

# **BRITISH DRUG-FREE POWERLIFTING ASSOCIATION**



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

## **END OF YEAR NEWSLETTER, DECEMBER, 2013**

**As 2013 draws to its inevitable close, I am sure you are all looking forward to celebrating the upcoming Festive season and beginning to put your action plans in place for 2014 National events – not so far off now!**

**Quite a roller-coaster of a year for me; from the highs and enjoyment of hosting both 2013 National events, having eighteen patients initially diagnosed with terminal cancer now all on their way to recovery via nutritional intervention, helping at all International events, amazingly increasing my WR dead-lift in Antwerp – with a broken foot(!)..... to sadly, some abysmal lows: RTA on autobahn in July resulting in very serious chest crush injuries, triggering several bone tumours and sadly, responsible for the desperate kidney situation that absolutely further needs to be addressed on 26<sup>th</sup> December.**

**As earlier broadcast via message board, it took me a while to get to grips with what is basically a choice of speed I depart planet Earth. My medical team advise against this year's ninth kidney surgery owing to high risk of not surviving the additional procedures required: The only alternative is to remain bed-ridden on total twenty-four hour dialysis here in Germany with best outlook three to four months. I had battled with the decision for awhile and needed some quiet time away from everyone and everything to become as 'comfortable' as I can be with the surgical option. This is planned for 26th December and I need to be here at least by 23rd: I cannot afford to wait any longer.**

**My decision affords a slim chance – though at least could allow my ongoing work with both my UK/German patients to improve their health and life options, professional seminars, quadruple role within**

**BDFPA and potentially a faint chance to return to actually handling a bar again! Current prognosis is in excess of six-months if my surgeon can pull this off.**

**Family, friends, colleagues and team-players are in fervent prayer that I chose wisely.**

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## **A NEW ROLE FOR ME!**

**As previous permit officer resigned earlier this year, I offered to take over.**

**Since then, it has become evident to Neil and I that not all of our event organisers actually followed existing permit protocol over the last three years.**

**Note for future organisers of any event other than National/International – the following procedure applies as stated in rule book – ‘Obtain a permit – the first and most important requirement’. This form is available under ‘competition resources’ on left hand side of our website. It requires completion, forwarding to my home address with a cheque made out to BDFPA for £25.00 and preferably with visible entry form/details and information as to whether it will be suitable for lifters wishing to try to make/break a National record. An in-date scale calibration certificate either needs to be attached, or separately scanned to Pete Gaskin for his records. Once I have checked/confirmed, the organiser will be informed and the event sanctioned as to be applied to our website.**

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## **CHANGES TO TUE APPLICATIONS**

**At Congress there were changes made to current procedure – these have been applied to website and it is VERY IMPORTANT for anyone using medication to familiarise themselves.**

**Information can be found within Drug Control section on website – scrolling down to ‘click here for TUE procedures’ will provide access.**

**Within my professional capacity, I have endeavoured to decipher components in your supplementation in past, though beyond myself, can only advise extreme caution and the advisement, on a personal basis, of another expert’s input in this regard. DO TAKE CARE HERE!**

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## **BRIEFS – NOT BOXER SHORTS – MUST BE WORN AT NATIONAL EVENTS NEXT YEAR!**

I have weighed members in hundreds of times this year, having done that at sixteen events, here and abroad and still eight out of ten lifters are wearing boxer shorts! Both myself – and events where Eric West and I weighed lifters in – have informed every single one of you that you will not be allowed to weigh in/lift at Neil's events next year unless you present yourself to scales in briefs. This is clearly shown in rule book.

It would be heart-breaking to be refused the chance to lift/break a record – with all that training behind you.

**PLEASE CLOSELY STUDY PERSONAL DRESS REQUIREMENTS**

Pat

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## **CONGRATULATIONS TO RUSSELL MARTIN!**

Not quite in Antwerp (!), but definitely in Scotland, Russ passed his written and practical exam and now holds WDFPF International Referee status. Well-done Russ! He is a true asset to BDFPA.

## **CUTTING EDGE INFORMATION FROM ME TO YOU AND YOURS**

Nutrition absolutely plays a major role in every stage of the fight against cancer: resisting it, suppressing its development and reducing the spread of it. Many nutrients are required and optimally as supplements – as, therapeutically, requirements are higher than would be available from food sources alone. It is absolutely vital however, that the chosen dietary plan involves a hefty dose of required vitamins, anti-oxidants and minerals. Also various plant compounds, friendly bacteria and specialised fats, like omega -3 fatty acids and Vitamin D. These nutrients need to be optimised for each person – whether focused on preventing cancer – or actively working on its regression.

The following supplements, some I currently formulate, have been infinitely successful for my patients, and me.

In the last few years there have been impressive advancements in the use of nutraceuticals via supplementation of botanical and functional nourishment. Food or parts of food that provide medical

health benefits, including the prevention and treatment of disease fall under this innovative category.

I hope you find my information useful -

**CoQ10:** (Ubiquinone and ubiquinol). This is a natural energy-producer and a powerful antioxidant and proving to be an important cancer fighter. New research has found that CoQ10 is helpful for colon cancer, breast cancer and melanoma. Animals exposed to cancer-causing agents who are pre-treated with CoQ10 are less likely to develop cancer because CoQ10 help to neutralise toxins. I currently use between 200-400 mg of ubiquinol each day as part of my remission regime. Ubiquinol is the pre-digested form - and exceedingly better for us older individuals than ubiquinone as this can be less available for us.

Ubiquinol, the reduced form of CoQ10 is considered the only type which neutralises free radicals and decreases cellular damage. Ubiquinone does not appear to have this overall antioxidant effect.

For those avoiding meat and fish, which do provide CoQ10, nuts and seeds are relatively good sources, especially as they also contain Vitamin E, which is a co-factor for absorption of CoQ10. However, it would be relatively impossible to achieve a therapeutic amount via food alone.

Straight CoQ10 - ubiquinone requires conversion by the body into ubiquinol. The extra step involved for the body to convert appears to be difficult in people over forty years of age. This is also complicated by the fact that not all of the ingested ubiquinone is converted into ubiquinol. Hence, both the total level of CoQ10 and our ability to produce the bio-active form from it diminishes.

For those who are older, and particularly those with health issues, such as cancer, and other chronic illness, I recommend ubiquinol as it is far more effective at raising blood levels of this nutrient compared with ubiquinone in older people. Ubiquinone can usually be converted by healthy people who are under forty.

For those dealing with a cancer diagnosis, CoQ10 preserves immune function, and for those who choose conventional cancer treatment, I have noted increased success when also using ubiquinol. When remission is established, CoQ10 optimises immune function to fight

any remaining cancer cells, reducing the risk for recurrence. CoQ10 is now used extensively in Japan as auxiliary assistance alongside medical intervention. It holds unparalleled safety statistics at any ingested amounts thus tested.

I recommend 200 – 600 mg of CoQ10 each and every day.

**Probiotics.** These friendly bacteria can decrease fecal enzymes associated with formation of cancer-causing compounds in the intestines. They can bind to substances that cause genetic mutations to intestinal cells. They stimulate enzymes that inactivate cancer-causing substances. Probiotics, along with a host of other micro-organisms, are so crucial to your health that researchers have compared them to "a newly recognised organ." In fact, your micro-flora – a term used to describe the bacteria, fungi, viruses and other microbes that make up your microbial inner ecosystem – impact far more than your digestive tract. Probiotics can also help support and stimulate the immune system indirectly and directly throughout the body, which is why they have been linked to a reduced risk for cancers other than colon cancer, such as bladder cancer. Mounting research indicate the bacterial colonies residing in your gut may play key roles in the development of cancer, asthma, allergies, obesity, diabetes, autoimmune diseases and even behavioural and emotional problems like ADHD, autism and depression. It has been shown that 'friendly bacteria' can modulate immune responses via the mucosal immune system of your gut. It was recently found that such probiotic bacteria have anti-inflammatory potential and caused a decrease in serum CRP levels, plus a reduction in the bacteria-induced production of pro-inflammatory cytokines. This is great news for any hard-training athlete and obviously for anyone battling inflammation.

With up to eighty-percent of your immune system residing within the intestinal tract, it definitely pays to optimise your gut micro-flora. This is because the nutritional basis of so many health concerns is related to an imbalance of intestinal bacteria. Optimally we need around eighty-five percent of functioning friendly bacteria to the much smaller amount of fifteen or so percent of the bacteria which provide a relatively neutral input to our health. Without beneficial bacteria we cannot absorb certain undigested starches, fibre, and sugars. These friendly bacteria convert such carbohydrates into primary sources of important energy and nutrients. Beneficial bacteria contribute to the production of both vitamin K and B

vitamins, and promote optimal mineral absorption. They play a metabolic aid in the breakdown of toxins: Exactly what is required when addressing a cancer diagnosis. Friendly bacteria train your immune system to distinguish between pathogenic material and the non-harmful antigens, and to respond appropriately. This vital function prevents your immune system from overreacting to non-harmful antigens, which is also the genesis of allergies. Beneficial bacteria provide an on-going, powerful effect within the immune system and also the systemic immune system. Such bacteria play a crucial role in the development and operation of the mucosal immune system within the digestive tract. They also aid in the production of antibodies to pathogens.

As we get older, our cellular immunity also declines. These are the white cells that are absolutely critical to our ability to thwart life-threatening diseases such as cancer. A study of seniors between the ages of 63 and 84 in New Zealand found that consumption of the probiotic strain known as *Bifidobacterium lactis*, resulted in increases in both the number and disease-fighting capacity of white cells. Apparently, the greatest improvements were optimised in older people with the worst immune system responses prior to the study.

I recommend shelf stable probiotic supplementation of approximately 20 billion organisms count per daily dose, preferably sourced from the most viable strains.

**Prebiotics:** These should be thought of as food and shelter for our friendly bacteria. They are nutritional substances such as inulin, a soluble fibre, that assist the growth and colonisation of friendly bacteria within the intestines. I have just heard that in a recent study, volunteers were provided with an assortment of probiotics and prebiotics, or a placebo, for eight weeks. A wide range of colon cancer risk indicators were measured. When biopsies were taken from their colons, those taking the probiotics with prebiotics had considerably less DNA damage and a lower rate of cell reproduction. They also had significantly lower levels of cancer-causing mutagens in their stools.

I recommend you look for a probiotic supplement that includes prebiotics in addition to beneficial bacteria. You can also make sauerkraut as follows, which during the fermentation period builds up some great bacteria responsible for improving immunity,

preventing E.coli, Salmonella and Clostridium difficile infections. These friendly bacteria can lower inflammation, whilst optimising uptake of minerals and overall improve the whole digestive process.

I regularly make this – it is really easy!

**Ingredients** – 2 cabbages, 2-3 tablespoons of Himalayan rock salt or Celtic type

**A stone or ceramic wide mouthed jar and a cloth cover.**

**Method** – Shred cabbages and mix in the salt. Pack the finished mix into the jar/container very firmly. Fermentation will occur during the process of the salt drawing the water from the cabbages. Place a weight on the cabbage inside the container – a jam-jar full of water, etc, depending upon size of opening – I use a 6kg dumbbell! Cover the whole with a cloth and check every few days to ensure liquid covers the cabbage, if not, top up with non-chlorinated water. Keep on kitchen worktop for two weeks. Some mould may have accumulated on top – simply skim that off, and then the finished sauerkraut should be stored in the fridge. It will be fine in there for up to four months. One tablespoon each day should be consumed.

**Beta Glucan:** This is a scientifically-proven biological defence modifier – the molecules having the ability to enhance your immune system via macrophage and dendritic immune cells providing therapeutic effects and help to attack cancer cells.

1-3/1-6 Beta glucan is derived from the cell walls of baker's yeast, or from shiitake and maitake, two of the 'medicinal mushrooms' we have in our armoury. Extracts from these mushrooms, containing various types of beta glucan, have been used in Japan to successfully assist in treating cancer patients for over twenty years.

Beta glucan seems to have a unique ability to adhere to cancer cells and 'expose' them to our immune system, making it easier for this system to recognise the cancer cells as foreign invaders and ultimately destroy them. Beta glucan provides a powerful immune enhancing effect and primes the innate immune system assisting the body to defend itself against both bacterial and viral invasion. This immune boosting potential is effective as a stand-alone therapy, but

is enhanced when used in conjunction with monoclonal antibodies as part of immunotherapy.

The immune system generally attacks foreign substances in the body by producing a broad range of different antibodies. An antibody is a “sticky” protein that targets a specific antigen. Antibodies circulate in the body until they find and attach to the antigen. Once attached, they recruit other sections of the immune system which will then endeavour to destroy the cells containing the antigen.

Monoclonal antibodies can be useful in fighting disease as they can be designed specifically to only ‘home-in’ on a certain antigen, such as one that is found on cancer cells.

Researchers are finding more antigens that are linked to cancer, and thus are able to manufacture these monoclonal antibodies against more and diverse cancers. Clinical trials continue to be undertaken.

Apart from shiitake, maitake and yeast additional dietary sources of beta-glucan also include those from oats and barley. The effects of beta-glucan from oats and barley are mostly related to the health of the digestive system, as opposed to the immune system.

I recommend Beta 1-3/1-6 D-glucan at 100 mg each day.

**Resveratrol:** This powerful anti-aging nutrient helps to preserve normal cell cycle regulation, which is an important function in dealing with DNA damage. If cell cycle regulation is defective, DNA mutations could conceivably provide the terrain for cancer to develop. Resveratrol has been found to induce cell cycle arrest for a time following DNA damage, in order to allow for DNA repair or activation of processes leading to cell death, should the damage be irreparable.

Resveratrol also helps to regulate enzymes. It ‘up-regulates’ certain enzymes that break down toxic substances in the body, hence promoting the excretion of such harmful chemicals. Unlike normal cells, cancer cells reproduce rapidly and are unable to respond to cell death signals that initiate apoptosis. Resveratrol has been found to inhibit proliferation and induce apoptosis in a number of cancer cell lines. It has shown success in reducing reproduction in breast, prostate, stomach, colon, pancreatic and thyroid cancers. It has not

been proven to do the same for lung cancer when caused by the carcinogens in cigarette smoke.

Cancerous cells invade normal tissue aided by matrix metalloproteinases (enzymes). Resveratrol has been found to inhibit the activity of at least one type of matrix metalloproteinase. To fuel their rapid growth, invasive tumours must also develop new blood vessels via a process known as angiogenesis. Resveratrol has been found to inhibit angiogenesis, at least in vitro.

Despite ingesting resveratrol from great foods such as red and purple grapes, mulberries, blueberries, peanuts, pistachio nuts, and cocoa powder, it appears that even used in high amounts, there is insufficient to produce a therapeutic effect. Therefore, whilst enjoying these foods, an additional supplementary form is appropriate.

I recommend about 400 mg a day of standardised resveratrol.

**Vitamin D:** Not exactly a 'vitamin' but a steroid hormone that influences virtually every cell in your body, and one of nature's most potent cancer fighters. Receptors that respond to vitamin D are multiple - from your bones to your brain.

Our organs convert vitamin D in the bloodstream into calcitriol, which is an activated version of vitamin D. The organs then use it to repair damage, which includes that caused by cancer cells.

We can obtain vitamin D from mushrooms – particularly shiitake, fortified foods, such as juices and processed breakfast cereals – though the latter will be with synthetic vitamin D, and oily fish and eggs, for those consuming animal products. Fortunately, our bodies are designed to produce vitamin D after we have had some exposure to sunlight - which is a great way to obtain it! The downside of endeavouring to obtain what we need from the sun is that in the UK sunlight is only sufficiently strong – for optimum conversion by the body, between the end of June, July, August and the beginning of September. This assumes a steady supply of sunny days – which cannot, sadly, be guaranteed! The accepted requirement is to expose arms and face for approximately thirty minutes three times each week. This still leaves most months of the year in deficit. The only way to ensure a sufficient ongoing intake for most people is via supplementation.

**New research suggests that having an optimal blood level of vitamin D could reduce the risk of cancer by as much as sixty percent! Vitamin D can help activate certain proteins that suppress tumour growth and development, and help prevent many different types of cancer, including lung, pancreas, breast, colon, and prostate cancer. Vitamin D increases the self-destruction of mutated cells, reduces the spread and reproduction of cancer cells, and reduces the growth of new blood vessels from pre-existing ones, an important step in the growth and spread of cancerous tumours.**

**Research shows approximately fifty-percent of people who reside in northern climates, such as the UK have sub-optimal to frank deficient blood levels of vitamin D. The best way to ascertain the amount you need is to arrange a blood test, before and after you begin supplementation. The 'normal' 25-hydroxyvitamin D laboratory range is between 20-56 ng/ml. This conventional range is really a sign of deficiency, and I believe is too broad to be ideal.**

**Your vitamin D level should not be less than 32 ng/ml, and at any level below 20 ng/ml is considered to be bordering on a serious deficiency situation. This can increase the risk of cancer and autoimmune diseases like multiple sclerosis and rheumatoid arthritis, just to name a few.**

**The optimal level which should be strived for is in the range of 50-65 ng/ml for all ages, children through to the elderly.**

**Keeping your level within this parameter will ensure the most protective benefit. Having levels tested between two to four times each year will enable you to adjust vitamin D intake accordingly.**

**In an active cancer situation, you will want to keep your vitamin D level in the higher 65-90 ng/ml range to help fight the disease.**

**I recommend supplementation, dependent upon blood tests at 2,000 – 5,000 IU of vitamin D3 a day, or even more if D2 (vegan version) is selected, to stay at a good blood level of to 60 ng/ml or above.**

**Green Tea: The main active ingredient in green tea is epigallocatechin gallate (EGCG). It is known to slow blood vessel formation in tumours, reducing the rate at which they can grow and spread. Like resveratrol, green tea extract (EGCG) can also regulate cell division and growth, and cause apoptosis (programmed cell**

death) in DNA-damaged cells. Some of the cancers that green tea can ameliorate include prostate, esophageal, bladder, cervical, pancreatic, ovarian, lymphoma and leukemia. Green tea is also active against human papilloma virus (HPV) a sexually transmitted virus associated with cervical and anal cancer and warts.

There have been some recent studies published in the academic journal 'Phytomedicine' which suggest this ancient Chinese remedy could play a vital role in protecting the body against cancer.

The study, led by Dr Ed Okello, confirmed what the Newcastle team wanted to know relative to the protective properties of green tea - which have previously been shown to be present in the undigested, freshly brewed form of the drink as to whether they were still active once the tea had been digested.

The really exciting result about this work was that Dr Okello discovered when green tea is digested by enzymes in the gut, it has anti-cancer properties, which significantly slowed the growth of the tumour cells used in these experiments. Dr Okello is based in the School of Agriculture, Food and Rural Development at Newcastle University.

This study concluded that the digested compounds had anti-cancer properties, significantly slowing down the growth of the tumour cells which were used in their experiments.

Another recent study during August, 2012 holds the following information

'Green tea extract has been found to shrink cancer tumours, making almost half disappear completely. The compound, delivered to skin cancer in concentrated doses in a lab test, wiped out 40% of tumours, while an additional 30% were reduced in size. Research at Strathclyde University demonstrated that the tumours could be shrunk by the antioxidant called Epigallocatechin Gallate (EGCG.) It was led by Dr Christine Dufes of Strathclyde University's Institute of Pharmacy & Biomedical Sciences. They embedded EGCG in proteins that tumours find attractive, thereby delivering a concentrated dose.'

As an obvious 'no-brainer' I recommend (as general application) two/three cups of organically-sourced green tea on most days, with

addition (especially when health-challenged) a supplemental form providing total catechins (polyphenols) as 250 mg, once or twice per day.

**Curcumin:** This component of turmeric continues to be studied scientifically and has emerged as a leading cancer fighter. Turmeric itself is a tropical root, cultivated in India and south east Asia, ground into a powder and used as a spice for food flavouring. Curcumin is a dietary bioactive compound with a pharmacological action to reduce inflammation and is therefore used for support of joints, the digestive tract and lung health.

This compound is being studied, and shows significant benefits in cancer prevention, cardiovascular problems, cholesterol, diabetes, multiple sclerosis and Alzheimer's disease. Curcumin prevents lipid peroxidation and the oxidation of cellular and sub cellular membranes associated with atherosclerosis.

It can disrupt cancer cells in several stages of their development, inhibit new blood vessel growth into tumours both in the promotional and progressive stages and can prevent subsequent spread throughout the body by metastasis. Curcumin is currently under investigation as a potential preventive treatment agent for breast, prostate, pancreatic, colon and non-melanoma skin cancer. Studies with cancer cells grown in the laboratory in vitro have demonstrated this compounds ability to prompt apoptosis (programmed cell death) among B lymphoma, leukaemia and other cancerous cells.

Curcumin has also been noted for enhancing the effectiveness of certain anti-cancer drugs and also radiotherapy by preventing tumour cells developing radiation resistance. Its supportive effects are thought to be due to curcumin's ability to inhibit radiation-induced PKC (protein kinase C) which has been suggested as a possible mechanism by which cancer cells develop resistance to this treatment.

When using the spice turmeric as a food, absorption of the active compound, curcumin is enhanced when combined with black pepper.

Since dosages up to ten grams per day have been used with no toxicity, I recommend a bio-available curcumin product of around 600 mg. per day, individualised to person.

**Garlic Extract:** Garlic, when eaten as a food has long been known to have protective effects from its antibacterial properties and from its ability to block the formation of cancer-causing substances, halt the activation of cancer-causing substances and enhance DNA repair.

Concentrated garlic extract can potentially reduce cell proliferation and induce programmed cellular death. It can increase activity of toxin-neutralising enzymes and decrease activity of toxin-activating enzymes in the intestines. Garlic extract also helps prevent cancer-causing DNA changes and promotes the death of damaged intestinal cells.

On days when two cloves of garlic are not being eaten, I recommend 600-1200 mg of an aged garlic extract daily in divided doses to provide 2-5 milligrams of the active compound – allicin.

**Caution:** Since garlic acts as a blood-thinner, it should not be used if surgery is being planned or if blood thinning medication such as warfarin, clopidogrel or aspirin is used. Garlic has been known to reduce the effectiveness of the contraceptive pill and other medications. As always, please be advised by your health-care provider.

**Astaxanthin:** This is a bright red pigment which is classified as a potent carotenoid. Related to other carotenoids such as lutein, lycopene and zeaxanthin, it has many metabolic, anti-oxidant and physiological functions. It is also lipophilic (lipid-soluble). When we consider the use of antioxidants to action against free-radicals we tend to think about Vitamin C, E, Resveratrol, Green tea (ECGC), Co-enzyme Q10 etc.

However, astaxanthin is quickly gaining a reputation as the most powerful antioxidant we can use.

To clarify... when discussing antioxidants, we really should be calling them anti-free radicals, because that is what antioxidants really do - they halt the harmful effects of free radicals. These are toxic molecules that inflict damage to our DNA. The fact is free radicals are responsible for creating many medical conditions such as inflammation, heart disease, cancer and dementia. Free radicals also cause fatigue, premature aging and compromised vision.

The response from the immune system to a newly established cancer is extremely complex, involving the activation of lymphocytes (natural killer cells), which recognise the cancer as a foreign entity. The lymphocytes then introduce tiny amounts of the cancer cells to other immune cells, which then mount a total immune response. Cancer overwhelms the immune system by altering its aspect to resemble normal cells, eventually outgrowing the body's ability to eradicate them.

Only recently has astaxanthin jumped to the front of the line in terms of its status as a 'super-nutrient', becoming the focus of a large and growing number of peer-reviewed scientific studies.

In March 2010, scientists at Washington State University demonstrated that astaxanthin inhibits cancer cell growth by decreasing free radical-induced cellular damage, reducing inflammation and enhancing immune response.

Astaxanthin's multiple mechanisms of action make it an ideal candidate for prevention and adjuvant treatment of many different kinds of cancer. By quenching free radical production, astaxanthin can prevent the DNA damage that is required to initiate many forms of cancer and by overcoming inflammatory mediators such as COX-2 and NF-kb, astaxanthin may prevent cancer promotion, the step that allows potentially cancerous cells to become mature tumours. By supporting healthy intercellular communication, astaxanthin improves tissue resistance to cancers and by impairing enzymes like matrix metalloproteinases (MMPs) which cancer cells use to disseminate tissue barriers, astaxanthin can help prevent tumour invasion and metastatic spread.

Astaxanthin has shown beneficial effects in preventing colon, breast, and bone cancers in a variety of animal models. In humans, astaxanthin not only reduces markers of DNA damage and inflammation, but it also enhances immune function of the kind that destroys nascent cancer cells before they mature to dangerous tumours.

I am presently having enormous success combating inflammation, using this pink-coloured compound with my patients.

Scientists long ago discovered that a class of naturally occurring pigments called carotenoids held powerful antioxidant properties

that are crucial for our health. Carotenoids are the compounds in your foods that provide you with that vibrant cornucopia of colour - from green grasses to red beets, to the spectacular yellows and oranges of your bell peppers.

There are more than seven hundred naturally occurring carotenoids, but most people are familiar with only a few. Right now, you probably have about ten different carotenoids circulating through your bloodstream. The most well-known of these is beta carotene.

Astaxanthin is far more potent than beta-carotene, alpha-tocopherol, (part of the Vitamin E complex), lycopene and lutein, other members of its chemical family. It exhibits very strong free radical scavenging activity and protects your cells, organs and body tissues from oxidative damage.

Astaxanthin's unique 'anti-oxidative artillery' provides for some impressive health benefits including improving cardiovascular health, stabilising blood sugar, boosting your immune system, fighting cancer, reducing inflammation, improving eye health -and even helping protect from sunburn.

There are many properties that make this carotenoid unique:

- Astaxanthin is by far the most powerful carotenoid anti-oxidant when it comes to free radical scavenging: Astaxanthin is sixty-five times more powerful than vitamin C, fifty-four times more powerful than beta-carotene, and fourteen times more powerful than vitamin E.
- Astaxanthin is far more effective than other carotenoids at singlet oxidation quenching - which is a particular type of oxidation. The damaging effects of sunlight and various organic materials are caused by this less-stable form of oxygen. Astaxanthin is hundreds of times more powerful than Vitamin E and at least eleven times more powerful than beta-carotene at neutralising singlet oxygen.
- Astaxanthin crosses the blood brain barrier - whereas beta carotene and lycopene do not, this brings antioxidant and anti-inflammatory protection to your eyes, brain and central nervous system and reduces your risk for cataracts, macular degeneration, blindness, dementia and Alzheimers disease.
- Astaxanthin is soluble in lipids, so it incorporates optimally into cell membranes.

- It outperforms as a potent UVB absorber, reduces DNA damage and a powerful natural anti-inflammatory.

I have found no adverse reactions for anyone taking astaxanthin and currently recommend a non-petroleum-based version of 4-8 mg per day, increasing up to 16 mg per day for chronic pain, etc.

### **Apigenin**

This compound sourced from parsley, celery and chamomile tea, when combined with curcumin de-activated two of my tumours a few months ago, then stopped working. This was via an intensely concentrated formulation. Convinced if boosted with additional compounds it would again perform well, alongside my fellow researchers, I assisted in re-formulating its composition. Just a short while ago, tests confirmed that – together with everything else I do – I am now in remission through its usage: Here in the clinic we have empirical evidence of this.

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## **EVENT REPORTS**

### **East Midlands Divisional Championships, 6<sup>th</sup> October – report from organiser Glen Danbury**

For the second time in 2013 the East Midlands qualifier went ahead at Kidlington. Compared to the January snow the competitors and spectators were a bit warmer and it was apparent in the larger audience.

Noticeable records were set in the squat by Nicole Dash and Jamie Martin Jones, whilst in the bench Helen Catherine Walter and Jack Somers set records within their class. A record attempt in the dead-lift by Brett le Cras was prohibited by him requiring he to referee himself as the nominated third National level referee present on the day.

Notable lifters were Harvey Robinson in the under 100kg class. Totalling 617.5kg on his first outing on the platform at eighteen a bright future awaits him, along with best lifter of the day Jack Somers getting a seven point for bodyweight total.

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**Note from me – this was an excellent event with Glen doing everything possible to allow his maximum refereeing on the day. Following Glen’s input with me at both Brentwood and Bournemouth events, I had proposed he should be upgraded to National status and just officially received confirmation of that from Andy Davies. Well done Glen – hard work pays off!**

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**West Midlands Divisional Championships, City Gym, Worcester, 20<sup>th</sup> October, 2013**

**This was the second competition I organised at City Gym this year. Definitely the event proceeded more smoothly this time around as venue was open on time and catering abounded – as opposed to what happened on 18<sup>th</sup> August!**

**Georgina Hodson, at 49.40kg b/w enjoyed a successful 70kg fourth squat attempt to break her own record.**

**David Fairhurst weighing 72kg journeyed down from Lancashire specifically to make and break National records in the M5 75kg class, which he very successfully effected, raising the full-power record to 432.5 kg. Well-done David! As acting drug control officer, I selected David to prove a clear success.**

**Evergreen Mike Davies lifting now as M8 82.5kg gained a 110kg dead-lift credited to him – well-done Mike!**

**Our oldest lifter – Gren Elmore (M10) - he is absolutely very proud of that! - provided another bench of 60kg and dead-lift of 82.5kg in his ‘new’ weight category 75kg, weighing just 72.90kg. He informs me that the last time he was that light – he had hair!!!**

**What can I further report of this amazing man, for whom I have the ultimate of respect! Just a few weeks before this event Gren had been hospitalised and was very poorly – hence the rapid weight loss of around ten kilos when, at worst, he weighed only 69kg! Gren is definitely back on the mend! Obviously, he is devastated with my current news and I am doing everything I can to support him in respect he to continue to just ‘do what he does’ for 2014 and beyond. Excellent lifting from others: Good luck to all those who qualified for 2014 National events.**

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**World Full Power, hosted by Wullie Brown at Scotstoun Stadium, Glasgow 1-3<sup>rd</sup> November**

## 2013 WDFPF World Powerlifting Championships by Pete Gaskin

The 2nd and 3rd November saw Glasgow host the WDFPF World Powerlifting Championships for the second time. Once again the venue was the excellent Scotstoun Stadium with its excellent warm up facilities.



### *Warm up room*

The Saturday was buzzing with atmosphere and some amazing lifting. Two platforms were run to accommodate 125 unequipped lifters. It was a long day, I think we finally got out of the Stadium just after midnight... Bobbie Butters won the women's unequipped best lifter trophy, with a 325 total at 53Kg bodyweight, including an impressive 120Kg squat. David Gray took the men's unequipped best lifter trophy with a 582.5Kg total at 67.5Kg giving him 430 points.



## ***Matt Sohmer (USA) opens with 342.5Kg!***

Only 2 other lifters went over 400 points, Pierre Shillingford with a 692.5Kg total at 80Kg and Matt Sohmer from the USA with an 815Kg total at 125Kg. Impressive lifting from Matt, who is just a junior. His squat, 342.5Kg and deadlift, 337.5Kg are the highest unequipped lifts recorded in any category in the history of the WDFPF.



***Big crowd on the Saturday***



***It was a long day.....***

Sunday was more relaxed but nevertheless some great lifting too.. Indra Sudarminto took the best equipped trophy with a 737.5Kg total at 82.5Kg.

Thanks to Wullie Brown for hosting a great event, Wim and all the referees, all the Spotters and Loaders from Glasgow University Weightlifting Club as well as all the other Glasgow City Barbell Club, BDFPA members and Stadium Staff for helping out.

The following British competitors won their class and are therefore 2013 WDFPF World Champions - Well Done!

Hayley Rutherford - UN 47.5Kg T2 & Open  
Patricia Tombs - UN 50.5Kg Open & M6, world record bench and deadlift  
Bobbie Butters - UN 53Kg Open & T3, 4 world records and best lifter  
Pelin Baykal - UN 58.5Kg Open & M1, 4 world records  
Sue Bethell - UN 58.5Kg M3, world record squat and deadlift  
Alexandra Williams - UN 63Kg, T2  
Jo Gaskin - UN 70Kg M1 & Open, World Record Squat and Deadlift  
Shachar Head - UN 80Kg, Open & T2, 3 world and one Euro record  
Neil Cook - UN 60Kg Open  
Ted Brown - UN 60Kg M9, 4 world records  
David Gray - UN 67.5Kg Open and M2, world record squat and best lifter  
Patrick Harvey - UN 67.5Kg M8, world record deadlift  
Henry Clark - UN 75Kg M7, world record squat  
Sam Dew - UN 82.5Kg Open  
Reece Meakin - UN 82.5Kg Jnr, Euro Bench and world record total  
Grant Sugarman - UN 82.5Kg M3  
Douglas Simpson - UN 82.5Kg T2, world record squat  
John Gallacher - UN 82.5Kg M9, world record squat and deadlift  
Pierre Shillingford - UN 90Kg Open - Euro record total  
Alex Hughes - UN 90Kg T2  
Phil Jones - UN 100Kg M2  
Rob Tring - UN 100Kg T2  
Alistair Murdoch - UN110Kg Open & M2, world record bench  
Arthur Cowley - UN 110Kg M3  
John Walker - UN 110Kg M7, world record deadlift  
Ronald Burden - IN 110Kg M6  
Les Pilling - UN 125Kg M4, world record squat  
Paul Rutherford - EQ 67.5Kg, M1 & Open  
Ryan Rutherford - EQ 67.5Kg T2  
Mick Amey - EQ 82.5Kg M5, world record squat and Euro deadlift and total  
Ally Donaldson - EQ 100Kg, M1  
Martin Cerins - EQ 110Kg Open  
Neil Elliott - EQ 125Kg, M1 & Open  
Les Pilling - EQ 125Kg M4  
Adam Sauberlich - EQ 145Kg, Open

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## British Police Power-lifting Championships, Brentwood, 16<sup>th</sup> November

Report by Pete Sparks

The British Police Championships were hosted by the Metropolitan Police at Brentwood Barbell on 16<sup>th</sup> November 2013.

The largest number of entries in Police powerlifting history of 41 lifters including 10 females.

Best unequipped lifter was Simon Lythgoe from Hampshire who lifted 240-215-270-725 @ 125k. His 215 bench was the best unequipped lift in Police powerlifting.

Best equipped lifter was Bernie McGurk from Scotland who lifted 235-145-260-640 @ 75k including 2 unofficial world records

The following records were broken:

National Police - 26

BDFPA MPF – 23

BDFPA Wales – 11

BDFPA – 5

Lancashire will be hosting next years championships

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## British University & All England Powerlifting Championships. LeAF Sports Academy, Bournemouth, 23/24<sup>th</sup> November 2013.

A very big entry and a packed hall of spectators were the ingredients for motivating some great lifting over the weekend.

Universities from Aberdeen in the north to Cardiff in the west were engaged in competition with great individuals and teams from Oxford

and Cambridge Universities, SMUC Twickenham, QMS, Bournemouth and many others from all over the country.

The ladies entry of over 30 lifters was first class and in the men's classes over 40 lifters were entered in just the 82.5kg class.

The junior domination of entries was particularly healthy to see as well as so many new lifters. These lifters gave this author great satisfaction and fulfilment of purpose.

Everyone deserves a mention, praise and thanks but may I take this space to thank the BDFPA officials who supported the event and Bournemouthbarbell members who performed all the many tasks and jobs to make the Championships run smoothly. In fact we finished at 4.03pm on both days: Almost exactly on schedule.

The best ladies lifter was Krish Mahbubani from Cambridge University –an exceptional lifter and great lady. Others to impress included the excellent Shachar Head from Exeter College who was her magnificent self and won the 80kg class at just 17 years of age. Top points scorer in the men's competition was Owen Hubbard of Bournemouth University. His bench press of 187.5kg at 81.4kg bodyweight was enormous being 2.33 times bodyweight at just 21 years of age RAW! He finished well ahead of his two team mates Sion Hughes (100kg class) and the excellent Alistair Cannings (82.5kg class) on points.

The 280kg deadlift by Matt Deacon – Smith was awesome at 3.5times bodyweight raw and he is only 20.

In my opinion there can be an All England and a British University Championships on the calendar next year run on separate dates and separate venues by different organisers.

Seeing these events gaining popularity has given me much satisfaction but I would dearly like to see them continue in the future.

We have some very capable people out there who could take these events on for BDFPA and develop them even further. Since its re-introduction this has been the sixth University Championships in recent times. Four have been hosted in Bournemouth – the first two and the last two.

The potential for this event is massive and with nurturing this could be the pinnacle of University sporting life for so many.

THANK YOU from all at Bournemouthbarbell for making this a great competition to be part of. When the stress settles I will look back on it as a really worthwhile experience.

Kindest regards to all involved. Paul R

Facebook bournemouthbarbell for articles and pictures—visit [www.bournemouthbarbell.co.uk](http://www.bournemouthbarbell.co.uk) for provisional results.

**LeAF Campus hosts the British University and College Powerlifting Championships, 2013.**

**The Learning and Achievement Federation of Schools Colleges and Academy's in Bournemouth hosted this year's British Universities Championships and the All England.**

**This was the biggest entry of students for the event in recent years. They travelled from all over Great Britain and Northern Ireland to compete in Powerlifting and for some in Weightlifting as well.**

**Cambridge University won the Ladies team event with our local Bournemouth University winning the men's team award. Other Universities to shine in the team event included Aberdeen, Oxford, St Mary's, London and Queen Mary's London, Southampton and Cardiff.**

**The LeAF team were successful as well with our teams including the excellent Tom Sprott, Jack Suljevic, Chloe Traves, George Haines and Charlotte Goodman. Our lifters achieved personal best performances throughout the weekend and qualified for the BDFPA British Powerlifting Championships to be held in Stafford in April 2014.**

**The Bournemouth University Team of Hubbard, Cannings and Hughes were exceptional by any standard with Owen Hubbard winning the Best Lifter award. Alistair Cannings is a former LeAF Oak Academy student who has just graduated from Bournemouth University with a 2/1 degree in Business. All three train at Leaf and with the Bournemouthbarbell club. Notable lifters in the ALL ENGLAND competition were Oak Campus former students Steven Tyers, Tom Hough and the energetic Tom Smale S&C coach at LeAF who has the courage and ability to give ANY sport a go.**

**The contribution of the LeAF CAMPUS staff and Dr Annetta Minard, the Executive Head teacher, were enormous and their contribution was beyond the use of the excellent facilities at LeAF. Thank you to everyone involved. Thank you LeAF! You all made this Championship a success.**

**[Paul-paulrees@bournemouthbarbell.co.uk](mailto:Paul-paulrees@bournemouthbarbell.co.uk)**

**BDFPA Youth Development Officer - 2011-2013.**

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**And one more from Paul! .....**

## **Lifting with the BDFPA by BOURNEMOUTHBARBELL.**

**OUR first contact with BDFPA lifters was via Matt Rowe who moved from Southampton to Bournemouth and joined us to train while still keeping his involvement with the Terry Morris Gym in Southampton. A trip to Sunbury for the joint S.E and Southern Counties meet run by Eric West convinced us that it was a good decision to join this organisation. We all loved the atmosphere and facility and the Drug Testing too!**

**Competition at the British Championships proved very enjoyable. Large numbers of lifters and a big crowd particularly at Coventry were very motivating.**

**Members of the club went on to compete at the WDFPF Europeans in France and the WDFPF Worlds in Glasgow.**

**We hosted the British Unequipped twice with 125 lifters competing on two platforms.**

**Both were enjoyable and full on. Videos are still posted on the BDFPA WEB news page.**

**Running the Europeans ourselves in Bournemouth University introduced us to new challenges. Spending thousands of pounds on drug testing represents much of what BDFPA/WDFPF stand for and the drug testing bill was the second highest we have ever been involved in. The number of tests conducted in 2011 at Bournemouth exceeded 30 from both the WDFPF and the IPF. Our best year for testing.**

**The introduction of the All England event at the end of the year proved successful and many fine BDFPA stars travelled to Bournemouth to take part.**

**The British University and Student championships have been close to my heart for several years. Taking on the Youth Development job with this as the focus of introducing new and young lifters has proved to be positive with many new junior lifters joining BDFPA—particularly this year.**

**During my time as Southern Counties Rep Bournemouthbarbell has run quite a number of divisional competitions as well as the National and International events run locally. We have met and enjoyed watching the lifting of so many great people but now is the time to**

pass the “Organising baton” to others and enjoy going to their events. Look forward to seeing you all at competitions in the future at other venues. Powerlifting is really catching on and is a sport with great potential for so many people from everywhere!!

BDFPA developing a Four Nations competition is a good development. Hope it keeps going.

Drugs Free Powerlifting – mainly but not exclusively unequipped is the model people want in my opinion. Lots to look forward to as we (Bournemouthbarbell) continue our membership and enthusiasm for the BDFPA -- and its central ethos –“DRUGS FREE” DRUGS TEST. Thank you all for several great years and the support of so many of you. See you all soon somewhere at a BDFPA competition.

PaulR [paulrees@bournemouthbarbell.co.uk](mailto:paulrees@bournemouthbarbell.co.uk)

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### South West Single Lift Championships, Plymouth, 8<sup>th</sup> December - report from Russ Martin in lieu of organiser Simon Mansell

This year’s Single Lift event, hosted by Plymouth performance Gym, was well turned out with 33 lifters entering 58 events. We even had a walk-in asking to compete and we were able to sign them up on the day via the online membership site and get them inducted into our sport.

With many challenges to overcome, on the whole, the event was a success and owed to collaboration of our active members to make it happen. Simon Mansell doing the leg work from the behind the scenes processing entries, preparing paperwork and trophies. Sean Stupples, Guy Servis and their Platform crew at Plymouth Performance Gym preparing the venue and looking after our lifters on the day. We had a great turn out from referee’s offering their time. Iain Boyd, Steven Congreve, James Minear, Sean Stupples, Jan Maksymczuk, Graham Edwards and Russell Martin were all on hand allowing us to run two platforms and to offer the best opportunities for lifters in preparation for higher level competition next year. I have since been contacted by lifters thanking all officials for their time and how much they enjoyed the atmosphere at this event.

The squat event saw our rising star and World champion Shachar Head, on the bounce from several competitions in the last few months, exceeding the British Record twice in the women’s T2 80kg

class finishing with 130kg and even attempting 140kg but sadly was too much on the day. Tommy Meredith in the Men's Open 75kg had a good day with 3 out of 3 lifts finishing on 175kg.

We had 23 entries in the bench press and some very strong lifters shone through. Jade Farrington and Sarah Bell going head to head in the Women's Open 63kg seeing Sarah take the title with a whopping 85kg Bench. David Parkin in the Men's M1 82.5kg Class exceeded the British record Bench twice finishing on a 4<sup>th</sup> attempt with 165kg Bench. Jan Maksymczuk (M1 90kg ) was benching well finishing on 160kg narrowly missing out on his British record attempt of 162.5kg. BIG Adam Taylor was looking strong but denied his 400lb attempts (182.5kg) finishing with his 170kg opener.

The atmosphere through the whole competition was inspiring and the deadlift event was particularly exciting. Another 23 entries run on two platforms meant the ground in Plymouth was certainly shaking with most lifters going over 2.5 times bodyweight. The ladies were pulling no punches and Young Yasmin Ahmed hit an impressive 137.5KG deadlift in the T2 category at a bodyweight of just 58.8kg. Sarah Bell, in the Open 63kg class pulling 165kg going 2.6xBody weight. Shachar Head was on the attack again with British record beating lifts finishing on 160kg in the T2 80kg class. Stefan Sheisher (M1 82.5kg class) and Daniel Geech (Open 90kg Class) both went 2.7xBodyweight pulling 210kg and 237.5kg respectively. A south west single lifts completion would not be complete without our World Record holder Charlie Buchanan (M4 82.5kg class) pulling 292.5kg (3.6 times his bodyweight) to beat his own record (Video on BDFPA Facebook page)

This event concluded a great year of competitions in the south west division. We are working well with our hosts Plymouth performance gym whom are dedicated BDFPA members and committed to helping our division grow.

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South East Divisional Championships, Sunbury, 8<sup>th</sup> December  
from organiser Ben Richens

Just a quick thank you to everyone who participated, refereed, loaded etc on the day, I hope everyone enjoyed the day. A big thank you goes to Eric West and Sunbury weightlifting club for hosting us as well.

In the future my intention is to run more competitions so it will give people ample opportunities to lift, qualify for specific national comps in 2014 etc. While Sunday was good fun having more than 35/40 lifters in a comp I think makes it quite a long day especially for the loaders and refs (I think some went 11 or so hours without a break). Sunday also brought home to me that these comps can only be run by people volunteering their time to help fellow lifters so please if you are not lifting lend a hand (I know many of you did and thank you for that!)

Also to further improve comps please tell me your experiences good/bad parts from Sunday so we can mould it into the best event we can possibly have in 2014.

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### North East Divisional Championships, Bradford, 8<sup>th</sup> December, report from Eddie Bennett

After many years of competition at Bradford University, the pillock who runs the Sports Centre has decided that powerlifting is a dangerous sport and has banned it!

I managed to find a commercial gym, Rock Solid, in the vicinity and they have welcomed me with open arms. This move has brought two advantages. As a busy gym it will give me the opportunity to recruit new members and its layout is much more amenable to holding competitions.

The turn out was slightly down on previous years, but I'm sure it will pick up in future.

It was a healthy mix of golden oldies and first-time lifters – and the good news is – they all managed to qualify for the 'British'!

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### West Midland Bench Press Championships, Birmingham, 14<sup>th</sup> December, report from co-host – me!

Feeling definitely under par, as on imminent basis now requiring twice-daily dialysis to hold me until upcoming surgery, I transported scales, lights, record discs, drug kits and the usual paraphernalia which is necessary for our members to enjoy a successful event. Strangely, six established lifters did not show – some close to National records – so numbers down on what we thought.

Officials multi-tasked as ever, with Andy Haynes – effectively instructing newbie entrants ahead of event - lifting himself, sorting the desk whilst Martin warmed up/lifted and MC'd to boot! Danylo Chepa acquired additional centre-refereeing/drug testing experience – expecting Dan to gain National referee status during 2014.

Adam Brazier, whose first event was mine in August, continues to improve – expect even more from him in March! – No languishing then Adam! Always great to see the youngsters get stronger! Convinced two of Martin's club lifters to join via their smart phones and both showed me 'evidence' of that! – BDFPA WM welcomes Joe Hearne and Steve Boland.

More qualifiers for Neil's 1<sup>st</sup> March event!

As it was, only one National record was attempted. John Bernasconi lifting well up until this point made a great attempt, though sadly on this occasion, not to be. I'm absolutely sure John will be going for that on 1<sup>st</sup> March!

This, the sixth WM event I have had the most pleasure of being involved in during 2013, defines perhaps my most spectacularly eventful, though finally my most immeasurably challenging year.

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I truly hope you all have a wonderful Festive Season and a very successful 2014, ongoing.

Do please remember .....

[‘though genes load the gun, one's lifestyle pulls the trigger’](#)

I'm living proof of that!

It has been my absolute pleasure to serve BDFPA, alongside Neil Thomas, over almost four years: My utmost respect to our sport - Pat.

[Happiness cannot be travelled to, owned, earned or worn.  
It is the spiritual experience of living every minute with love,  
grace and gratitude.](#)

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**BDFPA CONTACTS**

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<b>Championship Secretary (NC)</b> Boston, Lincs, PE21 0NA	<a href="#">Nicky Elding</a>	07505 411788	23 Alcorn Green, Fishtoft,
<b>Championship Secretary(vice)</b> Upper Marham, Kings Lynn, Norfolk, PE33 9LF	<a href="#">Neil Thomas</a>	01760 338648	171 Burnt House Crescent,
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<b>Coaching Secretary (NC)</b> directly)	<b>Vacant</b>	(anyone interested in position contact President	
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<b>Permit Secretary</b> Lane, Kingswinford, West Midlands, DY6 8JP	<a href="#">Pat Reeves</a>	01384 270270	Oakfield Cottage, Bromley
<b>Youth Development Officer</b> directly)	<b>Vacant</b>	(anyone interested in position contact President	
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<b>Army Secretary</b>	<b>Steve Maden</b>	07968 805650	
<b>RAF Secretary</b>	<a href="#">Phil Tempest</a>	01780 781703	
<b>Navy Secretary</b>	<a href="#">Chris Martin</a>	07794 276416	
<b>Medical Advisor</b>	<a href="#">Dr Shahid Jawed</a>		
<b>Legal Advisor</b>	<b>Nick Rowe</b>	01242 285855	
<b>Technical Committee</b>	<a href="#">Andrew Cominos</a>	01637 860908	
<b>Drug Control Committee</b> Upper Marham, Kings Lynn, Norfolk, PE33 9LF	<a href="#">Neil Thomas</a>	01760 338648	171 Burnt House Crescent,
<b>T-Shirt supplies</b> Upper Marham, Kings Lynn, Norfolk, PE33 9LF	<a href="#">Neil Thomas</a>	01760 338648	171 Burnt House Crescent,
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<b>British Records Registrar (NC)</b>	<a href="#">Pete Gaskin</a>	01546 510355	

**Drug Control Officer**  
directly)

**Vacant** (anyone interested in position contact President

## **Divisional Representatives & Records Registrars**

### **Eastern Counties:**

( Norfolk, Suffolk, Essex, Cambridgeshire, Huntingdon)

**Divisional Rep (NC)**  
**Records Registrar**

**Ann Thomas** 01760 338648  
(anyone interested in position contact President directly)

### **East Midlands:**

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

**Divisional Rep (NC)**  
**Records Registrar**

**Glen Danbury** 07446 768348  
**Jim Stringer** 07860 960290 & 01536 526190

### **North East:**

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

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**Records Registrar**

**Eddie Bennett** 01274 543640  
**Gabby Bennett** 01274 563747

### **North Midlands:**

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

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**Records Registrar**

**Nicola Elding** 07505 411788  
**Phil Laing** 07752 713347

### **North West:**

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**Divisional Rep (NC)**  
**Records Registrar**

**Les Pilling** 01524 262066  
**Peter Roberts** 01606 45680

### **Northern Ireland**

**Divisional Rep (NC)**  
**Records Registrar**

(anyone interested in position contact President directly)  
(anyone interested in position contact President directly)

### **Scotland: [www.bdfpascotland.co.uk](http://www.bdfpascotland.co.uk)**

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**Records Registrar**  
**Webmaster**

**William Brown** 0141 6313354  
**Paul Rutherford** 0141 5765030  
**Pete Gaskin** 01546 510355

### **Southern Counties:**

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

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**Records Registrar**

(anyone interested in position contact President directly)  
**Martin Godden** 01983 856500

### **South East:**

(Greater London, Surrey, Kent, Sussex)

**Divisional Rep (NC)**  
**Records Registrar**

**Ben Richens** 07932 276596  
(anyone interested in position contact President directly)

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

(Cornwall, Devon, Somerset)

**Divisional Rep (NC)**  
**Records Registrar**

**Graham Alway** 01326 211525  
**Andrew Cominos** 01637 860908

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

**Divisional Rep (NC)**  
**Records Registrar**

**Gary Whitbread** 07401 979909  
**John Williams** 07581 857195

### **West Midlands:**

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

**Divisional Rep (NC)  
Records Registrar**

**Pat Reeves  
Roy Garner**

01384 270270  
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](tel:07780924546) (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**

<a href="#">Ann Thomas</a>	01760 338648	(Int)
<a href="#">Neil Thomas</a>	01760 338648	(Int)
Philip Tempest	01780 781703	(Int)
<a href="#">Matt Saunders</a>	07901 872290	(Nat)
<a href="#">Ian Tudor</a>	01328 863258	(Nat)
Pete Sparks	01268 571162	(Div)

### **East Midlands**

John Bevan	01920 422560	(Int)
<a href="#">Martin Green</a>	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	07446 768348	(Nat)

### **North East**

<a href="#">Mark Norton</a>	0114 2258443	(Int)
John Walker	0191 3869198	(Int)
<a href="#">Seb Madronal</a>	07725 117297	(Nat)

### **North Midlands**

Mike Davies	01205 366569	(Int)
<a href="#">Nicola Elding</a>	07505 411788	(Int)
<a href="#">Roy Olsen</a>	07976 432156	(Nat)

### **North West**

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Mike Leadbetter	07783 504826	(Int)

<a href="#">Les Pilling</a>	01524 262066	(Int)
Pete Hudson	01524 380542	(Int)
<a href="#">David Fairhurst</a>	01772 724664	(Nat)

### **Scotland**

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<a href="#">Paul Rutherford</a>	0141 5765030	(Nat)
Bernie Cunningham	07500 221715	(Nat)
<a href="#">Chris Martin</a>	07794 276416	(Nat)
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Brett Le Cras	07940 322223	(Nat)
Ian Hawkins	07901 517309	(Nat)
Owen Hubbard	07956 571033	(Div)
Rosmery Lima	07736 073452	(Div)

### **South East**

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<a href="#">Melanie Golding</a>	01227 787899	(Nat)
Ben Richens	07932 276596	(Div)
Oliver Gilbert	07825 868626	(Div)
Paul Golding	07816 871626	(Div)

### **South West**

<a href="#">Andrew Cominos</a>	01637 860908	(Int)
<a href="#">Chris Morgan</a>	01404 45397	(Int)
Russell Martin	07855 271857	(Int)
<a href="#">Mark Rattenberry</a>	01884 258478	(Nat)
<a href="#">Graham Alway</a>	01326 211525	(Div)
Iain Boyde	01275 333014	(Div)
Steven Congreve	01395 233837	(Div)
<a href="#">Graham Edwards</a>	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)
James Minear	07708 303237	(Div)
Sam Dew	07789 342694	(Div)
Reece Meakin	07597 698888	(Div)
Wes McGuinness	07825 750844	(Div)

### **Wales**

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Sue Bethell	07928 119100	(Div)

## **West Midlands**

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Martin O'Grady	0121 537 3043	(Nat)
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Roy Garner	01788 814290	(Nat)
Andrew Haynes	07720 850864	(Nat)
Jagir Singh	07903 993020	(Div)
Danylo Chepa	07808 166932	(Div)

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## **FORTHCOMING EVENTS**

### **2014 Welsh Divisional Championships**

18th January 2014, Tonypany Community College, Penygraig, CF40 1HQ. Entry Form from Gary Whitbread 07401 979909. Note:- Qualifier only, no records can be set at this event.

### **2014 South West Full Power Championships**

19th January 2014, Plymouth Performance Gym, 29 Manor Steet Plymouth, PL1 1TW, [Entry Form](#)

### **2014 Scottish Open**

19th January 2014, Burns Gym, Dumfries, [Entry Form](#)

### **2014 Eastern Counties Divisional Championships**

Saturday 25th January 2014, Brentwood Barbell Club, Doddinghurst Road, Brentwood, Essex, CM15 9NN. Note:- Qualifier only, no records can be set at this event. [Entry Form](#)

### **2014 Dean Mikosz Memorial Event**

Saturday 25th January 2014, Sunbury Weightlifting Club, TW16 5PS. Qualifier for 2014. For further details contact Neil Abery, 07974 178618/[Aberyneil@yahoo.co.uk](mailto:Aberyneil@yahoo.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](mailto: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.

### **2014 All Midlands Championships**

Sunday 18th May. City Gym, Worcester. [Details and Entry Form](#)

### **2014 Scottish Push Pull**

Sunday 18th May. Venue to be confirmed.

### **2014 Scottish Nationals & Scottish University Team Cup**

Sunday 24th August. Venue to be confirmed.

**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.**

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