

Ultimate Strength

The Official Newsletter of the East Midlands Weight Lifters Association

March 2005



Clive Henry's squat of 432.5kg at British Powerlifting Championships

Contents

Editorial.....	2
British Powerlifting Championships 2005.....	2
East Midlands Record Claims.....	4
East Midlands Bench Press Championships 2005.....	4
Competition calendar.....	7

Editorial

A delayed issue from March, however better late than never. This issue contains the results from both the British Powerlifting Championships (the senior's) and the East Midlands Bench Press Championships.

It also has an article on claiming divisional records, together with a list of those records

claimed in this current year. There are some new record categories just created for the division this year, so there are a number of records up for grabs.

Ian Kinghorn
Newsletter Editor

British Powerlifting Championships 2005

The British Powerlifting Championships were held at the Birmingham Sports Centre over the weekend of the 5th and 6th March 2005.

Women's results

Lot	Name	Weight (kg)	Best Squat	Best Bench	Sub Total	Best Deadlift	Total	Rank
48kg								
1	Enid Dixon	45.85	60.0	40.0	100.0	95.0	195.0	1
4	Jan Hobbs	46.95	80.0	65.0	145.0	95.0	240.0	2
52kg								
3	Teresa Sawyer	51.65	145.0	90.0	235.0	142.5	377.5	1
56kg								
2	Jenny Hunter	56.00	130.0	90.0	220.0	157.5	377.5	1
3	Hedi Clark	55.10	130.0	85.0	215.0	137.5	352.5	2
6	Alison Arbon	55.05	127.5	82.5	210.0	142.5	352.5	3
4	Holly Swallow	55.35	125.0	60.0	185.0	127.5	312.5	4
60kg								
Heather								
5	Hampson	56.30	140.0	80.0	220.0	147.5	367.5	1
1	Nicola Payne	59.55	120.0	70.0	190.0	167.5	357.5	2
67.5kg								
1	Gillian Wright	66.35	162.5	105.0	267.5	190.0	457.5	1
5	Abbey Heinzman	66.15	130.0	80.0	210.0	145.0	355.0	2
75kg								
2	Marion Gibson	72.30	177.5	132.5	310.0	192.5	502.5	1
3	Jackie Blasberry	69.65	167.5	105.0	272.5	197.5	470.0	2
6	Susan Tyson	75.00	155.0	95.0	250.0	160.0	410.0	3
8	Mary Anderson	73.30	140.0	85.0	225.0	160.0	385.0	4
7	Catherine Wass	74.20	130.0	72.5	202.5	125.0	327.5	5
82.5kg								
	Monica Porter	79.60	222.5	122.5	345.0	210.0	555.0	1
2	Jean Maton	81.45	175.0	110.0	285.0	172.5	457.5	2
7	Lorraine Sant	82.50	135.0	77.5	212.5	132.5	345.0	3
90kg								
3	Jennifer Busby	84.95	227.5	112.5	340.0	185.0	525.0	1
4	Sue Hollands	83.05	180.0	85.0	265.0	175.0	440.0	2
90+kg								
	Marie Thornton	90.80	210.0	90.0	300.0	182.5	482.5	1
	Sue Last	115.30	175.0	120.0	295.0	120.0	415.0	2

Men's results

Lot	Name	Weight (kg)	Best Squat	Best Bench	Sub Total	Best Deadlift	Total	Rank
56kg								
1	Pat Constantine	51.20	210.0	112.5	322.5	222.5	545.0	1
3	Chad Mitchell	57.60	195.0	105.0	300.0	185.0	485.0	2
4	Nigel Patrick	59.50	185.0	97.5	282.5	190.0	472.5	3
67.5kg								
1	Phil Richards	67.15	282.5	182.5	465.0	242.5	707.5	1
3	Barry Sheerin	66.30	200.0	160.0	360.0	255.0	615.0	2
2	Shaun Rollands	67.40	180.0	100.0	280.0	200.0	480.0	3
75kg								
5	Gerry McKenna	74.90	260.0	167.5	427.5	255.0	682.5	1
9	Manoj Chahal	74.05	252.5	160.0	412.5	240.0	652.5	2
6	Wallace Clarke	74.55	235.0	160.0	395.0	250.0	645.0	3
8	Kris Neal	74.50	250.0	130.0	380.0	230.0	610.0	4
7	Jaswinder Singh	73.55	205.0	160.0	365.0	210.0	575.0	5
4	Alan Ottolangi	74.80					0.0	
82.5kg								
1	Jaswinder Singh	82.50	285.0	202.5	487.5	285.0	772.5	1
3	David Carter	79.95	270.0	162.5	432.5	310.0	742.5	2
4	Gary Bowman	79.45	260.0	180.0	440.0	285.0	725.0	3
5	T.S.Adewale	81.40	257.5	152.5	410.0	295.0	705.0	4
2	Ian Shaw	81.30	265.0	142.5	407.5	292.5	700.0	5
6	Rick Meldon	82.30	250.0	150.0	400.0	220.0	620.0	6
90kg								
6	Justin Mannion	90.00	290.0	185.0	475.0	280.0	755.0	1
1	Phil Watkins	89.35	280.0	170.0	450.0	290.0	740.0	2
3	Kevin Jane	90.00	275.0	162.5	437.5	280.0	717.5	3
4	John Porter	89.00	260.0	180.0	440.0	277.5	717.5	4
5	Steve Bright	89.05	275.0	185.0	460.0	245.0	705.0	5
2	Jerry Rice	87.40					0.0	
100kg								
2	Jamie Burke	97.30	340.0	220.0	560.0	300.0	860.0	1
3	Joe Lampshire	97.35	320.0	200.0	520.0	275.0	795.0	2
1	Steve Keenan	99.05	287.5	190.0	477.5	280.0	757.5	3
4	Gary Mitchell	99.05	302.5	175.0	477.5	250.0	727.5	4
110kg								
1	Andy Rodney	109.10	345.0	192.5	537.5	317.5	855.0	1
3	James Jack	109.65	335.0	235.0	570.0	285.0	855.0	2
6	Farid Morvaldi	107.40	300.0	200.0	500.0	270.0	770.0	3
4	Nathan Scott	107.90	340.0				0.0	
5	Delroy McQueen	108.70		180.0		335.0	0.0	
125kg								
7	Clive Henry	124.70	432.5	270.0	702.5	310.0	1012.5	1
8	Dean Bowring	124.80	355.0	250.0	605.0	342.5	947.5	2
9	Andy Hawkins	121.90	332.5	232.5	565.0	300.0	865.0	3
10	Richard Mullen	119.90	325.0	190.0	515.0	305.0	820.0	4
125+kg								
11	Andy Thompson	157.70	390.0	270.0	660.0	340.0	1000.0	1
12	Jim Blanchflower	162.10	380.0	265.0	645.0	310.0	955.0	2
14	Paul Doherty	141.00	330.0	240.0	570.0	240.0	810.0	3
13	Andy Kerr	138.00	280.0	205.0	485.0	300.0	785.0	4

East Midlands Record Claims

In order to claim an East Midlands record you need to advise the East Midlands record registrar of your claim and provided this is backed by suitable evidence then the records will be accepted. In order to advise the records registrar of your claim you can contact Ian Kinghorn (see contact details at the end) by telephone, e-mail, writing or in person. Suitable evidence will be either a copy of the competition result sheet or reference to the competition for which a results sheet is readily accessible.

With effect of this year, new record categories have been added for Masters 4, unequipped (both powerlifting and bench press all contest) and bench press all contest (equipped). Many of these record remain vacant, however the bench press all contest has been populated with the records from the powerlifting bench press records.

Anyone wishing copies of the current records should contact the records registrar and these can be supplied either on paper or as an MS excel file. Periodically records will be published in Ultimate Strength, last months edition contained the divisional powerlifting records.

Records are also maintained for each county within the division, and the claim process is as per the above.

Records claimed since 1st January 2005

Claims are presented in reverse chronological order with the most recent claims at the top of the table.

	Area	Category						
27/03/2005	EM	Snr AC	Bench	228	Ian Kinghorn	99.9	100	M
27/03/2005	EM	M1 AC	Bench	228	Ian Kinghorn	99.9	100	M
27/03/2005	EM	U18 AC	Bench	97.5	Wayne Bartlett	67.2	37.5	M
27/03/2005	EM	M4 U AC	Bench	107.5	Keith Clark	90.1	100	M
		Snr U						
13/03/2005	EM	AC	Bench	150	Mick Tapp	?	82.5	M
13/03/2005	EM	M2 U AC	Bench	150	Mick Tapp	?	82.5	M
06/03/2005	EM	Snr	Squat	320	Joe Lampshire	97.35	100	M
06/03/2005	EM	Snr	Bench	240	Paul Doherty	141	125+	M
06/03/2005	EM	U23	Bench	240	Paul Doherty	141	125+	M
06/03/2005	EM	U23	Total	810	Paul Doherty	141	125+	M
06/02/2005	EM	Snr AC	Bench	220	Ian Kinghorn	99.45	100	M
06/02/2005	EM	M1 AC	Bench	220	Ian Kinghorn	99.45	100	M
05/02/2005	EM	M2 AC	Bench	155	Mick Tapp	80.5	82.5	M
29/01/2005	EM	U18	Squat	145	Wayne Bartlett	65.5	67.5	M
29/01/2005	EM	U18	Bench	95	Wayne Bartlett	65.5	67.5	M
29/01/2005	EM	U18	Deadlift	165	Wayne Bartlett	65.5	67.5	M
29/01/2005	EM	U18	Total	405	Wayne Bartlett	65.5	67.5	M
29/01/2005	EM	U18 AC	Bench	95	Wayne Bartlett	65.5	67.5	M

East Midlands Bench Press Championships 2005

The East Midlands Bench Press championships was held at Hamilton's Fitness Centre in Colchester on Easter Sunday (27th March 2005). The event was well patronised with a total of 31 lifters actually lifting on the day. On the day there were two distinct groups of lifters, those competing unequipped in order to qualify for the forth coming British Unequipped Bench Press Championship scheduled for 26th June 2005, and those competing equipped.

Womens results

BDW	Name	Class	Club	Equipped	Total	Wilks	Place
51.0	Claire Bailey	52	Hamiltons	n	45.0	56.94	1
74.2	Cathy Wass	75	Hamiltons	n	60.0	57.43	1
105.9	Roxanne Salmon	90+	C.Palace	n	92.5	75.85	1

Mens results

BDW	Name	Class	Club	Equipped	Total	Wilks	Place
59.2	Stephen Dodd	60	Luton	n	82.5	71.23	1
65.5	Wayne MacFarlane	67.5	Hamiltons	n	125.0	98.76	1
64.3	Frankie MacFarlane	67.5	Hamiltons	n	112.5	90.27	2
67.2	Wayne Bartlett	67.5	Yardley	n	97.5	75.44	3
75.0	Steve Walker	75	Yardley	n	157.5	112.22	1
75.0	Mick Amey	75	Hamiltons	y	110.0	78.37	2
70.5	Farhad Saiepour	75	una	n	105.0	78.25	3
73.9	Roy Banks	75	Hamiltons	y	100.0	71.99	4
70.4	Paul Coleman	75	Hamiltons	n	70.0	52.23	5
79.7	Michael Tapp	82.5	Yardley	y	155.0	106.06	1
79.2	Scott Hepburn	82.5	Hamiltons	y	150.0	103.05	2
82.2	David Hinchley	82.5	una	n	115.0	77.20	3
88.8	Jerry Rice	90	Yardley	y	175.0	112.47	1
89.1	Andrew Howard	90	Hamiltons	y	170.0	109.07	2
89.3	David Battisson	90	Lakeside	y	155.0	99.33	3
89.0	Paul Kerridge	90	Hamiltons	y	125.0	80.24	4
85.8	Dale D Gardner	90	Beccles	n	120.0	78.57	5
99.9	Ian Kinghorn	100	Yardley	y	228.0	138.77	1
98.2	Richard Twycross-Lewis	100	C.Palace	n	182.5	111.87	2
99.4	Parvinbdr Singh	100	Hamiltons	n	160.0	97.58	3
96.4	Stuart Hamilton	100	Hamiltons	n	135.0	83.41	4
98.5	Ken Crickmore	100	C.Palace	n	122.5	74.99	5
90.1	Keith Clark	100	una	n	107.5	68.58	6
99.3	Mike King	100	Hamiltons	n	0.0		disq
109.2	Tom Chantler	110	una	n	145.0	85.49	1
120.6	William Massey	125	una	n	190.0	109.04	1
123.4	Andrew Hawkins	125	B.G.S.	n	180.0	102.78	2
139.4	Paul Doherty	125+	B.G.S.	y	230.0	128.46	1

Unequipped overall results

The table below shows the overall results by Wilks points for those competing unequipped. Steve Walker from Yardley Gobion took the overall best lifter award in this class.

BDW	Name	Class	Club	Equipped	Total	Wilks	Place
75.0	Steve Walker	75	Yardley	n	157.5	112.22	1
98.2	Richard Twycross-Lewis	100	C.Palace	n	182.5	111.87	2
120.6	William Massey	125	una	n	190.0	109.04	3
123.4	Andrew Hawkins	125	B.G.S.	n	180.0	102.78	4
65.5	Wayne MacFarlane	67.5	Hamiltons	n	125.0	98.76	5
99.4	Parvinbdr Singh	100	Hamiltons	n	160.0	97.58	6
64.3	Frankie MacFarlane	67.5	Hamiltons	n	112.5	90.27	7
109.2	Tom Chantler	110	una	n	145.0	85.49	8
96.4	Stuart Hamilton	100	Hamiltons	n	135.0	83.41	9
85.8	Dale D Gardner	90	Beccles	n	120.0	78.57	10
70.5	Farhad Saiepour	75	una	n	105.0	78.25	11
82.2	David Hinchley	82.5	una	n	115.0	77.20	12
105.9	Roxanne Salmon	90+	C.Palace	n	92.5	75.85	13
67.2	Wayne Bartlett	67.5	Yardley	n	97.5	75.44	14
98.5	Ken Crickmore	100	C.Palace	n	122.5	74.99	15
59.2	Stephen Dodd	60	Luton	n	82.5	71.23	16
90.1	Keith Clark	100	una	n	107.5	68.58	17
74.2	Cathy Wass	75	Hamiltons	n	60.0	57.43	18
51.0	Claire Bailey	52	Hamiltons	n	45.0	56.94	19
70.4	Paul Coleman	75	Hamiltons	n	70.0	52.23	20
99.3	Mike King	100	Hamiltons	n	0.0		disq

Equipped overall results

Those competing with equipment were ranked as shown in the tables below. Ian Kinghorn took the best lifter award overall and set a new Masters 1 British Record in the process.

BDW	Name	Class	Club	Equipped	Total	Wilks	Place
99.9	Ian Kinghorn	100	Yardley	y	228.0	138.77	1
139.4	Paul Doherty	125+	B.G.S.	y	230.0	128.46	2
88.8	Jerry Rice	90	Yardley	y	175.0	112.47	3
89.1	Andrew Howard	90	Hamiltons	y	170.0	109.07	4
79.7	Michael Tapp	82.5	Yardley	y	155.0	106.06	5
79.2	Scott Hepburn	82.5	Hamiltons	y	150.0	103.05	6
89.3	David Battisson	90	Lakeside	y	155.0	99.33	7
89.0	Paul Kerridge	90	Hamiltons	y	125.0	80.24	8
75.0	Mick Amey	75	Hamiltons	y	110.0	78.37	9
73.9	Roy Banks	75	Hamiltons	y	100.0	71.99	10

Competition calendar

East Midlands

Date	Competition	Venue	Contact
1 st May 2005	Anglian Open Powerlifting Championships	Hamilton's Fitness, Colchester	Stuart Hamilton 01206 854319
30 th July 2005	EM Masters, Juniors and Novices Powerlifting Championships	Yardley Gobion	
6 th November 2005	Anglian Bench Press Championships	Hamilton's Fitness, Colchester	Stuart Hamilton 01206 854319
11 th December 2005	EM Powerlifting Championships	Hitchin & Letchworth Weightlifting Club	Alan Ottolangui 01462 675952

National

Date	Last qualifying date	Event	Venue/Location
16/17 th April 2005	19 th February 2005	British Masters Powerlifting Championships	Tyesley Fitness Centre, Birmingham
25 th June 2005	30 th April 2005	British Unequipped Powerlifting Championships	Tyesley Fitness Centre, Birmingham
26 th June 2005	14 th May 2005	British Unequipped Bench Press Championships	Tyesley Fitness Centre, Birmingham
15 th October 2005	n/a	4 Nations Powerlifting Championships	tba

Contacts

East Midlands: Officers of the Divisional Council

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

Note: Changes are highlighted in blue

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

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

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

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