



Ultimate Strength

The official newsletter of the East Midlands Weightlifting Association
A division of the British Weight Lifters Association

December 2007

AGM - rescheduled

The AGM, originally scheduled for 19th January 2008 has been re-arranged due to clashes with other events. It is now scheduled to take place at 12:00pm on 2nd February 2008. It will be held at the Hitchin and Letchworth WLC, Whitehorn Lane, Letchworth.

Included for reference are the rules associated with AGM's adopted by BWLA executive council.

BWLA membership 2008

The membership renewal forms have been posted out this week. These still require sending back directly BWLA, with cheques made payable to BWLA, however to assist the division in supporting you in the coming year can you either:

- Advise me (Ian Kinghorn) preferably by text or e-mail when you have returned your membership application, and include details of the telephone number you would like to be contacted on if needed;
- Or return the form to me with your cheques made payable to BWLA and I will take note of your membership application and forward it on to BWLA to process.

In previous years, since BWLA has directly managed the membership applications and issuing of cards it has been very difficult for the division to keep track of the membership. As a direct consequence of this it has been very difficult to contact members when necessary.

My contact details are:

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EM committee

The minutes of the last regular meeting of the EM committee are included in this edition.

Britain's Strongest Students.

Every year the Weightlifters' Supporters Fund of the British Weightlifting Association publishes a U.K. ranking for every school student in Great Britain who is able to complete the Olympic Clean and Jerk lift. All the BWLA coaches from England, Scotland, Wales and Northern Ireland submit their results which were published this week. The William de Ferrers results are as follows;

Year 9

Luke Hastings 27th
Jack Reeve 23rd
Josh Leszczuk 13th
Jack Howard 12th
James Moore 10th

Congratulations to all students, who each received a certificate.

In other year groups, **Jonathan Bowles** of Year 12 was placed 7th.

Finally **David Mowat** from year 11 won not only the Southern Regional title for the 16-17 year-old age group over 85kg, but he also won the competition overall making him the UK Champion, and therefore in his age and weight divisions, "Britain's Strongest Student".

Contributed by Stuart Braxton

European Masters Bench Press

This event took place in Zlin, Czech Republic between the 22nd and 24th November 2007.

Out of 9 lifters, 7 took places on the podium.

Masters 3

- Mike Edwards: 4th in 82.5kg class
- Bill MacFadyen: 2nd in 90kg class, 3rd in m3 best lifter and 1st in m4 best lifter
- Norman Anderson: 3rd in 90kg class and 3rd in m4 best lifter
- Gavin Walker: 5th in 100kg class
- Fred Smith: 2nd in 125kg class

- Team finished 3rd in team competition

Masters 2

- Steve DeMeis: 3rd in 110kg class
- Julian Massey: 3rd in 125kg class
- Team finished 6th in team competition

Masters 3

- Gary Prater: 1st in 60kg class
- Ian Kinghorn: 3rd in 100kg class
- Team finished 5th in team competition

For full results see the EPF website, results of the [European Masters Bench Press 2007](#).

EM divisional powerlifting championships

Again the Hitchin & Letchworth WLC did an excellent job in staging this years divisional championship. The event was well organized and led to some strong competition across the classes with some being strongly contested.

A full set of results are provided on page 5 below.

Olympic lifting returns to EM

After an absence of some years, East Midlands Olympic Weightlifters finally returned to a domestic Championship event when three of our guys took part in the Greater London Open on 27th October at the National Sports Centre, Crystal Palace.

In the under 85kg category, Gavin Jones from the Cambridge University Club took 5th place in his first ever competition and David Mowat from William de Ferrers School took 5th place in the under 105 kg category.

Also in the under 105 kg category, Stephen Martin from Cambridge University took 3rd place, losing second only on bodyweight and just 3kg away from winning the title.

My congratulations to all and my thanks for putting the Division back on the OW map. I really hope that this is the start of a revival in the Division and I would like to remind anyone interested in Olympic Lifting to contact me via the E.M. Division website at Hamilton's Fitness.

Contributed by Stuart Braxton.

Commonwealth Powerlifting Championships 2007

The commonwealth powerlifting championships were held in Christchurch, New Zealand during December 2007. East Midlands lifters Ben Banks and George Leggett both lifted representing England.

Ben competed as a junior winning the 110kg class with a total of 740kg. George lifted in the M4 class, winning the 82.5kg weight class with a total of 435kg. Well done to both and it is nice to see George back lifting having been out recently with injury.

Full results are available from the commonwealth powerlifting federation's [web site](#).

Useful links

Websites

http://www.powerlifting-ipf.com/	International Powerlifting federation (IPF)
http://www.europowerlifting.org/	European Powerlifting Federation (EPF)
http://commonwealthpowerlifting.com/results.htm	Commonwealth Powerlifting Federation (CPF)
http://www.british-barbell.co.uk/britishpowerlifting/Home.htm	British Powerlifting
http://www.hamiltonsfitness.co.uk/	Home of the EMWLA website

Minutes from EM committee meeting of 3rd November 2007

East Midlands Weightlifting Association – minutes of committee meeting held at Hitchin WLC, Letchworth 3/11/2007.

Meeting opened at 10.30a.m.

1/. **Members present;** Pete Weiss, Jenny Hunter, Allen Ottolangui, Wally Pullum, Stuart Hamilton, Stuart Braxton, Ian Kinghorn, Dave Tucker, Kevin Jane

2/. **Appologies;** Tracy Hawkins

3/. **Matters arising from previous meeting (18/8/07)**

a). **Annual award for junior weightlifting.** The Committee agreed to have the following annual awards as an incentive to encourage the development of weightlifting among junior members within the Division – Most improved lifter one for male and one for female and a best lifter award for male and female. Stuart Braxton to oversee this.

b). **Weightlifting equipment** – Stuart B. had contacted Chantry school as recommended by Wally to chase up weightlifting equipment believed to have been stored there, however this seems to have been removed. The matter of Divisional equipment disappearing had been discussed by the committee a few years ago and since then an inventory of equipment is held by the treasurer.

c). **Divisional weightlifting championships** – Stuart Braxton reported that three lifters from the Division completed in the Greater London Championship last week, one from his own school and two from Cambs University. Stuart had provided separate trophies for these competitors which he was subsequently reimbursed for. Stuart also highlighted the problem he is having trying to contact more lifters in the division interested in weightlifting and publicising and promoting this discipline. Ian reported that he had been approached by head office who it seems now want him as membership registrar to deal with membership as in the past instead of members affiliating directly to the BWLA. This may well improve communication links within the Division and enable us to have an accurate record of current members and affiliated clubs.

d). **All Midlands Powerlifting** – This event had been cancelled in September due to the late notice given to the divisions involved. Arthur Hoey had been expected to rearrange this competition for early November but as nothing has been confirmed it looks like this will be the first time this competition has not taken place for over thirty years.

e). **Expenses** – An amount of £50 was discussed at the previous meeting to be donated to a weightlifter in the Division who had asked for support towards the cost of competing in an international event. As the lifter was not part of a British team the committee still thought that as the lifter was paying his own expenses his request for some financial support was justified. There were however some concerns regarding the lifters attitude when being informed that he was only being awarded 50% of the maximum currently available to divisional representatives. This reaction would be taken into account if the same lifter applies for assistance in the future.

4/. **Lifter dispensation** – George Leggett had asked for dispensation as he had been injured and unable to take part in this years divisional Masters, and wishes to represent GB in the Commonwealth Powerlifting championships in New Zealand. As George had supported the event and received his injury during a divisional event the committee had no objections to his request.

5/. **Disability development officer** - Stuart Hamilton had been approached by Louise Pennell who has been raising sponsorship and organising small competitions for people with disabilities in Suffolk and is interested in taking on the position of Disability development officer for the division. As there is no current officer in the division for this role it was decided that Louise can take over this role in a caretaker capacity until the AGM. Stuart Hamilton will contact her and also suggest that she contacts Harry Turner who may be able to provide support/advice.

6/. **Child Protection** – As Pete had recently attended a Central Council meeting in the secretary's absence he gave some feedback on the policy and procedures discussed at length at that meeting. There were a number of issues highlighted such as the use of photography, what constitutes a *vulnerable adult*, and the possible impact that the implementation of the policy could have on recruiting younger members, especially for weightlifting, into the sport.

There is also the possibility that gyms may decide not to cater for under 18's as a way of avoiding the additional legislation when and if it comes into being.

Although the meeting raised a number of issues in particular the impact much of the policy places upon those working with under 18's, nothing as yet was decided. This is likely to be on the agenda in future meetings.

7/. Championship dates 2008 – Kev to speak to Fred Sterry re the staging of a British Deadlift championship at Hamilton's Fitness Centre.

Provisional dates/venues for next years championships to be confirmed at the AGM in January

EVENT	VENUE	DATE
Anglian Open P/L	Hamilton's Fitness Colchester	16th March
Aglian Open Bench press	Hamilton's Fitness Colchester	11th May
East Mids Bench press	Hamilton's Fitness Clochester	26th Oct
East Mids unequipped P/L	Letchworth	10th feb
East Mids Masters, Juniors, novice	Yardley Gobion?	July
East Mids Senior P/L	Letchworth	Nov/Dec

8/. Newsletter – Ian appologised for the recent lack of newsletters due to not having enough time to do the job as he would like. It was agreed that in order to simplify the task Ian will include mainly local news and publicity and signpost readers to national and international results via web site details.

9/. Finance update – Jenny reported that there is £5,855.67 in the divisional account at present. Stuart Hamilton suggested that we might consider putting some of this into a deposit account that could accumulate more interest – Jenny to look into this.

10/. A.G.M. for 2007 to be held at Letchworth, Whitehorn Lane 12/1/2008 starting at 10.30 a.m. Any nominations for official positions to be received by the secretary no later than December 10th 2007. Dates for committee meetings for 2008 to be set at the committee meeting to be held immediately following the AGM.

Any Other Business

a). Jenny asked the committee if they were prepared to offer some financial support to JackieBlaisbury who had this year competed in both European and World Masters championships (winning both) paying for all her own expenses. The committee agreed unanimously that she be awarded £100.

b). Dave Tucker expressed his concerns regarding how some individuals had behaved towards him given the position he is currently in. Dave earlier this year stated that because of his personal circumstances he cannot personally always be relied upon to attend meetings or official duties, and asked for some understanding and support from this committee.

This had been taken on board as Pete Weiss had agreed to take on a deputy technical officer role with the intention of picking up some of Dave's commitments if the need arises.

Meeting closed at 12.20 p.m.

EM Divisional Championship 2007

Name	B/W	Squat			Bench press			Sub-total	Deadlift			Total	Place
Jenny Hunter	59.2	130.0	140.0	-150.0	80.0	85.0	90.0	230.0	160.0	170.0	-175.0	400.0	1st
Jay Adriaanse	66.4	100.0	110.0	-115.0	65.0	70.0	-72.5	180.0	-100.0	100.0	110.0	290.0	1st
Jackie Blasbery	76.8	100.0	110.0	115.0	70.0	75.0	80.0	195.0	140.0	150.0	160.0	355.0	1st
Andrew Hawkes	55.5	80.0	90.0	97.5	65.0	70.0	-72.5	167.5	107.5	115.0	120.0	287.5	1st
Andrew Smith	63.9	80.0	90.0	100.0	80.0	-100.0	-100.0	180.0	80.0	100.0	120.0	300.0	2nd
Cliff Haynes	67.3	140.0	150.0	156.0	115.0	120.0	125.0	281.0	180.0	200.0	210.0	491.0	1st
Rob Cork	68.1	110.0	115.0	120.0	90.0	100.0	105.0	225.0	150.0	155.0	160.0	385.0	4th
Michael Neal	68.3	130.0	140.0	150.0	-120.0	-127.5	127.5	277.5	165.0	170.0	-175.0	447.5	2nd
D Zachwataslo	74.9	120.0	125.0	130.0	90.0	95.0	97.5	227.5	177.5	182.5	185.0	412.5	3rd
Steve Walker	74.7	225.0	235.0	-245.0	165.0	-172.5	172.5	407.5	240.0		247.5	655.0	1st
Metthew Williams	76.4	90.0	95.0	-100.0	90.0	95.0	100.0	195.0	140.0	145.0	150.0	345.0	5th
Mick Amey	80.7	180.0	200.0	-210.0	105.0	-110.0	-120.0	305.0	215.0	220.0	225.0	530.0	3rd
Toby Swallow	81.0	240.0	252.5	260.0	160.0	-165.0	-165.0	420.0	210.0	230.0	-240.0	650.0	1st
Steve Gates	81.8	220.0	235.0	245.0	135.0	142.5	-147.5	387.5	235.0	250.0	262.5	650.0	2nd
Chris Anderson	82.0	160.0	170.0	-180.0	135.0	140.0	-142.5	310.0	180.0	190.0	200.0	510.0	4th
Doug D'Gama	86.9	200.0	215.0	220.0	-160.0	160.0	165.0	385.0	220.0	235.0	245.0	630.0	2nd
Dave Battison	88.5	-180.0	180.0	-185.0	135.0	-140.0	-140.0	315.0	210.0	220.0	-230.0	535.0	4th
Jake O'Neil	87.3	260.0	-287.5		140.0	150.0	160.0	420.0	235.0	250.0	-257.5	670.0	1st
Paul Kerridge	89.0	180.0	190.0	200.0	120.0	127.5	-132.5	327.5	210.0	225.0	-232.5	552.5	3rd
Maxwell James	87.9	-160.0	160.0		120.0	125.0	130.0	290.0	65.0			355.0	7th
Tony Wightman	87.0	145.0	152.5	-157.5	102.5	107.5	-112.5	260.0	185.0	197.5		457.5	6th
Joseph Walton	88.4	165.0	170.0	182.5	82.5	90.0	-95.0	272.5	190.0	202.5	212.5	485.0	5th
Sam Hazbun	84.8	-165.0	165.0	172.5	110.0	117.5	-122.5	290.0	200.0	-207.5	-207.5	490.0	Guest
Tony Cliffe	97.1	245.0	260.0	270.0	145.0	155.0	160.0	430.0	275.0	290.0	305.0	735.0	1st

Ultimate Strength

December 2007

Kevin Jane	92.4	250.0	265.0		155.0	162.5	165.0	430.0	270.0	290.0	-302.5	720.0	2nd
Ian Kinghorn	99.5	-255.0	-255.0	255.0	205.0	-222.5	-222.5	460.0	235.0	245.0	-250.0	705.0	3rd
Silvester Waksnamski	99.6	-220.0	-220.0	-220.0								0.0	
Vince Brown	106.3	-260.0	-260.0	-260.0								0.0	1st
Chris Williams	122.4	80.0	87.5	95.0	130.0	135.0	140.0	235.0	140.0	155.0	180.0	415.0	1st
Tom Metcalfe	132.7	192.5	205.0		147.5	155.0	-160.0	360.0	220.0	230.0	240.0	600.0	1st

AGM rules

RULES ADOPTED BY THE EXECUTIVE BOARD ON [date] FOR THE CONDUCT OF DIVISIONAL GENERAL MEETINGS UNTIL FURTHER NOTICE

1. Each division shall hold an annual general meeting and if required special general meetings.
2. Every club affiliated to the division is entitled to attend and vote at general meetings of the division. A club shall have two votes per club with an extra vote for every thirty members up to a maximum of 10 per club. Life members and associate members may attend and speak at general meetings but will not have voting powers. However, life members may register as a club member provided that they do so in writing at least one month before the meeting.
3. Registration date for the voting power of members shall be 31st December in the previous calendar year.
4. A club or other unincorporated association that is entitled to attend a general meeting of a division may do so by nominating one of its members (who need not personally be a member of the BWLA) to attend and exercise its rights at that meeting. The club shall provide their representative with a letter of authority signed by the Chairman of the club or some other proper officer. If two or more people claim to represent the same club at a general meeting, the chairman of the meeting shall decide which one person shall be considered as the club representative. The chairman's decision on this matter shall be final.
5. Members of the Executive Board and the Governing Council are entitled to attend and speak at any Divisional General Meeting
6. If present the Chairman of the Divisional Council will take the chair at a general meeting unless he declines to do so. If he is not present or is unwilling to take the chair, the chair shall be taken by such other member of the Divisional Council who is present and willing to take the chair as the meeting shall decide. If there is no such member, the meeting shall elect its own chairman.
7. Except as provided in this paragraph or paragraph 10, voting at a general meeting shall be by show of hands unless a poll is directed or demanded by at least five members present and entitled to vote. No poll shall be demanded on the election of the chairman of the meeting or on a proposal for an adjournment. The poll shall be taken in such a way as the chairman of the meeting shall direct. The chairman may appoint as tellers people who are not members of the BWLA. The demand for a poll shall not prevent the meeting from transacting any business other than that on which the poll was demanded.
8. If a poll is not directed or demanded, the declaration of the result of a show of hands by the Chairman shall be conclusive (including a declaration that the resolution has been carried or not carried by a particular majority) and an entry to that effect in the minute book once signed shall be conclusive evidence of that fact without more.
9. A demand for a poll may be withdrawn. A demand so withdrawn shall not be taken to have invalidated the result of a show of hands taken before the poll was demanded.

10. The election of the representative of the division on the Governing Council and of members of the Divisional Council shall be conducted by a secret ballot.
11. In the event of there being an equality of votes, the chairman of the meeting shall have a casting vote.
12. No business shall be conducted at a general meeting unless there shall be a quorum present. The quorum shall be 10 members able to vote. If a quorum is not present within 15 minutes of the time that the meeting should start, the chairman of the meeting shall, if the meeting is an annual general meeting, adjourn the meeting to such date time and place within 28 days as seem to him suitable, and at the adjourned meeting the quorum shall be two and in the case of any other general meeting shall abandon the meeting.
13. When the date, time and place of an adjourned general meeting is declared at the meeting at the time of its adjournment, no further notice need be given to members entitled to receive notice of the general meeting. If the date time and place (or any one or more of those elements) are not declared at the meeting at the time of its adjournment, notice of the date time and place of the adjourned meeting shall be given in writing to all those who are entitled to attend and vote at the general meeting.
14. No business shall be conducted at the adjourned meeting other than business that might properly have been transacted at the meeting had the adjournment not taken place.
15. The business of the Divisional Annual General Meeting shall be:
 - 15.1. to receive the Annual Report of the division;
 - 15.2. to receive a report from the divisional representative on the Governing Council;
 - 15.3. to receive the divisional annual accounts
 - 15.4. to elect someone to represent the division on the Governing Council
 - 15.5. to transact any other business that is included on the notice calling the meeting.
16. Any member entitled to vote at a divisional meeting may propose anyone for election to the Divisional Council or to represent the division on the Governing Council. Such proposal shall be in writing and sent to the Divisional Secretary to reach him no later than 30 days before the annual general meeting and shall be accompanied by the consent of the person nominated.
17. If the Division at the meeting at which a member of the Divisional Council retires does not fill the vacancy, the retiring member shall, if willing to act, be deemed to have been reappointed unless at the meeting it is resolved not to fill the vacancy or unless a resolution for the reappointment of the member is put to the meeting and lost.
18. Any two members entitled to vote at a divisional meeting may propose any resolution for approval at the divisional annual general meeting. Such proposal shall be in writing and signed by or on behalf of at least two members entitled to vote at a divisional meeting and sent to the Divisional Secretary to reach him no later than 30 days before the annual general meeting.

19. The Executive Board, the Governing Council, the Divisional Council or any three members of the Divisional Council or any 15 members entitled to vote at a divisional meeting may require the divisional secretary to convene a special general meeting of the division. Such request shall be in writing and shall be sent to the Divisional Secretary and shall specify the matters to be considered by the special general meeting. The Divisional Secretary shall send out notices calling the special general meeting within 14 days of receiving the demand and the meeting shall be held within 42 days of the sending of the notice. If the Divisional Secretary shall for any reason not send out the notices to convene the meeting within that time, anybody who required the meeting to be called may call it himself.
20. Notice of a Divisional General Meeting shall be given by sending written notice of the meeting to all members of the division at their last known address and to the Chief Executive in both cases at least 14 clear days before the date of the meeting. This notice must contain the names of all people nominated for office or to represent the division on the Governing Council and of business to be transacted at the meeting. Such notice shall state that details of all nominations for office and copies of the audited accounts that are to be considered at the meeting can be obtained from Divisional Secretary who shall supply any member requesting these with a copy free of charge. Notice of the Divisional General Meeting may be given in addition by such other means as shall seem to the Divisional Council to be useful to inform members of the meeting.

GENERAL PROVISIONS RELATING TO GENERAL MEETINGS

21. If by reason of any problems with the post it is not possible to give written notice by post of a general meeting, notice may be given by such means as seem to the Executive Board to be appropriate in the circumstances.
22. Proxy voting is not allowed at general meetings.
23. No objection shall be raised to the qualification of any voter except at the meeting or adjourned meeting at which the vote objected to is tendered and every vote not disallowed at the meeting shall be valid. Any objection made in due time shall be referred to the chairman of the meeting whose decision shall be final and conclusive.
24. A member present at any meeting of the BWLA shall be deemed to have received notice of the meeting in due time and, where requisite, of the purposes for which the meeting was called.
25. No business shall be conducted at a general meeting that is not specified in the notice calling the meeting.
26. The chairman of the meeting may with the consent of the meeting at which a quorum is present (and shall if he is so directed by the meeting) or if he considers it necessary to ensure the maintenance of order with or without the consent of the meeting adjourn the meeting from time to time and place to place but no business shall be conducted at the adjourned meeting other than business which might properly have been transacted at the meeting had the adjournment not taken place. When a meeting is adjourned for 14 days or more at least seven clear days notice shall be given to all those entitled to attend and vote at the meeting specifying the time and place of the adjourned meeting. Otherwise it shall not be necessary to give any such notice.
27. No amendment shall be allowed to any resolution to be considered at a general meeting except for an amendment to correct a grammatical or typographical error or to avoid an ambiguity.

28. If there is only one candidate for any vacancy, such candidate shall be declared to be elected unopposed.

29. If there is more than one candidate for a vacancy, the candidate securing the highest number of votes shall be declared to be elected. If there is a tie after the results of the secret ballot are announced, the chairman of the meeting shall exercise a casting vote at that point.

30. Officers shall hold office until the end of the annual general meeting at which their term of office expires.