



Ultimate Strength

The Official Newsletter of the East Midlands Weight Lifters Association

April 2006



Part of the British contingent at the Worlds Masters Bench Press in Miami
(from left to right: Ian Kinghorn, Julian Massey, Keith Arkle, Gary Prater and John Brookes)

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Editorial

The Anglian open took place this month on Sunday 23rd, hosted once again at Hamilton's Fitness in Colchester. Results included below.

I went to the IPF world masters bench press, and despite lifting only 237.5kg, I came away with the gold medal in the 100kg category which is the pinnacle of my powerlifting career to date. I was part of a British team of 12 lifters, 4 in each of masters 1, 2 and 3. Full report included below.

Next month see's the BWLA AGM and the future of powerlifting within BWLA is on the agenda. A vote will be taken as to whether BWLA splits into two organisations, one to control weightlifting and the other powerlifting. The powerlifting management group, led by Peter Fiore are fully behind the motion to separate the two sports, essentially for the good of each. If the vote is in favour of a separation then BWLA and the powerlifting management group will work together to form the new organisation and effect the separation from January 2007. In the event the decision

goes the other way, I am sure that the strength of feeling exhibited by powerlifting members will still result in some changes, but as yet these are only speculation.

The BWLA AGM will take place at Lilleshall on 14th May 2006, however members wishing to attend needed to pre-register with BWLA by the 15th April 2006.

Votes at the AGM will be limited to BWLA board members, divisional secretaries and affiliated club representatives. No individual members will be allowed to vote, which falls in line with the new BWLA articles of association.

The East Midlands Masters, Juniors and Novices contest takes place at Yardley Gobion on the 22nd July 2006 (entry form included with this issue). Please note the closing dates for entry is the 7th July 2006.

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.

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Anglian open powerlifting championships 2006

The Anglian powerlifting championship was held at Hamilton's fitness on 23rd April 2006. 21 lifters took part in the contest 13 of whom lifted unequipped.

Eq	BDW.	Name	Class	Best squat	Best bench	Sub-total	Best deadlift	Toal	Wilk's
Women									
n	59.0	Tiffany Croker	60.0	75.0	42.5	117.5	85.0	202.5	228.73
n	63.7	Jay Adriaanse	67.5	85.0	50.0	135.0	110.0	245.0	260.94
n	77.8	Cathy Wass	82.5	90.0	60.0	150.0	115.0	265.0	218.20
n	86.0	Lousie Pennell	90.0	80.0	50.0	130.0	117.5	247.5	246.38
Men									
n	59.4	Steve Dodd	60.0	107.5	87.5	195.0	137.5	332.5	286.20
n	59.7	Hadley Jones	60.0	80.0	45.0	125.0	140.0	265.0	227.04
y	73.8	George Leggett Thomas	75.0	180.0	95.0	275.0	195.0	470.0	339.42
n	70.1	Johnston	75.0	95.0	75.0	170.0	150.0	320.0	239.52
y	80.5	Mick Amey	82.5	210.0	115.0	325.0	235.0	560.0	380.77
n	80.3	Robert Palmer	82.5	190.0	135.0	325.0	225.0	550.0	374.56
n	78.7	Tony Allen	82.5	0.0	107.5	0.0	175.0	0.0	194.87
y	89.2	Steven Bright	90.0	265.0	192.5	457.5	260.0	717.5	460.07
y	89.6	Andy Howard	90.0	240.0	180.0	420.0	240.0	660.0	422.22
n	90.0	Kevin Jane	90.0	225.0	140.0	365.0	282.5	647.5	413.92
n	88.0	Nick Rees	90.0	195.0	135.0	330.0	270.0	600.0	388.12
y	89.1	Ian Newsome	90.0	225.0	127.5	352.5	230.0	582.5	373.72
y	94.7	Dave Battisson	100.0	230.0	165.0	395.0	260.0	655.0	407.92
n	99.2	Stephen Martin	100.0	215.0	132.5	347.5	260.0	607.5	370.81
n	99.3	John Mitchell	100.0	250.0	100.0	350.0	170.0	520.0	317.27
y	123.1	Andrew Hawkins	125.0	317.5	227.5	545.0	280.0	825.0	471.30
y	111.3	Ricky Gates	125.0	165.0	107.5	272.5	207.5	480.0	281.35

East Midlands committee meeting minutes

Held at the Farm WLC Rickyard Road Northampton Saturday 8th April 2006

Meeting opened at 1.15 p.m.

1. **Members present** – Pete Weiss (chair), Tracy Hawkins, Jenny Hunter, Dave Tucker, Ian Kinghorn, Cathy Wass, Stuart Hamilton and Kevin Jane.
2. **Apologies** – Allen Ottolangui
3. **Matters arising from previous meeting (28/1/06)**
 - a) **Leaders courses** – Stuart is having difficulty in finding a suitably qualified BWLA coach who can be approached to run courses despite several non-answered e-mails to the BWLA head office. He will continue to pursue this and dates will follow accordingly.
 - b) **Expenses claims** - Because of the increasing numbers of committee members and with it the potential of more expense claims the committee (unanimously) agreed to set a maximum claim for officer expenses at £100, larger claims to be submitted to the

committee for approval. All claims should include receipts or proof of expenditure (i.e. photocopies of telephone call bills etc.)

- c) **Loaders** – Following on from the previous meeting there were still a number of concerns re the responsibility that is often placed on loaders at competitions, especially at times when organisers have not been able to find enough competent people. After some discussion the committee decided that
- Competition organisers need to ensure that they have sufficient loaders prior to the start of the competition, and where possible that these loaders are both confident and competent.
 - Where possible prior to the start of a competition the designated technical officer or in the absence of a technical officer the chief referee should go over basic safety issues with the loaders, give advice and answer question when necessary. As loaders are normally offering their services voluntary officials need to exercise a certain amount of tact and support for them.
 - A basic check list around loading safety could be drawn up for loaders to become conversant with.
 - An official could go through the various aspects of loading with interested people and issue a certificate that highlights what has been included in the tuition, the secretary may be available if there is sufficient interest.
- d) Dave Tucker had submitted a number of designs for referees badges and will chase up the outcome with Fred Sterry.
- e) Ian has designed a certificate for divisional record claims and these are now in use and can be obtained via the web site.

4. **BWLA AGM** - The confusion continues as far as the running of BWLA is concerned and as to whether the split by powerlifters is going to progress. It is not clear if the powerlifting split is on the BWLA AGM agenda for the 14/5/2006 although there has been a request that members wishing to attend the meeting inform head office a month in advance. This request although within the standing orders does have several implications for members, in the first instance we have no up to date list of members or contact details so informing them proves difficult unless head office have already done so. Secondly it would seem more logical if the membership could vote by post or electronically on this issue as it would obviously save people the time and expense of travelling to Lilleshall to vote on something that may not be on the agenda. The meeting agreed that due to the probable lack of accurate information being cascaded to whatever members we have a blanket reply to BWLA stating that all the Divisions current members should be expected at the AGM should be sent. As it is envisaged that the majority of our membership are powerlifters this response is justified.

Committee members were informed that if they wished to travel to Lilleshall from Northampton on the 14/5/06 numbers need to be given to the Secretary by 1/5/06 so that minibuses can be booked. Also to note that transport will leave the Farm WLC at 8.00a.m. and vehicles can be left locked inside the club grounds.

The Secretary pointed out that after attending Central Council meetings for the past three years he could not recollect a decision being made where the Council members made up of representatives from each division nationally agreed to relinquish any of their decision making power to another executive. As there have not been any Central Council meeting since last year it has become increasing difficult to ascertain what is actually happening at a governing level and who is making decisions and if this is legitimate.

5. **Championship fees** – Allen Ottolangui had asked if the committee would be prepared to forgo the charge of £1.50 per lifter expected from the recent Divisional unequipped championships as the low number of entries resulted in the club running the competition at a financial loss. This issue prompted some debate around the purpose of the levy and emphasised that it is one of the few sources of income for the Division and therefore is a necessity.

It was unanimously agreed that the Hitchin WLC would be exempt on this occasion although this is strictly a one off decision.

6. Jenny informed the meeting that at present the bank balance stood at £3,887.65 although there was an outstanding amount of £1,400 from the NHS Northamptonshire for a leaders course run by John Jackson. Jenny to chase this up. £35 had been received from the North Midlands Division as reimbursement from last years All –Midlands women's competition that did not take place.
7. A.O.B.
 - a) Stuart suggested that it might be a good idea to organise an annual Divisional dinner/ball which could be used to partly raise funds, present trophies and recognise performances and contributions to the Division. Stuart will look at some possibilities such as holding it immediately following the senior divisional championships in December.
 - b) The Secretary pointed out that all competition results should be sent to the appropriate national officials ASAP so that qualification invites can be sent out to lifters. Where possible lifters age, contact details and what they had qualified for should be provided, all results should also be copied to the Divisional secretary.

Meeting finished at 3.00p.m.

Kevin Jane - Hon General Secretary

IPF World masters bench press championship 2006

The 2006 IPF world masters bench press championships was held in Miami, Florida at the Hyatt Regency Hotel and convention centre. The contest was very well organised at an excellent venue with good facilities for both lifters and spectators.

The British team was all men, no women lifters – so our contest started on Thursday afternoon. Masters 3 lifters in order of appearance were Alex Lee in the 75kg class, who started things well with a silver medal for a lift of 160kg, just 2.5kg behind the winner. Next was the M3 90kg class with two lifters in this class, Norman Andersson who finished 4th and Bill MacFadyen who finished with another silver medal for a lift of 170kg. The final masters 3 competitor, Fred smith went in the 110kg class and finished 4th in his first international competition. The masters 3 team finished 5th overall.

The masters 2 contest started well for the British team with John Brookes taking bronze in the 90kg class with a lift of 195kgs. John was followed in the M2 100kg class with Martin Flett who finished 7th, and Dave Brookes went in the 110kg class for a finish in 4th place. The final masters 2 lifter was Julian Massey in the 125kg class, who had the unfortunate experience of failing to get a lift in at all, better luck next time. The masters 2 team finished 9th overall.



The Masters 1 event saw our first lifter, Gary Prater compete in the 75kg class finishing 8th in his first international. Gary was followed by Keith Arkle in the 90kg class, Keith lifted 200kg to finish in 5th place. Ian Kinghorn then went in the 100kg class and managed a single lift of 237.5kg on his 3rd attempt to win the class (pictured on rostrum). I can tell you this lifter had a bad day (obviously so as I am writing the report), first attempt was debatable being failed 2 to 1, 2nd was poor – silly mistake on the lockout which left everything for the last attempt, which was good. Finally Matt Mackay (also of the

East Midlands) competed in the 125+kg class and finished 4th with 235kg. The masters 1 team completed the contest in 6th place.

PL.	Name	Nation	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Men Masters 1								
- 52 kg								
1	Virzi Carmelo	GER	80,0	90,0	92,5	92,5	93,43	12
- 56 kg								
1	Falke Rainer	GER	100,0	110,0	120,0	120,0	111,39	12
2	Jussi Pekka	SWE	90,0	100,0	110,0	100,0	91,68	9
- 60 kg								
1	McLaren Rex	USA	140,0	142,5	145,0	145,0	125,20	12
2	Azuma Hiroshi	JPN	135,0	142,5	147,5	142,5	122,46	9
- 67,5 kg								
1	Rajala Erkki	FIN	172,5	172,5	172,5	172,5	133,96	12
2	Dacosta Adriano	FRA	157,5	165,0	170,0	165,0	128,28	9
3	Kihlstrom Pekka	SWE	160,0	160,0	167,5	160,0	123,36	8
—	Mori Takashi	JPN	147,5	150,0	150,0	—	—	0
- 75 kg								
1	Hara Michael	USA	230,0	240,0	245,0	240,0	171,33	12
2	Berndt Roy	GER	190,0	200,0	210,0	200,0	142,78	9
3	Mishima Tadashi	JPN	190,0	195,0	210,0	195,0	141,08	8
4	Romero Fermin	ESP	182,5	182,5	197,5	182,5	130,65	7
5	Amatsuji Shinobu	JPN	170,0	180,0	182,5	170,0	122,63	6
6	Froggatt Brian	NZL	155,0	162,5	167,5	162,5	117,11	5
7	Czachor Patrick	FRA	155,0	162,5	162,5	155,0	111,27	4
8	Prater Gary	GBR	135,0	145,0	147,5	135,0	96,28	3
- 82,5 kg								
1	Furnas Andy	USA	202,5	212,5	215,0	215,0	144,35	12
2	Ishimoto Naoki	JPN	212,5	217,5	217,5	212,5	145,18	9
3	Zangl Greg	USA	200,0	210,0	212,5	200,0	136,76	8
4	Rasmussen Erik	DEN	185,0	192,5	202,5	185,0	124,39	7
5	Shabana Ashraf Riad	EGY	185,0	185,0	192,5	185,0	124,11	6
6	Martinez Victor	COL	170,0	170,0	180,0	180,0	126,09	5
7	Andersson Conny	SWE	167,5	175,0	190,0	175,0	118,19	4
8	Van Der Walt Kallie	RSA	175,0	185,0	185,0	175,0	117,93	3
9	King Stephen	NZL	130,0	137,5	145,0	145,0	98,00	2
—	Bandera Javier	URU	180,0	180,0	180,0	—	—	0
- 90 kg								
1	McAuliffe Joseph	USA	245,0	245,0	245,0	245,0	157,11	12
2	Jacob Klaus-Dieter	GER	207,5	215,0	220,0	220,0	140,60	9
3	Leblevenec Patrick	FRA	200,0	212,5	217,5	212,5	137,08	8
4	Eriksson Roland	SWE	190,0	202,5	205,0	205,0	131,46	7
5	Arkle Keith	GBR	200,0	210,0	217,5	200,0	127,82	6
6	Roulot Joel	FRA	190,0	200,0	205,0	190,0	122,87	5
7	Rosenzweig Dana	USA	185,0	190,0	190,0	185,0	118,99	4
—	Kitagawa Takeshi	JPN	212,5	212,5	220,0	—	—	0
—	Ahl Thomas	SWE	215,0	215,0	215,0	—	—	0
- 100 kg								
1	Kinghorn Ian	GBR	237,5	237,5	237,5	237,5	145,18	12
2	Lehto Juha	FIN	227,5	232,5	240,0	232,5	141,89	9
3	Williams Yegi	RSA	225,0	225,0	232,5	225,0	138,12	8
4	Flett Joachim	GER	217,5	225,0	232,5	225,0	137,76	7
5	Vuorisalo Michael	SWE	215,0	215,0	227,5	215,0	131,88	6
6	Muller Thomas	GER	202,5	210,0	210,0	202,5	123,78	5
7	Rakocevic Aleksandar	SRG	200,0	200,0	210,0	200,0	122,22	4

PL.	Name	Nation	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
—	Nakatani Kouichi	JPN	222,5	222,5	222,5	—	—	0
—	Farstad Svein Olav	NOR	230,0	230,0	232,5	—	—	0
—	Perez Francisco	ESP	207,5	207,5	220,0	—	—	0
—	Jaldefors Mikael	SWE	240,0	240,0	240,0	—	—	0
- 110 kg								
1	Mayer Kevin	USA	270,0	277,5	277,5	277,5	164,25	12
2	Doan David	USA	270,0	270,0	272,5	272,5	160,72	9
3	Hadrysiak Mariusz	POL	240,0	250,0	255,0	255,0	150,32	8
4	Lousich Steve	NZL	245,0	245,0	252,5	245,0	144,35	7
5	Tanaka Tetsuva	JPN	240,0	250,0	250,0	240,0	141,55	6
6	Ahlqvist Lars	SWE	185,0	195,0	200,0	200,0	121,10	5
7	Royer Daniel	CAN	177,5	187,5	202,5	187,5	110,58	4
8	Katzen Gary	RSA	170,0	175,0	190,0	175,0	104,51	3
- 125 kg								
1	Lane Horace	USA	297,5	297,5	305,0	297,5	169,81	12
2	O'Halloran Shawn	CAN	290,0	297,5	297,5	290,0	165,73	9
3	Hoehn Markus	GER	240,0	245,0	250,0	250,0	144,07	8
4	Stiemerling Thomas	GER	225,0	225,0	230,0	225,0	130,61	7
5	Mihaly Michal	CZE	220,0	237,5	240,0	220,0	126,17	6
—	Mus Rafal	POL	240,0	240,0	247,5	—	—	0
—	Korhonen Risto	FIN	190,0	190,0	190,0	—	—	0
—	Stojanovski Strase	AUS	250,0	250,0	250,0	—	—	0
—	Echeverria Rene	ECU	200,0	200,0	200,0	—	—	0
125+ kg								
1	Gaudreau Dan	USA	290,0	305,0	320,0	290,0	158,05	12
2	Uijie Ichirou	JPN	255,0	262,5	265,0	265,0	146,25	9
3	Lochner Jurgen	GER	252,5	260,0	262,5	252,5	140,06	8
4	Mackey Matthew	GBR	227,5	235,0	250,0	235,0	128,35	7
5	Fukushima Yasuto	JPN	230,0	230,0	240,0	230,0	129,00	6
6	Chervier Michel	FRA	215,0	215,0	230,0	215,0	121,51	5
—	Gillespie Bill	USA	327,5	327,5	327,5	—	—	0
—	Staerkjaer Niels	DEN	305,0	307,5	320,0	—	—	0

Nation (points)

1	U.S.America	[12+12+12+12+12+12]
2	Germany	[12+12+9+9+8+8]
3	Japan	[9+9+9+8+6+6]
4	Sweden	[9+8+7+6+5+4]
5	France	[9+8+5+5+4]
6	Great Britain	[12+7+6+3]
7	Finland	[12+9]
8	South Africa	[8+3+3]
9	New Zealand	[7+5+2]
10	Canada	[9+4]
11	Poland	[8]
12	Denmark	[7]
12	Spain	[7]
14	Egypt	[6]
14	Czechia	[6]
16	Colombia	[5]
17	Serbia-Montenegro	[4]
	Norway	
	Ecuador	
	Australia	
	Uruguay	

PL.	Name	Nation	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Men Masters 2								
- 56 kg								
1	Hedlund Lars-Gunnar	SWE	105,0	110,0	112,5	112,5	102,96	12
2	Inba Katsuhiko	JPN	90,0	100,0	110,0	100,0	91,84	9
- 60 kg								
1	Kanaya Takashi	JPN	135,0	140,0	145,0	140,0	121,26	12
2	Lietzau Joachim	GER	125,0	125,0	—	125,0	108,10	9
3	Flinck Seppo	FIN	102,5	107,5	110,0	107,5	94,15	8
- 67,5 kg								
1	Sitruk Claude	FRA	175,0	182,5	187,5	182,5	149,02	12
2	Kita Yoshikazu	JPN	137,5	145,0	160,0	145,0	112,20	9
3	Kapor Jozsef	HUN	142,5	142,5	142,5	142,5	110,66	8
4	Kastegren Jouko	FIN	125,0	130,0	135,0	125,0	96,95	7
5	Sundstol Birger	NOR	112,5	112,5	112,5	112,5	88,11	6
6	Yong Peter	USA	100,0	110,0	115,0	110,0	88,04	5
- 75 kg								
1	Miller Larry	USA	210,0	220,0	220,0	210,0	150,75	12
2	Kato Yuji	JPN	167,5	172,5	180,0	180,0	128,86	9
3	Haines Jay	USA	160,0	160,0	160,0	160,0	114,65	8
4	Bieberbach Winfried	GER	135,0	140,0	147,5	140,0	100,22	7
—	Monoe Takeshi	JPN	155,0	155,0	155,0	—	—	0
- 82,5 kg								
1	Yokoyama Mutsuo	JPN	215,0	215,0	220,0	220,0	147,59	12
2	Synstad Bjarne	NOR	200,0	205,0	215,0	205,0	139,85	9
3	Klostergaard Jim	USA	177,5	182,5	182,5	177,5	119,88	8
4	Schuricht Lutz	GER	170,0	177,5	177,5	170,0	115,07	7
5	Moyaux Christian	FRA	150,0	155,0	155,0	155,0	104,45	6
—	Jonsson Per-Ake	SWE	180,0	180,0	180,0	—	—	0
- 90 kg								
1	Tachibana Tadashi	JPN	190,0	200,0	207,5	207,5	133,29	12
2	Otani Susumu	JPN	200,0	205,0	210,0	205,0	136,63	9
3	Brookes John	GBR	185,0	195,0	205,0	195,0	125,13	8
4	O'Dwyer Roy	USA	192,5	197,5	197,5	192,5	123,89	7
5	Thorngren Sven	SWE	190,0	190,0	202,5	190,0	125,93	6
6	Aarhus Jens	SWE	187,5	195,0	195,0	187,5	121,18	5
7	Rose De Raffaele	RSA	145,0	155,0	157,5	145,0	93,48	4
- 100 kg								
1	Furmanek Jerzy	POL	225,0	232,5	240,0	232,5	141,54	12
2	Aymon Jean-Pierre	AUT	210,0	210,0	212,5	210,0	128,26	9
3	Givens Floyd	USA	195,0	205,0	212,5	205,0	125,37	8
4	Vetter Ulrich	GER	190,0	195,0	205,0	195,0	119,39	7
5	Durocher Laurent	FRA	190,0	195,0	205,0	195,0	119,35	6
6	Podmokly Mieczyslaw	POL	175,0	180,0	182,5	175,0	107,20	5
7	Flett Martin	GBR	170,0	182,5	182,5	170,0	105,74	4
8	Jaakkola Reijo	FIN	150,0	160,0	170,0	170,0	104,41	3
9	Gibson Graeme	NZL	150,0	160,0	162,5	162,5	99,41	2
10	Micka Josef	CZE	140,0	150,0	150,0	140,0	86,01	1
—	Couchy Stanislas	FRA	190,0	190,0	195,0	—	—	0
- 110 kg								
1	Vilppola Kari	FIN	220,0	222,5	222,5	222,5	131,11	12
2	Chrun Greg	USA	220,0	220,0	220,0	220,0	130,65	9
3	Takada Chikara	JPN	190,0	190,0	195,0	190,0	115,00	8
4	Brooks David	GBR	190,0	202,5	202,5	190,0	112,13	7
5	Koprnicky Miroslav	CAN	160,0	165,0	170,0	165,0	100,05	6
6	Piwowar Krzysztof	POL	150,0	150,0	170,0	150,0	88,78	5

PL.	Name	Nation	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
—	Reitzle Simon	GER	180,0	180,0	180,0	—	—	0
- 125 kg								
1	Klinger Bradley	USA	257,5	265,0	272,5	265,0	152,03	12
2	Dufour Michel	FRA	210,0	220,0	227,5	227,5	129,97	9
3	Hutchinson Kevin	USA	212,5	220,0	227,5	220,0	126,01	8
4	Nygaard Truls	NOR	210,0	212,5	220,0	212,5	122,78	7
—	Massey Julian	GBR	190,0	195,0	202,5	—	—	0
125+ kg								
1	Beeler Frank	USA	240,0	252,5	268,0	252,5	139,85	12
2	Pawlik Piotr	POL	222,5	230,0	230,0	230,0	130,57	9
3	Lollo Tuomo	FIN	200,0	210,0	220,0	220,0	124,98	8
4	Beuch Ron	USA	100,0	202,5	212,5	202,5	114,53	7
5	Vujovic Veselin	SRG	100,0	215,0	217,5	100,0	56,96	6

Nation (points)

1	Japan	[12+12+12+9+9+9]
2	U.S.America	[12+12+12+9+8+8]
3	Finland	[12+8+8+7+3]
4	France	[12+9+6+6]
5	Poland	[12+9+5+5]
6	Germany	[9+7+7+7]
7	Sweden	[12+6+5]
8	Norway	[9+7+6]
9	Great Britain	[8+7+4]
10	Austria	[9]
11	Hungary	[8]
12	Serbia-Montenegro	[6]
12	Canada	[6]
14	South Africa	[4]
15	New Zealand	[2]
16	Czechia	[1]

PL.	Name	Nation	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Men Masters 3								
- 56 kg								
1	Fushimi Hiraku	JPN	110,0	120,0	125,0	120,0	110,20	12
- 60 kg								
1	Gallart Pierre	FRA	122,5	127,5	132,5	132,5	118,37	12
2	Diepold Alexander	GER	105,0	110,0	112,5	110,0	94,98	9
3	Iwakami Katsuo	JPN	105,0	107,5	115,5	107,5	93,85	8
4	Tsukuda Tadakazu	JPN	105,0	105,0	112,5	105,0	90,52	7
- 67,5 kg								
1	Magome Toru	JPN	160,0	160,0	167,5	160,0	123,66	12
2	Pellegrino Jules	USA	132,5	137,5	140,0	140,0	108,45	9
3	Shiraida Teruo	JPN	127,5	135,0	137,5	137,5	114,02	8
4	Russo Jose	FRA	125,0	132,5	137,5	132,5	106,75	7
5	Pfaus Ludwig	GER	120,0	125,0	125,0	120,0	93,64	6
—	Zwick Ivan	USA	132,5	132,5	137,5	—	—	0
- 75 kg								
1	Eriksson Allan	SWE	155,0	160,0	162,5	162,5	116,12	12
2	Lee Alexander	GBR	150,0	160,0	160,0	160,0	114,97	9
3	Peschl Harald	GER	145,0	152,5	152,5	145,0	103,51	8
4	Kawashima Akira	JPN	140,0	140,0	145,0	140,0	103,90	7
5	Kumakura Hideo	JPN	140,0	140,0	140,0	140,0	100,60	6
6	Lawson Mike	USA	115,0	122,5	132,5	132,5	97,41	5
7	Pascal Casas	FRA	132,5	137,5	137,5	132,5	95,95	4

PL.	Name	Nation	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
	Reynaldo							
- 82,5 kg								
1	Escolano Louis	FRA	165,0	170,0	173,0	172,5	116,33	12
2	Jorgensen Hahs Jorgen	DEN	150,0	162,5	170,0	170,0	115,51	9
					173,5			
3	Lozano Rudy	USA	165,0	165,0	175,0	165,0	111,27	8
4	Maehara Makoto	JPN	150,0	155,0	155,0	150,0	101,46	7
—	Eriksson Borje	SWE	160,0	165,0	165,0	—	—	0
—	Debastian Emil	GER	140,0	140,0	140,0	—	—	0
—	Kitano Toshio	JPN	162,5	162,5	165,0	—	—	0
- 90 kg								
1	Phillips Bill	USA	170,0	175,0	175,0	175,0	112,82	12
2	McFadyen William	GBR	170,0	170,0	175,0	170,0	111,33	9
3	White Terry	USA	160,0	160,0	172,5	160,0	103,47	8
4	Anderson Norman	GBR	140,0	145,0	150,0	140,0	90,87	7
5	Kempen William	RSA	125,0	132,5	137,5	125,0	83,02	6
- 100 kg								
1	Kawabe Katsuji	JPN	165,0	172,5	177,5	177,5	111,50	12
2	Lebolay Marc	FRA	175,0	175,0	180,0	175,0	106,89	9
3	Helmich William	USA	160,0	162,5	162,5	160,0	97,69	8
4	Bjaaland Peer	NOR	152,5	160,0	160,0	152,5	97,18	7
5	Fell Gerd	GER	152,5	152,5	160,0	152,5	96,76	6
6	Mattila Kari	SWE	140,0	150,0	155,0	140,0	88,31	5
7	Waldeck Leif	SWE	140,0	140,0	140,0	140,0	85,72	4
8	Feldmann Klaus	SWE	120,0	120,0	120,0	120,0	73,60	3
- 110 kg								
1	Tallman Clifford	USA	185,0	192,5	192,5	185,0	109,31	12
2	Nygard Kurt	FIN	175,0	175,0	175,0	175,0	104,82	9
3	Warren Anthony	NZL	160,0	160,0	170,0	160,0	95,32	8
4	Smith Fred	GBR	140,0	140,0	145,0	140,0	82,82	7
—	Evans Bob	GBR	182,5	182,5	182,5	—	—	0
—	Vergnes-Blanquer Marc	FRA	180,0	180,0	180,0	—	—	0
- 125 kg								
1	Maliniemi Niilo	SWE	222,5	222,5	222,5	222,5	130,00	12
2	Nylund Christer	FIN	210,0	220,0	220,0	210,0	121,88	9
3	Murray Marsh	USA	160,0	170,0	170,0	170,0	98,00	8
125+ kg								
1	Sandelin Raimo	FIN	150,0	150,0	150,0	150,0	85,24	12
2	Huberth Sven	SWE	125,0	145,0	152,5	145,0	82,40	9

Nation (points)

1	Japan	[12+12+12+8+8+7]
2	U.S.America	[12+12+9+8+8+8]
3	Sweden	[12+12+9+5+4+3]
4	France	[12+12+9+7+4]
5	Great Britain	[9+9+7+7]
6	Finland	[12+9+9]
7	Germany	[9+8+6+6]
8	Denmark	[9]
9	New Zealand	[8]
10	Norway	[7]
11	South Africa	[6]

PL.	Name	Nation	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
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PL.	Name	Nation	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Women Masters 1								
- 44 kg								
1	Friedrich Marion	GER	80,0	80,0	80,0	80,0	112,81	12
- 52 kg								
1	Dalling Lee Ann	CAN	80,0	85,0	90,0	85,0	110,36	12
2	Czachor Catherine	FRA	77,5	82,5	90,0	82,5	103,46	9
3	Fallermo Helene	SWE	72,5	77,5	77,5	77,5	99,10	8
4	Andreani Barnadette	FRA	65,0	65,0	67,5	67,5	84,90	7
5	Larsson Liselott	SWE	55,0	62,5	62,5	55,0	69,08	6
- 56 kg								
1	Thomson Karen	NZL	80,0	85,0	92,5	85,0	101,28	12
2	Haines Leigh	USA	70,0	75,0	75,0	70,0	82,94	9
3	Ip Wing-Yuk	HKG	62,5	67,5	72,5	67,5	79,42	8
4	Flett Margit	GER	60,0	62,5	62,5	62,5	74,05	7
- 60 kg								
1	Boulnois-Taret Daniele	FRA	102,5	110,0	115,0	110,0	127,64	12
2	Schnoltzer Monika	GER	95,0	100,0	102,5	102,5	116,70	9
3	Sakai Chiharu	JPN	90,0	95,0	100,0	95,0	108,02	8
4	Simons Angela	USA	95,0	95,0	102,5	95,0	107,16	7
—	Jansson Connie	SWE	87,5	87,5	87,5	—	—	0
- 67,5 kg								
1	Smith-Jones Kathy	USA	85,0	92,5	95,0	95,0	98,11	12
2	Maciejewski Patricia	FRA	85,0	90,0	92,5	90,0	95,07	9
3	Cassegard Jannica	SWE	87,5	92,5	92,5	87,5	92,11	8
4	Perry Serena	NZL	80,0	85,0	85,0	85,0	89,17	7
5	Siveny Patricia	USA	80,0	87,5	92,5	80,0	85,40	6
6	Jussi Margareta	SWE	60,0	67,5	67,5	60,0	64,59	5
- 75 kg								
1	Hauser Ursula	GER	110,0	115,0	117,5	115,0	111,30	12
2	Halvarsson Asa	SWE	95,0	97,5	105,0	97,5	94,37	9
3	Montenegro Lucia	ECU	80,0	85,0	90,0	85,0	84,81	8
4	Bieberbach Erna	GER	65,0	72,5	72,5	65,0	62,69	7
- 82,5 kg								
1	Cornu Nathalie	FRA	105,0	112,5	120,0	112,5	106,85	12
2	Zangl Pam	USA	85,0	85,0	105,0	85,0	77,19	9
- 90 kg								
1	Pawlik Barbara	POL	115,0	120,0	122,5	120,0	107,07	12
2	Oxford Holly	USA	97,5	110,0	110,0	110,0	95,59	9
3	Baum Malinda	USA	92,5	92,5	97,5	97,5	86,99	8
90+ kg								
1	Ferrell Deborah	USA	170,0	183,0	190,0	190,0	151,86	12
2	Calhoun Paullete	USA	90,0	95,0	97,5	90,0	76,46	9

Nation (points)

1	U.S.America	[12+12+9+9+9+9]
2	France	[12+12+9+9+7]
3	Germany	[12+12+9+7+7]
4	Sweden	[9+8+8+6+5]
5	New Zealand	[12+7]
6	Poland	[12]
6	Canada	[12]
8	Japan	[8]
8	Ecuador	[8]
8	Hong Kong	[8]

PL.	Name	Nation	1 Att.	2 Att.	3 Att.	RESULT	W.pts.	Pts.
Women Masters 2								
- 48 kg								
1	Muldrock Trish	NZL	75,0	75,0	77,5	77,5	103,91	12
2	Leverett Ann	USA	70,0	75,0	80,0	70,0	93,28	9
3	Suire Maryse	FRA	60,0	62,5	62,5	60,0	80,32	8
4	Povner Karen	USA	55,0	60,0	60,0	55,0	73,40	7
- 52 kg								
1	Yoshida Hisako	JPN	75,0	80,0	80,0	80,0	100,32	12
2	Hairston Deborah	USA	65,0	70,0	70,0	65,0	81,64	9
3	Heligon Francoise	FRA	55,0	57,5	57,5	55,0	71,95	8
- 56 kg								
1	Engelbreht Karin	GER	82,5	85,0	87,5	87,5	108,92	12
2	Harms Jeanne	USA	70,0	75,0	77,5	75,0	88,37	9
3	Peron-Sahut Françoise	FRA	72,5	75,0	77,5	72,5	86,76	8
4	Hayashi Hisako	JPN	65,0	67,5	77,5	67,5	82,07	7
—	Knutars Aira	FIN	77,5	77,5	77,5	—	—	0
- 60 kg								
1	Sawa Chiyomi	JPN	102,5	108,0	108,0	102,5	115,16	12
2	Strik Tonia	NED	82,5	82,5	82,5	82,5	93,18	9
3	Stein Ellen	USA	75,0	80,0	80,0	75,0	85,74	8
- 67,5 kg								
1	Herbin Evelyne	FRA	75,0	80,0	82,5	80,0	87,51	12
2	Nakazawa Kumiko	JPN	52,5	57,5	57,5	52,5	55,52	9
—	Sauer Helen	USA	107,5	107,5	107,5	—	—	0
- 75 kg								
1	Lee Terry	USA	82,5	85,0	85,0	85,0	85,58	12
2	Sakuma Mayumi	JPN	75,0	75,0	75,0	75,0	75,82	9
3	Hackney Regina	USA	60,0	65,0	72,5	72,5	70,89	8
4	Ouellet Denise	CAN	60,0	70,0	72,5	70,0	68,32	7
- 82,5 kg								
1	Takacova Hana	CZE	127,5	132,5	132,5	127,5	117,92	12
2	Eulenstein Ursula	GER	80,0	85,0	87,5	85,0	77,72	9
- 90 kg								
1	Speth Eva	GER	120,0	125,0	130,5	125,0	108,95	12
90+ kg								
1	Houston Fran	USA	112,5	120,0	125,0	120,0	93,74	12

Nation (points)

1	U.S.America	[12+12+9+9+9+8]
2	Japan	[12+12+9+9+7]
3	France	[12+8+8+8]
4	Germany	[12+12+9]
5	Czechia	[12]
5	New Zealand	[12]
7	Netherlands	[9]
8	Canada	[7]
	Finland	

British senior powerlifting records

	Class Lift	Record Holder	Record	Date
52kg	Squat	Peter Kemp	250kg	15 Aug 1999
	Bench Press	Phil Stringer	130kg	11 Nov 1981
	Dead Lift	Pat Constantine	230kg	10 Nov 2004
	Total	Pat Constantine	547½kg	19 May 2005
56kg	Squat	Peter Kemp	240kg	03 Jun 2000
	Bench Press	Phil Stringer	137½kg	01 Oct 1983
	Dead Lift	Gary Simes #	232½kg	13 Nov 1996
	Total	Gary Simes #	580kg	13 Nov 1996
60kg	Squat	Phil Richard	250kg	17 Dec 1995
	Bench Press	Phil Richard	155kg	06 Jun 1999
	Dead Lift	Eddie Pengelly	275kg	24 Apr 1977
	Total	Eddie Pengelly	645kg	17 Jun 1979
67½kg	Squat	Phil Richard	291kg	25 Feb 2006
	Bench Press	Phil Richard	185kg	19 May 2005
	Dead Lift	Eddie Pengelly	295kg	27 Jun 1982
	Total	Rod Hypolite	730kg	20 May 1995
75kg	Squat	John Howells	302½kg	25 Feb 1979
	Bench Press	Phil Richard	188kg	04 Mar 2006
	Dead Lift	Bob Limerick	310kg	14 Apr 1984
	Total	Steve Alexander	760kg	21 May 1983
82½kg	Squat	Mike Duffy #	337½kg	09 Feb 1985
	Bench Press	Mike Duffy #	210kg	21 Feb 1981
	Dead Lift	Ron Collins	355kg	17 May 1980
	Total	Ron Collins	855kg	17 May 1980
90kg	Squat	Dave Caldwell #	347½kg	06 Apr 1985
	Bench Press	Jeff Chandler	227½kg	25 Oct 1985
	Dead Lift	Ron Collins	350½kg	22 Mar 1980
	Total	Dave Caldwell #	870kg	06 Apr 1985
100kg	Squat	Tony Stevens	380kg	15 Jul 1984
	Bench Press	Ian Kinghorn	247½kg	26 Feb 2006
	Dead Lift	Brian Reynolds	363kg	28 Feb 1999
	Total	Tony Stevens	955kg	15 Jul 1984
110kg	Squat	Clive Henry	383kg	15 Feb 1998
	Bench Press	Steven Leigh	252½kg	04 Apr 2004
	Dead Lift	Arthur White #	380kg	17 Apr 1982
	Total	Sam Watt	942½kg	28 Feb 1999
125kg	Squat	Clive Henry	432½kg	06 Jan 2005
	Bench Press	Dean Bowring	290kg	27 Jun 2004
	Dead Lift	David Cullen	373kg	07 Jul 1992
	Total	Clive Henry	1027½kg	27 Jun 2004
125+kg	Squat	Andy Thompson	402½kg	21 Nov 2004
	Bench Press	Dean Bowring	282½kg	27 Nov 2005
	Dead Lift	Andy Kerr	377½kg	22 May 1983

Class Lift		Record Holder	Record	Date	
Total		Andy Thompson	1035kg	27 Jun 2004	
Class	Lift	Record Holder	Record	Date	Event
44kg	Squat	Helen WOLSEY	130kg	23 May 1991	World Seniors'
	Bench Press	Helen WOLSEY	68kg	02 Mar 1991	British Seniors'
	Dead Lift	Helen WOLSEY	152½kg	02 Mar 1991	British Seniors'
	Total	Helen WOLSEY	350kg	23 May 1991	World Seniors'
48kg	Squat	Heather HAMPSON	140kg	28 Jun 2003	British Seniors'
	Bench Press	Angela SEESURRAN	75½kg	25 Oct 1997	Greater Londons'
	Dead Lift	Helen WOLSEY	155kg	22 Sep 1990	West Midlands'
	Total	Helen WOLSEY	355kg	22 Sep 1990	West Midlands'
52kg	Squat	Teresa SAWYER	156kg	19 Sep 2003	All Midlands'
	Bench Press	Teresa SAWYER	100kg	09 Sep 2005	Commonwealths'
	Dead Lift	Jenny HUNTER	173½kg	18 Dec 1988	South East
	Total	Teresa SAWYER	397½kg	28 Jun 2003	British Seniors'
56kg	Squat	Heather HAMPSON	161½kg	25 Oct 2003	South Yorkshires'
	Bench Press	Teresa SAWYER	100½kg	23 Nov 2003	West Midlands'
	Dead Lift	Jenny HUNTER	182½kg	27 Feb 1988	British Seniors'
	Total	Jenny HUNTER	420kg	27 Feb 1988	British Seniors'
60kg	Squat	Jackie TREGEAR	165kg	03 Mar 1996	British Seniors'
	Bench Press	Marian GIBSON	120kg	09 Sep 2005	Commonwealths'
	Dead Lift	Jackie BLASBERY	192½kg	24 Sep 1994	All Midlands'
	Total	Marian GIBSON	457½kg	09 Sep 2005	Commonwealths'
67½kg	Squat	Marian GIBSON	192½kg	27 Jun 2004	British Seniors'
	Bench Press	Marian GIBSON	135½kg	27 Jun 2004	British Seniors'
	Dead Lift	Gillian WRIGHT	201½kg	25 Feb 2006	British Seniors'
	Total	Marian GIBSON	525kg	27 Jun 2004	British Seniors'
75kg	Squat	Judy OAKES	202½kg	26 Feb 1989	British Seniors'
	Bench Press	Marian GIBSON	142½kg	27 Nov 2004	Europeans'
	Dead Lift	Monica PORTER	215½kg	01 Jul 2001	British Seniors'
	Total	Marian GIBSON	535kg	27 Nov 2004	Europeans'
82½kg	Squat	Monica PORTER	222½kg	06 Mar 2005	British Seniors'
	Bench Press	Marian GIBSON	140kg	24 Oct 2004	Greater London's
	Dead Lift	Monica PORTER	223kg	29 Jun 2003	British Seniors'
	Total	Monica PORTER	557½kg	27 Jun 2004	British Seniors'
90kg	Squat	Jenny BUSBY	227½kg	06 Mar 2005	British Seniors'
	Bench Press	Monica PORTER	125kg	26 Feb 2006	British Seniors'
	Dead Lift	Monica PORTER	220½kg	19 Sep 2003	All Midlands'
	Total	Monica PORTER	547½kg	19 Sep 2003	All Midlands'

Class	Lift	Record Holder	Record	Date	Event
90+kg	Squat	Marie THORNTON	245kg	11 Dec 2005	North Wests'
	Bench Press	Myrtle AUGEE	137½kg	28 Feb 1988	British Seniors'
	Dead Lift	Myrtle AUGEE	230kg	21 May 1989	Europeans'
	Total	Myrtle AUGEE	587½kg	21 May 1989	Europeans'

Competition calendar

East Midlands

Date	Competition	Venue	Contact
22 nd July 2006	Juniors, Masters and Novices Powerlifting	Yardley Gobion	Ian Kinghorn
29 th October 2006	Anglian Open Bench Press	Hamiltons Fitness, Colchester	Stuart Hamilton
26 th November 2006	Divisional Powerlifting	Hitchin & Letchworth	Allen Ottolangui

National

Date	Event	Venue/Location
20 th / 21 st May 2006	British Masters Powerlifting Championship	Shenley Leisure Centre, Milton Keynes
25 th June 2006	British Unequipped Bench Press Championship	Shenley Leisure Centre, Milton Keynes
29 th / 30 th July 2006	British Unequipped Powerlifting Championship	Shenley Leisure Centre, Milton Keynes
14 th or 21 st October 2006	4 Nations Championships	Scotland

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Disabled Secretary	Vacant	
Course Co-Ordinator	Vacant	
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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	-	-	-	-