

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



*An affiliate of the
W.D.F.P.F.*

Autumn (end of September) Newsletter, 2013

Hi to everyone! - Hopefully you enjoyed our much better than average summer weather and a reasonable start to our autumn also. I trust you are training hard for upcoming events – and especially with BDFPA’s hosted World Championships looming ever closer. Please send your entries to Wullie Brown ASAP and also inform Nicky Elding you have so done as cut-off date is fast approaching! Most of you know it’s been a very tough time for me since my earlier Newsletter, given major heart problems following chest crush injuries from RTA in hospital taxi on German autobahn in July which sadly, contributed to re-activating several tumours. I’m definitely thankful to still be here at this point in time and my absolute immeasurable thanks belong to paramedics assisting my driver and I at crash scene.

I admit I’m on very rocky ground as we speak: I’m battling with a daily ‘flash-back’ of this accident – though am receiving help – and obviously desperate to improve my scant four month prognosis. Major surgery happens directly beyond my UK return from Cherkasy. We are hoping a successful outcome from this could provide a further extension.

CLAIMING NATIONAL RECORDS AT A DIVISIONAL EVENT

If you lift at a Divisional which has three referees, centre being of National status, or above, certified calibrated scales (this is NOT an option!) and weights etc and are fortunate to break a National record, it is essential you email Pete Gaskin our records officer to actually claim it within thirty days. You must also have been a

member for a minimum of three months, for the purposes of drug testing. Following my recent intervention, I'm really pleased I made that happen for Corey Williams, a fifteen year old with great potential: Very tight on time for Corey – only two days to spare!! Organisers please note – though it is the lifter's responsibility to do so, most lifters sadly skip this information: A sixty-second announcement at your Divisional events would serve as a great reminder!

FOR MEMBERS WHO CHANGE POSTAL ADDRESS, EMAIL OR TELEPHONE NUMBER, PREVIOUSLY SUBMITTED TO OUR DATABASE, PLEASE INFORM MANON BRADLEY AND MYSELF.

This has resulted in additional costs to me, especially when submitting WR certificates. Each one returned via Royal Mail is now £1.69! Changed emails are a big problem for me, as spending half my week in Germany, email IS my major source of communication to you all. We need up to date information on our database!

TRAINING NEW REFEREES

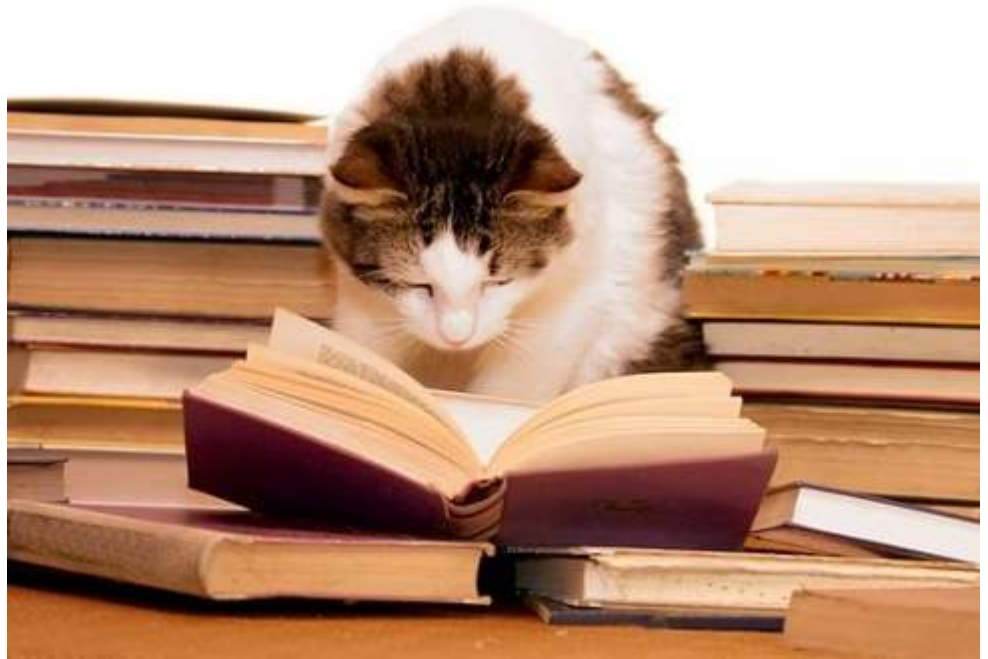
Owing to a shortage of available referees in my locality, West Midland Division has recently advertised that we will train anyone FOR FREE – that invitation extends to any BDFPA member in whatever Division. This offer will be available until the end of October.

UPCOMING AGM

It is very important – and part of your duties as NC to attend above on October 13th. Pivotal discussions will take place. If any Divisional Representative – for whatever reason cannot attend – please inform me of the nominee you will be appointing.

If my health does not hold for 13th October – I also am subject to appointing someone: If I'm not in attendance – and you will all be thus informed – catering is unlikely to happen! – Please read as to bring your own refreshments as nothing likely available in this rural area on a Sunday within AGM time-frame. (My already paid fee for venue includes facility to make tea and coffee, etc – though not provided).

Animals Don't Read Books on Nutrition to Know What To Eat!



There has been a lot of marketing and food propaganda in the last decade about which foods are good to eat. Yet humans probably rate amongst the greatest unhealthy organisms on our earth. It seems that experts speak about a new nutrient and everyone begins to relate to food in terms of its low fat or rich in antioxidant content. In truth, nutrition is a relatively new science and very complex. And what is healthy and good for the body to consume can really be reduced to this: Please do not eat food that comes out of a box; meaning eat REAL food rather than food-like products.

If you can stay with eating food that comes out of the ground, that is grown in fertile and mineral rich soils, and learn to prepare this food in a variety of ways that tantalise your palate and bring pleasure to your experience, you will be much better off than consuming a packaged food that has a long list of chemical 'jargon' written on the box.

Here are my top three tips to know what is healthy for you to eat:

1. Use your senses! We are animals after all. Domesticated at that, but imbued with an incredible sensory navigation system that can guide us in choosing the most medicinal and healing foods our body requires on any given day.

2. Remember that the healing properties in food are found in the texture, smell and colour of that food. That is where you find the phyto-nutrients that are raved about. So when browsing the market or supermarket, do look at what textures, smells and colours attract you most. This is a sure and direct way to connect to food intuitively and meet your nutritional requirements on that day. Instinct is the way the body communicates with you.

3. Cleanse your body four times each year: Spring, summer, autumn and winter with a green vegetable juice 'fast' for between four and seven days. This is the preferred method to become vibrationally attuned to nature and your body's biological instincts. This will re-programme your taste buds and remove the excess toxins so that you can determine the difference between a real crave as opposed to one chemically induced.

EVENT REPORTS

4-NATIONS TEAM EVENT 6th July - BDFPA's INNOVATIVE EVENT!

Thanks to Pete Sparks for report – and I personally want to thank Pete for collecting me from my B&B early morning and absolutely to David McWilliams who drove me all the way to Euston Station after event – I just made it home by midnight!

The inaugural (I think, if not they hadn't been held for a very long time) 4 Nations were hosted by Brentwood Barbell. The competitors had come from all areas of the UK & Ireland. The lifters enjoyed a good warm-up facility and prior to the start were fired up by the promoter issuing team colours and the playing of national anthems. The lifting area was fitted out with the national flags and feedback suggested that the venue could take on a larger event.

The lifting was of the highest quality and a number of British, European and World records were broken. The large crowd helped to encourage a great atmosphere. The officiating was very good as always and the Met Police loaders had a very busy day and prevented potential injury on a number of occasions.

The final result was very close with Scotland initially ahead by 50 points with all 8 lifters totals counted, but after deleting the lowest 4 scores, as the rules stated (including one woman and up to one equipped lifter), England took it with 1561 points, Scotland in 2nd with 1375 points, Ireland in 3rd with 1221 and Wales in 4th with 1183. With each team selecting only the best lifters the standard of lifting was very high. In the end the exceptional lifting of Shachar Head, David Gray, Steve Tyres & Alistair Cannings of the England A team secured England the victory, with Shachar and Alistair setting British records in the process.

8 British records

3 European records

25 World records

Note from me – as this event held Divisional status, Pete Gaskin has noted on results sheet the European and World ‘records’ have to remain as unofficial.

SOUTH WEST DIVISIONALS - 21st July – thanks to Simon Mansell

The South West Division held its mid season championships at Plymouth Performance Gym on Sunday 21 July. Despite the day was just about perfect beach weather over 30 lifters turned out for what was a good day’s lifting in the heat of mid summer.

Running two platforms to allow the lifters to make an evening barbecue the ladies and the lighter lifters set the standards for the rest of the day with some impressive lifting, Shachar Head for the ladies and Reece Meakin for the lighter man putting in good performances while more mature lifters such as Tommy Meredith giving a solid performance as always culminating in a new master British record in the deadlift.

The single lift benches and heavier men then followed. Jade Farrington lifted a commendable 65kg, while Corey Williams, at only 15, set a new British record in the bench press, and then broke it on subsequent lifts, Jan Maksymczuk lifted 152.5kg unequipped then, opting for a quick change, benched 177.5 equipped. Of the heavier

men Joe Jones put in a good performance but Stephen Sprang did better and ended up as the best male lifter while Shachar Head was the best female.

Thanks to Will and Sean at Plymouth Performance Gym for hosting the event and thank you to the loaders who sweated their way through the day to deliver what was a well attended mid season event.

WELSH OPEN EVENT – 27th July – my thanks to Gary Whitbread

For the first year ever in Wales, it was decided to hold a mid year (Summer) competition in an effort to attract new powerlifters in Wales and also to give some of the more 'established lifters' a bit of mid season competition practice.

The entire event was kept very informal, with only one referee, Gary Whitbread, officiating at the event. The casual atmosphere, seemed to work really well, with all 25 lifters leaving on the day with smiles on their faces, as well as trophies and t-shirts.

It was so good to see lifters who in normal circumstances would not consider lifting in a competition. It mattered not that some lifted more than others, what mattered was everyone was competing against themselves and had personal goals. Yes lifting a "heavy thing" up and putting it back down can be very competitive but it is what you achieve on a personal level that matters most and on that count they all succeeded.

The top female lifter on the day was Tanya Bull, a new competitor in the BDFPA arena, and the top male lifter was the now established Dean Roberts. Once again, the sportsmanship and camaraderie between the lifters was exemplary and it was a pleasure to officiate at, and organise such an event.

As event organiser, we really hope that many of the competitors, especially the new ones, will now compete in the Welsh Divisional, which will probably be held early January 2014

SCOTTISH NATIONALS, 28th July – kindly provided by Pete Gaskin

'This year's Scottish Nationals were combined with the bench press competition and held at Scotstoun Stadium on 28th July.

Bench Press - only one female entry, Katie Cooke, however she pressed 52.5Kg for a new British record. There were 5 male entries, all unequipped. Fraser Hooman set a new British record, with 95Kg in the 75Kg T2 category. Scottish records were broken by Paul Carroll and Calum Hutchison, but the best lifter went to M2 lifter Joe Cogan with a 172.5Kg bench press at 110Kg, also a new Scottish record.

Full Power Unequipped Women - 6 lifters in this category, 3 from Scotland and 3 travelling all the way from the East Midlands. EM lifter Catherine Walter set 4 new British records with a total of 212.5Kg, with the other EM lifters, Sarah Canon and Laura Walton setting good totals of 275 and 300Kg respectively. Hayley Rutherford set 2 Scottish records in the T2 47.5Kg category, with an 85Kg deadlift and 182.5Kg total. An injured Bernie Cunninghame just put in token lifts on squat and deadlift, which left Jo Gaskin to take best lifter with a 327.5Kg total at 65.5Kg body weight setting 3 Scottish records in the process.

Full Power Unequipped Men - 10 lifters in total with best lifter going to guest Diljeet Singh from the North East, with a 545Kg total at 75, just beating Scottish lifter David Crombie who totalled 595Kg at 82.5Kg for a new British total record. 3rd place went to Chris Wong, not long after competing in a bodybuilding competition, so not lifting at his best but still with a 547.5Kg total at 82.5Kg and an impressive 212.5Kg squat. Other notable lifts were from Thomas McGovern with a 265Kg deadlift, just missing a 4th attempt at 272.5Kg. Craig Cameron got a 220 squat just missing a 232.5Kg attempt on depth.

Full Power Equipped Men - There were 5 equipped lifters with best lifter trophy going to Wullie Brown with a 715Kg total. 2nd place went to big Adam Sauberlich with a 740Kg total and 2 Scottish records. A good 655Kg total for Ally Donaldson trying equipped lifting for the first time.

Special thanks to Paul Rutherford, Les Pilling and Pete Hudson for reffing, as well as Arthur Cowley and Hayley Rutherford for helping

out on the desk when I was lifting. The next comp at Scotstoun is the World Championships in November.'

WEST MIDLANDS PUSH AND PULL – held at my new venue in Worcester, 18th August.

Having been assured, since February, everything would be good to go at this venue - I, and my team, were particularly daunted with very late opening – I had already conceded to weigh lifters in the car-park despite very low early-morn temperature conditions - though that was thankfully, narrowly avoided! I have remonstrated with City Gym owners – and all remains on target for my next event there on 20th October. My very grateful thanks go to Danylo Chepa who not only stepped in to run my desk, as sadly Andy Haynes was unavailable, Dan also set out from his Stafford home to collect me at the crack of dawn – only for us to be sitting in his car, inputting everything on his laptop as we awaited for doors to be opened! Despite that guys are seemingly renowned as being 'less than adequate' (!) at multi-tasking – Dan did some great bench-pressing whilst also running my desk! My best wishes are obviously extended to him at up-coming Ukraine event – a area he spent his childhood in.

Feedback from event was good (I have previously apologised to all re lack of available catering – which ABSOLUTELY should have been in place): Again, am informed all will be on target for my next event. Notable lifts – Dan's three successful bench-press attempts. Roy Pinson creating M7 records on his actual birthday! William Ian King creating an equipped dead-lift 82.5 M5 National record and EM lifter Michael Round's fourth bench press attempt of 146kg, which increased his previous record of 145kg well done Michael – more to come from you obviously!! Great to see some new lifters also!

EUROPEAN SINGLE LIFT EVENT, CHERKASY, UKRAINE, 13-15th September

Virtually until zero hour, was unsure if my surgery could be delayed and for me to attend. Fortunately, I fulfilled required twenty-four hour stability and was released at last minute. As I write this report, I am about to undergo this required surgery.

We had an excellent team of lifters, all of whom did well on the platforms provided within stage area of Palace of Culture and excellently organised by UDFPF.

North West junior lifter Yiannis Verenakis increased his PB's on both squat and bench. Steve Van Kempen secured a WR MPF unequipped squat of 165kg at 108kg b/w.

David O'Neill was third in 82.5 kg weight category unequipped and first in equipped bench press.

Completely losing his first attempt, Phil Tempest recovered sufficiently to take second place to David with a 165 kg press in equipped bench.

Danylo Chepa put in a great 190 kg unequipped bench at 87kg b/w for overall second place in a class of twenty-four.

In his first International event, Harbans Bansal lifted well and by a very narrow b/w was just out of the medals in fourth position in 100 kg class.

Neil Thomas' three successful attempts in unequipped bench gave third position overall. In equipped class Neil's second attempt with 230 kg press provided a first position, best lifter and a European MPF record.

Winning both the unequipped and equipped 63 kg dead-lift, Ann Thomas pulled a 150 kg unequipped for a MPF WR, also won best equipped lifter.

Second overall in a class of sixteen, and winning senior 75 kg unequipped dead-lift class with a well-over triple b/w pull, Diljeet Singh gained a 248 kg WR dead-lift at a b/w of 73.50 kg. Well-done to a very determined lifter, whom it was a pleasure to referee!

Dean Fletcher at his first International event won as M1 in the 100 kg un-equipped dead-lift class. Sadly we discovered that despite four successful attempts, the MPF posted record Dean would have increased, was incorrect. Though very disappointing for him, pulling four white-lighted lifts at your first International event is something to be celebrated. Much more to come!

Neil, myself and others considered this event to be one of the best, we have attended, factoring in everything required for a successful and efficiently run event.

Reiterate my good wishes for everyone qualified and entering our World Full Power event in Scotstoun: Entries on an immediate basis please! Respect to all, Pat

'Success is not the key to happiness; happiness is in fact the key to success. If you love what you are doing, you will definitely be successful at whatever you aspire to'

BDFPA CONTACTS

President (NC)

01760 338648 171 Burnt House Crescent, Upper Marham,
Kings Lynn, Norfolk, PE33 9LF

Neil Thomas MBE

General Secretary (NC)

01384 270270 Oakfield Cottage, Bromley Lane, Kingswinford,
West Midlands, DY6 8JP

Pat Reeves

Membership Registrar (NC)

07932 787871 17 Meadow View , Witney, Oxfordshire, OX28
3TY

Manon Bradley

Championship Secretary (NC)

07505 411788 --- 23 Alcorn Green, Fishtoft, Boston, Lincs, PE21
0NA

Nicky Elding

Championship Secretary(vice)

01760 338648 171 Burnt House Crescent, Upper Marham,
Kings Lynn, Norfolk, PE33 9LF

Neil Thomas

Treasurer (NC)

01449 614198 & 07908 607198, 86 Lindsey Way Church
Meadows, Stowmarket, Suffolk, IP14 2PD

Mark Horton

Services Liaison Officer (NC)

07968 805650

Steve Maden

Technical Secretary (NC)

Andy Davies

01704 233279 20 Kerry Ln, Brooklyn Pk, Gravel Ln, Banks,
Southport, PR9 8BU

Assistant Secretary (Permits)

**Position currently vacant – Organisers are to please
contact Neil Thomas to arrange your next event**

Youth Development Officer

07780 924546

Paul Rees

Tie/Badge/Flash Supplies

01704 233279 20 Kerry Ln, Brooklyn Pk, Gravel Ln, Banks,
Southport, PR9 8BU

Andy Davies

Services Liasion Officer

07725 117297

Seb Madronal

Army Secretary

07968 805650

Steve Maden

RAF Secretary

01780 781703

Phil Tempest

Navy Secretary

07794 276416

Chris Martin

Medical Advisor

Dr Shahid Jawed

Legal Advisor

01242 285855

Nick Rowe

Technical Committee

01637 860908

Andrew Cominos

Drug Control Committee

01760 338648 171 Burnt House Crescent, Upper Marham,
Kings Lynn, Norfolk, PE33 9LF

Neil Thomas

T-Shirt supplies

Neil Thomas

Webmaster (NC)

01546 510355

[Pete Gaskin](#)

British Records Registrar (NC)

01546 510355

[Pete Gaskin](#)

Drug Control Officer - Vacant
position contact President directly)

(anyone interested in

[Divisional Representatives & Records Registrars](#)

Eastern Counties:

(Norfolk, Suffolk, Essex, Cambridgeshire, Huntingdon)

Divisional Rep (NC)

07962 123261

[Louise Fox](#)

Divisional Rep (Vice)

01760 338648

[Ann Thomas](#)

Records Registrar

contact President directly)

(anyone interested in position

East Midlands:

(Northamptonshire, Leicestershire, Hertfordshire,
Buckinghamshire, Bedfordshire, Oxfordshire)

Divisional Rep (NC)

07427 522899

[Glen Danbury](#)

Records Registrar

07860 960290 & 01536 526190

[Jim Stringer](#)

North East:

(Yorkshire, North Humberside, Cleveland, Durham,
Northumberland, (inc. Tyne & Wear)

Divisional Rep (NC)

01274 543640

[Eddie Bennett](#)

Records Registrar

01274 563747

[Gabby Bennett](#)

North Midlands:

(Cheshire, Derbyshire, Nottinghamshire, Lincolnshire, South Humberside)

Divisional Rep (NC)

07505 411788

Records Registrar

07752 713347

Nicola Elding

Phil Laing

North West:

(Lancashire, Cumberland, Westmoreland, Isle of Man)

Divisional Rep (NC)

262066

Records Registrar

01606 45680

Les Pilling

01524

Peter Roberts

Northern Ireland

Divisional Rep (NC)

(anyone interested in position contact President directly)

Records Registrar

(anyone interested in position contact President directly)

(anyone interested in position contact President directly)

(anyone interested in position contact President directly)

Scotland: www.bdfpascotland.co.uk

Divisional Rep (NC)

0141 6313354

Records Registrar

0141 5765030

Webmaster

01546 510355

William Brown

Paul Rutherford

Pete Gaskin

Southern Counties:

(Berkshire, Wiltshire, Hampshire, Dorset, Isle of Wight, Channel Islands)

Divisional Rep (NC)

07780 924546

Records Registrar

01983 856500

Paul Rees

Martin Godden

South East:

(Greater London, Surrey, Kent, Sussex)

Divisional Rep (NC)

Ben Richens

07932 276596

Records Registrar

(anyone interested in

position contact President directly)

South West: click [here](#) for SW website

(Cornwall, Devon, Somerset)

Divisional Rep (NC)

Graham Alway

01326 211525

Records Registrar

Andrew Cominos

01637 860908

Wales: click [here](#) for Welsh website

Divisional Rep (NC)

Gary Whitbread

07401 979909

Records Registrar

John Williams

07581 857195

West Midlands:

(Shropshire, Staffordshire, Worcestershire, Herefordshire,
Warwickshire, Gloucestershire, West Midlands)

Divisional Rep (NC)

Pat Reeves

01384 270270

Records Registrar

Roy Garner

01788 814290

BDFPA Referees

For lifters interested in becoming a Divisional referee, with opportunity of progressing to National and International standard - please contact Andy Davies (North England) direct on [01704 233279](tel:01704233279), or your regional technical officer as follows -

Steve McQuade - [07748 117799](tel:07748117799) (Scotland)

Gren Elmore - [0121 3574854](tel:01213574854) (West Midlands)

Andrew Cominos - [01637 860908](tel:01637860908) (South West)

Paul Rees – 07780 924546 (Southern Counties)

Eric West - [01932 568200](tel:01932568200) (South East)

Neil Thomas - [01760 338648](tel:01760338648) (East Counties)

Mike Davies - [01205 366569](tel:01205366569) (North Midlands)

The list below includes only those members who are known to be presently active &/or who are current members.

If anyone knows of a referee whose name has been left off the list by mistake, please contact the BDFPA Technical Secretary/Webmaster/General Secretary a.s.a.p. also, if there are errors in the actual referee status of anyone listed.

Eastern Counties

Ann Thomas	01760 338648	(Int)
Neil Thomas	01760 338648	(Int)
Philip Tempest	01780 781703	(Int)
Matt Saunders	07901 872290	(Nat)
Ian Tudor	01328 863258	(Nat)
Pete Sparks	01268 571162	(Div)

East Midlands

John Bevan	01920 422560	(Int)
Martin Green	07747 008933	(Nat)
Ted Brown	01908 378362	(Nat)
Henry Clark	01908 261264	(Nat)
Peter Linnett	0116 2246689	(Div)
Manon Bradley	07932 787871	(Div)
Glen Danbury	07427 522899	(Div)

North East

Mark Norton	0114 2258443	(Int)
John Walker	0191 3869198	(Int)
Seb Madronal	07725 117297	(Nat)

North Midlands

Mike Davies	01205 366569	(Int)
Nicola Elding	07505 411788	(Int)
Roy Olsen	07976 432156	(Nat)

North West

Andy Davies	01704 233279	(Int)
Mike Leadbetter	07783 504826	(Int)
Les Pilling	01524 262066	(Int)
Pete Hudson	01524 380542	(Int)
David Fairhurst	01772 724664	(Nat)

Scotland

Steve McQuade	07748 117799	(Int)
Pete Gaskin	01546 510355	(Int)
William Brown	0141 6313354	(Nat)
Paul Rutherford	0141 5765030	(Nat)
Bernie Cunninghame	07500 221715	(Nat)
Chris Martin	07794 276416	(Nat)
Alistair Donaldson	07834 328165	(Div)

Southern Counties

Andy Bonner	01256 363581	(Int)
Terry Jex	02380 811715	(Int)
Louise Watton	07969 417887	(Int)
Paul Rees	01202 770894	(Int)
Alistair Cannings	07518 147636	(Int)
Steven Tyers	07846 760916	(Nat)
Brett Le Cras	07940 322223	(Nat)

South East

Eric West	01932 568200	(Int)
Melanie Golding	01227 787899	(Nat)
Ben Richens	07932 276596	(Div)
Oliver Gilbert	07825 868626	(Div)
Paul Golding	07816 871626	(Div)

South West

Andrew Cominos	01637 860908	(Int)
Chris Morgan	01404 45397	(Int)
Russel Martin	07855 271857	(Nat)
Mark Rattenberry	01884 258478	(Nat)
Graham Alway	01326 211525	(Div)
Iain Boyde	01275 333014	(Div)
Steven Congreve	01395 233837	(Div)

Graham Edwards	01872 273274	(Div)
Gary Ell	01884 256704	(Div)
Mark Irwin	07403 080804	(Div)
Alan Gunbie	07760 125326	(Div)
Jade Farrington	01566 779194	(Div)
Jan Maksymczuk	01884 28036	(Div)
Simon Mansell	01736 788232	(Div)
Guy Servis	07943 873770	(Div)
Kirk Simpson	07815 685360	(Div)
Sean Stupples	07715 445320	(Div)

Wales

Gary Whitbread	07411 555996	(Div)
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West Midlands

Pat Reeves	01384 270270	(Int)
Gren Elmore	0121 3574854	(Int)
Martin O'Grady	0121 537 3043	(Nat)
Gary Conway	01905 756528	(Div)
Roy Garner	01788 814290	(Nat)
Andrew Haynes	07720 850864	(Nat)
Jagir Singh	07903 993020	(Div)

FORTHCOMING EVENTS FOR YOU DURING 2013

2013 Northern Divisional

22nd September, Muscle Factory, Lancaster, 0830-1000
Weigh In, [Details](#), [Entry Form](#)

2013 Combined Services Team Championships

25th September, RAF Wittering, Peterborough, MPF lifters
may apply direct to neil.thomas848@hotmail.co.uk

2013 East Midlands Full Power and Single Lifts

Sunday 6th October, KIdlington Leisure Centre, OX5 2NU,
Entry forms from Glen
Danbury glen.danbury@aquaterra.org

2013 BDFPA AGM

**13th October, 12-30 pm-1pm until approximately 5pm,
Fairfield Village Hall, Fairfield, Nr Bromsgrove, B61 9LZ.
Just off M5 Junction 4**

2013 West Midlands Divisional Championships

**Sunday 20th October, City Gym, 10 Sherriff Street,
Worcester, WR4 9AB [Entry Form](#)**

2013 World Powerlifting Championships

**1st November (congress), 2nd November (unequipped),
3rd November (equipped) Scotstoun Stadium, Glasgow,
Scotland. [Details](#)**

2013 British Police Powelifting Championships

**Saturday 16th November, Brentwood Barbell Club, The
Brentwood Centre, Doddinghurst Road, Brentwood, Essex
CM15 9NN**

**0830-1000 Weigh In, lifting starts 1030, entry form
from [Pete Sparks](#)**

2013 Speed Training Workshop

**Run by CSPA. Provides 4 REPS points, 4th Dec 13, Swanton
Morley, £40.00 inc VAT pp, - details
from neil.thomas848@hotmail.co.uk**

2014 Army Bench Press Championships

**Weds 29th Jan 2014, Swanton Morley, Norfolk, open to all
MPF lifters, entry form from neil.thomas848@hotmail.co.uk**

[Notes on the 2014,2015 & 2016 British Championships](#)

2014 British Single Lifts

**Saturday 1st March , Beaconside Sports Centre, Stafford.
£40 1st entry. £10 second entry, £5 third entry.**

2014 British Full Power

**Saturday 5th April & Sunday 6th April, Beaconside Sports
Centre, Stafford. £40 1st entry. £10 second entry.**

2015 British Single Lifts

Saturday 28th February , Beaconside Sports Centre, Stafford. £40 1st entry. £10 second entry, £5 third entry.

2015 British Full Power

Saturday 28th March & Sunday 29th March, Beaconside Sports Centre, Stafford. £40 1st entry. £10 second entry.

2016 British Single Lifts

Saturday 27th February , Beaconside Sports Centre, Stafford. £40 1st entry. £10 second entry, £5 third entry.

2016 British Full Power

Saturday 26th March & Sunday 27th March, Beaconside Sports Centre, Stafford. £40 1st entry. £10 second entry.

Any questions or enquiries about the above please contact your Divisional Representative first, details on the 'Contacts page' or email me, as below

Pat Reeves – General Secretary on behalf of BDFPA – and your West Midlands representative - Oakfield Cottage, Bromley Lane, Kingswinford, West Midlands, DY6 8JP, telephone 01384 270270 – though [ABSOLUTE](mailto:pat@foodalive.org) preferred contact is via email pat@foodalive.org owing to working with my medical team in Germany approximately half of each week. Excellent WIFI contact from clinic – usually at work 6 am -11 pm there, earlier and later from UK - so please use this option for anything you need to know!!

Pat Reeves – General Secretary of BDFPA – and your West Midlands representative - Oakfield Cottage,
Bromley Lane, Kingswinford, West Midlands, DY6 8JP, telephone 01384 270270 email pat@foodalive.org.
Website www.foodalive.org