

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

My Autumn Newsletter to you all!

What an amazing summer season we have all enjoyed! Whether in UK, Germany or Detroit I have definitely enjoyed the sunshine, as possible between work engagements!

Recent proposals/rule changes/new NC's etc all great! Very pleased BDFPA is forward focused as to upward progression for 2015 and onwards! This takes dedication from Neil/myself/others (please see below) – optimal requirements for lifters do not simply 'magic themselves up'!!!

Recovering well from side-effects of June surgery and finally returned to training, though obviously aware of major stroke risk, so being extremely cautious!

As is known, I will not survive vital third required major surgery in December, I spent some time in Detroit with my surgeon recently ascertaining if anything else was possible, aside from 24/7 bed-ridden dialysis – life expectancy only as three months. We have now determined/planned three separate surgeries – reducing the hours I spend under anaesthetic (the major problem). Again this will be an innovative approach – though with only the above alternative, I absolutely MUST accept! Directly following my co-hosted fourth qualifier of 2014 on 29th November, will leave UK – remaining in touch as possible/allowed: Spacing between surgeries is of unknown quantity as I speak, though advised I need to spend all of December under observation in clinic. Another non-existent Christmas I guess, still – whatever it takes!

I will be in touch as often as possible during December with you all.

I expect to deliver fourth 2014 Newsletter approximately 1st December.

END OF YEAR MEMBERSHIP NOW AVAILABLE ONLINE!

For just £10.00 you can enter any Divisional level event until 31st December to obtain your qualifying total for our National events during 2015, with the caveat that you **MUST** obtain full membership during January – preferably early in month, or you will lose those qualifications and unless there is a very late qualifier in February – you will forfeit your opportunity to lift either at Singles event on 28th February, or Full-Power last weekend of March.

MEMBERSHIP CARDS

As we further develop our on-line membership system, the old laminated cards are no longer posted out to you. You will receive an email version showing your current membership number (until even this becomes unnecessary). I (or Manon) check membership status for everyone entering an event beyond specified cut-off date, hence providing your number on competition day is no longer necessary. Organisers, please note when designing your entry forms.

NEW NC's!

Though I wrote one hundred and thirty emails to individuals, very happy this resulted in North East and Southern Counties as being returned to full-activity. Sadly none of the sixty members in South East have contacted me. We extend a warm welcome to Megan Batchelor (Southern Counties) and Dave Heath (North East).

BENCH PRESS DISQUALIFICATION RULE NINE

It has recently been drawn to my attention via Mike Leadbetter as to the interpretation of the word 'deliberate' and in fact whether rule should be re-written minus this word. My feeling here is that the lifter/coach should be paying equal attention to body-bench position as much as to accurate hand spacing etc – factoring this in ahead of saying 'my bar': It is up to the lifter/coach to assume such an optimal body-position where touching anything with bar upon ascent movement is impossible.

OFFERING YOUR HELP/EXPERTISE – PLEASE!!!!

To continually improve our great drug-free Association, I believe a change of mind-set is required, currently with almost 600 members - those that make things happen within BDFPA can be accurately counted on both hand-digits! Please check events page and offer anything you can to assist local organisers – even a couple of hours spot/loading/desk assistance always gratefully received! For instance, despite multiple pleas, no-one has come forward to spot/load at mine on October 12th!

For important issue discussions on our Face-book page – please (also) communicate with your local NC (or with me, as I further await someone to stand up and be counted in SE!) This is especially important when offering any worthwhile ideas/changes/etc – action on which could then be balloted and or implemented for the greater good.

INPUT FOR NEWSLETTER!

Whilst I travel to as many events as my health allows and post a short write-up; as a ‘nod’ to Raw Power of old, it would be appreciated if organisers regularly drop me a few lines beyond their event for such inclusion.

It has been ages since anyone contributed in a general sense – I **ABSOLUTELY** welcome any relevant articles. I endeavour to provide latest cutting-edge (mainly German/USA research) nutritional input: I would definitely welcome training articles/general information etc. Happy to remain editor of our quarterly Newsletter – that **DOES NOT** mean I have to be sole contributor!

The Newsletter is an electronic version of ‘oldie world’ Raw Power – which was amazing in past history and whilst ‘clinical’ results/contacts etc are obviously available as reference on our website – let’s definitely keep the ‘personal touch’ and a sense of humour/comradeship within our great sport, which is not easy/best expressed via logistical facts and figures!

EVENT REPORTS

Welsh Counties, 6th July, hosted by John Williams in Whitland

This is the first competition I've promoted for well over 10 years and I'd forgotten just how much needs to come together. As is usually the case we struggled for loaders/ spotters but thanks to Dean, Dean's mate (sorry can't remember his name), Robert, my mate Spike and a couple of lads from our gym, we managed. We had one or two technical hitches as well, caused by me trying to do too many jobs at once but on the whole the day ran smoothly.

I decided to run the event based on weight and age formula (and put the under 23's with the open lifters to give the younger lifters a fighting chance) as opposed to bodyweight classes and although this isn't the most popular method to decide placings I don't think anyone went away too unhappy!

Welsh Records were falling throughout the day in all classes and age groups – over 40 in fact but I'm not going to go into depth about who lifted what – the results speak for themselves. A couple of performances are worth a mention however!

Chris Protheroe is now a full 90kg and is truly World class – I think he's going to crack the 700 now he doesn't have to diet! Phil Webley-Parry is an awesome deadlifter – 250+ at 76kg! Phil is going down to the 75kg class so I'm going to be busy printing record certificates! I've also got to mention Pete Sutton's bench – 215kg and it was easy!

Lifting on her own was a new comer, Shelley Caviell who had a short run up and a couple of technical issues, she is well cable of hitting a 300 total once she gets them sorted!

We had two guest lifters, Ben Leyland and Kevin Bray who made the trip over from the Midlands and both lifted well. A special mention however for Ben – 280 deadlift at 21, enough said!

We also had a referees course on the day with Dean Roberts (who will also be our Drug Control Officer) and Robert West taking and passing their ref's exam – both of which got practical experience straight after and – took it in turns to ref and load!

In closing I would like to thank Pat for travelling (at her own expense) all the way to deepest Wales to take the ref's course and mentor

Dean and Rob and Sue Bethell who did the 4 hour trip from North Wales just to referee – Thanks Sue!

South West, 13th July – thanks to Russ Martin for this report

Plymouth Performance Gym was host once again to the 2014 South West Mid Year championships. 24 Lifters entered with some of the divisions finest and most seasoned lifters taking to the platform. The event was also a first for some of our newer members like Holly Harrison who thoroughly enjoyed competing and even taking on divisional records. Holly Harrison put in an emphatic performance and was great to watch her concurring her lifts and breaking divisional records in the 55.5kg women's open class under the guidance of her coach Guy Servis. Almost not worth mentioning was Shachar Head's performance. This lady breaks so many records it's almost not news anymore and this event was no exception 9 out of 9 lifts were all British Records. The divisions stalwarts were in action also seeing Charles Buchanan finally going for that 300kg we have been goading him on for the last few years and setting a new British under 90kg Deadlift RECORD in the M4 Category. Mark Lowe made a return to the platform winning best lifter with a 617.5kg total at 90kg. Jevan Cockbain in the T1 was certainly on a mission to break divisional records, coached by Mark Rattenbury, he did not disappoint. We also saw some guest lifters from Southern Counties which is always a pleasure. Some entertaining lifts coming from Mitchal Flowers in the Junior 125kg class; he can certainly shift some weight. Unfortunately the bench caught out both Dan Geach and Adam Taylor meaning they could not continue on to make a total. With some better opener selections I am sure they would have gone onto get their weights as second lifts always hard to recover from a failed opening lift. Brad Westall and John Duffy looked to be going toe to toe in the 90kg Junior Class - Brad walked away victorious on this occasion by 15kg on the total. Looking forward to the next match up. 3 National referees in attendance Russell Martin, Mark Rattenberry, James Minear. Thanks to Simon Mansell for organising behind the scenes.

Championship Report by Russell Martin

4-Nations, 2nd August, Brentwood

Bigger and even better than 2013 inaugural event and definitely set to become a regular calendar competition – likely rotating between Scotland (2015), Ireland (2016) and Wales (2017).

Glen Danbury (who kindly put me up at his home) and I refereed all day, with input from Pete Gaskin, Andy Bonner and Pete Sparks.

National records were achieved/broken by Hayley Rutherford, Shachar Head, Sue Bethell, Karen Dalziel, Sam Dew, Reece Meakin, Simon Marshall, Arthur Cowley, John Williams and Wullie Brown.

Pity we ran out of time for in-venue presentation – this being effected outside of gym – sadly not part of this as I needed to leave for journey home. Fortunately weather was amenable! Feel sure competitors enjoyed an unusual presentation location!

Pete Sparks put in an inordinate amount of work for this event at a time his health was severely challenged. Great work Pete – always happy to help!

ENGLAND WON!

Scottish Nationals, 24th August, thanks for report via Wullie/ Pete Gaskin

This year's Scottish Nationals was the biggest so far with 40 entries. Held at Varsity Gym in Glasgow, the place was buzzing and there must have been 200 people there at one point. Traditionally a full power only the competition, the decision was made this year to allow single lifts and this allowed a further 8 entrants, who either did one or two lifts only.

Notable newcomers were Lisa Tobias, totalling 270Kg at 46.6Kg body weight, with 3 unofficial British records. Junior lifter Alice Pearsons, totalling 307.5Kg in the 80Kg class, with 4 unofficial British records and Junior lifter Mark MacQueen, totalling 665 at 110 and breaking 4 British records and winning the 110Kg class.

Four best lifter trophies were awarded. Best female unequipped bench went to Katie Cooke (55.5Kg M2) with 62.5Kg, which is a new British record. Best female unequipped open & masters went to Mary

Anderson (M2). Mary dropped to the 70Kg class to take 4 new open British records, increasing the total record by 27.5Kg. Best open and masters male lifter went to David Crombie (82.5Kg M1) with a 625Kg total (new British record) and a big 271Kg deadlift to finish, also a British record. With only two equipped entries, the best equipped lifter went to Chris Empson with a 585 total at 82.5Kg.

Although it was a long day the competition ran smoothly thanks to plenty of officials and spotters. Thanks to Mark Hourston and Michael Phillips for spotting and loading, together with staff from Varsity. Thanks to referees Arthur Cowley (Centre), Chris Martin, Paul Rutherford & Wullie Brown. Hayley Rutherford and Tommy McGovern did an excellent job, with their refereeing debut after recently passing the exam, and thanks to Chris Martin for doing an excellent job on the desk/MC in the afternoon, allowing me a break to lift. A final thanks to Wullie Brown for organising the competition and a special mention to the staff at Varsity who really made an effort to make the day run smoothly.

The next competition in Scotland is the UK Masters, which will again be at Varsity Gym on 22nd November. This is the first time a master's competition has been organised and is attracting a lot of interest. It is open to any BDFPA member who is a master for both single lifts, full power, unequipped and equipped. There is no qualifying requirement and any lift will count as a qualifier for 2015. Varsity is a great venue, centrally located in Glasgow, with plenty of parking, right next to a take away Pizza restaurant and supermarket.

European Single Lift Championships, 12, 13th, 14th September, Gorey

Wow! What an amazing event! – Great gym/facilities/food-drink provided by IDFPA with Wim Backelant/WDFPF team, etc completely in charge and super-expediently running it like clockwork! We provided exact time of flights for everyone and sustained those over the three days. I am always pleased to be part of such an efficient team effort. If we continue to improve on this – all three days will be done and dusted by 2-3 pm!

IDFPA have the fastest and accurate loaders I have ever witnessed – and that's some! Even a robotic machine could not have equalled!

UK sanctioned referees - Les Pilling and myself: I refereed all of three days, with Les mainly on day two as obviously lifting squat/dead-lift both as unequipped and equipped. Thanks to Phil Tempest for centre refereeing directly ahead of his equipped bench press.

Notable lifts from UK entrants – Lisa Tobias in 47.5 kg class was first with her 75kg squat and a 55 kg bench. Lisa achieved a WR with a fourth dead-lift attempt of 140 kg – gaining best lifter trophy – so much more to come from Lisa!

David Heath successfully achieved a 200 kg squat, after failing his first attempt with 180 kg placing first senior in 82.5 kg class and was third in dead-lift with 230 kg.

Yiannis Verenakis – first in junior, 100kg class with a squat of 200 kg and with his 140 kg bench press.

Evergreen John Walker at M7 achieved another WR with a 195 kg squat at 103.1 b/w, though as his age category changes for his next event (UK Masters) I know he was deeply disappointed to have missed increasing his WR dead-lift – just failing with 235 kg.

Les Pilling 1st in M4, 125 kg class with a 200 kg squat in both unequipped and equipped. Les pulled a 210 dead-lift unequipped and 205 kg equipped for first places.

Neal Collinson won M3 82.5 kg with opening bench of 155 kg and also with a 230 kg dead-lift.

Our only Welsh entrant, Geraint Llewellyn achieved a third position with his 162.5 kg bench in 100kg class.

Andy Rigby, M3 deserved his best lifter title with a 225 kg bench at a 110.1 kg b/w. Well done Andy!

Gary Dada, weighing in at 118.1 kg pressed all his attempts well and won M1 class with last lift of 225 kg.

In equipped bench section, Phil Tempest, M1, 82.5 kg placed first with his 165 kg opener. Mark Knight, M2, 82.5 kg had to settle for second age placing with opener of 135 kg.

Steve Webb, M3, 125 kg received whites for his equipped bench of 187.5 kg gaining a first place.

At 56.7 kg b/w, M1, Ish Wade from Scotland pulled a WR dead-lift of 115 kg, which was a pleasure to referee. She has her eyes on another record in February, 2015.

I managed to convince Ben Sparks to enter dead-lift when he and Pete arrived on the Saturday. Ben has been unwell recently, had to pull out from UK list and had not trained for weeks. However, he felt fine when he arrived and spent the afternoon trying to get some kit together! He was really pleased with all lifts being passed, ending with a 3rd T2 placing, weighing in at 71.4 kg, his third lift of 157.5 kg looked easy!

Brian Shields second M3 in 82.5 kg with his opener of 210 kg. Peter Clancy first M1, 100 kg with a 260 kg pull: Matthew Paynter second senior in same class.

In 110 kg category, Steve Haswell was overall class winner pulling 310 kg at just 105.1 b/w – just failing a three-times bodyweight pull of 315 kg.

Our equipped dead-lift entries gained European and World Records: Michael Phillips, M4, 82.5 kg with 217.5 kg Euro record and William King, M5, at b/w of 85.2 kg lifted 170 kg for a WR.

I sought out Irish lifter Andy Murtagh later in the day to shake his hand for one of the most phenomenal dead-lifts I have ever refereed!

Equipped M2 in 90 kg class, Andy failed his second attempt with 265 kg, though pulled an incredibly slow, yet completely perfect 277.5 kg with three whites for his third attempt. Mind over matter indeed!

Indra Sudarminto, sadly not feeling on top form, at 76.7 kg b/w, squatted 220 kg for his second attempt, easily winning rivals, though 230 kg as a third attempt proved too much.

Yulia and myself had some fun – along with Wim in between his equipped bench attempts, as to endeavouring to ascertain exactly what Wim needed to win on points. Wim suffering a back injury so his attempts were carefully directed to do exactly that. Gaining Best Lifter award at 145.1 kg b/w (M3) with 235 kg, he attempted (against

advice!) 250 kg for a fourth attempt which definitely did not work – Enough said!!

An excellent event with which I'm sure all will concur!

FIFTY PRACTICAL TIPS FOR OPTIMUM WELLNESS

With three recent major interviews for Internet, National newspapers, magazines and USA media work, I am often asked what I believe has helped me most in my triumph over my genetic cancer. Most know I was diagnosed with an inoperable brain tumour in 1981 and though this was eradicated with extreme dietary regimes, fasting and multiple therapies, sadly in 1994 the situation advanced to osteosarcoma (bone cancer). As conventional cancer treatment could only afford me a few additional months of life, I followed a different path to recovery and am forever thankful I did and SO happy to still be alive and soon to enter my seventieth year on planet Earth! I have been fortunate indeed to defy all those given odds! I am absolutely privileged and delighted to be enabled to work alongside a fantastic team of medical researchers in Germany, where my ongoing care is addressed specifically now via USA based surgeon. He's great! I'm currently working with his USA/German/UK patients as I attempt to re-pay extensive surgery fees! Downside is I am not at my wonderful, magical home/gym in West Midlands as often as I would prefer and have to employ a house-sitter to forward telephone calls and whatever is in the post to me! Despite time zones, am always in touch with you all via email!

If you/family members have been diagnosed with a life-threatening condition, your major priorities are to put yourself in charge – at least as much as practicable within chosen treatment protocol, and to enlist the help of the best holistic practitioner you can access.

You do not have to be a “super-being” to do what I have done – I certainly don't put myself in that category. Mindset is extremely important, though. Worry, fear, despondency and depression have no place here and anything anyone can access to defeat these immunological and psychological destroyers will benefit your health. In this regard, a challenge for all of us is to open ourselves up to “new realities”.

This has been admirably demonstrated through recent advances in mind/body medicine and psycho-neuro-immunology, which studies the interaction between psychological and spiritual

beliefs and how they affect our physical health. I have found that recognising these “realities” has provided enormous scope for my personal healing.

An absolute given is applying the most therapeutic dietary programme for the individual. This necessarily has to take into consideration what the person has been eating and drinking and otherwise ingesting over the previous ten years or so to optimise next step for recovery. Following a plant-based protocol for around forty-five years, and raw for almost 20 of those; I personally found the conversion to a raw and living food life-plan of pivotal importance to my current remission status.

Fighting cancer at its cellular level takes considerable planning and availing oneself of expert nutritional advice. That was the easiest part for me, given my background in nutritional science and my determination to put the necessary 24/7 planning at the forefront of my daily protocol.

Learning how to listen to your body is a major necessity and another of the modalities that helped me most. Our bodies have a healing system that is constantly attempting to communicate with its host. It tries 24 hours a day and seven days a week to provide us with valuable information to let us know what it needs from its host.

When following a living food protocol these messages are so much easier to access and understand! Applying such a programme tunes us into our “inner core”. When receiving pharmaceutical medications, on the other hand, these messages can obviously get scrambled.

While the orthodox treatments of surgery, chemotherapy and radiotherapy may prolong life for a few months/years, so much more can be done via an appropriate holistic protocol, relevant to the individual. I believe that even if conventional drug therapy is chosen, an ongoing, supportive and appropriate dietary regime will enable any patient to maximise their life potential for the longest time. I see this happen with my UK patients and, similarly in Germany. Please seek advice from a healthcare professional in this regard.

Drawing on my many years of living with cancer, my experiences and extensive research, I have compiled the following practical information for you to freely use, whether you are dealing with a serious illness or simply determined to avoid getting into that situation.....

These are not in any particular order, except that I sincerely credit the miracle of my life and survival to my non-negotiable adherence as with the first ten of these directives.

Live from your heart.

If you hold faith in God, or a higher power, pray each day for guidance and peace.

Discover your own path to ensure you give back to our world.

Eat an absolute minimum of 50% raw and living food *every single day*.

Listen to your body's inner intelligence – this voice is so closely connected to outcome.

Do not foster resentment.

Be true to your sense of purpose.

Perform appropriate physical exercise on a daily basis.

Utilise stress management techniques on a daily basis.

Do whatever it takes to be enabled to say “I do what I love and I love what I do”.

Spend time in nature.

Spend time with animals.

Eat something raw with every meal.

Drink at least one green juice each day (broccoli, spinach, kale etc)

Love yourself, despite all your imperfections.

Drink plenty of filtered water each day – half your bodyweight in fluid ounces is a great target.

Consume a lot more than you think is a “normal” amount of vegetables and fruit – at least 2lb every day.

Ensure adequate fibre intake each day.

Relax regularly.

Practice effective bowel hygiene.

Avoid being too set in your ways – a flexible mindset is a bonus.

Practice spontaneity.

Take regular breathing practice.

Live your life as if it were a privilege.

Practice daily gratitude.

Enjoy life

Do not take life – or yourself – too seriously.

Laugh genuinely from your heart.

Take time to be in the company of those who are involved in meaningful work.

Consider what part you can play in making our world that bit better.

Be at peace with your soul.

Do not be ashamed of crying when the need is felt.

Share your talent, gifts and experiences with others.

Play music that influences your thoughts, and stirs your heart and soul.

Stay connected to your loved ones.

Travel the world, if you can.

Be inspired!

Write down your most memorable experiences and refer to them often.

Be in the present moment.

Be a non-conformist.

Anger is your enemy – do what it takes to limit or avoid it.

Surround yourself with whatever you consider beautiful.

Reflect on the meaning of life.

Do not waste your time.

Cultivate loving relationships.

Nourish those relationships daily.

Ensure an appropriate social support system.

Arise early in the morning and retire to bed early also.

Think young – being “as old as you think you are” is an absolute given.

Maintain a positive mental outlook.

Forthcoming events

2014 North West Powerlifting Championships

Sunday 28th September, MuscleFactory, Lancaster [Details](#) [Entry Form](#)

2014 Eastern Counties Push Pull

11th October, Brentwood Barbell, Doddinghurst Road, Brentwood, Essex, CM15 9NN [Entry Form](#)

2014 WM Divisional Championships

12th October, City Gym, Worcester, [Entry Form](#)

2014 World Full Power

31st October (congress), 1st/2nd November , Chisineau, Moldova [Details](#) [Entry Form](#)

2014 South West Single Lift Championships

Sunday 9th November , Plymouth Performance Gym, [Entry Form](#)

2014 British Police Powerlifting Championships

15th November, Salt Ayre Sports Centre, Lancaster, details to follow

2014 UK Masters

22nd November , Varsity Gym, 283 Duke Street, Glasgow, G31 1HZ. Full power and single lifts. Weigh In 0900-1030, lifting starts at 1100. [Entry Form](#) [Hotel Info](#)

2014 WM Bench Press Championships

29th November , Powerpoint Gym, Alexander Stadium, Birmingham, B42 2LR. [Details & Entry Form](#)

Do please enjoy our amazing autumnal weather as you train for above events! My best wishes, Pat

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