coaching courses put on by BWLA. The Secretary agreed to speak to Pete Fiore regarding the progress of his training package and accreditation. George Leggett would be contacted as one possible person to run leaders awards.

- 5) **Membership system** - The problems associated with the current BWLA membership system were discussed once again. The main problems reported were to do with the division not having an accurate list of current members and contact details and dates of birth. With so many presumed members not having received membership cards officials are all too often having to give people the benefit of the doubt. This lack of information also makes it extremely difficult to ensure that invites for lifters who have qualified for national championships are received. The committee decided therefore to run with the current system until August 2006 and discuss the best way forward from then if things do not improve.

Jenny to contact head office re any outstanding rebate the division may be due.

- 6) **Members expenses** - Claim form to be altered to include a space for names. It was agreed that the criteria for claiming expenses from the division together with rules specific to the East Midlands division would in due course be made available on a divisional website which the newly appointed publicity manager Stuart Hamilton and Ian Kinghorn will work on. This to also be published in the newsletter once the information is made available.

7) **A.O.B.**

- a) Allen Ottolangui raised the issue of loaders competence which was a result of comments directed to some of his club members by officials at the senior power championships in December. In the first instance it was suggested that officials need to use more tact and understanding before criticising loaders as they in most cases offer their services voluntary and are often hard to come by. With the added risk of potential injury to lifters from the introduction of increasingly stronger bench shirts there is also a greater pressure put on loaders to provide safety to lifters. This in itself may mean that some individuals may in future not feel competent enough or be willing to take the risk of loading. (Allen to comment further on this issue).

Allen also wanted to know if loaders used in local competitions were insured in the event of an accident and likewise the lifters. Dave pointed out that as long as the competition is registered by BWLA and run within the rules of the association they would be covered third party.

- b) As the all Midlands championship was not entirely successful last year there was some debate regarding that the event might be more successful if in future it was run as an open event and not a team competition. As there was some uncertainty surrounding possible changes to divisional names and county locations within divisions this might require discussion at a later date and if need be presented as proposal to the other divisions concerned.
- c) Dave raised the issue of the standard of referees dress mainly at a divisional level indicating that at present divisional referees do not have an appropriate blazer badge.

Dave had asked a number of people to come up with some designs which he presented to the meeting. Dave will continue to work on this and liaise with Jim Mutrie.

- d) Ian as records officer mentioned that it would be a good idea if the division had its

own certificates for distributing to lifters breaking records (designs will be considered by the committee if presented).

e) **Dates for committee meetings –**

April 8<sup>th</sup> 2006 1.00 p.m. The Farm WLC Northampton

August 5<sup>th</sup> 1.00p.m. Hitch WLC Letchworth

October 29<sup>th</sup> Hamilton's Fitness Centre, Colchester after completion of bench press competition.

**Meeting closed 4.00p.m.**

Kevin Jane - Hon General Secretary

## East Midlands records set in 2006

Recent records								
Date	Record Area	Record Category	Lift	Lift (kg)	Name	B/wt	Class	M/F
26/02/2006	EM	M1	Bench	247.5	Ian Kinghorn	98.00	100.0	M
26/02/2006	EM	M1	Squat	262.5	Ian Kinghorn	98.00	100.0	M
26/02/2006	EM	M1	Total	752.5	Ian Kinghorn	98.00	100.0	M
26/02/2006	EM	M1 AC	Bench	247.5	Ian Kinghorn	98.00	100.0	M
26/02/2006	EM	Snr	Bench	247.5	Ian Kinghorn	98.00	100.0	M
26/02/2006	EM	Snr AC	Bench	247.5	Ian Kinghorn	98.00	100.0	M
25/02/2006	EM	M2	Bench	180.0	Steve Walker	74.00	75.0	M
25/02/2006	EM	M2	Squat	245.0	Steve Walker	74.00	75.0	M
25/02/2006	EM	M2	Deadlift	255.0	Steve Walker	74.00	75.0	M
25/02/2006	EM	M2	Total	680.0	Steve Walker	74.00	75.0	M
25/02/2006	EM	M2 AC	Bench	180.0	Steve Walker	74.00	75.0	M
05/02/2006	EM	M1 AC	Bench	190.0	Jerry Rice	89.50	90.0	M
05/02/2006	EM	M1 AC	Bench	245.0	Ian Kinghorn	99.85	100.0	M
05/02/2006	EM	Snr AC	Bench	245.0	Ian Kinghorn	99.85	100.0	M
04/02/2006	EM	M2 AC	Bench	175.0	Steve Walker	74.00	75.0	M

A full set of current divisional records is available for download from the East Midlands website at:  
[http://www.hamiltonsfitness.co.uk/east\\_midlands\\_records.htm](http://www.hamiltonsfitness.co.uk/east_midlands_records.htm).

## IPF Technical Newsletter – February 2006

### TECHNICAL COMMITTEE NEWSLETTER NO 1 2006

#### Bench Press

It appears that many lifters are unable to lower the bar to the chest because of the tightness of the shirts they are wearing. Some referees are unsure which failure card should be raised. RED **"Bar is not motionless on the chest"**

#### Video Evidence

At the Men's Open Championships in Miami November last, a misloaded bar was brought to the attention of the Jury by an observant coach who happened to be taping his lifter. Although generally not accepted in deciding subjective decisions such as depth of squat, there are occasions when this assistance is to be welcomed.

Motto: „Vorsprung durch Technik“ (“Wining margin through Engineering”; a AUDI car advert)

#### New Supportive Shirts

"Bench Presser " and "Viking Presser" from Metal Sport and Wear have been added to the IPF Approved list.

#### Regional Member

Bill Clayton T.C. Member for North America can be contacted on [clayton@blast.net](mailto:clayton@blast.net)

### GENERAL RULES OF POWERLIFTING

1 (f) has been deleted from page 3 of the rule book and added to item 13.

#### Age Group Wording

Apparently some still find difficulty with the wording defining age groups as written in the Technical Rules.

To be more precise:

Sub Junior: **from the day of his 14th birthday up until and inclusive of the 31st day of December in the year of his 18th birthday.**

Master 1: **from the 1st of January in the year of his 40th birthday up until and inclusive of the 31st day of December in the year of his 49th birthday.**

Similarly the rest.

#### O/70 Men - O/60 Women Records

Thanks to Robert Wilks for formulating the list of records that need to be **achieved**. Single lift bench press will be the same as that of the three lift.

#### Over 70 Men

52 kg	140/95/140	355
56 kg	152.5/100/152.5	385
60 kg	165/107.5/165	410
67.5 kg	180/120/180	455
75 kg	190/132.5/190	490
82.5 kg	200/142.5/197.5	525
90 kg	210/152.5/205	550
100 kg	220/160/212.5	575
110 kg	230/167.5/220	595

125 kg	240/175/225	615
125+ kg	250/180/230	630

Over 60 Women

44 kg	105/70/105	265
48 kg	112.5/75/112.5	285
52 kg	120/80/120	305
56 kg	127.5/85/127.5	320
60 kg	135/90/135	335
67.5 kg	145/100/145	365
75 kg	155/107.5/152.5	395
82.5 kg	165/115/160	415
90 kg	172.5/122.5/165	435
90+ kg	180/130/170	460

Constitution and By-Laws

14.9

Apart from a lifter being banned from lifting in IPF Internationals for twelve months under this rule, he/she is suspended from setting World, International and Regional Records during this period.

John Stephenson  
Chairman IPF Technical Committee

## EPF Newsletter Jan/Feb 2006

**Content:**

1. The EPF Congress
2. Negative doping samples from the European Women's Championships
3. European lifters 2005
4. Junior European Championships 2008
5. Suspended lifters
6. Membership fee 2006
7. Greetings from the President.

**1. The EPF Congress 2006.**

The EPF Congress will take part in Prostějov, Czech Republic Tuesday 9. May 2006, starting at 18:00 hours in the Hotel Tennis Club.

Amendments to the EPF Constitution and the By Laws and other proposals to be included in the Congress Agenda, must be in the hands of the GS latest 9. March 2006.

Please prepare to confirm your bids for organising European championships and cups in 2007 and 2008.

**Important:** New bids for organising European championships in 2009 must be sent to the GS latest 9 April 2006.

Invitation to the championship is posted at the EPF web.

**2. Negative doping samples from the European Women's Championships in Hungary.**

All 9 doping samples from this championship conducted by EPF are analyzed and found negative.

**3. European lifters of the year 2005.**

The EC has voted for the following lifters to be awarded the "European Lifters 2005":

**Marina Kudinova** and **Ravil Kazakov**, both from Russia.

Both lifters became World Games winners and were overall ranked as number one in 2005.

EPF congratulates both lifters with this prestigious appointment! They will receive from EPF an engraved plate stating their new status.

**Statistics of the European Lifter of the Year.**

Year	Name	Country
1995	Oxana Belova	Russia
	Andrzej Stanazek	Poland
1996	Oxana Belova	Russia

	Andrzej Stanazek	Poland
1997	Oxana Belova Andrzej Stanazek	Russia Poland
1998	Ingeborg Marx Andrzej Stanazek	Belgium Poland
1999	Elena Zhukova Jaroslaw Olech	Ukraine Poland
2000	Marina Kudinova Jaroslaw Olech	Russia Poland
2001	Marina Kudinova Vitaliy Papisov	Russia Ukraine
2002	Marina Kudinova Jaroslaw Olech	Russia Poland
2003	Marina Kudinova Jaroslaw Olech	Russia Poland
2004	Larysa Vitsiyevska Sergey Fedosienko	Ukraine Russia
2005	Marina Kudinova Ravil Kazakov	Russia Russia

#### 4. Junior European Championships 2008.

Ukraine PF has been granted the organisation of the 2008 Junior European Championships. The host city is Donetsk.

#### 9. Suspended lifter.

Following lifter tested positive at the European Junior Championships in June 2005:

Svitlana Kozyupa from Ukraine.

She is suspended for 2 years due to use of diuretics.

#### 10. Membership fee.

Still some member federations have not paid the EPF membership fee for 2006. The membership fee paid in February is 260 Euro and in March 270 Euro. Please make the payment by bank transfer. The EPF bank account number can be found at the EPF web page.

The federations from the following nations have not paid: Armenia (suspended), Azerbaijan (suspended), Belarus, Bulgaria, Estonia, Georgia, Hungary, Iceland, Latvia (suspended), Lithuania (suspended), Portugal, Slovakia, Spain and Ukraine.

#### 13. Greetings from the President.

The first international championship this year is the Open Europeans and for the first time both Men and Women takes part together in a combined championship.

I believe this combination will create a good atmosphere among the participants and hopefully attracts more attention from the media.

The Czech Republic powerlifting federation is one of EPF's most experienced organisers so I am convinced in that this will be a successful organisation to look forward to.

I will remind all federations to discuss if they are able to take on any organisation of a European championship in 2009. EPF need good organisers and it is also a benefit for any federation to organise big international championships as this create good co-operation internal in the federation and good publicity for the sport nationally. Please fill in the *Application Form for organising European championships*, which can be provided by contacting the General Secretary or loaded down from the EPF web, and send it to the GS within 9. April.

/ Arnulf Wahlstrom

## Competition calendar

### *East Midlands*

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

### *National*

Date	Event	Venue/Location
13 <sup>th</sup> & 14 <sup>th</sup> May 2006 [tbc] <sup>2</sup>	British Masters Powerlifting Championship	Birmingham Sports Centre
June (TBC)	British Unequipped Powerlifting Championship	Birmingham Sports Centre (tbc)
25 <sup>th</sup> June 2006 <sup>3</sup>	British Unequipped Bench Press Championship	Shenley Leisure Centre, Milton Keynes
14 <sup>th</sup> or 21 <sup>st</sup> October 2006	4 Nations Championships	Scotland

<sup>2</sup> Note: current dates clashes with key AGM meeting of the BWLA, as such this date in being reviewed and likely change of venue and date will result.

<sup>3</sup> Note: date changed as advised by Peter Fiore.

## 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
	<b>Note:</b> All enquiries and correspondence should be directed to the General Secretary.	
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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
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Power Secretary	Tracy Hawkins 97 Brampton Close Corringham Essex SS17 7NR	Tel: 01375 640100
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Olympic Secretary	Vacant	
Disabled Secretary	Vacant	
Course Co-Ordinator	Vacant	
Schools liaison officer	Michael Neil 4 Boothville Boothville Northampton NN3 6JR	Tel: 07723 327664
	Allen Ottolangu 38 Whitehorn Lane Letchworth Hertfordshire SG6 2DL	Tel: 01462 675952 e-mail: aacl38@yahoo.co.uk

**Note:** Changes are highlighted in blue



British Powerlifting Championships – 2006														
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 – 2006												
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 – 2006 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

QUALIFYING REQUIREMENT FOR BRITISH UNEQUIPPED BENCH PRESS CHAMPIONSHIPS - 2006														
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	-	-	-	-