

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

BDFPA April, 2012 NEWSLETTER

Welcome everyone to my second Newsletter of the year, for which a delay was agreed between myself and Neil Thomas in order to accommodate reports from all three of our National Championships – The British Single event, which I organised, the British Unequipped, which Wullie Brown arranged and the British Equipped in the hands of Dean Allison.

Important information for you from our President, Neil Thomas followsEven ahead of this though, I don't think Neil will mind if I initially impart that although it has taken an enormous amount of radical action, medical expertise, faith in abundance, financial cost, countless miles of travel, perseverance and oft-times sheer gut instinct in battling this rogue tumour, just ten minutes ago I was informed I have made it to remission status! Hopefully I have finally arrived at what I trust will be a calmer period of time. It now behoves of me to imminently develop positive actions which will prolong this extremely welcomed remission for as long as possible.

Spending half of every week at German clinic for the last six months - has finally paid off! Orthodox medics remain in awe, given what I have endured since November, 2011. As always I have been up for a 'never say never' prognosis. Sadly not quite the final triumph I ultimately want as I still have a large tear, which now cannot be addressed via surgery. This will remain a threat to now latent tumour which is incredibly close to it. Thankfully, the other thirteen bone tumours remained dormant during the intensive therapies we applied. I need to do everything I can to reduce the inflammation from tear impinging upon this closest tumour. A major challenge, but one I absolutely have to address.

Back to business – this from Neil Thomas.....

'The lifting year is now well under way and thus far we have had two excellent National events and at the time of going to press we await the final National event, the equipped Full Power in Coventry. Membership continues to grow and it is most encouraging the amount of new faces we are seeing in the organisation and the standard of lifting that we currently achieve.

That said there are some areas for improvement and I encourage all lifters to pay attention to the points below so that the organisation can run smoothly and that no lifter falls foul of any rules or regulations that may prevent or hinder their opportunity to lift.

1. The membership year runs from January to December each year. To that end rejoining lifters should aim to join the organisation prior to the end of January. This is important because it ensures the membership data base captures all members prior to early National events and invites to such and any qualification total from the previous lifting year becomes invalid after the 31st Jan each year. The practise of joining just before an event is to case.

2. The role of the Championship secretary is hard enough without them having to chase entries prior to events. A number of members have complained that they have not received entries in good time but consider this. The Champ Sec sends invites to members only – if you are not a member you will not get an invite to an event.

3. It is the lifters ultimate responsibility to contact the Champ Sec if they feel they should have had an invite to a particular event and have not. Members leaving it until after the closing date to contact the Champ Sec can expect to be disappointed in future.’

NATIONAL SINGLE EVENT CHAMPIONSHIPS

Firstly, I had a lot of fun organising this event – despite it taking many hours of my time on a weekly – and sometimes daily basis. Previously organising smaller competitions definitely did not prepare me for such an undertaking! My initial concern was finding somewhere to hold it after it was suggested that I bid for a date and look for a venue later. After checking out several places – which were either unsuitable for one reason or another, or ridiculously expensive, I was extremely fortunate that a chance conversation with Martin Beastall resulted in Dudley College being the eventual venue. Further concerns were that, apart from a scant amount of non-calibrated weights in the warm up area – I had absolutely nothing with which to run these championships! I was totally dependent upon a prior arrangement for everything to be shipped in the previous day/night. Given the large amount of entries, we finished at a very reasonable time – thanks mostly, to the brilliant computer expertise of Wim, Indra – and of course Pete Gaskin. Some of the biggest difficulties were those emanating from the extremely late qualifying events – something to be discussed at our up-coming AGM. I was humbled to receive thirty-nine positive emails and hope I repaid the faith our NC’s placed in me last year. My further thanks to lifters and officials alike who so kindly contributed to the cancer support centre, I set up at event. My local patients particularly benefit from this centre – we jointly raised £115.00 to increase facilities. Well-done to all!

Some amazing lifting was achieved in Dudley. Congratulations to all participants. My personal and sincere thanks to Neil Thomas and Phil Tempest for providing much needed equipment, despite dire transport/breakdown problems.

I always wondered why Paul Rees is so keen to continually put on championships given the amount of work – and stress – I have seen him under. He, I, and others, are obviously bitten by the same bug, as I’m definitely up for repeating the process in the future!

NATIONAL UNEQUIPPED CHAMPIONSHIPS

Glasgow city barbell hosted this year's British unequipped championships at the Scotstoun stadium on Saturday 7th April. The numbers were appreciably low with just 63. This may have been due to it being Easter weekend but the lifting was great with 61 World records taken on day. In the 55kg class Louise Fox lifted some big weights - a world record squat of 107.5kg and World record total of 345.5kg; this also got Louise best female lifter award. In the same weight class m3 lifter Sue Bethell had World record in squat with 82.5kg and World record on bench of 50kg this was also followed up with a World record in deadlift of 135kg - this got Sue World record total of 267.5kg. In the 80kg class T1 lifter Shachar Head squatted 120kg on 3rd lift followed by World record in bench press with 77.5kg. Some big deadlifting for Shachar with a World record of 152.5kg - giving her a World record total of 350kg: The future looks good for this young lifter, look for some big numbers in Boston. 90kg T3 lifter Gabrielle Bennett achieved a world record in squat with 126kg bench press of 65kg and World record in deadlift with 152.5kg this gave Gabby 342.5kg World record total. In the men's 60kg class MPF records were taken by Neil Cook 142kg squat 95kg bench press 195kg deadlift - all world records; this gave Neil World total 432.5kg. In men's 67.5kg class David Gray m2 lifter achieved 185kg world record in squat and British record in bench press with 132.5kg this was followed up with big pull in deadlift WR 242.5kg giving Davie a WR total of 555kg. Men's 75kg class winner and best male lifter of the day went to MPF lifter Mark Fleming with World records in squat 230kg and deadlift 265kg giving him world record total of 657.5kg. On to the 82.5kg class, MPF m2 lifter Stevie Walsh WR in SQ with 210kg followed with British record in bench press with a good 140kg lift. Stevie finished the day with a 222.5kg pull giving him British record total of 572.5kg. Also in 82.5kg class m9 lifter John Gallagher who has just done a skydive for help the hero's on his 80th birthday! - had WR in squat with good lift of 100kg then a WR in bench with 60kg and a big WR on deadlift with a solid 180kg lift this gave John WR in total with 340kg. In the men's 90kg class MPF lifter Phil Roberts had good day lifting some big weights only in his 2nd comp WR in squat 245kg followed by a strong 165kg bench and just missed his 3rd bench with good attempt at 170 missing just at lockout he went on two pull his 1st lift in deadlift at 270kg missing 280kg twice for hitching at lockout this gave Phil 680kg total he looks good for 700kg total soon. 100kg class saw JNR lifter Sam Goodall with a WR squat with a solid 250kg. Sam only got the opening bench in with a 130kg followed by some massive DL with 272.5kg and 292.5kg lifts but this gave him British record totalling 672.5kg lifted on the day. M7 lifter John walker had a good day with WR in squat 165kg and British record in bench - 110kg - finishing day with WR in DL with solid 225kg. He ended the day with WR total of 500kg. In the 110kg class, Les Pilling had some big lifts at M4 squatting WR 232.5kg followed with 120kg bench press and 230kg pull giving Les 582.5kg total. Still in the 110kg class T3 lifter Mathew Phillips had WR in SQ 215kg followed with a 140kg bench and 215kg pull giving Matthew a WR total of 570kg. In the 125kg Class MPF lifter Jay Hollingworth had solid WR Squat of 280kg then WR bench press of 200kg and British record DL of 300kg, giving Jay WR total of 780kg. M5 lifter Mike Leadbetter had good day with lifts on SQ 192.5kg, 137.5kg on Bench and WR on DL with solid pull of 252.5kg finishing on day with WR Total of 582.5kg. Moving on to the 145kg class Tom Kelly had European record in SQ with 305kg followed with British record in Bench with 210kg and WR on the DL at 320kg giving Tom a WR total of 835kg.

My thanks to Wullie for providing this extensive report. I truly hope that from this point on, organisers will offer at least a brief appraisal of the events they promote as my Newsletter inches slowly towards something akin to sad demise of Raw Power!

NATIONAL EQUIPPED CHAMPIONSHIPS

At last minute ahead of completing this delayed Newsletter, Dean informed he would prefer me to produce this report – especially as the Allison family have decided this was to be the final event they would host for BDFPA – Sad news indeed:

This was the third-in-series of National events at which I have officiated during early 2012. Yes, we were low on numbers, but there were some cracking results from the few that we had! Dean had previously arranged that Gren Elmore, Mike Leadbetter and myself would referee for the day. I was particularly impressed with Wullie Brown's performance – especially so as he took a bad fall from his second squat attempt – yet bravely succeeded on third. That took a lot of guts! Failing the 300kg deadlift initially (he promised me he would do this when I helped out in Glasgow two weeks earlier!)– again resulted in success on third attempt. Bravery in spades!

Ray Allison – informed me he would crack the records way back in January at these championships and I took steps to prove he can still 'cut the mustard'!

There were many other notable lifts as on website for all to view. Overall, an excellent last event put on by Dean, Liam and Ray. Your venue will be missed.

Eddie Bennett, our Divisional Representative for the North East now has his book published (available on Amazon) with the really zany title/spelling of 'Weight for it'!! I personally enjoyed reading this book very much and Eddie has allowed me to take whatever information I deem appropriate, as his contribution to the unique drug-free power-lifting book I will be publishing –JUST AS SOON AS I HAVE SUFFICIENT INFORMATION FROM YOU ALL! If you want to be part of this one-of-a-kind book for the future of drug-free lifting I need you to send me your training/competition/on-off season eating plans, etc – anything that was/is successful for your lifting will be great for this book. I am personally covering the cost of publishing, printing, marketing, media etc – (present quote is just under a thousand pounds) and, from past experience with my first book - many hours of burning the midnight oil compiling/collating it – but I cannot do this without your input! PLEASE CONTACT ME IF YOU WANT TO SEE YOUR SUCCESS WITH DRUG-FREE LIFTING IN PRINT!

IMPORTANT NOTICE FOR ALL COMPETITION ORGANISERS

To avoid membership and qualification problems that have occurred recently, once the cut-off date has passed for your event, please email me the names of your entrants. I can then complete a status check. Thank you in advance for your co-operation in this matter.

Sadly, for personal and on-going injury problems, Pete Linnett has decided to step down as Divisional Representative for the East Midlands – though he is happy to continue to referee at

Divisional level at present. Invites to cover this position would be gladly received – either to myself, or directly to Neil Thomas.

New team leotards are in the process of completion and orders currently being taken by Neil Thomas – photographs/details are on our website under ‘NEWS’. Even I have been convinced to relegate the leotard I made twenty-five years ago – which has served me well at over two hundred competitions since then – to a ‘retired status’!

SUPPLEMENTATION

On a near daily basis, I am checking products for enquiring members – and I am more than happy to do that for you all. I would much rather you ask me than assume because the word ‘natural’ appears on the box – it is perfectly safe (from WADA’s perspective) to use under the auspices of our drug-free rules. Sometimes it is the combination of ingredients that can create a positive result, especially when medication - either short or long term is used at same time. Any product alluding to the fact that it will make you aggressive/able to work through soreness/tiredness, is testosterone ‘boosting’, intensity amplifying etc is always going to be suspect. I advise great caution with combinations of this type – my last Newsletter spoke of two occasions in a short space of time when I have sadly had to inform lifters that a ban would be imposed. Eating healthily, training appropriately – and with a focused passion - is all you need for success.

Please note the following information from Pete Gaskin –

CHANGES TO BRITISH RECORDS

Over the last year or so there have been a number of record queries from members regarding pre-1999 bench press records. A lot of the queries related to full power unequipped bench press records by lifters who only lifted equipped, There were also some queries of single lift equipped bench press records, by lifters that only lifted unequipped.

Since this related to before I got involved with the BDFPA I consulted with Andrew Cominos, who seems to be the only person that remembers back that far! So here is some history....

Prior to 1999 there were only equipped full power events, however bench shirts were not allowed. The WDFPF Congress decision to start up equipped/unequipped as 2 distinct categories was taken in autumn 1998 in Atlanta. However, there were no competitions in the BDFPA under the new format until 1999. Also in 1999, single lift events were introduced, both equipped and unequipped. Regarding the existing (pre 1999) records, the WDFPF made the decision to list the squat and deadlift full power records under equipped, but the bench press records to be listed as unequipped. The BDFPA followed this decision.

Recently, some of these records have been questioned, since, although, these competitors were not wearing bench shirts, they were, in some cases, wearing erector shirts and there [are](#) some concerns as to whether this offered an advantage. For this reason, the NC voted last year to re-list these bench press records as equipped.

Prior to 1999 there were no single lift competitions as such, although there was the odd bench only and deadlift only competition. Again, there were no bench press shirts allowed in bench only competitions, so all single lift records prior to 1999 should be unequipped only. Whilst checking the records I noticed that there were pre 1999 equipped single lift bench press records. Further investigation showed that these early results had been entered in the program incorrectly, as each lift had been entered in both unequipped and equipped categories.

So in the last update, all pre 1999 unequipped full power bench press records have been re-listed as equipped, and all pre 1999 single lift equipped bench press records have been deleted.

The software used to compile the British (& World) records automatically compiles the records from a list of lifts with date and details of the competition, however in some cases these records had been manually entered with no date, so there are no details of what competition they relate to, which adds further doubt to their accuracy and makes them impossible to verify. There are quite a few of these records, which probably should be deleted, as they cannot be verified, but that is a decision the NC will have to make. There are also some competitions over the years where the record lifts have not been added to the list. I am slowly going back through the years looking at the National and International competitions to make sure they are on the list and adding them in where necessary. This is a lot of work and could take some time to complete.

It is possible some errors have crept in during these changes, so if you think some thing is not right, or your record has been deleted, please get in touch and I can add these back in after verifying them. Also it is worth bearing in mind, that where some records have been deleted, there is either no record or the record has now dropped back to a much lower figure. It is possible some lifters have lifted more than these revised records in the last 10 years, so if you think that's the case, please, again get in touch.

INFORMATION FROM PAUL REES – contact paulrees@bournemouthbarbell.co.uk

Three events over 17th/18th November! – The first - British Universities, the second - MPF Challenge and lastly the Southern Counties official National qualifier for 2013.

We will not be bidding for British BDFPA Champs in 2013. Members will choose events they wish to attend if they are invited. Prefer British Champs to be held in Birmingham area to benefit all members travelling from across the country.

Competition information for proposed events –

British Universities – any BDFPA student member may enter – Unequipped./equipped/all age groups - AND - ‘end-of-year’ membership available – preserving your pennies!

British MPF Challenge, both full-power and singles – any BDFPA MPF member may enter - ‘end of year’ applicable, as above. Teams (best three to score) from any base, ship, squadron, county, etc

Southern Counties full power, open championships and qualifier for 2013 National events – any BDFPA member may enter.

My following article will provide information that is guaranteed to improve your health, energy and that ‘oomph factor’ most sadly miss out on. Every single person putting this food preparation method into practice will benefit. If you ever wondered how I can withstand the pace of an eighteen hour working commitment - close to effecting average work input twice over - whilst also addressing a serious cancer issue - It ABSOLUTELY is mostly credited to this.....

Raw and living foods

Why eat raw food when you can have it cooked? This is a perfectly logical question. What then is the difference between cooked and raw food and still again what is this living food? Cooked or raw, if it’s fresh is it not still good for us? Yes to a point. There again it depends on how long it has been cooked and how high the temperature goes in the cooking.

Raw food

Let us first of all find the dividing line between what is considered cooked and what is considered raw. Any food that is heated above 106 degrees Fahrenheit is considered cooked. Anything below that temperature is considered, to a degree, to be raw. Completely raw food of course is food that has not had heat added at all. 106 degrees Fahrenheit is the temperature at which the enzymes that are in the food are starting to be killed off.

Enzymes are the chemicals that work with vitamins as catalysts to assist with digestion and are responsible for every metabolic process in the body. Life itself doesn’t happen without enzymes. If the enzymes within the food have been reduced or killed off then it will be harder to digest than it would if they were there. Without these enzymes our body becomes depleted of these substances leading to many if not most diseases and ailments.

Replenishing the body with bought supplements of enzymes, vitamins and minerals is never quite the same. They lack the inherent ‘life force’ needed that is in fresh food. Though use of digestive enzymes will have a positive health impact – it is just a more holistic approach to consume sprouted foods long-term. This is why fast food and processed food is even worse, as these contain virtually no enzymes, vitamins, minerals or ‘life force’ at all.

The measurement of 106 degrees Fahrenheit is the internal temperature at which the human body will start to die. It stands to reason then that when you cook food above this temperature it too will start to die. And what dies with it is the mysterious ‘life force’ that is within every ‘living’ thing. If we eat food that has ‘life’ still within it, it will transfer this ‘force’ to us. If we eat boiled, charred, roasted, deep fried and baked food with few enzymes, vitamins or minerals or ‘life force’ left then the food becomes a heavy burden on the body and not the energising fuel it should be. Which is why after a heavy, rich cooked meal we often feel like falling asleep when in fact eating is meant to make us feel energetic not sleepy!

The more ‘living’ a plant is when we eat it the more transference of enzymes, vitamins and minerals and ‘life force’ is imparted into our own bodies to utilise as energy and renewal of

tissues: And the more energetic we will feel after eating it.

Living food

Not all raw food is necessarily considered 'living'. There is a very real difference between raw and living food. There is a lovely way of describing the difference between raw and living food I often give to explain: Food that is living, grows when you add water (i.e seeds, lettuce still with roots, cabbage with roots etc) but raw, dead and dying food will decay and rot if you add water. And these are vegetables that have lost a fundamental section of their body needed for life - their root.

A raw lettuce in a grocer shop or supermarket without its root is still alive to a point but is in a degenerative, composting state. It is therefore considered in the raw and not in the 'living' category. Living food is food that is growing when you consume it, such as living alfalfa sprouts, Broccoli sprouts, mung bean sprouts, and any vegetable that is still in a growing state and attached to it's roots or recently, within 15 minutes, of being harvested.

Living food has a quality observed in Chinese Medicine that will increase circulation and is considered warming whereas raw food is cooling and make us feel cooler. This explains why we all prefer to eat salads in the summer as these are cooling. Salads in the winter will definitely make us feel cooler. However, living sprouts will not do this and will in fact improve our circulation and feeling of warmth. This may explain why wild animals are able to withstand very extreme cold winter temperatures.

The seeds of fresh fruits are the living part whereas the fruit pulp itself is in a partially degenerative state. Fruit pulp is considered to be more 'cleansing' and vegetables to be more 'nutritive' to our bodies from a Naturopathic viewpoint.

We are able to buy more and more living foods in the supermarkets such as basil, mint, coriander, lemon balm and other herbs in their pots. Waitrose, Sainsburys and other supermarkets are now also selling 'living lettuces' in pots of earth which only cost around one pound and 'living salads' which come in little growing trays of earth and contain a variety of living salad leaves.

A 'living' lettuce is so much more nutritious and healthy than a lettuce with no root, and heaps healthier than the plastic bags of pre-prepared torn lettuce leaves. It is known that once a plant has been harvested it has lost 50% of it's nutrients within 15 minutes!

The difference between cooked food and raw

I have a simple experiment to suggest. Take a sweet potato cut it in half and boil one half. Put each half in a separate plastic bag in the fridge and see how long each half takes to decompose. The cooked half will go bad and rotten within a few days whereas the uncooked half will 'live' and stay relatively fresh infinitely longer before rotting. The 'life force' is keeping the uncooked half alive. If you ate the uncooked half you would feel much more energetic than you would if you had eaten the cooked half. This is because the enzymes, vitamins, minerals and 'life force' in the raw half have imparted themselves into you. The enzymes, vitamins, minerals and 'life force' in the cooked half have become minimal. The act of cooking has accelerated its degeneration by killing it! It doesn't take much science to understand the simple implications of this experiment.

However I wish this was just the worst of it but it is not. It has long been known that barbecuing blackens and burns meat and especially the fat, producing high levels of a carcinogenic substance called nitrosamine which is implicated in bowel cancer. Fried meat has been linked to a higher risk of hormone related cancers in women and it has been found there is a three fold increased risk in men who eat fried meat regularly.

Cooking any meat and this includes fish, at high temperatures, especially above 200C as in roasting, creates carcinogens which are called heterocyclic amines (HCAs) and these greatly increase cancer risk.

Then there are the acrylamides which are chemicals created by the combustion of oil and hydrocarbons in temperatures above 120 degrees C (248 degrees F). These are highly carcinogenic substances which cause cellular DNA to mutate. Acrylamides are created naturally in baked or fried food when the temperature reaches 120 degrees C although this is not the case with boiled or steamed food. They are absent in all uncooked foods and are not present in raw or boiled meat or raw or boiled potatoes.

Professor Margareta Tornquist, associate professor of environmental chemistry in Sweden found acrylamides in foods at the beginning of 2002. Professor Tornquist says “there is no safe threshold” of these substances. The worst offenders are fries, chips, crisps and breakfast cereals.

Tim Lang, professor of Food Policy at Thames Valley University believes acrylamide and other chemicals could show why cancer is so common in developed countries. He says “The discovery of acrylamide could be the explanation we need. It means that these deaths could be caused by modern food processing and cooking techniques”.

Then there are the trans fats created when fats are heated in the process of hydrogenation. These are said to be even worse for you than saturated fats. These raise our cholesterol and increase our risk of heart disease, still the biggest number one killer.

Does uncooked raw and living food begin to look more attractive now? Including some precious raw and living food daily in our diet means the body is given additional nutrition and ‘energy’ and strength to overcome the daily abuses we bombard it with - which include the decomposing and carcinogenic substances we put into our bodies and blindly call food!

Benefits of raw and living foods

The proportion of green living and raw food incorporated in the daily diet will not only add enzymes, vitamins and minerals reduced or absent in cooked food, but also oxygen and chlorophyll.

Chlorophyll is the green colouring of plants and is the part of the plant that converts carbon dioxide in the atmosphere into oxygen during daylight hours.

Living food therefore has more ‘life force’, enzymes, vitamins, minerals, chlorophyll and OXYGEN. When we eat green chlorophyll rich ‘living’ food the plant is making oxygen as we eat it (less so in raw food). Oxygen is essential in our diet. Cooked and processed foods do not contain much or any oxygen. Oxygen is what keeps us alive, is in the air we breathe and the water we drink. Our modern cooked and processed diets contain virtually no oxygen.

Fresh live Chlorophyll is therefore essential in our diet but is not yet fully recognised to be as important as it is. It builds healthy blood (it has the exact same structure as hemoglobin which is the red colour of our blood - except that in chlorophyll there is a molecule of magnesium and in the centre of heme there is an iron molecule). Chlorophyll is rich in minerals as well as amino acids which are the building blocks of protein. Another important fact about chlorophyll is it has the exact same pH as our blood which is close to 7.4. Eating and drinking fresh raw chlorophyll, as green veggie juices, helps the blood stabilise its alkaline environment which is constantly bombarded by our modern day acidic diet - one of the major factors in disease. Cooking chlorophyll rich vegetables makes them lose that beautiful bright green colour turning them a sludge green which kills their ability to impart oxygen, enzymes, vitamins, minerals, amino acids, trace elements and that elusive 'life force' into your body.

It is by degrees that living food imparts more 'energy' and nutrients than raw. Living food is the healthiest, with raw coming a close second with steamed vegetation as the next less nutritious, with boiled vegetables even less so and so on. The longer you cook, and the higher the temperature the more nutrient values are depleted.

Learning how to sprout seeds at home creates more choice. Nothing could be easier.

I suggest to most people to start incorporating a handful of living sprouts daily into the diet, for instance mixed in with a salad and to have a glass of freshly juiced green vegetable juice containing a variety of green vegetables and leaves. In my seminars and classes I teach what medicinal quality each sprout has. This is particularly useful for people overcoming health challenges.

A good base for a green juice is cucumber, celery, ginger root and lemon. In addition, adding other green leafy vegetables such as parsley and kale will make it even more delicious and healthy.

Of course eating organic is by far the healthiest way to eat, especially if over coming a health challenge as organic fruit and vegetables have significantly more nutrients than non organic. Putting chemicals in the body from non organic foods only adds to the toxic overload which depresses the immune system further.

Every wild animal in the universe only lives on living and raw food whether a herbivore or carnivore. Only domestic animals eat cooked foods. Wild Herbivores graze on living vegetation while wild Carnivores kill their meat and usually devour their prey within minutes or hours. In the main wild animals retain their health and stamina without developing cancers and chronic diseases.

It strikes me we have something to learn from this!

Here are up to date events for 2012 -

2012 WM Push Pull

Last minute change to Power Press Gym, Turner Street, Dudley, DY1 1TX

[Entry Form](#)

2012 German Open

May 27th, Dusseldorf, single lift & full power, UN & EQ

[Entry Form, Details](#)

2012 Scottish Push Pull

Sunday 17th June

Further Details To Follow

2012 World Single Lift Championships

Autun, France 22nd, 23rd & 24th June

[Further Details](#)

2012 Combined Services Push Pull Challenge

Saturday 23rd June, Brentwood Barbell Club, Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN

[Further Details](#) [Entry Form](#)

2012 South West Divisional Mid Year Championship

Sunday 8th July, At The Gym, Newquay, Treherras School, Trevenson Road, Newquay, Cornwall, TR7 3BH.

Full Power & Single Lifts. Unequipped & Equipped. Weigh in 0830-1000. Start time 1030.

Entry Form from [Simon Mansell](#) 07779 609919 or 01637 860908 and [Andrew Cominos](#)

2012 Scottish Nationals

Sunday 19th August

Further Details to Follow

2012 Scottish Bench Press & Single Lift Championships

Sunday 15th September

Further Details To Follow

2012 European Single Lift Championships

Lausanne, Switzerland, 14th, 15th & 16th September

Further Details to Follow

2012 BDFPA AGM

Sunday October 14th, 1pm to 5pm, Fairfield Village Hall, Fairfield, Nr Bromsgrove, B61 9LZ. Just off M5 Junction 4. Hosted by West Midlands Division.

2012 West Midlands Divisional Championships

Sunday 21st October, Power Press Gym, Dudley

[Entry Form](#)

2012 British Police Championships

Saturday 27th October, Palace of Arts, Glasgow

Further Details to Follow

2012 World Powerlifting Championships

Boston, USA, 26th (congress), 27th & 28th October

[Further Details](#)

2012 British MPF Challenge

Saturday 17th & Sunday 18th November, Bournemouth, Venue to be confirmed (either Bournemouth Uni or Oakmead College).

MPF Challenge, individuals & Teams.

[Details](#), [Entry Form](#)

2012 Southern Counties Qualifier

Saturday 17th & Sunday 18th November, Bournemouth, Venue to be confirmed (either Bournemouth Uni or Oakmead College).

Southern Counties Qualifier, full power and single lifts. Qualifier for 2013.

[Details](#), [Entry Form](#)

2012 British Universities, Colleges and Schools Championships

Saturday 17th & Sunday 18th November, Bournemouth, Venue to be confirmed (either Bournemouth Uni or Oakmead College).

BDFPA British Universities, Colleges & Schools, Powerlifting & Single Lift Championships 2012. All students on roll at any time in 2012 eligible. Individual & Team. BDFPA membership required & end of year membership available from 1st October for those competing for the first time.

[Details](#), [Entry Form](#)

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|----------------------------------|--|--------------|
| Medical Advisor | <u>Dr Shahid Jawed</u> | |
| Legal Advisor | <u>Nick Rowe</u> | 01242 285855 |
| Technical Committee | <u>Andrew Cominos</u> | 01637 860908 |
| Drug Control Committee | <u>Chris Morgan</u> | 07545 781455 |
| T-Shirt supplies | <u>Neil Thomas</u> | 01760 338648 |
| Webmaster | <u>Pete Gaskin</u> | 01546 510355 |
| British Records Registrar | <u>Pete Gaskin</u> | 01546 510355 |

Drug Control Officer - Vacant

(anyone interested in position contact Neil Thomas directly)

Divisional Representatives, Records Registrars & Referees

Eastern Counties:

(Norfolk, Suffolk, Essex, Cambridgeshire, Huntingdon)

| | | |
|------------------------------|-----------------------------------|--------------|
| Divisional Rep (NC) | <u>Louise Fox</u> | 07962 123261 |
| Divisional Rep (Vice) | <u>Ann Thomas</u> | 01760 338668 |

Records Registrar

(anyone interested in position contact President directly)

East Midlands:

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

| | | |
|----------------------------|---|--|
| Divisional Rep (NC) | <u>Vacant – please apply!</u> | |
| Records Registrar | Vacant – please apply | |

(anyone interested in position contact president directly)

North East:

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

| | | |
|----------------------------|--------------------------------------|--------------|
| Divisional Rep (NC) | <u>Eddie Bennett</u> | 01274 543640 |
| Records Registrar | <u>Gabby Bennett</u> | 01274 563747 |

North Midlands:

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

| | | |
|----------------------------|---|--------------|
| Divisional Rep (NC) | <u>Nicola Elding</u> | 0798 2057808 |
| Records Registrar | <u>Phil Laing</u> | 07752 713347 |

North West:

(Lancashire, Cumberland, Westmoreland, Isle of Man)

| | | |
|----------------------------|---|--------------|
| Divisional Rep (NC) | <u>Les Pilling</u> | 01524 262066 |
| Records Registrar | <u>Peter Roberts</u> | 01606 45680 |

Northern Ireland

Divisional Rep (NC)

(anyone interested in position contact President directly)

Records Registrar

(anyone interested in position contact President directly)

Scotland: www.bdfpascotland.co.uk

| | | |
|----------------------------|---|--------------|
| Divisional Rep (NC) | <u>William Brown</u> | 0141 6313354 |
| Records Registrar | <u>Paul Rutherford</u> | 0141 5765030 |
| Webmaster | <u>Pete Gaskin</u> | 01546 510355 |

Southern Counties:

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

| | | |
|----------------------------|---|--------------|
| Divisional Rep (NC) | <u>Paul Rees</u> | 01202 770894 |
| Records Registrar | <u>Martin Godden</u> | |

South East:

(Greater London, Surrey, Kent, Sussex)

Divisional Rep (NC)

(anyone interested in position contact President directly)

Records Registrar

(anyone interested in position contact President directly)

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

(Cornwall, Devon, Somerset)

Seb Madronal 07725 117297 (Nat)

Philip Tempest 01780 781703 (Div)

North Midlands

Mike Davies 01205 366569 (Int)

Roy Olsen 07976 432156 (Nat)

Nicola Elding 0798 2057808 (Int)

North West

Andy Davies 01704 233279 (Int)

Mike Leadbetter 07783 504826 (Int)

Les Pilling 01524 262066 (Int)

David Fairhurst 01772 724664 (Nat)

Pete Hudson 01524 380542 (Int)

Scotland

William Brown 0141 6313354 (Nat)

Bernie McKinley (Nat)

Steve McQuade (Int)

Chris Martin (Div)

Pete Gaskin 01546 510355 (Int)

Paul Rutherford (Nat)

Ronnie Simpson (Div)

Frank Sinclair (Div)

Southern Counties

Andy Bonner 01256 363581 (Int)

Terry Jex 02380 811715 (Int)

Paul Rees 01202 770894 (Int)

Alistair Cannings (Int)

| | | |
|----------------|---------------------------|-------|
| David Tempest | 01722 433465 | (Div) |
| Steven Tyers | | (Nat) |
| Louise Watton | | (Int) |
| Russell Jolley | 18 Buckland Rd, BH12 2N | (Nat) |
| Adam Elkins | 16 Alexander Terr, SP3 QA | (Nat) |

South East

| | | |
|-----------------|--------------|-------|
| Stephen Maden | 07968 805650 | (Int) |
| Rick Meldon | 0208 6148074 | (Int) |
| Eric West | 01483 476570 | (Int) |
| Philippe Crisp | 01323 485158 | (Div) |
| Melanie Golding | 01227 787899 | (Nat) |
| Julian Vowles | 07905 969454 | (Nat) |

South West

| | | |
|--------------------|--------------|-------|
| Andrew Cominos | 01637 860908 | (Int) |
| Chris Morgan | 07545 781455 | (Int) |
| Dave Hollingsworth | 01643 709661 | (Nat) |
| Mark Rattenberry | 01884 258478 | (Nat) |
| Graham Alway | 01326 211525 | (Div) |
| Robert Cooper | 01823 321975 | (Div) |
| Graham Edwards | 01872 273274 | (Div) |
| Gary Ell | 01884 256704 | (Div) |
| Alan Gunbie | 07760 125326 | (Div) |
| Nathaniel Trout | 01626 833604 | (Nat) |

Wales

| | | |
|----------------|--------------|-------|
| Steve Cook | 07917 854522 | (Div) |
| Gary Whitbread | 07411 555996 | (Div) |

West Midlands

| | | |
|----------------|---------------|-------|
| Pat Reeves | 01384 270270 | (Int) |
| Gren Elmore | 0121 357 4854 | (Int) |
| Martin O'Grady | 0121 604 1457 | (Nat) |
| Terry Stansbie | 01527 870347 | (Div) |
| John Mitchell | 01215 443046 | (Div) |
| Gary Conway | 01905756528 | (Div) |
| Josh Merrett | 02476 713487 | (Div) |
| Ray Allison | 07792 70896 | (Div) |
| Dean Allison | 02476 447477 | (Div) |
| Liam Allison | 02476 447477 | (Div) |
| Roy Garner | 01788 814290 | (Div) |
| Andrew Haynes | 07720 850864 | (Div) |

It would be great if currently qualified divisional referees could attend a National/International event for potential upgrading by senior officials. (Consent previously determined by appropriate official). Competitions just don't happen without referees/spotters/loaders/etc, Please remember that we are all 'in this together' so, whenever you can offer your expertise/help for any of our events – please DO contact relevant organiser or myself. My best wishes for continued success at the many sanctioned events we are providing for you during 2012.

Pat.

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