

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

**A VERY WARM WELCOME FROM ME FOR SECOND TIME THIS YEAR!
AS EARLIER ADVISED, THIS NEWSLETTER SPECIFICALLY DELAYED
TO INCLUDE REPORT ON WORLD SINGLE EVENT IN ANTWERP.**

Ahead of reports/information etc, I have to impart that the last lengthy surgery to replace kidney stents mid-May has reactivated several of my bone tumours. This observed tiny risk needed to be taken to avert a potentially fatal third stroke though my medical team and I never actually believed activity would re-cur within the status quo presenting at the time. I am now credited with plus or minus five months and remain on palliative care. I have been evaluating the potential worth of Proton therapy (targeted radiotherapy) via major centre of expertise in Munich, but owing to the difficulty of its application to so many bones, I am advised I also require concomitant drug-therapy, the effects of which are radical and far-reaching. I will re-consider as likely last resort, later this year – it may provide an additional eight weeks, though life-quality will be dramatically compromised. There is nothing demonstrably effective that can be applied as I write today. In conjunction with myself, my team have produced a liquid supplement of apigenin – a compound within specific foodstuffs known to ‘remind cancer cells to die’, which could buy me more time. Though I have been avidly juicing these foods recently, this unique concentrated form will supply me with massive additional therapeutic amounts. A work in progress, definitely!

Next surgery, to preserve kidney function, is scheduled for around September time. I certainly intend to live this year out via my own protocols, and hopefully remain sufficiently fit to complete obligations/pre-booked competitions/contact to you all, as ever.

It is with great pleasure that I confirm recently published dates for next six National events. Narrowing the potential venues I evaluated during 2012 to eventually Stafford University as my selection for 2013 National Singles and National Full-power events has proven to be a great choice, with Neil Thomas happy to contract until 2016. Now you can all plan your training around these dates!!

I am absolutely delighted to have played my part in consolidation for your future National events.

With the enormity of the work I singularly accomplished over many months organising both National events earlier this year, mostly from German clinic, I am truly thrilled to hand that responsibility over to Neil and his military helpers as onward progression for BDFPA!

Here is further information for you from our President -

THE NATIONAL CHAMPIONSHIPS

BRIEFING NOTE

The BDFPA National Full Power and Single Lift Championships will be held in Stafford over the next 3 years, details are already listed on the website with the venue and costs. Questions you may have regarding the event and some details regarding the benefits to the BDFPA are listed below for all members to familiarise themselves with. Any additional questions should be sent to neil.thomas848@hotmail.co.uk

- 1. What is the benefit of holding the event in Stafford for the next 3 years?**

The venue itself is excellent and centrally located in the country, easily accessible by road or rail and is supported by a large amount of local facilities in terms of shopping, hotels and entertainment. Additional to all of these benefits the venue have agreed to a fixed cost over the next 3 years allowing planning to consider the cost to the competitors. This is part of the 3 year deal.

- 2. How has the cost of £40.00 for the events been calculated?**

The cost of each event has been based on an entry of 150 lifters per event. The cost per initial entry has been calculated to consider the following elements:

Drugs tests are £175.00 per test inc VAT, therefore every 10 lifters are considered to breakdown at £17.50. £5.00 per lifter is going towards the venue whilst £10.00 will cover the fees for spotters and loaders and officials and the remainder goes towards offsetting the cost of trophies. Any potential shortfall will be met by the BDFPA central bank.

3. Why is the BDFPA not paying for the event and reducing the costs for lifters?

The costs of last year's events were well over £7,000 with everything paid for and although this is manageable from membership fees it does restrict the ability to develop further testing regimes and the purchase of more equipment for National events.

4. What other benefits does the National event self-funding provide the membership with?

The main thing will be the fact that the BDFPA will not need to consider putting up its membership fees for at least 3 years, something that other organisations cannot promise.

5. What equipment can we expect to see being purchased by the BDFPA?

By 2015 the BDFPA will hold 4 full sets of equipment including platforms, squat stands and benches plus dedicated weight sets for all National events.

6. What will the trophies be at the events?

All individuals will receive a trophy for lifting. Top 3 trophies will be larger than those who achieve 4th and below. At each event they will be different styles. Additionally the Haydn Rowlands and Dean Mikosz trophies will be presented at the relevant

events. Lifters in the MPF categories will also receive specific awards.

7. The NC briefing note indicated spotters and loaders and officials will be paid - how much is this and how can someone put their name forward for the positions?

Officials will be £40.00 per day. Spotters will be £50.00 per day, both being paid from the entry fee money. Those who wish to undertake either role will have the opportunity to contact the BDFPA NC prior to the event and volunteer whilst referees will be asked for availability well in advance.

8. When will the entry forms be available?

Entry forms will go live on the website from the first week in January for both events allowing members plenty of time to meet the entry deadline whilst ensuring that membership requirements have been satisfied.

9. Is it possible to pay for the Nationals using the online payment system?

This will be investigated over the next few months and is considered to be the optimum goal of the online system.

A timely article from myself.....

Cancer Prevention: 10 Top Tips

'More than half of all cancer deaths could be prevented by making healthy choices like not smoking, staying at a healthy weight, eating right, keeping active, and using a form of stress relief'.

This quote is taken directly from the American Cancer Society, with whom I am often in touch, and it should be eye-opening and empowering if you are not yet aware that cancer prevention starts, first and foremost, with *YOU*.

1. Optimise Your Vitamin D

If you want to reduce your risk of cancer, it is essential you spend adequate time in the sun or if that is not possible, supplement with

vitamin D3. It has been definitively proven using data from more than 100 countries that the higher the solar UVB, the lower the incidence of fifteen different types of cancer, including:

Bladder	Breast	Cervical	Colon	Endometrial
Oesophageal	Gastric	Lung	Ovarian	Pancreatic
Rectal	Renal	Vulvar	Hodgkin's lymphoma	Non-Hodgkin's lymphoma

The most important factor is your vitamin D serum level. In order to help prevent a wide variety of disease and health ailments, including cancer, your vitamin D level needs to be between 0.05-0.07 mg/ml year-round. Vitamin D from sun exposure is the best way to optimise your vitamin D levels.

Just be cautious about the length of your exposure. You only need sufficient exposure to have your skin turn the lightest shade of pink. Once you reach this point your body will not make any additional vitamin D due to its self-regulating mechanism. Any further exposure will only cause harm and damage to your skin.

If you are taking oral vitamin D, you also need to supplement vitamin K2, as K2 deficiency is actually what produces the symptoms of vitamin D toxicity, which includes inappropriate calcification leading to hardening of your arteries. If you take oral vitamin D and have, or have had cancer, it would be very prudent to monitor your vitamin D blood levels regularly.

2. Avoid Eating Excess Protein

Most lifters eat way too much protein. Consider reducing your protein levels to 1-1.5 grams per kilogram of lean bodyweight (using callipers to determine body-fat percentage) depending upon the intensity of your training. It would be unusual for most adults to require more than 125 grams daily protein and most likely need around half to three-quarters of that amount. This may come as a surprise, as we have been told for decades how important protein is for our health and competitive prowess but the truth is that excessive protein intake can have a great impact on cancer growth. 24 grams of absorbable protein each day maintains life in a sedentary person,

though please don't go that low! Protein powders – preferably from grass-fed whey, (though some great vegan proteins abound – hemp, pea, rice etc) are excellent for monitoring intake, and more absorbable than most cooked protein foods.

Pregnant women and those working out extensively need about 25% more protein. Of note, when you reduce protein you need to replace it with other calories, specifically high-quality fats such as avocados, unsalted butter, coconut oil, olives, olive oil, nuts and eggs.

3. Eat Living Foods with Amazing Health Benefits

Sprouted foods are indeed a true 'superfood' that many overlook. In addition to their nutritional profile, sprouted foods are also easy to grow. I started sprouting pulses/seeds/nuts/grains in jars twenty years ago: Now I have the benefit of three Easygreen sprouting machines – nothing could be simpler!

- Living foods can contain up to 100 times more enzymes than raw fruits and vegetables, allowing your body to extract more vitamins, minerals, amino acids and essential fats from the foods you eat
- Both the quality of the protein and the fibre content of beans, nuts, seeds and grains improves when sprouted
- The content of vitamins and essential fatty acids also increase dramatically during the sprouting process. For example, depending on the sprout, the nutrient content can increase as much as 30 times the original value within just a few days of sprouting. Sunflower seed and pea sprouts tend to top the list of all the seeds that you can sprout and are typically each about 30 times more nutritious than the organic vegetables you can harvest from your garden!
- During sprouting, minerals, such as calcium and magnesium, bind to protein, making them more bio-available
- Sprouts are the ultimate locally grown food, and can easily be grown in your own kitchen, so you know exactly what you are eating. And since they are very inexpensive, cost is no excuse for avoiding them

4. Simplify Your Cleaning Supplies

My top list of cancer preventing strategies for my patients has always included reducing exposure to environmental toxins like household chemical cleaners. While it is very difficult to prove that a person's exposure to household cleaners over the course of 10, 20 or 30 years is what caused their cancer diagnosis, it is well known that commonly used household chemicals do, in fact, cause cancer, along with other serious health effects like reproductive and developmental problems in children.

Research has found, for instance, that breast cancer risk is twice as high among women who report the most use of cleaning products and air fresheners, compared to those who rarely use such products. Mould and mildew cleaners and air fresheners have shown the greatest correlation with breast cancer. Some of the chemicals of greatest concern that you need to avoid include:

Synthetic musks	Phthalates	1,4-diclorobenzene
Terpenes	Benzene	Styrene
Phenol	Nonylphenol ethoxylates (NPEs)	Formaldehyde
Petroleum solvents	Butyl cellosolve	Triclosan (antibacterial)

Fortunately, it is simple to replace toxic commercial cleansers with safer options. One of the best non-toxic disinfectants is plain soap and water. You can use this for washing your hands, your body and for other household cleaning. Another all-purpose cleaner that works great for kitchen counters, cutting boards and bathrooms is 3% hydrogen peroxide and vinegar. You can also keep your home very fresh and clean by making your own natural cleaning products using items you probably already have around your home. Some more tips for making simple and effective all-natural cleansers:

- Use bicarbonate of soda mixed with apple cider vinegar to clean drains and baths, or sprinkle it with a few drops of lavender oil or tea tree oil (which have antibacterial qualities) as a simple scrub for your bathroom or kitchen.**

- Vinegar can be used to clean almost anything in your home. Try it mixed with liquid castile soap, essential oils and water to clean floors, windows, bathrooms and kitchens. It can even be used as a natural fabric softener.
- Hydrogen peroxide is safer to use than chlorine bleach for disinfecting and whitening.
- Vodka is a disinfectant that can remove red wine stains, kill wasps and bees and refresh upholstery (put it into a mister and simply spray on the fabric). Superior application for your health than drinking it!!

5. Use Greener Beauty Products

When cleaning up your lifestyle you may be tempted to start with your diet (which *is* a good place to start), though your personal care products are also important to address. Putting chemicals on your skin is actually far worse than ingesting them, because when you eat something everything must go to your liver before entering your blood stream, providing your body an opportunity to detoxify substances that could be harmful. When you put chemicals on your skin however, they are absorbed straight into your bloodstream without filtering of any kind, so the toxic chemicals from toiletries and beauty products are largely going into your blood, lymphatic system and then directly into your internal organs.

There are literally thousands of chemicals used in personal care products, and only a tiny fraction of them have ever been tested for safety. Nearly 900 of the chemicals used in cosmetics are known to be toxic. It is impossible to list them all, but some of the most common culprits to avoid include:

Sodium lauryl sulfate (SLS)	Musks	Mercury
Paraben	1,4-Dioxane	Lead
Phthalates, including dibutyl phthalate (DBP), dimethyl phthalate	Mineral Oil, Paraffin, and Petrolatum	Nano particles

(DMP), and diethyl phthalate (DEP)		
Antibacterials	Hydroquinone	Formaldehyde

When it comes to personal care products, I like to use this rule -- if you would not eat it, do not put it on your body. You can also make your own personal care products, using simple all-natural ingredients that many of you may already have in your home.

- **All-natural moisturisers** -- Pure emu oil is a great alternative to facial and body moisturisers and lotions, as is pure coconut oil. This is a fantastic moisturiser and a potent source of the beneficial fat lauric acid.
- **All-natural acne fighter** -- Rubbing just a drop of oregano oil on a breakout can speed up the healing and prevent unsightly scarring.
- **All-natural deodorant** – Plain soap and water works fine. If you still need further help then try a pinch of baking soda mixed into water as an effective all-day deodorant.

6. Dispense with your Non-Stick Cookware

About 70 percent of the cookware sold contains a non-stick coating that contains PFOA (perfluorooctanoic acid) and other perfluorinated compounds (PFCs), which are used to make grease-resistant food packaging and stain-resistant clothing as well. Even though there are many names, if the item in question is 'non-stick' or 'stain/grease resistant', it will generally have some type of fluoride-impregnated coating that is best avoided.

It is well documented that when non-stick pans are heated the coating begins breaking down, releasing toxins into the air in your kitchen. When the pan reaches 360c (which takes about three to five minutes of heating), at least six toxic gases are released. At 538c the coatings on your cookware break down into a chemical warfare agent known as PFIB. Research has revealed that these toxins can accumulate in your blood at an alarming rate and may lead to chronic disease like cancer over time. You can keep your exposure

as low as possible by avoiding products that contain PFCs. These include:

Non-stick cookware (choose either ceramic or glass instead)	Microwave popcorn	Packaging for greasy foods (including paper and cardboard packaging)
Stain-proof clothing	Flame retardants and products that contain them	Stain-resistant carpeting, and fabric stain protectors

7. Drink Clear Pure Water

If you receive water that is treated with chlorine or chloramines, toxic disinfection by-products (DBPs) form when these disinfectants react with natural organic matter like decaying vegetation in the source water. DBPs are over 10,000 times more toxic than chlorine, and out of all the other toxins and contaminants present in your water, such as fluoride and miscellaneous pharmaceutical drugs, DBPs are likely the absolute worst of contaminants.

Already, it's known that trihalomethanes (THMs), one of the most common DBPs, are Cancer Group B carcinogens, meaning they have been shown to cause cancer in laboratory animals. They are also linked to reproductive problems in both animals and humans, such as spontaneous abortion, stillbirths, and congenital malformations, even at lower levels. I chose a whole-house filtration system as the best choice to remove chlorine, chloramine, ammonia, DBPs and other contaminants from all my water sources (bath, shower and tap). If you don't have the resources for a whole-house filtration system at this time, here are some ideas you can try.

- Adding fruit, such as slices of peeled orange, to a 1-gallon water container, which will help neutralise chloramine in about 30 minutes

- Dissolving a 1,000-mg vitamin C tablet into your bath water, which will neutralise the chloramine in an average-size bath

8. Choose Organic and Locally Grown Food

Many pesticides and herbicides are potentially carcinogenic, and you may be exposed to them when you eat conventionally grown produce and animal products. Around 60 percent of herbicides, 90 percent of fungicides, and 30 percent of insecticides are considered to be carcinogenic, and most are also damaging to your nervous system as well. Some of the pesticides/herbicides classified as probable or possible human carcinogens include:

Chlordane	Heptachlor	Tetrachlorvinphos
Carbaryl	Propoxur	Lindane
Dichlorvos	Phosmet	Permethrin

The answer, of course, is to opt for organically grown produce and organically raised, grass-fed animal products, which are raised without chemicals and other potentially cancer-causing products.

It is well known that conventionally grown fruits and vegetables are often tainted with unacceptable levels of pesticide residues, but you are also exposed when you eat animal products. Animals raised in confined spaces eat feed full of pesticides, and these toxins accumulate in their flesh and fat over the course of their lifetimes. When you eat factory-farmed meat, you then ingest these accumulated pesticides.

As for fresh produce, certain fruits and vegetables tend to be far more contaminated than others, simply because they are more susceptible to various infestations and therefore sprayed more heavily. Some foods are also more 'absorbent', with thin, tender skins. Such foods should be high on your list for buying organic.

Choosing organically raised animal products is potentially even more important, however, as animal products tend to bio-accumulate toxins from their pesticide-laced feed, concentrating these to far higher concentrations than are typically present in vegetables.

Fermented foods can be helpful here as well, as some of the beneficial bacteria produced in fermented foods have been found to help detoxify organo-phosphorus insecticide. A 2009 study reveals during the fermentation of kimchi, the insecticide degraded rapidly until day 3, and had degraded completely by day 9. Four lactic acid bacteria were identified as being responsible for the effect, so regularly consuming fermented foods (or alternatively a high-quality probiotic) may help you buffer some of the damage that pesticide exposures can cause.

9. Avoid Canned Foods

Avoiding canned foods is perhaps your best way to avoid bisphenol-A (BPA) – an endocrine-disrupting chemical linked to cancer, reproductive and foetal developmental problems, among other health issues.

Though BPA is a widely used component of plastic containers, it is also found in food packaging and the inner lining of cans. Research from the Harvard School of Public Health reveals canned foods and beverages can increase your BPA levels by a staggering 1000% in a mere five days! The lead researcher noted that given this finding, canned goods may be an even *greater* contribution to your BPA levels than plastics.

Here are 10 tips to help reduce your exposure to BPA around the house:

Only use glass baby bottles and dishes for your baby	Use glass, ceramic, or stainless steel travel coffee mugs rather than plastic or Styrofoam coffee cups
Get rid of your plastic dishes and cups, and replace them with glass varieties	Avoid using plastic wrap (and never microwave anything covered in it)
Give your baby natural fabric toys	If you opt to use plastic kitchenware,

instead of plastic ones	at least throw away the older, scratched ones, avoid putting them in the dishwasher, and do not wash them with harsh detergents, as these can cause more chemicals to leach into your food
Store your food and beverages in glass containers	Avoid using bottled water; filter your own using a reverse osmosis filter instead
IF you choose to use a microwave, don't microwave food in a plastic container	Before allowing a dental sealant to be applied to your, or your children's, teeth, ask your dentist to verify that it does not contain BPA

10. Abandon Your Microwave

If you microwave your food in plastic containers, it can hasten the rate at which potentially cancer-causing chemicals can leach into your food. Additionally, microwaving creates new compounds that are not found in humans or in nature, called radiolytic compounds. It remains unknown as yet what these compounds are doing to your body.

In addition to the violent frictional heat effects, called *thermic effects*, there are also *athermic effects*, which are poorly understood because they are not as easily measured. It is these athermic effects that are suspected to be responsible for much of the deformation and degradation of cells and molecules. As an example, microwaves are used in the field of gene-altering technology to weaken cell

membranes. Scientists use microwaves to actually break cells apart. Impaired cells then become easy prey for viruses, fungi and other micro-organisms. You really CAN survive without your microwave—people are living quite happily without one, believe it or not. You just have to make a few small lifestyle adjustments, such as:

- Plan ahead. Take your dinner out of the freezer that morning or the night before so you do not end up having to scramble to defrost a joint of beef two hours before dinnertime.
- Make soups and stews in bulk, and then freeze them in large freezer bags or other containers. An hour before meal time, just take one out and defrost it in a sink of water until it's thawed enough to slip into a pot, then reheat it on the cooker.
- A toaster oven makes an excellent faux-microwave for heating up leftovers! Keep it at a low temperature — like 93-121c — and gently warm a plate of food over the course of 20-30 minutes. Another great alternative is a convection oven.
- Prepare your meals in advance so that you always have a good meal available on those days when you are too busy or too tired to cook.
- Try eating more organic raw and sprouted foods. This is one of the best ways to improve long-term health and longevity. Pat

CLAIMING NATIONAL RECORDS AT A DIVISIONAL EVENT

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

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

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

DIVISIONAL (OPEN) EVENTS

I have previously requested more of above and am really pleased to note they are now being added to our website. Let's have even more dates though for our members to aim for qualification at Neil's Nationals in 2014!

EVENT REPORTS, in sequence order – this time all from me!

NATIONAL FULL-POWER CHAMPIONSHIPS: Beaconside Sports Centre, Stafford University, 6th and 7th April, hosted by myself on behalf of West Midland Division –

Even before the National Single event ended, work for above was already in full-swing!

There were less helpers this time to set everything up on the Friday, which meant we all had to work harder and longer – leaving the venue after 11 pm. Kudos once again to Neil, Phil, Pete G and Craig.

Without Wim Backelant running a desk this time, Andy Haynes kindly stepped in to run desk two, with Pete Gaskin, once again, multi-tasking on desk one, relieved only when lifting, thanks to Manon Bradley.

All drug tests from both National events have subsequently been returned as negative.

Patricia Tombs achieved great success creating new National and World records and definitely deserved the Best Lifter Masters trophy.

My local T2 lifter, Bobbie Butters enjoyed similar success with World records in all three disciplines and was Best Lifter in the junior category.

Collectively, Charlotte, Hayley, Lucy, Olivia, Rosi (both unequipped and equipped), Sue, Alex, Louise, Angela and Rachel achieved a variety of National, European, World and Best Lifter records between them. All power to the girls!

Notable lifting by Neil Ratcliffe, was observed by all: It gave me great pleasure to present Neil with the Dean Mikosz trophy for competitive spirit, in honour of a great lifter.

MPF competitors Jay Hollingsworth and Reece Meakin were awarded Best Lifter and Best Lifter Jnr with our evergreen lifter John Gavin Walker gaining Best Lifter Masters and Neil Elliott Best Lifter open/Masters EQ.

Special congratulations to my local lifters David Gray on his World total record and to Patrick Harvey achieving National Squat and Bench Press records as a young Master 8 competitor!

Great to see World records from David, Amrik, Ted, Mark, Jordan, Sam, Alistair, Steve, John, Colin, Zachary, Mike, Jay, Mick and Neil.

National records were achieved by David, Vince, Reece, Alex, Iain, Zachary, Patrick and Richard.

European bench press records from Matt and Michael and squat records from Tom and Aaron.

Feedback for this event, as for the National Singles, was absolutely phenomenal – I am so pleased you all enjoyed it.

Immeasurable thanks to Neil Thomas for providing our new weights/equipment and for likely eclipsing the longest back-spotting stint – certainly from my observations!

Enormous thanks to Pete Gaskin and Andy Haynes for a job superbly done and my special thanks to Craig Wright, Assistant Sports Centre Manager at Stafford University, who quietly and confidently dealt with seemingly insurmountable problems and queries from me over many months!

EUROPEAN POWER-LIFTING CHAMPIONSHIPS, Castleblayney, Ireland, April 27th and 28th – hosted by Tom Coyle

Officiating with the WDFPF executives is always a pleasure and this event was certainly no exception.

On day one, we only just managed to keep two platforms working, owing to a shortage of referees – and that with both Wim and Yulia refereeing and running their respective desks for the whole of Saturday. Eric West and I refereed all day with no breaks. Without

either of us attending, day one (unequipped) would have been seriously long and drawn out using one platform!

Our lifters Pelin Baykal, David Gray, Tim Tran, Reece Meakin, Pierre Shillingford and Les Pilling enjoyed a successful day – with Les lifting on both days, as he does. Sadly Mark Hesketh had his squats red-lighted and hence was unable to complete the event.

Refereeing West Midland's lifter David Gray is becoming a consistent joy! Weighing in at 67kg, David increased his World records for each lift in a scant few weeks since Full-Power Nationals. Leaving my chair to shake his hand on pulling a fourth attempt with an outstanding 260kg dead-lift was one of those moments everyone present will remember. I am sure there is at least another 10kg David can add to the bar for this lift – and soon!

On day two, we were down to one platform for twelve equipped lifters. I elected to avail of something different and MC'd for a change alongside Yulia running the desk - as Wim wanted to centre-referee. Irish President Tom Coyle, who worked his socks off as organiser of this event totalled 450kg, winning his age/weight class, in between refereeing and drug testing.

I was particularly impressed by French lifter Cyrille Vaillant with his 186kg World record bench press at under 90kg bodyweight.

Drug testing at this event produced negative results, which is great.

Awarded team points gave England second place – well ahead of other placing. Ireland as determined, secured first place.

Another, fantastic, memorable event for attendees.

ALL-MIDLANDS CHAMPIONSHIPS, Powerpoint Gym, Alexander Stadium, 11th May, hosted by Martin O'Grady. I produced all relevant entry-form information for Martin, officiated – even lifted!

This was our early full-power and single lifting qualifier for 2014 National events.

Twenty lifters competed with notable results from Helen (Cate) Walker, and local lifters Kaytee Poolton and Roy Pinson. Nicole Dash though producing a great final squat, sadly bombed on bench press discipline.

Aside from officiating, I pushed/pulled scant 2014 National qualification in bench and dead-lift within only a few days returning

to lifting following earlier surgeries and obviously devoid then of knowledge re the seriousness of current health scenario. Thankfully successful, picture, as kindly forwarded to me, depicts. Andy Haynes was in full charge in his centre-referee position with Martin O'Grady and Gren Elmore as side referees.

This was the longest time ever between competitions for me since I switched disciplines from winning marathons to power-lifting in 1988 with my previous last WDFPF event at World Singles in Autumn, June 2012.

I can definitely attest that such a long competitive lay-off (though ahead of January surgery I daily trained over this period whenever the opportunity presented itself) does not bode well for improving one's competitive lifting prowess. Still, some minor, inherent strength levels obviously remain – so for anyone who may find themselves in a similar position, definitely do not be deterred!



WORLD SINGLE EVENT, Antwerp, 28th, 29th, 30th June, hosted by Wim Backelant on behalf of WDFPF

I was really looking forward to helping out the first two days and suitably determined to increase my dead-lift record on day three: Unable to train as I would have wished since last surgery on May 13th and informed this would be my last major event, served only to reinforce my resolve. Then something totally unexpected happened: Awaiting my luggage at BHX carousel, upon returning from Germany - something I must have done a zillion times over past few years - a fellow passenger grappled with his large suitcase, could not quite lift it off cleanly and dropped it on my left foot! This broke the third metatarsal and provided a totally different type of pain from that emanating from the active tumours. With thirty-six hours ahead of my flight to Brussels, almost four of those spent waiting in A&E - my 'training' consisted of one rep of 60 kg! Walking was near-impossible, but I became reasonably good at limping around the Crowne Plaza venue and sitting refereeing was very welcome! On the Sunday, I resisted an offer of being carried and placed in front of my opener! I spent hours using pain-relief machines and honing my mind over matter/pain techniques. Delighted it worked! The venue was ideal, and Wim excelled himself multi-tasking as ever, though sadly after day one, we lacked screen information on platform A as, whatever was tried to correct the fault(s) no-one managed to cajole it to display. There were a large number of entries for all disciplines and some great camaraderie amongst all. Despite any language barriers seemingly power-lifters just seem to make their feelings known and understood! Trophies were very impressive and for some like the renowned Helen Wuyts, Indra Sudarminto and others whose great efforts culminated in winning one or more Best Lifter trophies would definitely be subject to an excess baggage fee if they had been flying home! Hopefully most returned via wheels! I began writing this less than twenty-four hours since the event closed and I did not have the complete result lists. Having heard from Wim this time the results would be delayed - it was decided to release this Newsletter on an immediate basis, as is already considerably delayed owing to capturing this event within its pages. However, as I now have the results - including the actual winner of

the Nation's cup – I have had to revise what I wrote and substitute correct information. Sadly, despite our short-lived joy and elation at being the 'winner' of the Best Nation trophy, it has now been declared that a major error occurred and we were actually fifth!!!!!!! – as can be seen in results. I am sure all members of the British team will share my absolute disappointment. Still, aside from mine, we did break five additional World records – evergreen lifter John Gavin Walker was responsible for two of those – both in squat and dead-lift. Our young lifter James Minear was successful in 82.5 T3 squat. David Williams, after a very rocky start (!) went on to achieve success with his fourth bench attempt and Alistair Murdoch was credited with a 110 M2 WR bench of 225.5kg.

Some great events are taking place ahead of next Newsletter – scheduled for end of September/ first week of October – one of those is my push and pull on 18th August.

Though in last Newsletter I alluded to hosting innovative National events at Worcester or Stafford, I confirm that owing to my declining health, this/these will now not occur via me. I do hope another organiser will take on this task.

I wish you a great summer (or at least what passes for this 'season' in UK!) Do please train well with your eyes on the goals you have set for yourselves.

In lifting, Pat

'Life is an echo, what you send out comes back: What you sow, you reap: What you give, you get: What you see in others, exists in you.'

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Championship Secretary (NC) [Nicky Elding](#)
07982 057808 --- 23 Alcorn Green, Fishtoft, Boston, Lincs, PE21
0NA

Championship Secretary(vice) [Neil Thomas](#)
01760 338648 171 Burnt House Crescent, Upper Marham,
Kings Lynn, Norfolk, PE33 9LF

Treasurer (NC) [Mark Horton](#)
01449 614198 & 07908 607198, 86 Lindsey Way Church
Meadows, Stowmarket, Suffolk, IP14 2PD

Womens' Secretary (NC) [Mary Anderson](#)
01875 612140 & 07896 317071

Services Liaison Officer (NC) **Steve Maden**
07968 805650

Technical Secretary (NC) [Andy Davies](#)
01704 233279 20 Kerry Ln, Brooklyn Pk, Gravel Ln, Banks,
Southport, PR9 8BU

Assistant Secretary (Permits) [Peter Roberts](#)
01606 45680 129 Carlton Rd, Witton Park, Northwich, CW9
5PG

Youth Development Officer [Paul Rees](#)
07780 924546

Tie/Badge/Flash Supplies [Andy Davies](#)
01704 233279 20 Kerry Ln, Brooklyn Pk, Gravel Ln, Banks,
Southport, PR9 8BU

Services Liasion Officer **Seb Madronal**
07725 117297

Army Secretary

07968 805650

RAF Secretary

01780 781703

Navy Secretary

07794 276416

Medical Advisor

Legal Advisor

01242 285855

Technical Committee

01637 860908

Drug Control Committee

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

T-Shirt supplies

Webmaster (NC)

01546 510355

British Records Registrar (NC)

01546 510355

Drug Control Officer - Vacant
position contact President directly)

Steve Maden

[Phil Tempest](#)

[Chris Martin](#)

[Dr Shahid Jawed](#)

Nick Rowe

[Andrew Cominos](#)

[Neil Thomas](#)

[Neil Thomas](#)

[Pete Gaskin](#)

[Pete Gaskin](#)

(anyone interested in

[Divisional Representatives & Records Registrars](#)

Eastern Counties:

(Norfolk, Suffolk, Essex, Cambridgeshire, Huntingdon)

Divisional Rep (NC)

[Louise Fox](#)

07962 123261

Divisional Rep (Vice)

01760 338648

Records Registrar
contact President directly)

Ann Thomas

(anyone interested in position

East Midlands:

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

Divisional Rep (NC)

07427 522899

Records Registrar

07860 960290 & 01536 526190

Glen Danbury

Jim Stringer

North East:

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

Divisional Rep (NC)

01274 543640

Records Registrar

01274 563747

Eddie Bennett

Gabby Bennett

North Midlands:

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

Divisional Rep (NC)

0798 2057808

Records Registrar

07752 713347

Nicola Elding

Phil Laing

North West:

(Lancashire, Cumberland, Westmoreland, Isle of Man)

Divisional Rep (NC)

262066

Records Registrar

01606 45680

Les Pilling

01524

Peter Roberts

Northern Ireland

Divisional Rep (NC)
position contact President directly)
Records Registrar
position contact President directly)

(anyone interested in

(anyone interested in

Scotland: www.bdfpascotland.co.uk

Divisional Rep (NC)

0141 6313354

Records Registrar

0141 5765030

Webmaster

01546 510355

[William Brown](#)

[Paul Rutherford](#)

[Pete Gaskin](#)

Southern Counties:

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

Divisional Rep (NC)

07780 924546

Records Registrar

01983 856500

[Paul Rees](#)

[Martin Godden](#)

South East:

(Greater London, Surrey, Kent, Sussex)

Divisional Rep (NC)

07932 276596

Records Registrar

position contact President directly)

(anyone interested in

[Graham Alway](#)

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

(Cornwall, Devon, Somerset)

Divisional Rep (NC)

01326 211525

Records Registrar

01637 860908

[Andrew Cominos](#)

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

Divisional Rep (NC)

07401 979909

Records Registrar

[John Williams](#)

07581 857195

West Midlands:

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

Divisional Rep (NC)

01384 270270

Records Registrar

01788 814290

Pat Reeves

Roy Garner

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 - [01202 770894](tel:01202770894) (Southern Counties)
Eric West - [01932 568200](tel:01932568200) (South East)
Neil Thomas - [01760 338648](tel:01760338648) (East Counties)
Mike Davies - [01205 366569](tel:01205366569) (North Midlands)

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

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

Eastern Counties

Ann Thomas	01760 338648	(Int)
Neil Thomas	01760 338648	(Int)
Philip Tempest	01780 781703	(Int)

Matt Saunders	07901 872290	(Nat)
Ian Tudor	01328 863258	(Nat)
Pete Sparks	01268 571162	(Div)

East Midlands

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

North East

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

North Midlands

Mike Davies	01205 366569	(Int)
Nicola Elding	0798 2057808	(Int)
Roy Olsen	07976 432156	(Nat)

North West

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

Scotland

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

Southern Counties

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

South East

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

South West

Andrew Cominos	01637 860908	(Int)
Chris Morgan	01404 45397	(Int)
Russel Martin	07855 271857	(Nat)
Mark Rattenberry	01884 258478	(Nat)
Graham Alway	01326 211525	(Div)
Iain Boyde	01275 333014	(Div)
Steven Congreve	01395 233837	(Div)
Graham Edwards	01872 273274	(Div)
Gary Ell	01884 256704	(Div)
Mark Irwin	07403 080804	(Div)
Alan Gunbie	07760 125326	(Div)
Jade Farrington	01566 779194	(Div)
Jan Maksymczuk	01884 28036	(Div)
Simon Mansell	01736 788232	(Div)
Guy Servis	07943 873770	(Div)
Kirk Simpson	07815 685360	(Div)
Sean Stupples	07715 445320	(Div)

Wales

Gary Whitbread	07411 555996	(Div)
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West Midlands

Pat Reeves	01384 270270	(Int)
Gren Elmore	0121 3574854	(Int)

Martin O'Grady	0121 537 3043	(Nat)
Gary Conway	01905 756528	(Div)
Roy Garner	01788 814290	(Nat)
Andrew Haynes	07720 850864	(Nat)
Jagir Singh	07903 993020	(Div)

FORTHCOMING EVENTS FOR YOU DURING 2013

2013 4 Nations Team Event

Saturday 6th July, Brentwood Barbell Club, The Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN. Teams will consist of up to 8 lifters, with a maximum of 2 per weight class, with 1 female and 4 males to count. One of the lifters that is counted can be equipped.

2013 Strength & Conditioning Course Level 1

Run by CSPA. Formal qualification given and 16 REPS points, 9th-10th July 13, Swanton Morley , £220.00 + vat, Military personnel can use SLC - details from neil.thomas848@hotmail.co.uk

2013 South West Mid Year Championships

Sunday 21st July, Plymouth Performance Gym, 29 Manor Street, Plymouth, PL1 1PL, 0830-1000 Weigh In, lifting starts 1030. Application forms from mansellsimon@hotmail.com

2013 Army Full Power Championships

24th July, Tidworth, MPF lifters may apply direct to neil.thomas848@hotmail.co.uk

2013 Welsh Open Powerlifting Championships

27th July, Tonypandy community Colledge, Llewellyn, St Penygraig CF40 1HQ. 0800-0930 Weigh In, lifting starts 1000. Entry form from gary@gym16.co.uk

2013 Scottish National Full Power & Bench Press Championships

**Sunday 28th July, Scotstoun Stadium, Glasgow,
see [Scottish website](#) for entry form and further details, all
BDFPA members welcome, last chance qualifier for Worlds
for those unable to attend British due to injury or work etc.**

2013 West Midlands Push Pull

**Sunday 18th August, City Gym, 10 Sherriff Street,
Worcester, WR4 9AB [Entry Form](#)**

2013 European Single Lifts

**13th, 14th & 15th September, Cherkassy,
Ukraine, [Details](#), [Entry Form](#)**

2013 Northern Divisional

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

2013 Combined Services Team Championships

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

2013 East Midlands Full Power and Single Lifts

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

2013 BDFPA AGM

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

2013 West Midlands Divisional Championships

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

2013 World Powerlifting Championships

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

2013 British Police Powelifting Championships

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

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

2013 Speed Training Workshop

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

2014 Army Bench Press Championships

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

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

2014 British Single Lifts

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

2014 British Full Power

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

2015 British Single Lifts

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

2015 British Full Power

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

2016 British Single Lifts

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

2016 British Full Power

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

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

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