



Ultimate Power

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

September 2014



**Congratulations to Sharn Rowlands
British U23 records on squat, bench and total at the All England
Championships**

Editors View



Hi again to all East Midlands powerlifters.

When I try to piece together the bones of the newsletter it is very difficult to know where to start – there is simply a huge amount of stuff going on nowadays with equipped and unequipped events and I apologise as I know there are a lot of achievements and records etc that I miss.

The British Seniors and Juniors and The All England Championships took place at Moulton College, the Divisional Masters, Juniors and Novices were held in Yardley Gobion and the World Masters has just taken place in Czech Republic – I only have a report on the Divisionals.

It is also very difficult to decide who to feature on the front cover – it was Sharn this time - it could equally have been Jackie Blasberry or Kevin Jane. Jackie broke the British Masters 2 bench deadlift and total records at the British Seniors in July. Sharn broke British U23 records in the squat, bench and total at the All England at 43kg bodyweight and U23 squat, bench and total records at 47kg class in the British Juniors in July including a British Senior squat record of 150kg at 47kg. Well done to all for outstanding lifting.

Also congratulations go to Jake O'Neill for a British senior title and to Harry Hollis for a British Junior title and to Abi Graham and Nina Cambetta for placing 1st and 2nd in the British Womens Classic.

Marvellous Masters achievements again to report with Kevin (I've run out of "Just for Men") Jane winning the World Masters 3 title with a superb 725kg total for 4 golds including a world record deadlift and the overall best lifter title and Jenny Hunter also winning 4 golds and commiserations to Jackie Blasberry who only lost out on overall gold on bodyweight.

A big thank you to Louise Pennell and George Leggett for their contributions to this newsletter – I'm sure there a lot more budding journalists out there who could provide some interesting topics regarding their training lifting or views on the way the sport is going.

Great news that we now have a further three new referees in the division – congratulations go to Krishnaa Mahbubani, Mick Amey and Tom Hudson – look forward to seeing Mick taking some revenge soon!!

Finally well done and good luck to Sharn Rowlands, Faye Jordan and Nina Cambetta for their selection to represent England in the Home Nations Championships in Glasgow on the 28th November.

Good lifting.

Steve Walker

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East Midlands Divisional Powerlifting Championships 2014

Please note that the Divisional Championships to be held at Progressive Training Systems Northampton is now on Saturday the 22nd November, entry forms can be found via the face book page, GBPF main site or via this link:

<http://www.progressivetrainingsystems.co.uk/news/latest-news/gbpf-east-midlands-powerlifting-championships-23rd-november-2014>

It is an equipped comp but unequipped lifters are welcome to take part too, it is now also open to non-East Midlands lifters if spaces are available as guests. Weigh-in times will be published after the **closing date at the beginning of October (the 6th)**.

The location is: Progressive Training Systems, Unit 14 Osyth Close, Brackmills Industrial Estate, Northampton, NN4 7DY.
Contact: Faye Jordan on 07548230904 with any enquiries.



Competition Calendar 2014

[Sep 20 Sat](#)

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

[Sep 28 Sun](#)

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

[Oct 4 Sat](#)

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

Welsh Open @ TBC but around Swansea area
Oct 4 – Oct 5 all-day

The exact date and venue are yet to be confirmed but we are aiming for around Early October.

Lifters from other divisions are welcome to attend this competition, why not use it as a qualifier for next year's British?

Keep an eye on www.welshpowerlifting.com for further details!

[Oct 12 Sun](#)

Welsh Single Lifts @ Pontardawe Senior Citizens Hall
Oct 12 all-day

Closing date is 3rd October. You can specify 1 lift for £25 or go for a total for the same price, up to you.

[Oct 19 Sun](#)

Devon and Cornwall open powerlifting championships @ Sunningmead Community Centre
Oct 19 all-day

East Midlands Divisional Bench Press @ Hamilton Fitness Centre
Oct 19 all-day

[Nov 1 Sat](#)

YNEPF Bench Press @ City Boathouse
Nov 1 all-day

Closing date: 11/10/14

Weigh in 9.00 – 10.30 am Lift-off 11.00am

[Nov 22 Sat](#)

East Midlands Regional Championships @ Progressive Training Systems
Nov 22 all-day

This is a 3 lift competition for GBPF lifters, it is an equipped competition under the IPF rules, however unequipped lifters may partake if desired.

Places are limited to 50 entrants, where East Midlands lifters will be given a priority entry period until the 31st August, after which spaces will be opened up to welcomed guest lifters from other regions.

Closing date for entries is the 5th October.

YNEPF Open and Juniors Powerlifting Competition @ Hirst Welfare Centre
Nov 22 all-day

Weigh in 9.00 – 10.30 am Must produce membership card at the weigh in...make sure you have it with you. You will be required to sign a drug testing form.

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CALENDAR FOR 2015

<u>START</u>	<u>FINISH</u>	<u>COMPETITION</u>	<u>VENUE</u>
7/2/15	8/2/15	BRITISH BENCH PRESS – Equipped & Classic	Horncastle Golf Club
7/3/15	8/3/15	BRITISH MASTERS CLASSIC	Horncastle Golf Club
21/3/15	28/3/15	European Classic, Open, Junior & Sub-junior	Pilsen
22/3/15	22/03/15	GBPF AGM	Moulton College
8/4/15	12/4/15	European Junior & Sub Junior	Hungary
11/4/14	12/4/15	BRITISH SENIOR, JUNIOR & MASTERS EQUIPPED	Moulton College
16/4/15	19/4/15	World Masters Bench Press	Aurora, Denver
6/5/15	9/5/15	European Open	Chemnitz, Germany
20/5/15	24/5/15	World Bench Press	Sundsvall, Sweden
5/6/15	14/6/15	World Classic	Salo, Finland
14/7/15	18/7/15	European Masters	Pilsen
6/8/15	8/8/15	European Open Bench Press	Pilsen
15/8/15	16/8/15	ALL ENGLAND	Moulton College
31/8/15	6/9/15	World Junior & Sub Junior	Prague
11/9/15	13/9/15	WEC	La Manga, Spain
12/9/15	13/9/15	BRITISH CLASSIC Women	Bournemouth
28/9/15	4/10/15	World Masters	Aurora, Denver
3/10/15	4/10/15	BRITISH CLASSIC MEN	Bournemouth
16/10/15	18/10/15	European Masters Bench Press	Talin, Estonia
9/11/15	15/11/15	Worlds Open	Hamm, Luxembourg
28/11/15	28/11/15	Four Nations	England
1/12/15	5/12/15	Commonwealth Championships	Vancouver

The East Midlands Masters, Juniors & Novices & Anglian Open Powerlifting Championships 19th July 2014

As per recent years the Championships were held at the Yardley Gobion Powerlifting Club and this year saw a total entry of 33 lifters, 16 of whom were novice lifters competing in their first competition.

This is high percentage of first time lifters which could have brought its share of problems due to lack of experience but a pre-lift off briefing to the lifters from Pete Weiss and help from coaches and the loading team ensured that in the main all ran smoothly although we still saw 3 lifters bomb out on the day.

Only three ladies today all in different weight classes with new lifter Emma Goodwin going in the 52kg class getting 7 lifts from 9 for a 227.5kg total. Despite being nervous before the comp Emma seemed content with her total, she is being helped by Ted Brown and Henry Clarke in Milton Keynes and should go from strength to strength.



An easy opener for Emma

Faye Jordan and Nina Cambetta, both more experienced lifters were going in the Anglian Open, Faye in the 57kg class and Nina in the 63kg class. Faye only missed her last deadlift for a 290kg total and Nina missing a 152.5kg deadlift twice but still making a good 320kg total.



Faye got this far with 135kg but couldn't quite lock it out



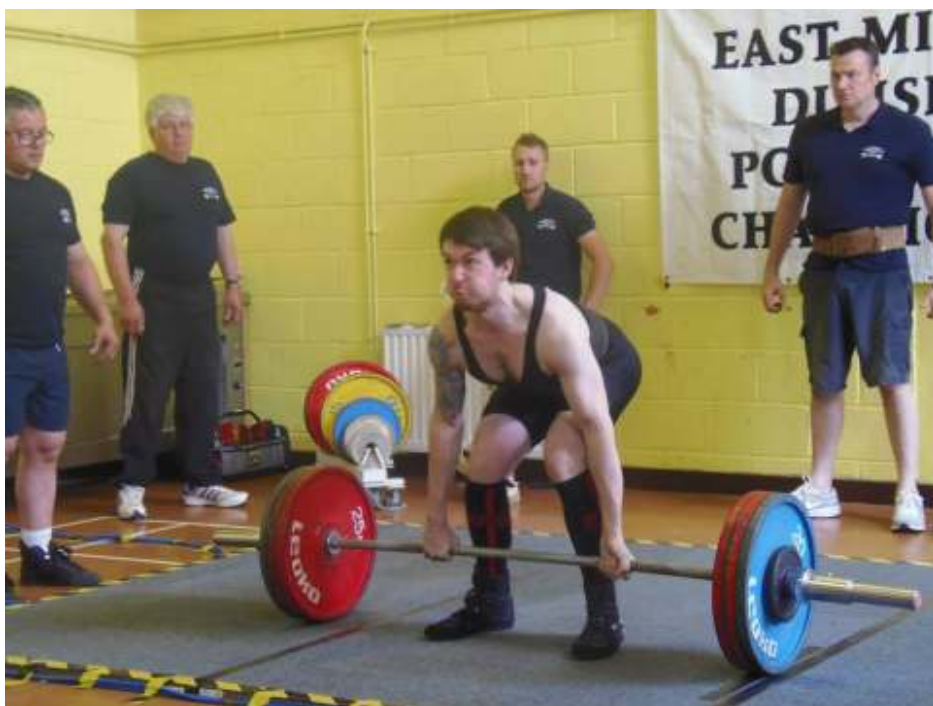
Good technique from Nina

Onto the boys and it was good to see some decent numbers competing for places this year with 5 novice lifters and 1 Masters 3 lifter in the 74kg class.

Somewhat of a shame then that two of the novices failed to total, with Toby Sharp failing 3 attempts at 130kg squat and Tom Winspear missing 170kg deadlift three times – in both cases it simply looked to be a case on opening too high – a lesson for next time out.



Toby made 180kg



Tom couldn't move 170kg off the floor today

This left 3 lifters to fight out the class as novices – Declan Challoner, Joe Moore and Joshua Owen all fairly closely matched with only 15 kg separating them on the sub total with Joe being 5kg in the lead. However Declan made 3 good deadlifts finishing with 180kg to take the class with a 390kg total followed by Joe on 375kg and Joshua (recovering from injury) on 355kg – I expect more tussles between these three in the future and also for Toby and Tom to wade in with some competition.



Declan made 180 kg for his third – not sure what his left foot was up to though!



Joe missed his last attempt – 167.5



140kg opener for Joshua



Makhan Mann lifting on his own went 8 from 9 lifts for a 305kg total

Onto the 83kg class and again some good competition albeit not as close as the previous class. Three novices – Chris McKenzie, Simon Collman and Dominic Hemp going against each other although I suspect that Simon may have been unsure of which weight class to enter only weighing 75.1kg on the day.

Simon came in 3rd with a 375kg total only making 4 from 9 lifts today, Dominic lifted well getting 8 from 9 lifts including a 215kg deadlift and might have expected to have won with that however he had to settle for second today as the winner with a great 530kg total lifting unequipped was Chris McKenzie. Chris looked the part lifting with good technique and attitude which was excellent considering this was his first competition – I expect we will see a lot more to come – lifting equipped or unequipped.



Simon pulled 170kg easily but missed 185 and 190kg today



An excellent 215kg for Dominic



Great determination for Chris making a smooth 227.5kg deadlift

Lee Meachen was lifting on his own as a Masters 1 but didn't total today – he was really just out for a big bench opening on 182.5kg which he made but only took one attempt at 192.5kg which wouldn't go today and he finished after one unsuccessful deadlift – possibly a back problem.



Two lifters in the 83kg Masters 2 class – old friends Doug D’Gama and Sir Allen Little Legs Ottolangui with Doug absolutely pasting and humiliating Allen as usual (ok he was equipped and 6 kilos heavier than Allen but that’s no excuse). Good to see Doug getting 3 squats in on depth today finishing with 220kg and a great 242.5kg deadlift for a 607.5kg total. Allen made some sort of a total but it was so low it fell off the bottom of the scoresheet.



Total domination by Doug



Somebody who'd wandered into the building to get warm

Tony Wightman lifted steadily in the Masters 3 class to make a 392.5kg despite only taking 2 squats and deadlifts.



Ali Wilson lifted in the Anglian Open making 3 good squats two benches but only his opening deadlift for a 455kg total so more to come on the total there.



190kg for Ali

Onto the nearly but not quite fatboys class with 3 lifters in the 93kg class all novices again so always interesting to see how they would go especially as local lad Gary Allen was included although he was lifting equipped against two unequipped lifters – James Klueter and Jordan McKenzie.

The equipment certainly gave Gary an advantage as he made a nice round 500kg total to win although he only made his opening bench – in a T-shirt then jumped 20kg put a shirt on and missed both of them so he may have been better to stay raw.



James made a good 462.5kg and showed great potential despite a bit of a mix up over his kit and got second with Jordan (Chris McKenzies brother) making 420kg for third including a good hard fought 3rd deadlift of 180kg with a lot of shouting from his brother and the loaders.



A successful last pull of 192.5 for James



180kg went up at the second time of asking for Jordan

Five lifters in the 105kg class, including two novices, one U18, one U23 and a guest lifter. The novices - Scott Carson and Danny Phoenix (who I noticed is a martial arts black belt – so don't mess with him) went head to head with Scott coming out ahead with a 455kg total with Danny making 375kg.



200kg looked comfortable for Scott



3 good pulls for Danny

Hard to believe Kieran Stubbings is still only an U18 lifter as he seems to have entered so many competitions but is always very focused and today was no exception only missing one bench, squatting 182.5kg and deadlifting 200kg for a good 497.5kg total and 1st place.



Kieran got 8 lifts from 9 including this 200kg deadlift

Sam Smith was in the U23 class and unfortunately couldn't get a bench today opening with 135kg missing then going up and missing 145kg twice but undeterred he carried on and made a good 220kg deadlift – I'm sure he will learn from the experience.



A consolation 220kg deadlift for Sam

Chris Cox guest lifted and looked ripped and strong making 670kg – the second biggest total of the day.



Onto the “who ate all the pies” class – 120kg with 3 lifters in the Divisional and 1 lifter in the Anglian – Tom Weavers.

Tom Vasson lifted as a novice and only weighed in at 110.6kg – he has trained a few times at Yardley and looks to have huge potential and is naturally stocky and strong. He made a raw 622.5kg total today with 9 from 9 lifts including a 270kg deadlift which is a big PB on the day (I don't think he was even aware how much was actually loaded until he'd pulled it). So be sure to see him again heavier and even stronger soon.



Tom squatting raw and deep with 220kg



Sam Harvey in the U23 class also went 9 from 9 today making 590kg and looking good for a lot more to come.

Ian Finch at Masters 2 lifted as tidily as usual only missing one bench (must try harder next time Ian) for a 502.5kg total and won the award for the gayest socks in the competition (well he would have if there had been a trophy available).



Tom Weavers lifting in the Anglian had 9 successful lifts making 622.5kg including a 255kg deadlift so a good day at the office.



Finally onto the “one at a time” on the scales class – 120kg+ with 3 lifters (1 novice and 2 in the Anglian) with Simon Headington lifting in his first competition making a steady 460kg with loads more to come once he gets more experience and confidence.



Big and tall James Anderton was second in the Anglian with a 542.5kg total with Chris Hartwig the winner of the class with the biggest deadlift of the day – 300kg included in the biggest total of 690kg.



Nice technique from James



Chris made this 230kg look easy but missed his last of 250kg

A good days lifting with a nice mix of youth and experience which I'm sure is the best way to run this type of competition and good to see more and more people entering the sport and obviously enjoying it.

Thanks to the loaders from Yardley Club and to all the officials, catering staff (my wife) and helpers for a successful day.

Report by Steve Walker

Full Scoresheets

Championship East Midlands Masters, Juniors + Novices **Venue** Yardley Gobion **Date** 19 - 7 - 2014

Anglian Open

Age	Name	B/W	Squat			Bench Press			S/T	Dead Lift			Total	PN
	Women													
		52Kg												
	Emma Goodwin	51.6g	70	80 ✓	(82.5)	⁴⁰ 40 ✓	45	(45)	127.5	90	(100)	110	227.5	1st N
		57Kg												
	Faye Jordan	56.4g	80 ✓	85 ✓	(90)	60	65 ✓	(70)	160	125 ✓	(130)	135	290	1st
		63Kg												
	Nina Cambetta	62.2	105 ✓	110 ✓	(12.5)	57.5	60 ✓	(62.5)	175	(145)	152.5	152.5	320	1st
	men													
		74Kg												
	Declan Challoner	73.5	105	110 ✓	(115)	90	(95)	97.5	210	160	170 ✓	(180)	390	1st N
	Joe Moore	63.9g	175 ✓	122.5	(127.5)	80	(87.5)	92.5	215	150	(160)	167.5	375	2nd N
	Joshua Owen	67.7g	110 ✓	(125)	130	80	80	(80)	200	140	(155)	170	355	3rd N
	Tom Winspear	72.4	150 ✓	(160)	165	85 ✓	95 ✓	(97.5)	257.5	170	170	170	ZERO	N
* M1	Toby Sharp	72.7	130	130	130	72.5 ✓	(80)	85	-	160	180	(180)	ZERO	
M3	Makhan Mann	72.9	100 ✓	100 ✓	(100)	65 ✓	70 ✓	(75)	175	110	120	(130)	305	1st
		83Kg												
	Dominic Hemp	79.6	140 ✓	150 ✓	(160)	80	(90)	100	250	190	210 ✓	(215)	465	2nd N
	Simon Collman	75.1	(120)	135	135	75	(85)	95	205	(170)	185	190	375	3rd N
	Christopher McKenzie	82.15	180	(190)	200	110	110	(112.5)	302.5	210	220	(227.5)	530	1st N
M1	Lee Meachen	78.6g	100	(120)		(182.5)	192.5		302.5	120			ZERO	
M2	Doug D'Gama	82.0	170 ✓	210 ✓	(220)	145	150	150	365	220 ✓	237.5	(242.5)	607.5	1st
M2	Allen Ottolangui	76.2	140 ✓	150 ✓	(160)	90 ✓	(100)	105	260	165 ✓	180 ✓	(190)	450	2nd
M3	Tony Wightman	82.4g	130	(135)		82.5	(85.5)	87.5	220	167.5	172.5		392.5	1st
	Ali Wilson	80.7g	130 ✓	140 ✓	(150)	110 ✓	(115)	120	265	(190)	212.5	212.5	455	1st

Side Referee JERRY HUNTER Centre Referee JOHN BELSAN CAT 2 Side Referee ANDY RODNEY
 G = Guest Lifter N = Novice NAT
 ABW CAT II Andrew Rodney

Age	Name	B/W	Squat			Bench Press			S/T	Dead Lift			Total	PN
	Men	93Kg												
	Jordan McKenzie	89.00	140 ✓	(150)	160	80 ✓	(90)	100	240	160 ✓	180	(180)	420	3rd N
	Gary Allen	89.1	160 ✓	175 ✓	(185)	110	130	130	295	190 ✓	(205)	220	500	1st N
	James Kluter	92.6	155 ✓	165 ✓	(175)	95	102.5	102.5	270	175 ✓	182.5	(192.5)	462.5	2nd N
	Ian Wells													
		105K												
	Scott Carson	101.7	160 ✓	(170)	180	85 ✓	90	90	255	180	190 ✓	(200)	455	1st N
	Danny Phoenix	101.5	100 ✓	(110)	120	90	100	100	200	160 ✓	170 ✓	(175)	375	2nd N
U18	Kieran Stubbings	96.6	170 ✓	175 ✓	(182.5)	110 ✓	(115)	120	297.5	180 ✓	185 ✓	(200)	497.5	1st
U23	Sam Smith	103.3	(170)	185	185	135	145	145	222	210 ✓	(220)	220	202	-
	Chris Cox (Guest)	99.25	220	220	(240)	150	160	165	390	260 ✓	270 ✓	(280)	670	G
		120K												
	Tom Vasson	110.6	180 ✓	200 ✓	(220)	110 ✓	125 ✓	(132.5)	352.5	230 ✓	250 ✓	(270)	622.5	N
U23	Sam Harvey	116.9	180 ✓	190 ✓	(200)	130 ✓	140	(150)	350	220 ✓	230 ✓	(240)	590	1st
M2	Ian Finch	112.5	165 ✓	175 ✓	(180)	105	(112.5)	115	292.5	190 ✓	200 ✓	(210)	502.5	1st
	Tom Weavers	118.6	185 ✓	200	(212.5)	130 ✓	145	(155)	367.5	227.5	245	(255)	622.5	1st
		120+												
	Simon Headington	137.7	140 ✓	160	(160)	115	(120)	122.5	280	140 ✓	160 ✓	(180)	460	1st N
	James Anderton	126.3	180 ✓	(185)	190	120 ✓	(127.5)	135	312.5	215	230	(230)	542.5	
	Chris Hartwig	127.2	220	(230)	250	160	180	180	390	260 ✓	280	(300)	690	

Side Referee J. Dunning NAT
 G = Guest lifter N = Novice
T. O'Brien

Centre Referee LINDA BLOK
 NAT
HENRY CLARIC

Side Referee JACKIE BLASBERG
J. Stubbings N

Club Profile



When completing athlete profiles I did think it would be a good idea to provide a short intro on the club where all these athletes train. Suffolk Spartans was set up in 2007 to provide a regular Paralympic Powerlifting club in the Suffolk area to support the Suffolk Disability Sport Academy whose primary aim is to increase the participation of disabled people within sport. We had small beginnings and for a long time numbers were small but it meant we could provide



a good session to those that came week after week. In more recent years our numbers have grown, past members have returned and we now struggle with the regular numbers of 10+ each week with just one bench and very little space but we manage and continue to see phenomenal improvements and performances from all our members of which we are so proud.

The club

was the first Powerlifting organisation to ever receive Sport England Clubmark and we are still run by Louise and Daniel Collins although we have recently been joined by Tom Hudson. However, as between us we have 3 kids all still very young and demanding we are reliant on the parents and members to jump in and help out whenever they can to make sure we get a full session in for everyone. We



have been privileged as a club to be able to host things like the Paralympic flame at our competition in August 2012. In this edition we will give profiles on Ben Cattermole and newcomer to GBPF Zoe Newson and for the next edition a few more will follow. Virtually all our members have a disability of some kind, some will be physical others learning but here they are all equal in the club and no one is immune to the regular banter no matter what they have achieved. The training sessions are a lot more stressful than they seem from here as some have found out. You can find out plenty about the club at www.suffolkspartans.co.uk and watch some of the members in competition through the Spartans in Action Page. We have members competing with GBPF, International Paralympic Committee (IPC) and also Special Olympics GB which means plenty of travelling for us coaches.

Lifter Profiles

Ben Cattermole

Coming to the Spartans at the end of 2009 Ben was quiet and just trying the sport. At the time he was also involved with football and judo but he soon was fully committed to Powerlifting. His first bench competition was in March 2010 where, after 6 months training, he finished



with 72.5kg in the 59kg class but immediately conceded the need to change weight classes as simply cutting out the bourbon biscuits wasn't enough to make weight. He continued to improve and in June he won the

British Unequipped Bench Press with 77.5kg. In November 2010 Ben decided to try 3 lift competitions and in an open class he secured 2nd place with a total of 350kg and qualified for the British Juniors. In February 2011 the British Junior



Powerlifting Championships came and despite being up against others 18 months older and some equipped Ben stormed through and finished in 1st place

with an outstanding total of 382.5kg. He managed to achieve the long awaited for 400kg when he

travelled to Newcastle to compete in the British Unequipped Powerlifting Championships in August 2011 (squat 142.5, bench 95 and deadlift 162.5) and by now he also held the U18 Bench



Press Record. The All England in October was important and he finished with 410kg and he was the best sub junior across both equipped and unequipped sides and was then invited to the Commonwealth Championships in December. At the Commonwealth Championships put in an impressive performance and secured 1st place in the squat, bench press, deadlift and overall title with lifts of 150kg, 100kg and 180kg respectively. He returned to the platform just 2 days later to secure the individual bench press gold medal as



well with a lift of 95kg and finishing off an impressive year with a haul of 5 gold medals. 2012 began well with Ben taking the Junior British Championship title in March and then competing in the East Midlands Juniors competition in June where he finished with his highest personal best total of 435kg. Since this time Ben has focused on bench press competitions and competed and in 2013 he won the East Midlands Bench Press Championships in January, the British Bench in March and Midlands again in October. Ben has finished 2013 with a best in the bench press of 110kg.

Ben's first competitive action in 2014 was at the Spartans GBPF divisional bench press championships in July where 1st place with a lift of 115kg, then the trip was made north for the British Classic Bench Press Championships were quite able to finish his final lift of 120kg and finished on a 1st place.

Ben currently has an apprenticeship at Bermer Ltd having spent time working at Iceland while at college and trying to shake the name they gave him of 'Beefy Ben'



the East personal

very first he secured to Durham Ben wasn't 117.5kg and

International

Zoe Newson

Zoe is an original member from the club and when she attended in 2007 was only lifting the bar

itself, since then she has trained hard and eaten right when she has had to and it must be said that she has become an outstanding success from the club. Being a dwarf she entered the IPC side of Powerlifting attending her first competition in January 2008 after much persuading and cajoling and was immediately asked by the GB head coach about entering her as a wildcard for the Paralympic Games in Beijing which was a fantastic honour



so soon. While she wasn't able to go and compete in Beijing she took on other Internationals in order to better prepare for large events in the future. The second largest competition to a Paralympics is obviously the Worlds and as it is only held every four years in IPC was a prestigious event. In 2010 Zoe won the World Junior Championships in Kuala Lumpur and came 4th in the senior competition with a lift of 82.5kg which

was just over twice bodyweight and demonstrated just how far she came in those first few years of training. Later that year Zoe was in action at the Commonwealth Games in Delhi and due to some controversy over other countries competing she came away with a 4th place instead of a 1st against all other competitors regardless of weight class on a formula basis similar to Wilkes called AH.

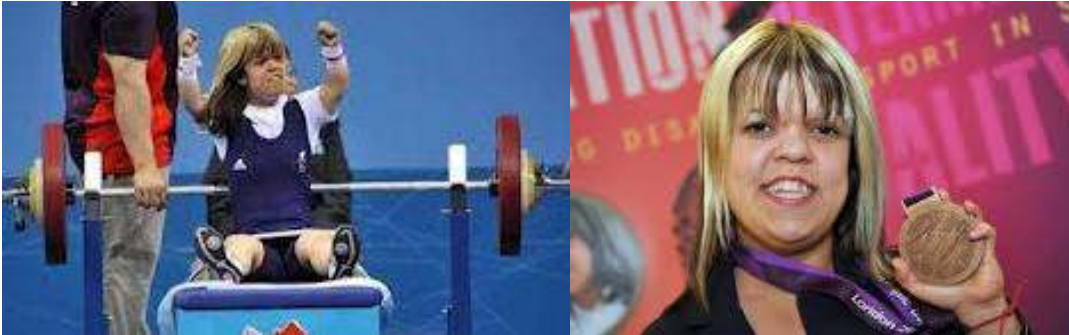
By now Zoe was top 6 in the world and therefore had a qualification slot for London 2012 Paralympic Games and she was working hard in the gym to ensure she was in the best possible shape. She needed to diet hard and plenty of cardio in the run up to the games which was a real struggle to ensure she remained in weight but went into the biggest sporting event of her life in good shape and lifting well.

Prior to the games she was lifting 92kg to competition standard and 94kg touch and go which at her bodyweight of 39.18kg was impressive. When London came there were nerves as expected and not just from Zoe, the whole club came to London to cheer her on as it felt did most of East Bergholt and the atmosphere in the Excel arena was amazing. Zoe finished the competition with 88kg on the bar and after a nail biting wait to see how those from Syria and Vietnam performed Zoe was able to say she was a Paralympic medalist having secured the bronze medal.

WOMEN'S -40KG									
NAME	NPC	BIRTH	BWEIGHT	1	2	3	4	BEST	RK
MUSLU NAZMIYE	TUR	1979	39.36	100.0	104.0	106.0	109.0	106	1
CUI ZHE	CHN	1986	39.18	97.0	103.0	104.0		97	2
NEWSON ZOE	GBR	1992	39.40	84.0	88.0	88.0		88	3
NGUYEN THI HONG	VIE	1979	39.69	88.0	88.0	90.0		88	4
WIDIASIH NI NENGAH	INA	1992	38.98	78.0	78.0	88.0		78	5
MATAR MALIKA	MAR	1966	38.02	73.0	76.0	76.0		76	6
KOPIIKA MARYNA	UKR	1991	38.90	70.0	73.0	74.0		73	7
BADDOUR NOURA	SYR	1984	37.24	88.0	88.0	88.0		---	-

RECORDS			
PARALYMPIC RECORD	: MUSLU NAZMIYE	TUR	109.0
WORLD RECORD	: MUSLU NAZMIYE	TUR	109.0
		LONDON (GBR)	
		LONDON (GBR)	

It was the smallest of margins in the end as Zoe won by virtue of 0.22kg of bodyweight as those around her succumbed to the pressure of such a large occasion. As you can see though from the medal table there are some outstanding women performing in the u40kg class with a new world record set on that day of 109kg which to be honest looked reasonable comfortable.



In the run up to the games and following the success Zoe had achieved she was invited to Buckingham Palace for a garden party and to the GQ awards where she was able to meet lots of sports stars and celebrities as well as being awarded an honorary fellowship from Suffolk College. She also attended the 1 year to go event in Trafalgar square where she talked with Iwan Thomas and was asked to carry the Queens baton in the run up to the Commonwealths in Glasgow.



Throughout this she is amazed she so delighted that she gets invited to such things. In the last 6 years Zoe has spent a great deal of time to promoting the sport and disability within the community and I would guess that she has visited most schools in the Suffolk area to promote Powerlifting and what you can achieve no matter where you start from.



Zoe continued to train and prepare with a view to competing at the Commonwealth Games in Glasgow and on to Rio for a chance to maintain and improve on her performance at London. However, while attending the World Championships in the early part of this year, there was huge disappointment during classification. A change to the rules the year before and an alternative method of holding her arms meant that she exceeded the classification limit and as a result was not eligible to compete within IPC competitions. This was a huge blow that has affected many other dwarfs involved in the sport. Zoe took some time to consider things but continued to train hard and as several in the club already take part in GBPF competitions she has joined



Suffolk Spartans team mates and started competitions. Her first competition within GBPF was the Spartans Anglian Competition in July 2014 where Zoe had found it strange to adjust to the different rules within IPF and so she was conservative and finished with a lift of 80kg. This was enough to qualify for the British Championships and Zoe improved her PB at this competition to a respectable 90kg at a bodyweight of just 42kg.

Zoe hopes to take up International competitions in the future as she is still a junior as well this performance is exceptional but set to increase especially as someone has just increased the world record from 90 to 91kg, that needs to be a GB record soon. If you look at the video clips from the British you'll see just how comfortable a lift this was for Zoe – www.suffolkspartans.co.uk Spartans in Action.

Zoe is an avid follower of football and training has often been shuffled over the past 7 years when a clash occurs with a fixture list and although she supports local teams and is often watching her brothers play she'll also spend as much time at the Emirates as she can. In addition she also enjoys watching WWE and loves her dogs as well.

Thanks to Louise Pennell for the Club and lifter Profiles

Competition Report 6/07/14

Today the Suffolk Spartans dispensed with our usual fun competition for an altogether more serious affair by holding a GBPF competition. Being held at the Essex University Sports Center this was a definite step up for the club. Considering the short notice on which this was arranged we were able to welcome 14 lifters to the competition and some were new to GBPF many were also juniors which is fantastic for the future of the sport as all performed well on the day. The standard of lifting generally was high as we saw are only equipped lifter of the day Pinda Singh attempt 280kg.

In true Spartans style we ensured that everyone was able to have a go on the day and so after the formal competition was concluded some of our disabled members along with general audience members came and attempted to lift. It was a great chance for anyone unsure about competing in the GBPF to attempt a lift in front of our newly qualified referees and get some advice.

As a club we have always assessed best lifter with a straight forward % of bodyweight and based on this the best male was Adam Alderman who managed to bench press 150kg which amounted to 292% or nearly 3 times his own bodyweight. The best female lifter went to debutant Zoe Newson who bench pressed a respectable 80kg which was 186% or nearly twice her own bodyweight.

Most improved and best supported lifter has to go to Dan McGauley. We are all really pleased of how well Dan performed at his first competition with lots more to come in the future he has spent a lot of time working on lifting with signals and hopes to be attending the Special Olympic Competitions soon.

Spartans lifters results:

- Zoe Newson – 80kg raw at 43kg bodyweight still a junior.
- Joe Strike – 82.5kg raw at under 59kg bodyweight under 18 (just).
- Dan McGauley – 50kg at under 66kg bodyweight (Special Olympian and making his competition debut).

- Riccardo Biondi – 107.5kg raw at under 66kg under 20 (just).
- Ben Cattermole – 115kg raw at under 74kg still a junior.
- James Hickey – 82.5kg at under 93kg bodyweight, unlucky not to get his third lift of 90kg due to a foot movement (referee decision was spot on though – sorry James)

We need to say a big thank you to everyone who organised, ran and generally supported the event especially Mike and Sam who loaded which as anyone who has done this role realises it is one of the most tiring.

Attention now turns to the British Finals in September where we hope to have a team of 5 represent Suffolk Spartans (Zoe, Adam, Ben, Riccardo and Joe).

Competition Report 6/09/14

Today a team, 5 strong represented Suffolk Spartans at the GBPF 2014 British Classic Bench at Durham Rowing Club.



First in action was Joe Strike, reigning Special Olympics British Champion and Special Olympics Record holder in Bench Press and Squat. Joe managed three good lifts, securing the British under 18 Championships and setting a new under 18 British record in the 59kg class with a final lift of 84kg. After the lifting Joe's Dad David Strike said "For Joe to hold the British Special Olympic and able-bodied bench press records in his weight class at the same time is a unique honour. I'm not sure who wanted this record more – him or me."

Up next was the return to national level competition of London 2012 Paralympic Games medalist Zoe Newson. In her own laid back style Zoe casually completed 3 good lifts also gaining 9 out of white lights and equaling the IPF World Classic Bench Press Record with her 3rd attempt of 90kg. She competed in both the junior and open classes and while winning both she also set British records in both classes as well.

Also in the first group of lifters out was Adam Alderman and in the 59kg class and having struggled recently with a slight shoulder injury he opened with 130kg and increased this to 135kg on his second attempt which was enough to secure the British title. The 3rd attempt of 138kg was unsuccessful so Adam failed to improve on his British record on this occasion.

The second group in the competition saw Riccardo Biondi take the stage on his first British Finals and with his opening lift of 106kg he secured the British record in the u20 age category as well as the Junior British title. Riccardo extended this

record with his two further attempts of 110kg and 112.5kg but on the day he could only secure a second place in the open category.



MERCHANDISE price list

ITEM	DESCRIPTION	COST
Embroidered GBPF logo cotton T-shirts	Sizes XS -4XL various colours. Inc. White, black, green, yellow, blue	£9.00
Polyester T-shirts printed GBPF logo	Yellow and navy with red sleeve s	£11.00
Track suits embroidered GBPF logo	Great Britain powerlifting printed on back sizes XS – 3XL	£60.00
Hoodie tops GBPF embroidered logo	Grey, a few black, pink and light blue in stock	£17.00
Ref. GBPF embroidered white shirts	Med & large	£15.00
Mens embroidered GBPF briefs	Large and med	£6.50
Caps GBPF embroidered logo	Grey or navy	£7.00
Showerproof jackets	With GBPF logo Navy XS- 2XL	£22.50
Training hand towels	White with GBPF embroidered logo	£8.00
Reversible Jackets	GBPF logo embroidered one side, navy, or black	£25.00
Beanie hats GBPF embroidered logo	Grey or Black	£6.50
Vests	Grey with GBPF embroidered logo	£8.00
GBPF Car stickers	Boot or window	£3.00
Long Socks	GBPF logo – only small and Med at present	£7.00
Polo neck T-shirts	GBPF embroidered logo Yellow	£10.00

Please contact Kevin Jane if you want to purchase any of the above quality merchandise

ALL OUR YESTERDAYS.

1985.

EUROPEAN CHAMPIONSHIPS. THE HAGUE. NETHERLANDS.

We had been to Holland a couple of times for friendly internationals but it was the first time the Europeans had been held here. The Hague is a very historical city, situated on the north sea coast and not very far from Delft where the famous pottery is made. In fact I remember Midge and Olive Moody making a visit to Delft.

EUROPEAN CHAMPIONSHIPS. 1985.

56kg.	P. Stringer.	Gold.
60kg.	D. Mannering.	Silver.
67.5kg.	E. Pengelly.	Bronze.
82.5kg.	M. Duffy.	Bronze.
90kg.	D. Caldwell.	Gold.
100kg.	T. Stevens.	Gold.
110kg.	M. Savage.	Gold.
110kg.	R. Nobile.	Silver.
125kg.	A. White.	(4th).
125+kg.	A. Kerr.	Gold.

GREAT BRITAIN. EUROPEAN CHAMPIONS.
2nd. FINLAND.
3rd. Holland.

WORLD CHAMPIONSHIPS. ESPOO. FINLAND. 1985.

Finland, known as the land of a thousand lakes and as you fly in you can see all the lakes surrounded by beautiful tall pine trees. Espoo, just outside the capital, Helsinki, and situated on the Baltic coast. I remember it was very cold. When we arrived our hotel was not ready but they housed us just for the night in what I can only be described as a concrete bunker. We all slept in one big room, not very comfortable but we managed, they did offer John Moody and myself a room in the hotel but we declined and stayed with the team. As you can see by the results Great Britain were again World champions for the second time in less than ten years. Twenty nations competed.

WORLD CHAMPIONSHIPS. 1985.

52kg.	J. Maxwell.	Silver.
67.5kg.	E. Pengelly.	Gold.
75kg.	A. Rose.	Bronze.
82.5kg.	M. Duffy.	Disq.
90kg.	D. Caldwell.	Gold.
100kg.	T. Stevens.	Gold.
110kg.	M. Savage.	Silver.
110kg.	J. Neighbour.	Bronze.
125kg.	S. Spillane.	Silver.
125+kg.	A. Kerr.	Silver.

GREAT BRITAIN. WORLD CHAMPIONS.
2nd. U.S.A.
3rd. FINLAND.

George Leggett.
G.B. Team Coach.

1984.

This was to be quite a significant year for me. After ten years of coaching the G.B. team I decided to compete as a master lifter and so began 27 years of travelling the world representing Britain. It was fantastic.

EUROPEAN CHAMPIONSHIPS. FREDIKSTADT. NORWAY.

This was a lovely little town, on the Skagerrak coast, about 80 miles south of Oslo and very close to the border to Sweden.

European Championships.

52kg.	J. Maxwell.	Gold.
56kg.	P. Stringer.	Gold.
60kg.	C. Lewis.	Gold
60kg.	J. Singh.	5th.
67.5kg.	E. Pengelly.	Gold.
82.5kg.	S. Alexander.	Gold.
90kg.	B. West.	Gold.
100kg.	T. Stevens.	Gold.
110kg.	M. Savage.	Silver.
125+kg.	A. Kerr.	Gold.

Best Lifter. Tony Stevens. G.B.

GREAT BRITAIN. EUROPEAN CHAMPIONS.

NORWAY. 2nd Place.

SWEDEN. 3rd Place.

George Leggett.

G.B. Team Coach.

WORLD CHAMPIONSHIPS. DALLAS. TEXAS. U.S.A. 1984.

What an interesting time I was going to have here. We arrived in Dallas and went to our hotel, the Greenleaf hotel, in the heart of the business district of Dallas. In the reception area there was a huge table and on the wall a big mirror. When we came down in the morning there was a big gouge in the table and a hole in the mirror. The receptionist told us there had been a robbery in the night, unfortunately for the robber there was an off duty cop there and there was a shoot out and the robber came off worst. A good start.

Anyway, that day I had a day off, John Moody, our team manager had to go to some meetings and as it coincided with the 21st anniversary of the Kennedy assassination I went to the actual site of his death. Whilst I was looking around a young lady asked if she could talk to me I was suddenly aware of a camera focusing in on my G.B. badge. She asked me a few questions but when I got back to our hotel I switched on the T.V. and there I was on American T.V. I have long been fascinated by the death of J.F.K. and it was interesting to be there at the actual time and listen to peoples theories and opinions. I still do not believe we know the full truth, who was involved, was it the Russians, F.B.I., the Mafia, Castros Cuba, who knows.

WORLD CHAMPIONSHIPS. 1984.

56kg.	P. Stringer.	(4th).
60kg.	C. Lewis.	(4th).
67.5kg.	E. Pengelly.	Silver.
82.5kg.	S. Alexander.	Bronze.
90kg.	D. Caldwell.	Bronze.
90kg.	E. Toal.	(4th).
100kg.	T. Stevens.	Gold.
110kg.	M. Savage.	Silver.
125kg.	S. Zetolofsky.	Disqu.
125+kg.	A. Kerr.	Silver.

GREAT BRITAIN. 2nd. Place.

Thanks to George Leggett for sharing his powerlifting memories with us.

Letters Section

Hi Steve, hope you're well :-) don't know if it's too late but I won the 63kg class at the Women's Classic on Saturday with 7/9 good lifts, a 122.5kg squat, a 72.5kg bench and a 160kg deadlift (355kg total).

Also Nina Cambatta came second in the 63s with a 332.5kg total I think. Faye Jordan was also competing and she came 4th in the 57s with a 292.5kg total.

Attached is a photo of Nina and me collecting our trophies from Ali Jawad, very exciting :-)

Best wishes,

Abi



Thanks to Abi for the information

Dear Steve,

I would like to comment on the recent decision that to keep up their registration all Cat 1 and Cat 2 referees now have to attend 2 International Championships during the 4 year re-registration period instead of the previous 1 National Championship per year.

This has considerable financial implications and as a pensioner and committed family man and I would find it impossible to finance this. I have been very involved in our sport (both Weightlifting and Powerlifting) for over 5 decades and refereed as an IPF Cat 2 since 1987.

I feel strongly that this decision will stop many good referees. I will now lose my International Licence of which I am very proud. I remember that when I passed my IPF exams John Moody emphasised that this does not make a person a better referee and over the years that has been proved to be a very true observation.

I still intend to be very active refereeing in our Division and I suppose it does not matter what badge you have on your blazer but it will be a sad day when I have to take this badge off.

Yours sincerely

John Bevan

So any ideas who this well known East Midlands left back is (known as Hacker to his team mates).

As a clue he spends more time reffing (powerlifting) than playing nowadays!!



