



# Ultimate Power

The official magazine of the East Midlands Powerlifting Association  
A division of the Great Britain Powerlifting Federation

June 2014



**Congratulations to our successful lifters and team in the World Classic Powerlifting Championships**

## Editors View



Hi again to all East Midlands powerlifters.

No matter how many years I've been involved in the sport of powerlifting things can still happen to shock and amaze you - such an event happened recently and I'm never going to hear the last of it so let's get it over with - Allen Ottolangui is a World Champion - no - I'm not on drugs - it's true!!! Despite his best efforts to avoid the limelight he is now officially an East Midlands celebrity and is insisting on being addressed as "Lord Allen" at all times. We also had marvellous performances from several other East Midlands lifters at the World Classic Powerlifting Championships in South Africa and a full report is contained in the newsletter.

The Farm Open Classic Championships also took place in Moulton in April and a full report and photos are included. There are many new lifters taking up powerlifting especially in the East Midlands - sometimes it's hard to remember who everyone is first time out so apologies if there are wrong names to any of the photos.

The next quarter has a lot of activity with the British Seniors and Juniors at Moulton College on 12<sup>th</sup> & 13<sup>th</sup> July, the East Midlands Masters, Juniors and Novices and Anglian Open Championships at Yardley Gobion on 19<sup>th</sup> July (good to see a total of 15 novice lifters entering their first competition) and the All England Powerlifting Championships at Moulton College on 16<sup>th</sup> and 17<sup>th</sup> August with over 140 entries (going to be some mammoth lifting sessions there).

Good luck also to our members off to the Czech Republic to lift in the European Masters in July - Jenny, Jackie, Kevin and of course Lord Allen of Letchworth.

It's also good to see several East Midlands members taking the recent refereeing course held at Hamilton's Gym - with the increasing interest in the sport and larger entries to competitions more referees are going to be essential in the future.

Thanks to Tony Wightman for an interesting article on training as a Masters lifter - very relevant to the more senior members of the division (you know who you are)!!

Finally the same old request - there isn't much else in this newsletter other than reports which the same few put together - it would be great to have any views, ideas, tips, profiles etc from some of the newer younger members to include in the next issue so come on - I'm sure you're all sick about hearing about Lord Allen already!!

Good lifting.

Steve Walker

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# Competition Calendar

## July – October 2014

### [Sun Jul 6](#)

Spartans bench press competition @ Essex University Sports Centre - Jul 6 all-day

### [Sat Jul 12](#)

British Senior and Junior @ Moulton College - Jul 12 – Jul 13 all-day

### [Sat 19<sup>th</sup> July](#)

East Midlands Masters, Juniors & Novices @ Yardley Gobion – 19<sup>th</sup> July all day

### [Sat Jul 26](#)

Greater London Club Championships @ Bethnal Green Weightlifting Club - Jul 26 all-day

### [Fri Aug 15](#)

All England @ Moulton College - Aug 15 – Aug 17 all-day

### [Fri Sep 5](#)

British Bench Press Classic @ Durham rowing club - Sep 5 – Sep 6 all-day

### [Sun Sep 14](#)

Mick Barry Memorial Open Bench Press and Deadlift Championships @ Independent Gym - Sep 14 all-day

### [Fri Sep 19](#)

British classic – Women @ Bethnal Green - Sep 19 – Sep 20 all-day

### [Sun Sep 28](#)

North West Bench Press Championships @ Intershape Gym - Sep 28 all-day

### [Sat Oct 4](#)

British Classic – men @ Astor College - Oct 4 – Oct 5 all-day

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**Calendar and entry forms in full on the GBPF website**

# The Farm Open Classic

The competition was held at the Farm training gym at Moulton College, Northampton on April 26<sup>th</sup> 2014 and was a well supported event being “open” to lifters from all divisions.

This was primarily arranged as a competition to give the East Midlands unequipped lifters who had not been able to compete in the Divisional Unequipped Championships a chance to lift in a raw event. Although the lifting area was fairly compact we were able to fit everything in and the competition ran very smoothly.

The day was split into two groups – one from the first weigh in and onward from the second. Overall there were 34 lifters of which 8 were ladies, 26 men 1 of whom lifted equipped. Throughout the day the standard of lifting was good considering that it was a first competition for some of the lifters.

First off in the ladies group was Imelda Flanagan on her own in the lightest class – 47kg and she made 222.5kg total.

Again there was only one lifter in the 57kg class – Fay Jordan who totalled 277.5kg.

Two lifters in the 63kg class – Samantha Cox and Roxanne Richards and it was fairly evenly matched with Samantha coming out on top with 257.5kg compared to Roxanne on 242.5kg total.



**Roxanne's first deadlift – 110kg**



**Samantha pulls an easy 122.5kg**

Also lifting as a sub-junior was Sam Chan weighing in at 57.8kg who made a good 200kg total so well done there Sam



**Sam shows a good arch on her opening bench press**

The 72kg class was won by Nina Cambetta weighing only 66kg who put up an impressive total of 328kg with 8 lifts from 9.



**Nina deadlifts 145kg sumo style**

Second with a lot more to come in the future was Laura Porter with 245kg total.



**Groovy socks modelled by Laura today**

On her own in the 84kg+ class was Anna McNab from Greater London making a total of 425kg.

Onto the men's section and first off were Dave Brown and Joe Strike in the 59kg class showing the huge age difference that rarely occurs in other sports with Dave being Masters 3 and Joe a Sub Junior. Dave used his experience to win with a total of 285kg with Joe making a creditable 272.kg with more to come I'm sure.



**Over 45 years age difference but just 12.5kg between Dave and Joe**





Three lifters in the 74kg class, one of which was Henry Clarke, Masters 4 from the South Midlands (as seen on TV's Amazing Greys) who it's always good to see and still putting up respectable totals after many years of lifting. Dean Kehoe was looking good in this class and won by quite a margin from William Brown with a 500kg total.



**Dean with an easy opener of 195kg – he tried and missed a 235kg attempt later**



**175kg for William**

Four lifters in the 83kg class, two of who were juniors, one senior and one masters 4. The seniors was won by Lee Ditchman ahead of Ali Wilson, Lee making 530kg.



**Lee's opening deadlift – a nice round 200kg**



**Ali makes 190kg and finished with 210kg today**

Ernie Parks, Masters 4 lifter from London travels everywhere to lift and is still going strong making a 480kg total.

Matt Hague a South Midlands Junior lifter lifted well to make 470kg but couldn't quite match the performance of Yianni Kyriacou also from the South Midlands who totalled 500kg only missing his opening squat. The number of lifters increased with the heavier classes and the 93kg class had six lifters including two juniors, three seniors and one Masters 1 and overall Matt Deacon-Smith excelled in this weight class as a junior lifter making a fine 625 including a superb 300kg deadlift. No one else in the event was able to get near that lift.



**A big fat 300kg deadlift for Matt**

James Taylor lifted equipped and finished with a good 575kg total.



**James opener of 205kg**

Diego Martinez-Rodney, Matt Eardley and Matt Owens were the senior lifters of whom Diego from Greater London did the best with 9 good lifts from 9 and a total of 617.5kg, the two Matts making 532.5 and 470kg respectively.



**Diego opens with a big 240kg and went on to pull 265kg today**

Nigel Downey was on his own as a Masters 1 lifter and put up a 445kg total.



**165kg was Nigel's best successful attempt**

Onto the 105kg class again with six lifters, all from the East Midlands.

Stewart Gates and Frank Kamau both are both Masters 1 lifters with Stewart forging ahead with a total of 617.5kg to Franks 520kg.



Stewart opened on 130kg and went to get 140kg



Frank made 230kg look easy enough and got one more of 240kg

Luke Saville won his class as a junior with 415kg and unfortunately Sam Smith bombed out on the squats with 167.kg – better luck next time Sam.



Keiran Stubbings lifting as a Sub Junior did himself proud with a total of 455kg and Scott Ramsay also on his own as a senior lifter made a 617.5kg total.



**180kg opener for Kieran**



**Strong raw benching from Scott with 135kg opener and a best of 145kg**

Three lifters in the 120kg class with senior lifter Kacper Jaworski on his own and making the biggest total of the day with 9 from 9 and a 650kg.



**145kg opener for Kacper, he went on to get 160kg**

Two junior lifters Sam Harvey and Sam Moini with Sam Harvey winning out with a 555kg total ahead of Sam Moini on 460kg.



**Sam Harvey pulled 3 good lifts finishing with 235kg today**

Finally the 120kg+ class with just one big boy today – David Rygielski lifting as a junior lifter (he has three Shredded Wheat for sure) making a 550kg total.

Overall a very good day which from talking to various people on the day was a well run event which is nice to know.

Many thanks to the loaders on the day for doing a great job and being spot on when it came to the bench saving a few lifters on failed attempts.

**Thanks to Pete Weiss for the report and photos**



## **World Classic Masters Powerlifting Championships**

The World Classic Powerlifting Championships was held in Potchefstroom, South Africa and this year it included the Masters for the first time. It is winter in South Africa and although it was sunny during the day it was very cold especially at night. A strong Team of 9 Women and 13 Men made the trip.

The Women M1 Team consisted of 4 lifters all of which were at their first International so some very nervous faces. First up was Anita Kidgell in the 52Kg class. Anita started with two solid Squats getting 70Kg missing 75Kg on her third. On to the Bench and Anita looked like she could be in the running for an individual medal. Her opener of 50Kg put her in second on bodyweight behind the French girl, then both of them took 52.5Kg on their second attempts and both successful leaving Anita still in the silver medal position, neither got their thirds so Anita remained in silver position. At the deadlift it looked like the overall positions were going to be fought out between the Russian and two French girls but again Anita had a chance of an individual medal and after a strong opener of 107.5Kg and a good second of 112.5Kg, missing her third but gaining Bronze on the deadlift and finishing 4<sup>th</sup> overall with a 235Kg total and 7 points for the Team.

Next at M1 was Beverley Rogers also in her first international at 63Kg. Again another tough class with the Russian, French and Fin fighting it out for the positions but Beverley showed her determination getting all three squats, finishing with 102.5Kg. On the Bench the Russian only got her opener of 70Kg which meant Beverley needed 72.5Kg on her third attempt to get the Bronze which she did. Beverley's third attempt deadlift of 132.5Kg left her in fourth on bodyweight for a deadlift medal and her total of 307.5Kg left her in 4<sup>th</sup> overall and another 7 points for the Team a very solid performance for her first international.

In the 84Kg class saw Jo Whiteley, a very tough class with the American hitting a World record squat and total. Jo had a nervous start only getting her opening squat of 95Kg and one bench of 62.5Kg but she came back on the deadlift getting all three attempts finishing with 147.5Kg and a total of 305Kg and 4 more points for the team, I am sure there is a lot more to come from Jo.

Last up for the M1 Team was Karen Towersey at 84+Kg - another strong class. A nervous Karen got two squats finishing with 100Kg but then Karen got into the swing of it and managed all three benches and 65Kg. The deadlift saw three strong lifts from Karen achieving 135Kg and a 300Kg Total and 7 points for the Team who finished 5<sup>th</sup> in the M1 Team event, a good show from our Women M1s in their first International.

The M2 Women always looked like they were in for the medals, first up our most consistent lifter Jenny Hunter, her first attempt Squat was turned down on depth but Jenny came out and got the next two and 75Kg giving her Silver. Jenny's opening bench of 62.5Kg was a new World Record, Jen then followed this up with two more World Records of 67.5Kg and an easy

70Kg and the Gold. Jen's opening Deadlift of 120Kg was comfortable so she went straight to the World Record of 130Kg again successful, so her third was called at 138Kg after the Fin M3 pulled 137.5Kg, and after a very strong pull Jenny completed it and another World Record and World Record Total 283Kg giving her Gold overall and 12 Team points.

In the 72Kg class Sue Giles had some stiff opposition in the American but Sue showed true character getting 9 from 9 including a 85Kg squat, 60Kg bench and 122.5Kg deadlift giving her 267.5Kg total and Silvers across the board and 9 team points.

Jackie Blasbery lifted alone in the 84Kg class but like a true champion she still went for it getting 135Kg World Record squat on her third attempt followed by an easy 90Kg World Record bench finishing with a World record 170Kg deadlift and 395Kg World Record total, 9 from 9 for Jackie and a World class performance 12 more Team points.

In the 84+Kgs on paper it looked like it was going to be a close class but after the American bombed on the Squats it left it wide open for Karen Richardson in her first international and Karen showed her worth with a great performance getting three squats and two World Records 140Kg then 147.5Kg for the Gold. Three good benches and 70Kg gave Karen the Silver. Then Karen's favoured lift the deadlift an easy opener and second left the way open for Karen to attempt a new World Record 180Kg after a strong pull Karen got the lift and gold, giving her a 397.5Kg total and overall gold and 12 Team points.

The Women M2 Team took the win in the Team event by 12 points a brilliant performance.

Only one lifter in the M3 Women - Marina Cornwall in the 47Kg class, who also had some stiff opposition in the American. Marina squatted well getting all three attempts and 77.5Kg but the American took the lead with 80Kg.

On the Bench both lifters failed their third attempts but Marina's 47.5Kg took the gold over the American by 2.5Kg leaving them level at subtotal with Marina having the bodyweight advantage. Both lifters opened on 110Kg which was a World Record with the American claiming it on lighter bodyweight. Second attempts and both opted for 115Kg another World Record again both successful but again going to the American on bodyweight. With Marina having the lower lot number she opted for 120Kg forcing the American to take the same. Marina showed what a true competitor she is and pulled 120Kg World Record deadlift leaving the pressure on the American which on this occasion proved to be too much and she missed it giving Marina the overall Gold by 5Kg and a World Record total of 245Kg. Marina managed 2<sup>nd</sup> in the M3 best lifter and amazingly was 3<sup>rd</sup> in the Team event on her own.

A great performance by all the Women with a grand tally of 9 individual Gold's, 7 individual Silver's and 2 individual Bronze medals. Then 4 overall Gold's and 1 overall silver topped with 14 World Records and a Gold and Silver in the Team events. Well done to all.

On to the Men and another strong Team of 13. First up at M1 was Kevin Wooldrage in the 74Kg class. Kevin started his campaign with two good squats, missing his third leaving him with 170Kg. A 112.5Kg Bench on his third attempt kept him in 5<sup>th</sup> place at the sub total. Kevin got all three deadlifts with a best of 202.5Kg giving him a 485Kg total and 5<sup>th</sup> place and 6 team points.

Martin Smith was next to the platform in a very strong field of 11 lifters in the 83Kg class. Martin's second attempt squat of 180Kg was his best on the day but Martin showed his benching power with three solid attempts and a best of 152.5Kg which put him in 5<sup>th</sup> place on the bench. On the deadlift Martin missed his third attempt of 230Kg leaving him with a 220Kg and 552.5Kg total and 9<sup>th</sup> place adding 2 more points to the Team.

At 93Kgs Tim Wheeler coped with his nerves brilliantly getting all three squats finishing with 210Kg and a respectable 5<sup>th</sup> place. Tim also got all three attempts on the bench finishing with 110Kg.

The deadlift saw an outside chance of a individual medal for Tim, after his second attempt of 242.5Kg a third of 250Kg was put in but a late change from the coach's to 252.5Kg caught the Americans napping so Tim needed this for a Bronze on deadlift which he duly pulled giving him 572.5Kg total and 7<sup>th</sup> place overall and 4 points and probably the biggest smile you have ever seen.

In the 120Kgs we had two lifters in Andy Rodney and Colin (the second best deadlifter in Ireland) Wright. On paper this looked to be one of the toughest classes, Andy and Colin both got their opening Squats but Andy's second of 285Kg was failed on depth. Knowing he needed to keep up with the rest of the field to be in with a chance Andy opted for 295Kg on his third which again he failed 2 to 1 on depth leaving him off the pace in 4<sup>th</sup>. Colin Squatted well getting all three and 302.5Kg and a Silver.

The Bench saw a slightly deflated Andy get his opener of 170Kg but miss 180Kg on his next two attempts. However, Colin took three good attempts building a solid subtotal finishing with 177.5Kg.

On to the deadlift and Andy knew he was out of the running for a overall place but showed his true competitive character getting a PB 287.5Kg on his third giving him the Silver and 4<sup>th</sup> overall with a 717.5Kg total and 7 well earned points. This was Andy's last year at M1 so good news for the M2 Team next year. Back to Colin (the deadlifter) Mullan, sorry I meant Wright, a comfortable opener of 280Kg virtually clinched the title and his second of 295Kg made sure of the win. Colin then opted for 310Kg on his third for the Gold on the deadlift and making him the second best deadlifter in Ireland which he was successful with giving him the Overall Gold with a massive 790Kg total and 12 points. Colin also won the Best M1 lifter a great achievement.

In the 120+kg class saw Irelands number 1 deadlifter Ricky Mullan. Ricky was quite light for this class only weighing 124Kgs but even so squatted well getting all three attempts and the silver with 265Kg.

Ricky's shoulder injury meant his bench was down but he managed 127.5Kg which kept him in the running for the overall medals. On to the deadlift and Ricky showed why he is Irelands number 1 deadlifter opening with an easy 280Kg he then took 295Kg on his second giving him the Gold on deadlift. Ricky then opted for a massive 312.5Kg which he pulled comfortably giving him a 705Kg total and overall Silver and 9 Team points.

The M1 Team finished in third behind USA and Finland a fantastic result.

On to the M2 men and Bill Taylor in the 66Kg class. This was Bills first International and he lifted solidly getting 120Kg squat narrowly missing 125Kg on his third because of losing his balance. Three good benches left Bill with 90Kg and 4<sup>th</sup> place on the bench. Also on the deadlift Bill got all three with a 150Kg giving him a 360Kg total and 6<sup>th</sup> place overall which meant a good start for the M2 Team with 5 points.

Next up for the M2s was Allen Ottolangui in the 74Kg class. After the American injured himself on his opening squat (slipping on a banana skin left by Allen) this left the class wide open. Both Allen and the Australian struggled on the squats (as usual) only getting one each leaving Allen in front by 5Kgs with 165Kg and the Gold. After receiving treatment for shock and high blood pressure Allen took steady jumps on the bench keeping in front of the Australian, getting all three finishing with 107.5kg for another Gold and more accident and emergency treatment. Both lifters opened at 195Kg on the deadlift keeping Allen 12.5Kg in front on the total. Again both took 202.5Kg on their second and were both successful. Allen's third of 205kg was enough to put it out of reach for the Australian so he also took 205Kg on his third to gain the Gold on the deadlift on bodyweight leaving Allen with the overall Gold, a hernia and 12 more points for the Team.

Chris Cooper was our next lifter at 93Kg. Chris started his campaign with three strong squats giving him the Bronze with 205Kg. Onto the bench, and Chris looked like he could be in the medals again, a strong opener of 145Kg then another good lift on his second of 150Kg was enough for the Silver with his third of 152.5Kg just too much today. At the deadlift Chris was in a good position and his third deadlift of 242.5Kg gave him a 597.5Kg total leaving him in 4<sup>th</sup> place just 10kgs off second and 7 points.

The 120Kg class saw Marc (Shrek) Giles. Marc had his work cut out with the big squatting Russian. Marc's third squat of 210Kg was good enough for the silver but was 40Kgs off the Russian's 250Kg. Marc knew he could pull back on the bench and did so brilliantly getting all three attempts and 167.5kgs taking gold. The Russian's 142.5Kg meant Marc had pulled back 25Kg so was only 15Kg down at the sub total stage.

Marc was the heavier man so he needed to out deadlift the Russian by 17.5Kg. After their first two attempts Marc had kept his nose in front, then the Russian pulled 235Kg on his third leaving Marc needing 252.5Kg which like a true Ogre he pulled giving him Gold on the deadlift and the World Shrekian Title by 2.5Kg with a 630Kg total and 12 Team points.

Robert Sadler in his first International was in the 120+Kg class. Robert was up against a big Russian but he showed his worth by getting all three squats and the silver with 220Kg only 10Kg behind the Russian. A good opening bench of 140Kg then Robert missed his second of 150Kg on a technicality so took it again on his third and got it for the Silver.

Roberts opening deadlift of 230Kg was easy but again was failed on a soft lock out so he took it again on his second and made sure of it, this meant that the overall silver was safe so Robert went for a massive 270Kg to gain Gold on the deadlift. He got it moving but ran out of steam leaving him with a 600Kg total and 4 silver medals and 9 points for the Team.

The M2 Team came second only one point behind the French once again a great performance by all.

Sadly we had no lifters in the M3s so on to the M4s and Desi Scott at nearly 74 years young lifting in the 74Kg class. Desi missed his opening squat but came back strong getting his next two and the silver with 102.5Kg.

Desi lost a bit of ground on the bench only getting his second of 77.5Kg but he performed on the deadlift getting all three attempts and 157.5Kg giving him the Gold and Silver overall with a 340Kg total and a valued 9 Team points.

Last but not least was Ernie Parkes in the 83Kg class. Ernie also nearly 73 years young showed his wealth of experience, supporting a thigh strain Ernie's squats were down on his best but he did enough to keep himself in contention getting all three and 125Kg and the Silver.

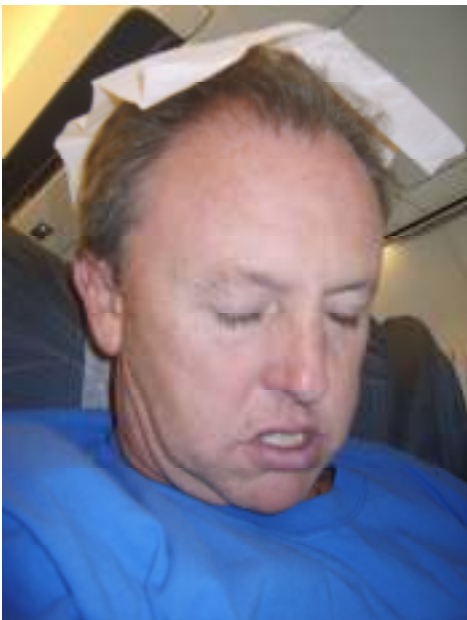
Ernie's third Bench of 92.5Kg took the Gold by 2.5Kg over the New Zealander but then came Ernie's favoured lift the Deadlift. His opener of 200Kg set a new World Record then a comfortable second of 210Kg increased the World Record also giving him a World Record Total of 427.5Kg and the overall gold. Ernie decided not to take a third but he gained 12 points. Ernie also took the Bronze in the M4 best lifter.

Although we only had two lifters in the M4 Team they came 4<sup>th</sup> in the Team event scoring the same as the Russians in third but losing on Wilks points.

The Men's Medal haul was 9 Individual Gold's, 11 Individual Silver's and 2 Individual Bronze medals. Then 4 Overall Gold's, 3 Overall Silver's with 3 World Records. A 3<sup>rd</sup> and 1<sup>st</sup> in the Best Lifters and a Silver and Bronze in the Team events.

The Men and Women combined won 52 medals. The Masters lifters should be proud of a fantastic achievement and hopefully we can top this next year. However, all this success does not come without the help of others so I would like to thank everyone who pitched in to help especially Arun Singh, Marc (shrek) Giles, Martin Bass and Andy Rodney who were at the venue from early morning to late at night. I think we owe a lot to these people who gave up their time to help us all lift so successfully. Look forward to seeing you all again soon.

Allen Ottolangui (Masters Team Manager) xx



The team manager, heavily sedated, on his way to the local hospital in total shock after winning the one legged egg and spoon race!!

# Training for the older Master Powerlifter

## By Tony Wightman

Having reached three score years i.e. Masters 3 – I thought it might be of interest to younger lifters as to what's ahead of them. The good news as you get older is that your basic strength can be maintained to a high level – it is your mobility, speed and recovery that decline first.

Classic powerlifting came in just at the right time for me as my masters weightlifting career was coming to an end. As hard as powerlifting was in my 50s I found it a bit easier than trying to lift those weights overhead.

Avoiding injury is critical at any age but is vital at 60+ as the body takes longer to heal. Recovery is the key as I have found lifts can still be pushed to maximum but then the body needs to be given plenty of chance to recover.

Plenty of warm up, steady increases and then just one all out set whether reps or a single when going heavy works best for me.

Good form on the lifts has to be maintained and although it doesn't come as easy as it used to it can be done. Training twice a week may seem not enough to many but overtraining is counterproductive especially as I still do a fairly heavy manual job.



**Tony still pulling 190kg at the Divisionals**

As to nutrition and competing at the best weight class you have to be aware that you're not burning up calories quite as easily as you used to and that if you're not careful you can end up moving up a class with little increase in total! So some aerobic work should be included and a good balanced diet.

Now to drugs! Don't panic I mean pain killers and anti-inflammatories and they should be used as little as possible. I only take them before training – not after – you have to accept a bit pain and stiffness and not mask any injury or strains.

The mental side is different from younger days as well. Accepting lighter weights can be hard and although you can slow down the ageing process decline is inevitable and lower qualifying totals proof of this. So I find it quite a challenge to just maintain weights as opposed to increasing them as we used to. But training with a lifter in the next age group is a great help as is hearing the moans and whinging of trainers almost half my age!

I know it happens at any age but as memory and concentration seem to be getting worse and looking for misplaced belts, wrist wraps or smelling salts can be quite entertaining for all concerned.

So I hope I've encouraged not discouraged lifters heading towards Masters 3 to keep competing and enjoy and be prepared to listen to what your body is telling you.

### **Tony Wightman**







## East Midlands Committee Meeting minutes from 26<sup>th</sup> April 2014.

### Meeting held at Moulton College, Northampton and opened at 5.00pm

1. **Members present-** Jenny Hunter, Pete Weiss, Allen Ottolangui, Ian Finch, Chris Gladding, Krishnaa Mahbubani, Kevin Jane
2. **Apologies-** Steve Walker, Dave Tucker.
3. **Matters arising from previous meeting (2/2/2014) Referees course** – booked for the 31<sup>st</sup> May 2014 at Hamilton's Fitness Centre, Colchester with so far 8 signed up. Chris still awaiting exam papers from Doreen Dowsett, will continue to chase her for these.

**Drug testing** – A decision to either test at this years' equipped championships or to wait until next years' divisional classic was deferred until the next meeting (19/7/2014 after Master, junior novice comp).

4. **Championship dates** – The Masters, novices and juniors incorporating the Anglian Open will be at the Yardley Gobion WLC on the 19<sup>th</sup> July 2014. Entry forms should be on line by June. The secretary to contact Stuart Hamilton to confirm the date for the divisional Bench Press as 13/10/2014. A date and venue are still required for this years' divisional equipped championships, Krishnaa is meeting re the possibility of using Cambridge University and should have an answer by the end of May.
5. **Member complaint** – all appears to be resolved so no further discussion or action necessary.
6. **Financial update** – The current balance stands at £2,826.14 with £70 to come from today's classic competition. ***It was decided that in order to contribute towards officials and loaders expenses at events, the cost of entering divisional competitions will be increased from £15 to £20 with a £2 per lifter levy to be paid into the divisional account.***
7. **A.O.B.** a). Jenny raised an issue regarding the current IPF rules governing 'classic' competitions and the apparent lack of clarification of what is an acceptable t-shirt, question and answer below.

*Could I ask for some clarification regarding T-Shirts for classic lifting.*

*The ruling states:*

*A standard/regular cotton or polyester or mixture of cotton and polyester (as pictured)\*must be worn under the lifting suit during the performance of the squat and bench press, but is optional for men in the dead lift. Women must wear a T-Shirt while competing in all three disciplines.*

*(a) It may be of any colour or colours, and may be the official T-Shirt of the contest in which the lifter is competing.*

*(b) It may bear the badge or inscription of the lifter's Nation, National or Regional Federation, or Sponsor. (Refer to Sponsor's Logos IPF Technical Rules)*

*(c) It shall not have sleeves, which terminate either below the elbow or at the deltoid. Lifters may not push or roll the sleeves up to the deltoid when competing in IPF Competition. T-Shirts must not be worn inside out.*

*\*There is no picture, and there is no mention of what sort of neckline is acceptable, neither does it mention if zips are allowed. Do the personal equipment rules in "The Technical Rule Book" book apply to classic lifting as well. A lot of new Classic only lifters only read the Classic rules.*

The answer is the rules for personal equipment apply to both equipped and classic unless they specifically refer to supportive items. The section for T-Shirt, for example, is headed T- Shirt/Supportive Shirt. Zips are not allowed and my understanding is that V neck shirts are not permitted.

Hope this answers your question.

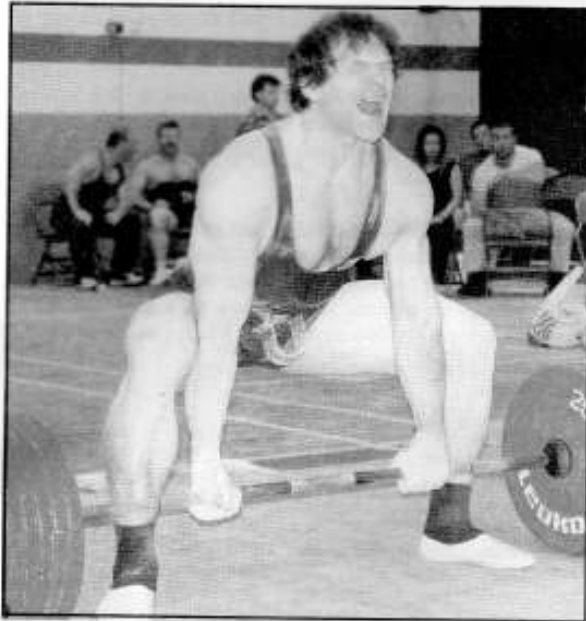
Regards, Richard

**The committee decided that a reminder needed to be included in the newsletter that lifters who compete unequipped in equipped divisional competitions cannot claim qualification standards for national championships.**

Meeting closed at 5.45pm

Kevin Jane – General Secretary

## "DEADLIFT OFF THE BLOCKS" BY DOUG DANIELS



Most lifters are always looking for a good assistance or substitute exercise for the powerlifts.

For the dead lift, the best, by far, is the dead lift off the blocks.

The saying goes, "to dead lift more, dead lift". This definitely holds true. There are other somewhat effective moves to assist a lifter in his quest for a bigger pull, but the best results will come from doing dead lifts. Also, adding too many other exercises can result in negative progress due to overtraining. That's the beauty of the dead lift off the blocks.

It is in reality no more than a dead lift done from a slightly elevated position. This slight elevation can make all the difference in the world. The elevation makes the lifter pull from a deeper starting position, overloading that part of the lift. This added distance changes the lift just enough to develop your pulling musculature over a greater range of motion.

The main beneficiary is the start of your pull, but the mid-range and lockout is also beneficial. If you can improve your pull off the floor, even if that part of the lift is your forte, the bar should progress to lockout with greater power and velocity, thus breaking through any sticking point later in the lift. It is like pushing a car. It may be hard to get the car going, but once it starts to roll, keeping it rolling is a piece of cake. We can improve our chances against our mortal enemy, gravity.

Let's begin with a description of this lift. These dead lifts are done while the lifter stands on a sturdy platform such as a wood block or platform, or even on a 100 pound barbell plate.

Again, the major requirement is that the platform be sturdy enough to allow balance and support both the weight of the lifter and the weight used. The platform also must not be too high or the bar will hit the top of the lifter's feet when it is fully lowered to the floor. About 3-5 inches is all you need, any more is inviting injury due to a decrease in balance in the lowering phase of the lift.

I recommend all dead lifts touch the floor after each rep and no bouncing is done. This will insure better pulling form, power from the floor, and less chance for injury. Perform this lift in the conventional style, that is, hands outside your legs. It doesn't lend itself too well to the sumo style of dead lifting.

Lifters with poor flexibility, especially in the ankles and Achilles tendons, may have trouble getting comfortable and maintaining their balance during the lift. They may tend to lunge forward during the lift and may actually fall forward off the platform, which of course, means improving your flexibility a bit before going hard on this move. If you are too big to get a good pull, then you'll have to forego this one and concentrate on the traditional dead lift off the floor.

You will not be able to use as much weight for this dead lift as you normally do with the 'pull off the floor' due to the increased range of movement.

To start, I would suggest starting out with 50% of your best dead lift for one rep for 6 reps to get accustomed to the new angle and balance. Go up in weight slowly from there. I don't recommend going lower than 3 reps with this pull due to the higher chance for injury because of the increased range of motion and the unusual pulling position you must assume to start the lift.

As with any dead lift, begin the pull with your legs while keeping your back as flat and erect as possible. Keep your arms locked straight during the lift to completion.

Application is last on the list. This dead lift variation can be substituted for regular dead lifts in the off season up to about 6-10 weeks prior a contest. At that time, you can return to regular pulls off the floor with, hopefully, increased power throughout the lift.

For lifters who need less time to convert over to their normal style, they can stay on these a little longer.

For lifters who choose not to rely totally on this variation in the off season, I suggest doing a down set of 'off the block pulls' after your regular dead lifts. Sumo dead lifters can use these also and may actually benefit more than conventional pullers.

The sumo lift uses more hip and leg muscle than the conventional style with less back involvement. Due to less involvement in the sumo style, the erectors may not be stimulated or developed to a high degree and be a weak link in the sumo pull.

By using the 'off the block' dead lift in the off season, the erectors will be strengthened to a higher degree than normal. This could add up to a bigger sumo dead lift. Sumo lifters probably need to devote more time working on their style of choice rather than conventional pullers due to the greater difference from the dead lifts off the block.

Exercises are often recommended without an in-depth analysis or description. For example, sometimes we say do hammer curls, but give little or no description of what a hammer curl is or how it is done effectively. I hope this discussion of the dead lift off the blocks has provided you with a little extra information you can use on the platform where it counts.

Remember that assistance or substitute exercises are not ends to themselves but a means to an end.

Until next time, may all your lifts feel light and all your lights be white.

## GBPF – Merchandise Price List

### All GBPF OFFICIAL MERCHANDISE

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<b>Caps</b>	<b>£7.50</b>
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<b>Polo Shirts</b>	<b>£10.00</b>
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<b>Holdall bags</b>	<b>£22.50</b>
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<b>Briefs</b>	<b>£6.50</b>
<b>Shower proof jackets</b>	<b>£22.00</b>
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<b>Refs white collar shirts</b>	<b>£15.00</b>
<b>Refs ties Cat 1. 11 National or Divisional</b>	<b>£10.00</b>

All prices exclude postage. Contact Kevin Jane to order any merchandise on 07887903104 or [Kevin@kjane.fsbusiness.co.uk](mailto:Kevin@kjane.fsbusiness.co.uk)

Please send any comments, letters or articles for the Newsletter to Steve Walker @ [SJR.Walker@fsmail.net](mailto:SJR.Walker@fsmail.net) or ring on 07710 138171

East Midlands Powerlifting website address

<http://www.eastmidspowerlifting.co.uk>

**AS** there were no submissions for lifter profiles or any letters this time here's a picture of a fish I caught last week instead – can anyone do any better??

