

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

SUMMERTIME NEWSLETTER, July, 2014

Welcome to my second input this year!

I underwent radical kidney stents replacement surgery directly after hosting All Midlands event – this life-saving (currently six-monthly) procedure was delayed sufficiently to allow my involvement at Dusseldorf and further to host All Midland event. My amazing USA surgeon corrected most of the problems which occurred following Boxing Day surgery, though we were all somewhat unprepared for such a massive blood pressure rise which sadly triggered another TIA/cardiac arrest. This is an idiopathic reaction to prolonged anaesthesia. As I write this, I am recovering well at German clinic, and expecting to be returned to UK just ahead of invigilating Welsh referee course and officiating at 6th July event.

A major stroke, which apparently could occur at any time owing to previous multiple TIA's/heart attacks, continues to be tough to get my head around. I'm working on it! I have tripled my intake of lycopene (known stroke reducer) via food/supplementation. Specific testing last week depicts a high risk, though somewhat compensated by my long-term usage of a living food dietary protocol. Returned now to 100% living foods to keep control - from 90% plus when I wrote magazine article included later in this Newsletter.

16th June surgery provides sufficient singular kidney function to see me through until December – now if only I could have next surgery under local anaesthesia!!!!!! My surgeon currently says 'impossible' though I have him inspired to re-consider!

NATIONAL FULL-POWER CHAMPIONSHIPS, Beaconside Centre, Stafford 5/6th April. Biggest Nationals to date!



Pictures encapsulate what our President is really good at – working super-hard for benefit of our lifters over both days!

The second time this year we organised our National events at Stafford venue.

I was lucky to even be present, let alone officiating, owing to on-going health issues at the time, especially night before when I only managed a scant hour sleep at B&B. Very pleased to assist obviously though even my usual phenomenal energies were challenged during this time – and were virtually diminished during our AGM!

Great lifting over that weekend – so how well did our stalwart John Gavin Walker do with all his equipped lifting? – All nine lifts being World records – Totally inspirational!

Others who were on top record-breaking form – Hayley Rutherford (Euro), Charlotte Lewis (Nat), Laura Moran (WR), Gail Bremmer (Nat), Gabrielle Coia (WR), Judith Kandekore (Nat and WR), Mary Anderson (WR), Jo Gaskin (WR), Lucie Spraggon (Nat and WR), Polly Thompson (Nat and WR), Harry Muller (Nat), David Gray (WR), Liam Rowles (WR), David Fairhurst (WR), Henry Clark (WR), Matthew Rowe (Nat), Michael Round (Nat and Euro), Pierre Shillingford (Euro), Reece Meakin (Nat), Harry Palin (Nat/Euro and WR), Simon Marshall (Euro and WR), Julian McKerrow (WR), Mike Leadbetter (Euro and WR), Paul Rutherford (Euro and WR), Wullie Brown (Nat), Darren Bell (Nat), Doug Williams (WR) and Ian Hawkins (WR).

Sixteen drug tests were carried out. Though I am always saddened to be informed of any positive result within our Association, it simply consolidates the reason to keep testing prolific: Charlie Mason was found positive for two illegal substances, incurring a two-year ban in this case.

Onwards and upwards for 2015 Nationals!

**EUROPEAN FULL-POWER CHAMPIONSHIPS, HENCH GYM, BELFAST,
10th/11th May**

Though the chosen venue was certainly not salubrious, to say the least, a great turnout of thirty-one women and forty-six unequipped men stepped onto the platforms on day one.

Notable lifting from Danielle Peart (WR bench), Lucie Spraggon – all lifts and total WR, David Fairhurst achieving -75kg M5 dead-lift Euro record with 197.5kg – David is closing in on current 226 kg WR!

I convinced Arthur Cowley to attend this event in order to take his International referee exam alongside two Irish National status referees – all were successful!

Day two (equipped) was one flight of ten lifters – with scant sufficient referees – fortunately Arthur returned on Sunday – unlike others! We had a late start and had to have thirty minutes break between lifts.

Wim indicated I would likely not be needed on day two as we had 'plenty of referees' though I obviously turned up to weigh lifters in etc, thinking my noon compulsory hotel departure would be fine – Twice I had to ask Tom Coyle to return to my hotel and pay to extend my stay – first to 2 pm and then to 4 pm. That worked fine and I returned to hotel at 3.40 pm. Arthur, Peter Lucey and myself were only referees available.

All Mary Anderson's lifts were World records as were Indra's, despite challenged by a slippery platform and tripping on a small rug that moved around, despite Wim's efforts.

I handed Ian Hawkins his record certificate from an earlier event and I will be repeating that obviously as he successfully further broke the World bench press record in Belfast. Well done Ian!

At a tad under 90 kg Wullie Brown totalled 715 kg for first M1 place.

Darren Bell, Scotland's junior 90 kg entry achieved a total of 640 kg.

Best Female lifter unequipped was Maruska Bertoli who, at 49.6kg b/w totalled 325 kg

Best Male unequipped lifter was Corrado Siracusa 722.5 kg lifting in 100kg class

Best female equipped lifter was Mary Anderson with a terrific total of 487.5 at 75.80 b/w.

Best Male equipped lifter just had to be Indra Sudarminto 74.30 b/w totalling 725 kg! Unable to choose from a plethora of complimentary adjectives, I'll go for Indra is 'poetry in motion' and so driven by Wim's persuasive understanding of his 'platform psychology'.

I very much look forward to witnessing Indra's future input!

ALL MIDLANDS CHAMPIONSHIPS, May 18th, City Gym, Worcester

This event though highly enjoyable, was fraught with problems from the word 'go'. I emailed seventy members to request help with spotting/loading – I had three responses – one from a Northern lifter – who managed to cajole two of his friends to be trained up on the day!

They did great! I am thankful for additional help from a local member after he had lifted. Obviously, I am extremely disappointed with the level of assistance afforded me – especially with the amount of events I organise. For whatever reason(s) payment is not an incentive either! Owing to Gren and myself qualifying for 2015 (sadly Gren did not achieve his dead-lift) I booked two additional National referees (one previously paid). Without any conveyed information, they did not show on the day and – owing to previous arrangement with lifters wanting to break records – I chose to upgrade Manon Bradley to National referee to address. (Manon had been mentored by Ted Brown and me at Full-Power Nationals in April). Both my desk-guys had valid reasons for not being in attendance and I had Ruth Farrell trained to the programme. Sadly a bug in the programme/laptop prevented its use and everything had to be effected by yellow-card system. Inevitably there were some errors, though all resolved within a couple of weeks.

City Gym managed to ‘lose’ our platform (we successfully improvised via carpet) and toolbox containing everything to set up squat rack combo (desperate pleas for pins were eventually addressed). Ruth and I had to stand up inputting info into laptop (no available seating/desk) and I had to present trophies from the floor owing to no available table this time!

At least, the gym was opened up!

Even with all of this, lifting began just thirty minutes beyond published start. There was an excellent turnout – the biggest I have put on at City Gym – and everyone did very well.

I was very touched to receive the following email from Paul Waites – who lifted great and achieved a successful fourth bench attempt to boot. I requested permission from Paul to publish this as it may just further drive home the message that BDFPA organisers would definitely appreciate more help from our ever-growing membership!

‘Hi Pat.

I'm full of admiration for everything you do – you're an inspiration !!!! Same old story really - the gallant few doing all the work while the vast majority turn up - lift - then go home as quickly as they can. I used to serve on the Committee myself many years back as membership secretary amongst other things and it was virtually

impossible to get people to understand that it takes more than a yearly subscription fee to run an organisation or an entry fee to run a competition.

The competition didn't falter and was well run throughout thanks to your team, 8hrs of solid refereeing was tough but a high level of consistency was maintained at all times, the issues you mentioned were beyond your control and were no real inconvenience to anyone, knowing how difficult things were made for you I'm amazed how well things went -

I was disappointed that people didn't stay until the end and asked for their trophies early - heard a plethora of excuses as to why they had to leave but in the end they should stay until the end if possible and support each other...

Hugely impressed that Drug Testing took place -

Anyway I know how busy you are

Take care

Paul'

SCOTTISH PUSH PULL, May 18th, Varsity Gym, Glasgow

Report unavailable at present.

SOUTH WEST PUSH PULL, June 1st, Plymouth Performance Gym

The Push/Pull was a new, if fairly late addition to the South West calendar and whilst only attracting a small contingent it still saw 6 South West Records fall and a couple of British records too. The new ruling requiring 3 National refs for British Records were met and should be maintained for future events in the South West.

Jade Farrington walked away with best female bencher and while Adam Taylor finally broke his 180kg barrier with a whopping 190kg

bench press he was pipped as best bencher by the impressive Neil Collinson on formula whom also took title of best dead-lifter. We also saw some impressive record beating performance from guest lifter Joe Webb who travelled all the way from Derby.

This is an exciting and fast paced format of competition which will return to the South West and will grow in popularity with more notice.

Thanks from all to Simon Mansell for organising and running the day. Plymouth Performance Gym for hosting and spotting. Referees James Minear, Sean Stupples, Mark Rattenbury, Iain Boyde and Russell Martin.

Championship Report: Russell Martin

WORLD SINGLE EVENT CHAMPIONSHIPS, June 6/7/8th, Dusseldorf, Germany.

Alongside other world-wide officials/lifters, I spent five days in the hottest conditions certainly I have experienced at any lifting event since 1987: I have baked in 33-37 Celsius in both Bangkok (home of my eldest son), 32 degrees in San Francisco (home of my youngest son) and Maui (Hawaiian island – with raw-food friends) when writing ‘A Living Miracle’ – though officiating/lifting in these temperatures was definitely a challenge to one and all! Gren was severely dehydrated and, despite my protests (!) chose not to dead-lift on the Sunday – though produced record bench-pressing on Saturday, 7th June.

It was a touch cooler when I lifted early on Sunday, 8th – that was much appreciated after previously weighing women in, alongside Wim’s wife Karen in a super-hot room for 90 minutes!

Beyond lifting, I was required to referee for rest of day – something of an appreciated ‘sticky rest’!

This was the biggest World Singles Championships to date, with a massive input from Ireland, France, Italy and indeed from us and other Nations.

It was an excellent event – I'm sure Neil will agree - and with our 2015 World Single bid currently lodged with WDFPF Committee, Neil and I were keen to note anything BDFPA could conceivably improve upon for ours. If June, 2015 in UK is anywhere near those temperatures – holding it outside – under a marquee-type 'roof' is a potential option!

Our bid, alongside that of Ukraine will be subject to formalities at Congress in Moldova.

Food was cooked each day outside for those whom required – (further adding to the heat!) and sitting at picnic table-bench, with mostly little shade was a further challenge for those whom ate! Overall, despite no air-conditioning at venue (or hotel!), I reckon it was fractionally cooler inside venue than out! Definitely fun-beach weather and not lifting-working version! We all 'drowned' in provided water – no idea how many bottles were consumed over the three days!

SO many amazing achievements during this meet though, for me, the icing on the cake was to referee Indra Sudarminto, a most delightful young man, age just 23, weighing 74.7 and squatting 300 kg equipped – eye-watering! I am so pleased this definitely made up for the problems Indra was subjected to in Belfast.

Mind-boggling to consider what more Indra can produce in the future?!

Many congratulations to Gren Elmore, James Minear, Neal Collinson, Andy Rigby, Mary Anderson and Alistair Murdoch on their fantastic WR successes in Dusseldorf. Ann Thomas scored best dead-lift unequipped/equipped MPF lifter, Neil took third MPF bench-press placing owing to a shoulder that was not 'playing ball' on the day!

I managed to inch up my dead-lift record for second time this year!

WEST MIDLANDS POWERLIFTING CHAMPIONSHIPS, 14TH June, Alexander Stadium, Birmingham.

Thanks to Danylo Chepa – our desk ran like clockwork!

We had nineteen lifters including four women entrants whom all lifted extremely well and my pleasure to referee.

Of particular note was how well M7 60kg lifter Roy Pinson performed – increasing all his previous National records and total – well done Roy!

A privilege to referee our stalwart technical officer – Andy Davies – who even brought his own referee! (Mike Leadbetter)!

Andy now acquiring M7 status convincingly increased previously held 82.5 2011 records (Eric West) by 15kg (135kg squat), by 7.5kg (87.5kg bench) and a whopping 35kg increase on Eric's dead-lift (185kg).

Way to go Andy!!

REMINDER!

Though I have updated the permit form and mentioned on that, please note anyone achieving a National record at any Divisional event **MUST** claim this within thirty days via Pete Gaskin (pete@bdfpa.co.uk). For organisers – please use up-dated permit form!

Can we PLEASE have more Divisional event dates for posting on website – BDFPA prospective members are being 'put-off' as they see little they can attend during the rest of 2014. I am continually informing that at least NW, NE, EM and SE will soon contact me – ever in hope!

The following is from a recent article I wrote for Rawfest

FIBRE – OUR INTESTINAL BROOM

Remember how your mother or grandmother used to tell you to make sure you got 'lots of bulk' - and that meant eating oatmeal porridge, muffins, and lots of whole-wheat bread? Well, they were partly right and they were terribly wrong. Fibre is a vital part of your diet when it comes to promoting health and protecting the body from degeneration. But cereals, whole-wheat and bran muffins are not the

way to go.

TRUTH ABOUT FIBRE

What is the way to go?
The answer may surprise you. The healthiest source of fibre does not come from whole grains - which disturb blood sugar, create insulin resistance, and cause leptin resistance, making many people overweight. (These foodstuffs, by the way, have become a major driver in most chronic degenerative diseases.) **The best fibre comes from fresh fruits and vegetables, which are full of both soluble and insoluble fibre.**



Insoluble fibre: This kind of fibre is found in dark green leafy vegetables, green beans, celery, kale and carrots. It's the kind of fibre that does not dissolve at all, but adds bulk to your stools. It helps other foods you are eating move rapidly through your digestive tract so that elimination becomes healthier and more regular.

Soluble fibre: This kind of fibre attracts water and

turns to gel during digestion. You find soluble fibre in seeds, peas, nuts, blueberries and other berries, fresh beans and psyllium seeds. Soluble fibre helps slow down your digestion. It makes you feel full for longer. This is important for people who have a tendency to gain weight and to suffer from food cravings.

One of the magic things about good quality fibre is that it actually ferments inside. This is wonderful because it releases something called acetate, which travels from your gut to the hypothalamus - the control centre in your brain - and there it helps you stop eating more than your body needs.

WHAT IS FIBRE?

Dietary fibre is a biological unit, not a chemical entity such as a vitamin or mineral. We get the best fibre from eating plant food - beans, seeds, some pulses, fresh raw vegetables and fruits. Using simple sugars contained within, these plants produce a number of carbohydrate polymers. Some of these serve as energy stores for the plants, and are almost completely digested and absorbed in the intestine when we eat them. These are the soluble fibres. Others - the fibrous or viscous polysaccharides and lignins - lend the plants



their structure and form, but we cannot digest them. Instead, they pass through the colon intact, where they are fermented to some degree before being eliminated from the body as waste. These indigestible polysaccharides, which make up the cell walls of plants, are known collectively as 'insoluble dietary fibre' They have a variety of other names, too.

EACH IS UNIQUE



Each kind of fibre behaves differently and has different benefits for the body: From cellulose, which binds water and increases faecal bulk, to pectin - very rich in apples - which is water soluble; hemicellulose, which shares some of cellulose's characteristics and helps relieve constipation, aids weight reduction, and clears out carcinogens from the bowel; lignin - the woody fibre that you find in raspberries, strawberries, Brussels sprouts, cabbage, kale, parsley and tomatoes - which helps eliminate the

wrong kind of (oxidised) cholesterol and bile acids from the intestine; and the gums and mucilages, which are sticky fibres that food manufacturers make good use of as thickening agents in convenience foods.

MASSES OF HEALTH BENEFITS

When it comes to enhancing your health, protecting you from degenerative conditions and weight gain, the gifts of fibre are many. First, the right kind of fibre—such as acacia fibre, which is soluble, is great for helping people with irritable bowel syndrome. Using an insoluble version such as beans or peas, can reduce the risk of diverticulitis by about 40%. All forms of soluble fibre help slow down the rate at which your body absorbs carbohydrates and sugars, helping to clear sugar cravings and aiding weight loss.

Fibre is also great for your skin, especially psyllium husks and seeds. These help clear any overgrowth of *Candida albicans*—fungi and yeasts—from your body, helping to eliminate food cravings and protecting your skin from acne and rashes. A high-fibre diet helps lower your risk of haemorrhoids, which are caused by chronic constipation. A high-fibre diet also reduces the risk of kidney and gallstones, probably because it helps to regulate blood sugar.

Research at our German clinic shows that good quality fibres help heart patients (including me!) live longer. They are also marvellous for curbing the appetite. One of the surprising ways in which they not only do this, but also help protect us from degenerative conditions, is through fermentation. This process in the gut releases acetate, a waste

product that has powerful and positive effects on the body. One of the things it does is to transmit information to the hypothalamus in the brain, which regulates your appetite and tells you when you've eaten enough. Research indicates that the appetite-suppressing qualities of acetate are excellent.

RADIATION PROTECTORS

Some of the best protection from radiation—which we are experiencing more and more in our increasingly polluted environment—comes from fibre. So make use of it to protect yourself from the kind of radiation poisoning that now contributes to degenerative diseases. Seaweed is also one a great source of radiation protection. Studies have shown that alginate in seaweed and kelp products protect an organism from absorbing radioactive elements such as strontium-90 and cesium, both of which are incredibly dangerous to the body. Amongst other things, strontium-90 tends to replace calcium in the bones, leading to bone disease and cancer. Kelp is helpful in protecting against other



kinds of environmental pollutants.

The fucoidin it contains helps block the absorption of lead and other heavy metals. I use seaweed on an almost daily basis. There is some evidence that, like pectin—the dietary fibre found in good quantities in apples can also help remove much heavy metal poisoning from the body from cadmium, aluminium and lead. Putting seaweeds in soups and vegetable dishes, making laverbread, or even taking kelp tablets can all help prevent the build up of heavy metals in your body.

FIBRE

Governments recommend that we take in somewhere between 10 and 25 grams of fibre each day. Most people only get half of this, or even less. Because I eat 90%plus of my foods raw, I take in at least 40 grams a day. What is interesting is this: Research shows that our Paleolithic ancestors as well as tribal cultures, a few of which still exist on the planet, got somewhere between 35 and 60 grams of fibre a day! Aim for 30 to 40 grams of fibre each day and eat lots of vegetable foods. Your body will thrive on it. You will not find any good quality fibre in



manufactured and processed foods. I strongly advise you not to eat such foods.

Here are some of the vegetable foods and seeds that are excellent sources of fibre.

Flax seeds, chia seeds, and psyllium seed husks
Vegetables such as broccoli, Brussels sprouts and kale

Macadamia nuts and almonds

Berries of all kinds

Green beans, peas, onions and root vegetables

All the fibres listed above have been shown to help the body protect itself from cancer and other forms of degeneration so common in our world—fibroids, endometriosis, Alzheimer’s disease and heart problems. These fibres can also help tremendously to alter the metabolism of excess oestrogen in the bowel - so that more of it is excreted and less of it is reabsorbed. I personally juice/eat lots of raw sprouted green vegetables—if I juice them, I will re-use the fibre at a different meal. My favourite source of seed fibres is twofold: Organic chia seeds and organic whole psyllium husks, which deliver both soluble and insoluble dietary fibre. If you have any sort of irritable bowel issues, I recommend acacia fibre. It is a soluble fibre that is very soothing to the gut.

GO RAW

What is so special about organic raw vegetables? Plenty. They have powerful protective qualities, which is why diets high in fresh green vegetables are recommended as an aid for protecting the body from degenerative diseases:

Arteriosclerosis, arthritis and cancer. This is especially true of raw vegetables. Even more important, a diet high in raw vegetables not only provides you with the best quality fibre that you'll find anywhere. It actually increases the micro-electric potential of your body's tissues, making your cells function better, improving intra- and extra-cellular exchange, and imparting high levels of mental and physical vitality to your whole being.

Fresh organic vegetables are the best source of natural fibre, vitamins and minerals for high-level wellness. I suggest that at least 50% of what you eat each day be made up of raw vegetables with some of the best low-glycemic fruits, such as the berries. Go raw. You won't regret it.



A philosophy we instil into our patients here –

Poor health is not caused by something you don't have; it's caused by disturbing something that you already have. Healthy is not something you need to get; it's something you have already – if you don't disturb it!

Contacts – as on website – up-coming events as follows –

2014 Welsh Counties Powerlifting Championships

Sunday 6th July. Whitland Memorial Hall, Market St, Whitland, SA34 0RU. [Details/Poster Entry Form](#)

2014 South West Mid Year Championships

Saturday 13th July. Plymouth Performance Gym. [Entry Form](#).

2014 Four Nations Powerlifting Championships

Saturday 2nd August. The Brentwood Centre, Doddinghurst Road, Brentwood, Essex CM15 9NN. Entry by invitation only, from your countries team manager.

2014 Scottish Nationals & Scottish University Team Cup

Sunday 24th August. See [Scottish Website](#) for details.

2014 European Single Lifts

12/13/14th September, Wexford, Ireland

2014 WM Divisional Championships

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

2014 British Police Powerlifting Championships

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

2014 UK Masters

22nd November, Varsity Gym, 283 Duke Street, Glasgow, G31 1HZ. Full power and single lifts. Weigh In 0900-1030, lifting starts at 1100.

2014 World Full Power

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

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.**

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