



Ultimate Strength

The Official Newsletter of the East Midlands Weight Lifters Association

March 2007



Terry O'Neill at East Midlands Divisional Championship 2006

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Editorial

The first edition of 2007, this newsletter contain reports and pictures from last years divisional championship together with events of the early part of this year. It has been a while since the last issues, and without making excuses I lost the plot somewhat but with this edition the newsletter should once again be a regular issue of the division.

News from BWLA sees the appointment of a new director of powerlifting in the guise of Arthur Hoey and the establishment of a new powerlifting management group and team managers for the international teams. The senior powerlifting team are currently in the process of preparing for the European Championships to be held during May in Poland.

The British powerlifting website has been picked up by Ben Banks and contains much

useful information, see <http://www.british-barbell.co.uk/britishpowerlifting/Home.htm>.

A national powerlifting newsletter is now available electronically and is planned to be published quarterly, this is available <http://www.bwlapowernews.co.uk/>.

Whilst we are talking about websites, don't forget the East Midlands website hosted by Stuart at Hamilton's Fitness' website here <http://www.hamiltonsfitness.co.uk/weightlifting.htm>. This contains all the latest results from divisional competitions and much more, including copies of this newsletter. In fact for those who receive the newsletter via e-mail, in future this will be provided as a link to the webpage where it is hosted for you to download or read online as you wish.

Ian Kinghorn
Newsletter Editor

East Midlands Divisional Powerlifting Championships 2006

The culmination of last year for the division was the divisional powerlifting championships, once again held at the Letchworth Weightlifting Club under the direction of Alan Ottalangui and his team. As usual the event was well organised and the set up suited both lifters and spectators.



Results

| | BWT | Squat | Bench | Sub | Deadlift | Total | Pos |
|-----------------|------|-------|-------|-------|----------|-------|-----|
| 60kg | | | | | | | |
| Jenny Hunter | 58.6 | 102.5 | 82.5 | 185 | 147.5 | 332.5 | 1 |
| 75kg | | | | | | | |
| Jackie Blasbery | 73.8 | 110 | 72.5 | 182.5 | 150 | 332.5 | 1 |
| 60kg | | | | | | | |
| Hadley Jones | 59.2 | 95 | 60 | 155 | 160 | 315 | 1 |
| 67.5kg | | | | | | | |
| Sean Rowland | 66.8 | 225 | 115 | 340 | 205 | 545 | 1 |

| | BWT | Squat | Bench | Sub | Deadlift | Total | Pos |
|-------------------|-------|-------|-------|-------|----------|-------|-------|
| Cliff Haynes | 67.3 | 140 | 125 | 265 | 185 | 450 | 2 |
| 75kg | | | | | | | |
| Steve Walker | 74.5 | 230 | 182.5 | 412.5 | 255 | 667.5 | 1 |
| George Leggett | 71 | 165 | 85 | 250 | 185 | 435 | 2 |
| Denis Rubtsov | 70.7 | 135 | 110 | 245 | 165 | 410 | 3 |
| Devon Zachwatajlo | 74.7 | 125 | 80 | 205 | 160 | 365 | 4 |
| 82.5kg | | | | | | | |
| Steve Gates | 80.8 | 232.5 | 140 | 372.5 | 250 | 622.5 | 1 |
| Mick Amey | 80.8 | 210 | 120 | 330 | 220 | 550 | 2 |
| Andrew Lee | 79.4 | 170 | 100 | 270 | 215 | 485 | 3 |
| Yaman Mustafa | 78.1 | 150 | 112.5 | 262.5 | 180 | 442.5 | 4 |
| Anthony Allen | 77.1 | 160 | 100 | 260 | 170 | 430 | guest |
| Anthony Eales | 82.4 | 160 | 95 | 255 | -200 | 0 | |
| Toby Swallow | 81.5 | -275 | | | | 0 | |
| 90kg | | | | | | | |
| TS Adawale | 83 | 275 | 152.5 | 427.5 | 300 | 727.5 | guest |
| Gerry Rice | 88.9 | 275 | 195 | 470 | 245 | 715 | 1 |
| Andy Howard | 89.2 | 250 | 182.5 | 432.5 | 257.5 | 690 | 2 |
| Ola Oyefeso | 89.5 | 260 | 140 | 400 | 265 | 665 | guest |
| Doug D'Gama | 87.6 | 205 | 167.5 | 372.5 | 242.5 | 615 | 3 |
| John Jones | 89.4 | 180 | 107.5 | 287.5 | 192.5 | 480 | 4 |
| 100kg | | | | | | | |
| Kevin Jane | 92.6 | 272.5 | 162.5 | 435 | 287.5 | 722.5 | 1 |
| David Battison | 96 | 230 | 165 | 395 | 252.5 | 647.5 | 2 |
| Stephen Martin | 98.5 | 220 | 135 | 355 | 265 | 620 | 3 |
| Ajaz Khan | 98.6 | 190 | 145 | 335 | 185 | 520 | 4 |
| 110kg | | | | | | | |
| Guy Djedje | 104.2 | 250 | 175 | 425 | 245 | 670 | guest |
| 125kg | | | | | | | |
| Terry O'Neill | 124 | 320 | 172.5 | 492.5 | 290 | 782.5 | 1 |
| Rick Gates | 119.6 | 192.5 | 115 | 307.5 | 215 | 522.5 | 2 |

Referees: Ian Kinghorn, Kevin Jane, Peter Weiss, Jenny Hunter, Jackie Blasbery, George Leggett.

Loaders: Members of the Hitchin and Letchworth Weightlifting Club.

MCs: David Ottolangui, Toby Swallow.

Meet Director: Allen Ottolangui.

In some groups there was significant competition with an overall entry of 29 lifters. A number of divisional records were set (or should I say reset) on the day.

News

For the division and further a field

British Unequipped Bench Press

The British unequipped bench press will be hosted this year by Hamilton's Fitness in Colchester. The event will be held at the end of the summer, the exact date is yet to be finalised.

Changes to the bench press

2007 sees the introduction by the IPF (and adopted by BWLA) new rules which significantly affect the bench press. These can be found in detail on the IPF website, where they can also be downloaded [see

<http://www.powerlifting-ipf.com/> from the section titled 'Technical Rules'. In essence though lifters can no longer raise their head whilst executing the lift, the lifter after receiving the start signal must lower the bar to their chest and wait for the centre referee to issue the command 'press', the lifters feet must be flat (or as flat as their shoes allow), and a substantial proportion of the buttocks must remain in contact with the bench.

Remember: wait for that press command when lifting, and watch you don't raise your head. Both these changes have caught a few competitors out already.

Comeback at British Masters

Ian Kinghorn made his comeback to competition at the British Masters on 1/4/2007, 8½ months after breaking his arm in July 2006. Totalling 702.5kg and a modest bench by his previous standards of 210kg for a safe return to competition and a 3rd place finish. Full report

of results from this competition in the next issue.

Long standing record

Jake O'Neill broke the U20 squat record which had stood for 27 years. The previous record held by S. Spillane was established on 18/3/1979 but was broken by Jake on 22/10/2006 at the All Midlands competition with a squat of 272.5 kg. Well done Jake.

National newsletter

A national newsletter has been created and although it is distributed electronically only, it is in a PDF format which means it can be readily downloaded and printed off for those who do not have access to a PC. The editor is Steve Gibson on behalf of the powerlifting steering group and the first edition is available at <http://www.bwlapowernews.co.uk/>. The first issue was completed in January 2007 and I understand this is to be a quarterly publication.

Divisional records set in 2006

| Date | Record Area | Record Category | Lift | Lift (kg) | Name | B/wt | Class | M/F |
|------------|-------------|-----------------|----------|-----------|---------------|--------|-------|-----|
| 26/11/2006 | EM | M1 | Squat | 320.0 | Terry O'Neill | 124.00 | 125.0 | M |
| 26/11/2006 | EM | M1 | Bench | 125.0 | Cliff Haynes | 67.30 | 67.5 | M |
| 26/11/2006 | EM | M1 | Bench | 182.5 | Steve Walker | 74.50 | 75.0 | M |
| 26/11/2006 | EM | M1 AC | Bench | 125.0 | Cliff Haynes | 67.30 | 67.5 | M |
| 26/11/2006 | EM | M1 AC | Bench | 182.5 | Steve Walker | 74.50 | 75.0 | M |
| 26/11/2006 | EM | Snr u | Squat | 95.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | Snr u | Bench | 60.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | Snr u | Deadlift | 160.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | Snr u | Total | 315.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | Snr u AC | Bench | 60.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U18 | Squat | 95.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U18 | Bench | 60.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U18 | Deadlift | 160.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U18 | Total | 315.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U18 AC | Bench | 60.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U20 u | Squat | 95.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U20 u | Bench | 60.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U20 u | Deadlift | 160.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U20 u | Total | 315.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U20 u | | | | | | |
| 26/11/2006 | EM | AC | Bench | 60.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U23 u | Squat | 95.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U23 u | Bench | 60.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U23 u | Deadlift | 160.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U23 u | Total | 315.0 | Hadley Jones | 59.20 | 60.0 | M |
| 26/11/2006 | EM | U23 u | | | | | | |
| 26/11/2006 | EM | AC | Bench | 60.0 | Hadley Jones | 59.20 | 60.0 | M |
| 29/10/2006 | EM | Snr u AC | Bench | 140.0 | Tom Metcalfe | 125.80 | 140.0 | M |

| Date | Record Area | Record Category | Lift | Lift (kg) | Name | B/wt | Class | M/F |
|------------|-------------|-----------------|----------|-----------|----------------|--------|-------|-----|
| 29/10/2006 | EM | U20 u AC | Bench | 140.0 | Tom Metcalfe | 125.80 | 140.0 | M |
| 29/10/2006 | EM | U23 u AC | Bench | 140.0 | Tom Metcalfe | 125.80 | 140.0 | M |
| 22/10/2006 | EM | U20 | Squat | 272.5 | Jake O'Neill | 87.85 | 90.0 | M |
| 21/05/2006 | EM | M1 | Bench | 187.5 | Jerry Rice | 90.00 | 90.0 | M |
| 21/05/2006 | EM | M1 | Bench | 230.0 | Andy Hawkins | 125.00 | 122.1 | M |
| 20/05/2006 | EM | M1 | Deadlift | 165.0 | Jenny Hunter | 57.00 | 60.0 | W |
| 20/05/2006 | EM | M2 | Squat | 247.5 | Steve Walker | 75.00 | 75.0 | M |
| 23/04/2006 | EM | M1 | Squat | 317.5 | Andy Hawkins | 123.10 | 125.0 | M |
| 23/04/2006 | EM | M1 | Bench | 227.5 | Andy Hawkins | 123.10 | 125.0 | M |
| 23/04/2006 | EM | M1 | Total | 825.0 | Andy Hawkins | 123.10 | 125.0 | M |
| 23/04/2006 | EM | M1 AC | Bench | 227.5 | Andy Hawkins | 123.10 | 125.0 | M |
| 23/04/2006 | EM | Snr u | Squat | 80.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | Snr u | Bench | 45.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | Snr u | Deadlift | 140.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | Snr u | Total | 265.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | Snr u AC | Bench | 45.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U18 | Squat | 80.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U18 | Bench | 45.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U18 | Deadlift | 140.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U18 | Total | 265.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U18 AC | Bench | 45.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U20 u | Squat | 80.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U20 u | Bench | 45.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U20 u | Deadlift | 140.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U20 u | Total | 265.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U20 u AC | Bench | 45.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U23 u | Squat | 80.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U23 u | Bench | 45.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U23 u | Deadlift | 140.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U23 u | Total | 265.0 | Hadley Jones | 59.70 | 60.0 | M |
| 23/04/2006 | EM | U23 u AC | Bench | 45.0 | Hadley Jones | 59.70 | 60.0 | M |
| 26/03/2006 | EM | M3 AC | Bench | 170.0 | Dave Battisson | 95.00 | 100.0 | M |
| 12/03/2006 | EM | M1 u | Bench | 80.0 | Jenny Hunter | 57.70 | 60.0 | W |
| 12/03/2006 | EM | M1 u | Squat | 100.0 | Jenny Hunter | 57.70 | 60.0 | W |
| 12/03/2006 | EM | M1 u | Deadlift | 140.0 | Jenny Hunter | 57.70 | 60.0 | W |
| 12/03/2006 | EM | M1 u | Total | 320.0 | Jenny Hunter | 57.70 | 60.0 | W |
| 12/03/2006 | EM | M1 u AC | Bench | 80.0 | Jenny Hunter | 57.70 | 60.0 | W |
| 12/03/2006 | EM | M3 u | Bench | 142.5 | Dave Battisson | 94.20 | 100.0 | M |
| 12/03/2006 | EM | M3 u | Squat | 200.0 | Dave Battisson | 94.20 | 100.0 | M |
| 12/03/2006 | EM | M3 u | Deadlift | 235.0 | Dave Battisson | 94.20 | 100.0 | M |
| 12/03/2006 | EM | M3 u | Total | 577.5 | Dave Battisson | 94.20 | 100.0 | M |
| 12/03/2006 | EM | M3 u AC | Bench | 142.5 | Dave Battisson | 94.20 | 100.0 | M |
| 12/03/2006 | EM | Snr u | Bench | 80.0 | Jenny Hunter | 57.70 | 60.0 | W |
| 12/03/2006 | EM | Snr u | Squat | 100.0 | Jenny Hunter | 57.70 | 60.0 | W |
| 12/03/2006 | EM | Snr u | Deadlift | 140.0 | Jenny Hunter | 57.70 | 60.0 | W |
| 12/03/2006 | EM | Snr u | Bench | 142.5 | Dave Battisson | 94.20 | 100.0 | M |
| 12/03/2006 | EM | Snr u | Squat | 200.0 | Dave Battisson | 94.20 | 100.0 | M |
| 12/03/2006 | EM | Snr u | Deadlift | 235.0 | Dave Battisson | 94.20 | 100.0 | M |
| 12/03/2006 | EM | Snr u | Total | 320.0 | Jenny Hunter | 57.70 | 60.0 | W |
| 12/03/2006 | EM | Snr u | Total | 577.5 | Dave Battisson | 94.20 | 100.0 | M |
| 12/03/2006 | EM | Snr u AC | Bench | 80.0 | Jenny Hunter | 57.70 | 60.0 | W |

| 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 |

EM Annual General Meeting

The East Midlands Weight Lifters Association

Annual General Meeting Minutes for 2006.

Meeting Held at Robinson College Cambridge at 1.05p.m.

- Members present;** Peter Weiss (Chair) Jenny Hunter, Dave Tucker, Allen Ottolangui, Ian Kinghorn, Stuart Braxton and Kevin Jane
- Apologies;** Tracy Hawkins, Michael Neil
- Minutes of the previous AGM (28/1/06)** were accepted as true.
- Officer reports;** reports were received from the Chairman, Treasurer, membership registrar, newsletter editor and secretary – there was no discussion at this meeting of the points raised in these reports, this was deferred to the committee meeting that immediately followed the AGM.
- Election of Officers;** The only nomination was for the position of Olympic Secretary - Stuart Braxton proposed by Dave Tucker, seconded by Jenny Hunter.

A verbal resignation had been received from Michael Neil as Schools liaison officer, this position remains vacant. With no other resignations the remaining Officers will continue in post for another year.

Dave tucker did raise the question as to whether the President Wally Pullum is still interested in holding his position as he has not attended an AGM for some time. The Secretary will contact him regarding this.

Dave stated that he wishes to remain as Technical secretary for the Division, but because of personal circumstances cannot be as reliable as he has been in the past. After some debate it was decided an assistant technical officer should be elected to ensure that the role is sufficiently covered. Pete Weiss was consequently elected to this position – nominated Kevin Jane seconded by Dave Tucker.

A new position that of Child Protection Officer was added to the Officials list for the Division - Kevin Jane proposed Peter Weiss seconded Allen Ottolangui

OFFICERS FOR 2007

President
Chairperson

Wally Pullum
Peter Weiss

| | |
|-----------------------------|------------------|
| Treasurer | Jenny Hunter |
| Hon Secretary | Kevin Jane |
| Technical Officer | Dave Tucker |
| Assistant Technical Officer | Pete Weiss |
| Olympic Secretary | Stuart Braxton |
| Power Secretary | Tracy Hawkins |
| Membership registrar | Ian Kinghorn |
| Newsletter Editor | Ian Kinghorn |
| Schools liaison Officer | Vacant |
| Drugs Officer | Kevin Jane |
| Child Protection Officer | Kevin Jane |
| Publicity Manager | Stuart Hamilton |
| Records Officer | Ian Kinghorn |
| Committee Member | Allen Ottolangui |

6/. **Items for BWLA AGM** - non received

Meeting closed at 1.50p.m.

Kevin Jane – Hon Secretary

calender for the year is as follows;-

| Date | Event | Venue |
|----------|---------------------------------------|--------------------------|
| 4/2/07 | East Midlands unequipped powerlifting | Hitchin WLC, Letchworth |
| 18/3/07 | Anglian Open Powerlifting | Hamilton's FC Colchester |
| 13/5/07 | East Midlands bench press | Hamilton's FC Ccolchster |
| 21/7/07 | East Mids, Masters, Juniors, Novices | The Farm WLC Northampton |
| 28/10/07 | Anglian Open bench | Hamilton's FC Colchester |
| 2/12/07 | East Midlands Senior Powerlifting | Hitchin WLC, Letchworth |

EM committee meeting proceeding

THE EAST MIDLANDS WEIGHT LIFTERS ASSOCIATION

Minutes of committee meeting held at Robinson College Cambridge 27/1/2007

Meeting opened at 2.00p.m.

1/. **Members present;** Pete Weiss (Chair) Dave Tucker, Stuart Braxton, Jenny Hunter, Ian Kinghorn, Allen Ottlangui and Kevin Jane.

2/. **Apologies;** Tracy Hawkins

3/. **Matters arising from previous meeting (28/10/06)** ; A request to hold this years British unequipped bench press had been made to Arthur Hoey by Stuart Hamilton, a decision is still awaited.

4/. **Newsletter/communication;** The Secretary raised the point that communicating with the membership is paramount and that this was probably this first AGM that was attended by existing committee members only. It was stressed that if it is not possible to produce an edition of the newsletter the secretary should be informed so that alternative means of communicating with members can be made. Similarly this also applies to Officers who cannot meet obligations.

5/. **Dispensation for lifters;** The Secretary had received an e-mail from a lifter who stated that they could not compete at this years Divisional Championships due to illness. However the lifter had agreed to help out at the championships, but did not appear. He had also informed the Power Secretary of his illness and was therefore still hoping to compete at next years National events. It was not known if the lifter had qualified anywhere else. **(ACTION)** The secretary will look into this further and contact Dave Tucker in due course.

6/. **Financial update;** The treasurer had produced an up to date bank statement of accounts. There were some outstanding incomes from Divisional championships – the Masters, Juniors & Novices held at Yardley Gobion PLC and the Bench Press held at Hamilton's Fitness Centre. Ian will chase up Yardley and Jenny will contact Hamilton's. In Future the Treasurer has agreed to provide an up to date breakdown of the accounts every six months.

7/. **Child Protection** – A brief discussion took place around the current CRB checks being requested by BWLA head office and the need to raise awareness of potential situations to avoid in order to minimise risks to both young people and those responsible for running gym sessions.

8/. The Secretary gave a verbal account of a meeting of powerlifting Directors and Officials that had taken place in Northampton on 19/1/2007. Those present were Peter Fiore, Fred Sterry, Richard Parker, Barry Chivers and Kevin Jane. The main points were;

- A vote of no confidence in the BWLA Chairman Bill Barton who as a result is no longer in office.
- A package being offered to the Chief Executive of BWLA Steve Cannon who has refused this initial offer to resign his post – a subsequent offer is being made.
- The fact that Barry Chivers was not aware that interviews to appoint a replacement for Peter Fiore had taken place, or of the nature of the interview panel and shortlisting process.
- Barry Chivers has a proposed new structure for the management of BWLA he hopes to present which will enable a greater independence in the running and development of powerlifting.
- If this proposal is implemented it could provide an opportunity to elect other officials (using equal opportunity recruitment guidelines!)

9/. Some provisional dates were discussed at the last committee meeting, although not confirmed these are now being advertised on the Hamilton's / Divisional web site. Tracy had forwarded some suggested dates for this years events although these differed from those already suggested. It was agreed that the original suggestions would be adhered to and the calendar for the year is as follows;-

| Date | Event | Venue |
|----------|---------------------------------------|--------------------------|
| 4/2/07 | East Midlands unequipped powerlifting | Hitchin WLC, Letchworth |
| 18/3/07 | Anglian Open Powerlifting | Hamilton's FC Colchester |
| 13/5/07 | East Midlands bench press | Hamilton's FC Colchester |
| 21/7/07 | East Mids, Masters, Juniors, Novices | The Farm WLC Northampton |
| 28/10/07 | Anglian Open bench | Hamilton's FC Colchester |
| 2/12/07 | East Midlands Senior Powerlifting | Hitchin WLC, Letchworth |

In addition Stuart Braxton will be looking to run a Divisional Olympic lifting championships which will be the first for some time – date /venue to follow if enough interest is generated.

10/. **Any other business;**

a) There were concerns regarding levies for entries of Divisional championships not being forthcoming and why this was not imposed on championships advertised as 'open' events. There has not been an increase to enter competitions for some time and the Division does need to extract some revenue for staging events under the BWLA banner where officials are involved.

It was decided (Unanimously) that from now on all Divisional championships and Anglian Open championships will incur a £1.50 levy from each competitor (guest or otherwise) to be paid to the Division via the Treasurer. Entry fees for Divisional events will for the time being remain at £12.50 per lifter but other event entry fees remain at the discretion of the event organiser.

b). Dave had received a request to run a Divisional referees exam but to make it cost effective it was decided that Ian will place an article in his newsletter to see if anyone else is interested in this.

c). Jenny asked if Ian could include details of the rules changes for powerlifting (IPF) in his newsletter.

11/. **Committee meeting Dates 2007** - 21/4/07, 18/8/07, 20/10/07 all to be held at Hitchin WLC Letchworth commencing at 1.00p.m.

Meeting closed at 3.30p.m.

Note: Subsequently to this meeting the dates of the committee meeting of 21/4/2007 has been changed to 5/5/2007 still at the same venue and time.

Yes, we have some Weightlifters.

I would like to go on record to express my thanks to both The Weightlifters' Supporters Fund and the East Midlands Weightlifters Association for helping me to start an Olympic Weightlifting Club in Southern Essex. My name is Stuart Braxton and I teach French at William de Ferrers School in South Woodham Ferrers. In October, The Weightlifters' Supporters Fund provided me with a bar, discs and collars through Brian Hamill.

Initially just two boys showed an interest, one from Year 11 and one from Year 12. Both are very good Rugby players and wanted to lift weights to support their Rugby. They have both become good lifters and I really hope that we can go to a tournament soon. Most recently five year 9 boys have started to attend the club (again 3 to support their Rugby) and the EM Weightlifters Association has kindly offered to fund the extra equipment that I need. I will certainly enter these boys in the postal Clean and Jerk competition along with any other tournaments I can find.

I would like to hear from anyone else in the East Midlands Division who is currently coaching Olympic Weightlifting and I can be contacted at scoobystu854@hotmail.com

Contributed by: Stuart Braxton

British Bench Press 2007

The British Bench Press took place at Tysley, Birmingham on 17th and 18th February 2007.

| Lifter | Age | Bodyweight (kg) | Best lift (kg) | Place |
|-------------------|--------|-----------------|----------------|-----------------|
| Women | | | | |
| <u>44 kg</u> | | | | |
| Chloe Lambeth | U18 | 43.2 | 37.5 | 1 st |
| <u>52 kg</u> | | | | |
| Janice Hobbs | Senior | 48.7 | 60 | 1 st |
| Claire Bailey | M1 | 52 | 45 | 1 st |
| <u>56 kg</u> | | | | |
| Nicola Elding | Senior | 54.95 | 55 | 1 st |
| Hannah Stamma | U18 | 54.5 | 40 | 1 st |
| <u>67.5 kg</u> | | | | |
| Wendy Chamberlain | Senior | 65.9 | 70 | 1 st |
| <u>75 kg</u> | | | | |
| Marian Gibson | Senior | 73.7 | 120 | 1 st |
| Janine Murphy | Senior | 73.6 | 85 | 2 nd |
| Helen Richards | M2 | 73.1 | 67.5 | 1 st |
| <u>82.5 kg</u> | | | | |
| Beth Brown | Senior | 80.3 | 85 | 1 st |
| Jean Maton | M1 | 82.5 | 112.5 | 1 st |
| Cathy Wass | M2 | 76.1 | 60 | 1 st |
| <u>90 kg</u> | | | | |
| Jennifer Nicoll | M1 | 89.8 | 72.5 | 1 st |
| <u>+90 kg</u> | | | | |
| Sue Last | Senior | 122.2 | 130 | 1 st |
| Men | | | | |
| <u>60 kg</u> | | | | |
| Chad Mitchell | Senior | 58.6 | 117.5 | 1 st |
| Sam Beaglehole | U20 | 59.2 | 80 | 1 st |
| Graham Dwars | M1 | 59.85 | 117.5 | 1 st |
| Ted Brown | M4 | 59.65 | 95 | 1 st |
| <u>67.5 kg</u> | | | | |
| Michael Neale | U23 | 65.8 | 120 | 1 st |
| Rob Lambeth | U18 | 67.5 | 92.5 | 1 st |
| Alistair Canning | U16 | 60.95 | 72.5 | 1 st |
| Daniel Lambeth | U16 | 66.1 | 60 | 2 nd |

| Lifter | Age | Bodyweight (kg) | Best lift (kg) | Place |
|-------------------|--------|-----------------|----------------|-----------------|
| Cliff Haynes | M1 | 67.15 | 137.5 | 1 st |
| Gary Prater | M1 | 67.15 | 137.5 | 2 nd |
| Derek Fender | M2 | 67 | 135 | 1 st |
| Zia Mercer | M2 | 66 | 125 | 2 nd |
| Paul Lockett | M2 | 65.4 | 100 | 3 rd |
| Steve Dodd | M2 | 60.35 | 87.5 | 4 th |
| <u>75 kg</u> | | | | |
| Phil Richard | Senior | 70.65 | 193 | 1 st |
| Oliver Gilbert | Senior | 74.4 | 162.5 | 2 nd |
| Tom Brady | Senior | 74.4 | 147.5 | 3 rd |
| Barry West | Senior | 72.65 | 122.5 | 4 th |
| James White | U23 | 74.9 | 127.5 | 1 st |
| Chadd Dowers | U18 | 74.4 | 112.5 | 1 st |
| Daniel Shinton | U18 | 71.2 | 90 | 2 nd |
| Sam Chappell | U18 | 68.5 | 70 | 3 rd |
| Stan Macrow | M2 | 73.2 | 145 | 1 st |
| Alex Lee | M3 | 74.55 | 145 | 1 st |
| <u>82.5 kg</u> | | | | |
| Robert Palmer | Senior | 82.1 | 185 | 1 st |
| Andrew Wright | Senior | 81.75 | 142.5 | 2 nd |
| Paul Gawthorne | Senior | 77.4 | 140 | 3 rd |
| Sean Hawkins | Senior | 80 | 130 | 4 th |
| Justin Martin | U20 | 80.35 | 125 | 1 st |
| Phil Guise | M1 | 81.45 | 175 | 1 st |
| Brian Halliday | M1 | 82.5 | 170 | 2 nd |
| Chris Cooper | M1 | 82 | 152.5 | 3 rd |
| Dave Williams | M2 | 79.5 | 130 | 1 st |
| Gary Conway | M2 | 80.45 | 130 | 2 nd |
| Mick Amey | M2 | 80.55 | 115 | 3 rd |
| Mike Edwards | M3 | 82.45 | 120 | 1 st |
| Dave Kirkland | M3 | 79.95 | 102.5 | 2 nd |
| <u>90 kg</u> | | | | |
| Andy Howard | Senior | 89.3 | 182.5 | 1 st |
| Mitchell tutt | U23 | 90 | 197.5 | 1 st |
| Keith Arkle | M1 | 89.4 | 200 | 1 st |
| Jerry Rice | M1 | 89 | 192.5 | 2 nd |
| Gideon Griffiths | M1 | 90 | 155 | 3 rd |
| John Brookes | M2 | 89.6 | 185 | 1 st |
| Bill MacFadyen | M4 | 84.3 | 175 | 1 st |
| Norman Andersson | M4 | 88.25 | 145 | 2 nd |
| <u>100 kg</u> | | | | |
| Martin Green | Senior | 99.15 | 240 | 1 st |
| Richard Lewis | Senior | 99.4 | 220 | 2 nd |
| Andrew Tanner | Senior | 95.3 | 187.5 | 3 rd |
| John Wright | Senior | 99.95 | 175 | 4 th |
| Carlin Jones | U20 | 94.1 | 152.5 | 1 st |
| Chris Edwards | M1 | 97.7 | 210 | 1 st |
| Geraint Nichols | M1 | 99.95 | 150 | 2 nd |
| Martin Flett | M2 | 98 | 165 | 1 st |
| Bob Baxter | M2 | 97.55 | 147.5 | 2 nd |
| Dave Battison | M3 | 95 | 160 | 1 st |
| John Gavin Walker | M3 | 97.65 | 117.5 | 2 nd |
| <u>110 kg</u> | | | | |
| Pinda Singh | Senior | 107.4 | 230 | 1 st |
| Ian Hawkins | Senior | 104 | 225 | 2 nd |
| Harvinder Singh | Senior | 103 | 180 | 3 rd |
| Joe Guatella | U23 | 101.95 | 140 | 1 st |
| Randy Hayes | U18 | 100.6 | 152.5 | 1 st |
| Gary Costello | M1 | 105.5 | 185 | 1 st |
| Allen Hulme | M2 | 107.95 | 195 | 1 st |
| Fred Smith | M3 | 109.8 | 122.5 | 1 st |
| <u>125 kg</u> | | | | |

| Lifter | Age | Bodyweight (kg) | Best lift (kg) | Place |
|------------------|--------|-----------------|----------------|-----------------|
| Julian Massey | Senior | 114.6 | 185 | 1 st |
| Julian Massey | M2 | 114 | 185 | 1 st |
| +125 kg | | | | |
| Rob Thomas | Senior | 154.5 | 265 | 1 st |
| Jim Blanchflower | Senior | 165.6 | 265 | 2 nd |
| Dave Wightman | Senior | 149.8 | 260 | 3 rd |
| Paul Doherty | Senior | 133.2 | 240 | 4 th |
| Andy Thompson | Senior | 137 | 235 | 5 th |
| Bryn Evans | Senior | 132.85 | 212.5 | 6 th |

East Midlands Unequipped

This years East Midlands unequipped was held once again at the Hitchin & Letchworth Weightlifting Club and took place on 4th February 2007.

| bwt | clas | name | squat | bench | sub | d'lift | total | pos |
|-------|------|-------------------|-------|-------|-------|--------|-------|-----|
| 55.9 | 56 | Jenny Hunter | 95 | 80 | 175 | 142.5 | 317.5 | 1 |
| 64.9 | 67.5 | Jay Adriaanse | 100 | 55 | 155 | 120 | 275 | 1 |
| 67.2 | 67.5 | Cliff Haynes | 150 | 130 | 280 | 205 | 485 | 1 |
| 74.9 | 75 | Allen Ottolangui | 190 | 115 | 305 | 230 | 535 | 1 |
| 74.2 | 75 | Tom Grady | 165 | 135 | 300 | 220 | 520 | 2 |
| 69.1 | 75 | Diego Martinez | 140 | 95 | 235 | 190 | 425 | G |
| 75 | 75 | Devon Zachwatajlo | 130 | 90 | 220 | 165 | 385 | 3 |
| 71.5 | 75 | George Leggett | 150 | 80 | 230 | | | |
| 80.4 | 82.5 | Steve Gates | 195 | 117.5 | 312.5 | 250 | 562.5 | 1 |
| 80.1 | 82.5 | Mick Amey | 170 | 100 | 270 | 220 | 490 | 2 |
| 75.6 | 82.5 | Ivan Otim | 140 | 95 | 235 | 220 | 455 | G |
| 81.5 | 82.5 | Tony Wightman | 150 | 112.5 | 262.5 | 190 | 452.5 | 3 |
| 76.2 | 82.5 | Ryan Eccles | 107.5 | 82.5 | 190 | 150 | 340 | 4 |
| 90 | 90 | Kevin Jane | 220 | 137.5 | 357.5 | 285 | 642.5 | 1 |
| 86.3 | 90 | Doug D'Gama | 167.5 | 147.5 | 315 | 230 | 545 | 2 |
| 83 | 90 | John Lister | 150 | 120 | 270 | 200 | 470 | 3 |
| 99.8 | 100 | Stephen Martin | 227.5 | 130 | 357.5 | 272.5 | 630 | 1 |
| 99.3 | 100 | Eric Boama | 215 | 107.5 | 322.5 | 247.5 | 570 | G |
| 96.5 | 100 | Nick Oliver | 205 | 120 | 325 | 230 | 555 | 2 |
| 92.3 | 100 | Dave Battisson | 180 | 135 | 315 | 230 | 545 | 3 |
| 92.5 | 100 | Stuart Gates | 170 | 125 | 295 | 210 | 505 | 4 |
| 104.5 | 110 | Thomas Celestin | 225 | 160 | 385 | 292.5 | 677.5 | G |
| 108.1 | 110 | Chris Gladding | 150 | 120 | 270 | 150 | 420 | 1 |

Child Protection

BWLA have produced a leaflet on child protection which forms a statement of intent supported by some useful numbers. Below is a copy of the leaflet.

The British Weight Lifters Association



Putting their Weight
Behind
Child Protection

BWLA – Statement of intent

All sporting disciplines that involve the lifting of weights, indeed all sport, can and does have a very powerful and positive influence on people – especially children, young people and vulnerable adults. Not only can it provide opportunities for enjoyment and achievement but also develop additional valuable personal qualities such as self-esteem, leadership and teamwork capabilities.

These positive effects can only be brought about if our sport is in the right hands – in the hands of those who place the welfare of all children, young people and vulnerable adults first and foremost, adopting practices which support, protect and empower them.

Whereas it is recognised that abuse of children, young people and vulnerable adults is a very emotive and sometimes difficult subject, BWLA are convinced that it is the responsibility of every adult involved in every lifting discipline to take an active part in ensuring our sport is both safe and fun for all children, young people and vulnerable adults.

In striving to achieve the climate and conditions in which this can be the case BWLA are committed to the following: -

BWLA will ensure that every child, young person or vulnerable adult who takes part in the sport of weightlifting, powerlifting and weight training should be able to participate in an enjoyable and safe environment. They should be protected from physical, emotional, and sexual abuse, neglect and bullying. Any actions and comments made whilst dealing with young people should always be well considered and should never give rise to misinterpretation.

It is intended that a BWLA coach licensing scheme will be operated, ensuring that any person that become involved with our sport, under the auspices of BWLA, whether directly as an athlete or indirectly as a club / leisure centre / parent / guardian will do so in the full knowledge that accredited BWLA coaches will hold a BWLA coach license card which will dictate their level of qualification as approved by the BWLA and that the following minimum criteria would have been met.

A licensed coach will: -

- Have been checked by the criminal records bureau
- Have provided evidence of professional development and references for any previous coaching activities
- Have completed a Good Practice in Child Protection Awareness training programme
- Hold a valid & appropriate certificate of insurance
- Hold a valid and appropriate first aid certificate

Licensed coaches will also have previously demonstrated their practical skills and teaching abilities, including assessing risks and dealing with safety issues, to the highest level required in order to achieve their particular level BWLA coaching license and will have received professional development which will have enhanced their abilities to work with children, young people and vulnerable adults.

The main key principles that underwrite the BWLA Child protection policy are that: -

- ❑ Anyone under the age of 18 years should be considered as a child for the purposes of this document and that all children's, young people and vulnerable adults' welfare is paramount.
- ❑ All children, whatever their age, gender, culture, ability, language, religious belief, racial origin, and / or sexual identity have the right to be protected from abuse.
- ❑ It is the responsibility of child protection experts to determine whether or not abuse has taken place but it is everyone's responsibility to report any concerns.
- ❑ All suspicions and allegations of abuse will be taken seriously and responded to swiftly and appropriately.
- ❑ Regional areas, clubs and other organisations will be provided with the appropriate documentation and support to ensure that they are able to implement the Policy.
- ❑ All adults working with children, young people and vulnerable adults are made aware of and then keep up to date with best practice through education and training. This provides both important safeguards for children and also helps to ensure that adults do not place themselves in positions where they may be vulnerable to the rare possibility of false allegations of abuse."
- ❑ Working in partnership with children and their parents / carers is essential for the protection of the child / vulnerable adult.
- ❑ The BWLA recognise the statutory responsibility of Social Services Departments to ensure the welfare of children and it is committed to complying with Local Area Child Protection procedures.

The BWLA Child Protection Policy & Procedures are intended to be a UK wide policy and have been written with this purpose in mind. The Guidelines, procedures and advice can be transferred to all regions of the UK, but the BWLA fully recognise that there are minor legislative differences throughout the regions. However, the guiding principles of the legislative differences remain the same.

It is a criterion that all clubs, regions and affiliated bodies require staff, coaches, officials, administrators, parents and participants to adopt and abide by the British Weight Lifters Association's Child Protection Policy and Procedures.

Some useful Information and Contacts: -**BWLA National Child Protection Officer: - Tel: 07766 918239****Childline UK – www.childline.org.uk Freepost 1111, London N1 0BR**

ChildLine is the free, 24-hour helpline for children and young people in the UK. Children and young people can call their helpline on **0800 1111** about any problem, at any time - day or night. Children who are deaf or find using a regular phone difficult can try their text phone service on **0800 400 222**. ChildLine's counsellors are there to help you find ways to sort things out.

NI Childline - PO BOX 111, BELFAST, BT1 7DZ**TEL: 028 9032 7773 FREEPHONE: 0800 1111**

ChildLine is confidential - which means they won't tell anyone about your call unless you want ChildLine to talk to somebody for you, or you are in danger. Their lines can be busy but please keep trying and you will get through.

NSPCC - www.nspcc.org.uk**National child protection helpline *Free-phone 0808 800 5000****National Centre, 42 Curtain Road, London, EC2A 3NH – Tel: 0207 8252500**

- The NSPCC Child Protection Helpline is there to help you, 24 hours a day, 7 days a week. *Calls are FREE, unless you're calling from a mobile phone.

Welsh Helpline – 0800 1002524**Asian Helpline - 0800 0967719****Deaf Users Textphone – 0800 056068****CPSU – www.thecpsu.org.uk****3 Gilmour Close, Beaumont Leys, Leicester L4 1EZ, telephone: - 0116****2347273** The Child Protection in Sport Unit (CPSU) provides further information on Child Protection - Good Practice.**Children 1st – Room 142 Learning and Teaching Scotland, 74 Victoria****Crescent Road, Glasgow, G12 9JN 0141 342 4870 www.children1st.org.uk****Criminal Records Bureau (CRB) P.O. box 91, Liverpool L69 2UH telephone: - 0870 9090811**

Sport Scotland Further information on Scottish legislative differences to the BWLA child protection policy and procedures can be sought on www.sportscotland.org.uk

EM back on the Olympic Weightlifting map

Thanks to a generous grant from the EM Weightlifters Association and with equipment from the Weightlifters Supporters Fund the EM Division turned out competitors for the London Spring Open on 24th March 2007 at Crystal Palace.

Three lads from the William de Ferrers School competed with James Moore picking up a bronze. Dave Mowat and Jonny Bowles posted good totals but were beaten by lifters with far more experience. Blue Peter presenter Gethin Jones took part in the competition and presented James with his medal. Hopefully TV coverage will generate some more interest and more competitors. For the lads however the real highlight was seeing Maxim from the EM division putting on a magnificent display. For the author it was a privilege to load his bar in the warm-up room!

I believe that this event was a real boost for the division. We are at least on the map and I hope that this is the start of a revival. I hope that Squad Sessions and Master Classes will follow using the talent that we have in the Division.

Contributed by: Stuart Braxton

Referee's examination

Anyone interested in studying and taking their referee's examination to become a divisional referee should contact Dave Tucker on 01223 411414 or speak to him in person. Our sport needs referee's in order to hold competitions, as well as loaders and others willing to volunteer to stage competitions.

The referee's examination is comprehensive but it relates to all the things that lifters need to know in order to lift, it in essence tests your ability to execute a successful lift and what would be a cause to fail a lift. There are in addition some technical details on platform, equipment and such, however again these are things you should have a basic understanding if you are a current lifter or close to the sport.

Progress as a referee follows the following schedule

- Divisional referee: assessed by examination
- National referee: assessed by observation
- IPF category 2: national referee for 2 years and having officiated at 2 (minimum) national championships and pass written and practical examination
- IPF category 1: category 2 referee for 4 years and having officiated at 4 (minimum) international championships, pass category 1 practical examination

The first step is through your division, see Dave.

Competition calendar

East Midlands

| Date | Competition | Venue | Contact |
|------------|--|--|-----------------|
| 13/5/2007 | EM bench press | Hamilton's Fitness Colchester | Stuart Hamilton |
| 21/7/2007 | EM Masters, Juniors and Novices Powerlifting Championships | The Farm Northampton | Kevin Jane |
| 28/10/2007 | Anglian Bench Press | Hamilton's Fitness Colchester | Stuart Hamilton |
| 2/12/2007 | EM Divisional Powerlifting Championships | Letchworth Weighlifting Club Hitchin | Alan Ottalangi |

National

| Date | Event | Venue/Location |
|--------------|--|-----------------------------------|
| 16-17/6/2007 | British Powerlifting Championship | Birmingham Sports Centre |
| 28-29/7/2007 | British Unequipped Bench Press Championship | Hamilton's Fitness, Colchester |
| 1-2/9/2007 | British Unequipped Powerlifting Championship | TBA |

Contacts

East Midlands: Officers of the Divisional Council

| | | |
|--|---|---|
| General Secretary, Child Protection Officer & 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 & Assistant Technical Officer | Pete Weiss 1 Fairmile Kingsthorpe Northampton NN2 8DQ | Tel: 01604 844669 e-mail: peter@pweiss.wannadoo.co.uk |
| President | Wally Pullum 22 Dunsby Road Luton Bedfordshire LU3 2UA | Tel: 01582 592841 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 |
| Power Secretary | Tracy Hawkins 97 Brampton Close Corringham Essex SS17 7NR | Tel: 01375 640100 |
| Membership registrar, Newsletter Editor & Records Registrar | Ian Kinghorn 20 Bell Close Helmdon Brackley Northants NN13 5UH | Tel: 01295 760172 e-mail: ian.kinghorn21@bcs.org |
| Publicity manager | Stuart Hamilton Hamilton's Fitness Centre Telford Way Colchester Business Park Colchester Essex CO4 9QP | Tel: 01206 854319 e-mail: hamiltonsfitness@aol.com |
| Olympic Secretary | Stuart Braxton | |
| Disabled Secretary | Vacant | |
| Course Co-Ordinator | Vacant | |
| Schools liaison officer | Vacant | |
| | Allen Ottolangui 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 | | | | | | | | | |
|--|--------|-----|-----|--|--------|-----|-----|-----|-----|
| Weight Class | Women | | | | Men | | | | |
| | 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 | - | - | - | - |