

# BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

## **A VERY WARM WELCOME TO MY FIRST NEWSLETTER OF 2013!**

Since the beginning of this year life has been something of a rollercoaster health-wise for me, as you know. Repeated kidney failure was potentially triggering a third and most likely fatal stroke owing to low functional output of my singular kidney being massively compromised. This due to the final use of previously non-trialled compound (now under review/potentially critiqued via orthodoxy), which currently keeps my cancer in remission. We knew the risks of that final treatment – though without it I definitely would not be writing to you now!

Being forced to deal with ensuing side-effects led me and my medical team to intermittent usage of all types of dialysis. Sadly, whilst being kept 'functional' via these means - dialysis itself increased the risk of a third and potentially fatal stroke.

Subsequently suffering a massive kidney failure, fortunately whilst in clinic, my team were able to divert the threat of that fatal stroke. I then had to weigh up the pros and cons of intensive surgeries which, initially, offered not a great outcome. The situation came to a head and I had to make an immediate decision with surgery planned for 30th January. I knew the potential risk of such surgery increasing a cardiac arrest, as this had occurred several years ago under similar circumstances. I chose a great surgeon who flew in from USA and assured me that everything would be in place should the arrest occur: Very early into the scheduled seven hour procedure, the surgical team deftly and effectively re-started my heart within the critical four minute time barrier. On 7<sup>th</sup> February, it was noted the initial surgery failed and further surgery was imminently applied. Thankfully, I live to 'tell the tale'!

As I speak with you all at early March, my kidney function shows improvement of a small percentile and I intend to see this year out, at least!

I am obviously thrilled to still be around and, more or less 'functional.'

I vocalised the following mantra a myriad times ahead of life-extending surgery - and multiple times daily during my recovery:

*'Believe in yourself and all that you are; know that there is something inside you that is greater than any obstacle you could ever be presented with'*

### **Pause for thought, within your busy lives**

Within each of us lives an essence, a core of self. It is rich with creativity, passion and authenticity: It has one and only one intention to be set free, so that each of us can live our life from the deepest levels of our being.

With every year that passes, I become more aware that illness, lack of energy, depression and feelings of purposelessness I observe in my patients, are not simply the result of biochemical issues: They are also expressions of the frustration of our unique essence which continues to plead with us to set it free.

Many of the physical, emotional and spiritual troubles you may experience are, in truth, calls from your soul. They are trying to tell you that it is time to awaken and become conscious of the magnificent being that in truth is who you are. It is important to remember that all deep healing is a transformation on every level of your life. Energy, power and authentic freedom grow as you engage in the process of connecting with your core being, as you discover what your unique values are, what your soul's purposes are, and then begin to live out these discoveries in your daily life.

Being able to live out your potential on all levels depends on how well you learn to nourish yourself physically, emotionally and spiritually. It is very important to develop a way of living that works for you - one that incorporates pleasurable movement, good food, restorative sleep and other helpful practices that support vitality. This is an absolute given in my opinion.

However, even this is only half the challenge. For developing health and vitality also depend on how well we come to live our own truth

instead of trying to fit in with someone else's rules. Whenever you are low in energy, do check what you have been eating, if you are getting sufficient sleep and all the rest. Then ask yourself the most important questions of all:

Have I been doing what I love most? Is the way I am living right now feeding my spirit - or not?

When we live life from the core of our being with passion, joy and freedom, we gain access to more and more natural energy from within.

Optimal wellbeing is nothing less than the process of unfolding which each one of us goes through to become more fully who in truth we already are, although few of us may yet realise it. As you begin to transform your health and align your life with your unique truth, you will discover that the universe supports your health, development and personal freedom in ways you may never have dreamed possible.

For well over a quarter of a century I have been working with hundreds of people around the world to optimise their health challenges, helping them discover what is most appropriate to return to full health, addressing nutritional, physical, emotional and spiritual levels. This continues to be one of the most fascinating and rewarding experiences of my life. It confirms, again and again, what deep inside me I always sensed to be true; that every one of us carries a divine spark of soul which we are here to live out to the full, bringing our own individual brand of spirit into material form as we traverse our wonderful earth. Watching this unfold in those I work with is like walking in a garden and coming upon flowers, plants, trees and mountains I have never seen before. I continue to be dazzled by the beauty of each human being's unique unfolding. Nothing could be more wonderful. **Pat Reeves.**

## **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.

**2013 AGM, ONCE AGAIN BOOKED AT FAIRFIELD, 13<sup>th</sup> OCTOBER**

Details are on our website under events. I sincerely hope that there will be an improved attendance by our NC/members this year. If any NC – for whatever reason – cannot attend, please do nominate someone within your Division and inform myself of your decision.

Here is an article from Chris Morgan

### **BDFPA Coaching Award**

Many of you will be aware that we tried to organise a BDFPA coaches course in June 2012, with the date selected following feedback from potential candidates.

Although there was a lot of initial interest the course was eventually postponed / cancelled due to only two applicants sending in their applications and deposit cheques. We did try to make the course as affordable as possible (£95 for a two day course), along with options to pay in stages over three months, however this still didn't stimulate enough committed individuals for the course to go ahead.

I would be prepared to offer the course again and have a number of potential venues (Birmingham, Bradford, Bournemouth) if there is sufficient interest. Please contact me using the e-mail below if you are interested in taking the course.

### **BDFPA Coaching**

The BDFPA would like to set up a register of qualified coaches.

We are looking for BDFPA members that have previously taken the BDFPA coaches course, or other suitably qualified coaches that may be prepared to help novice and developing lifters in their area. Please contact me by e-mail below if you are interested in taking part in the scheme.

### **BDFPA Tracksuits**

We last placed a tracksuit order at the end of 2011, where many interested members received their BDFPA Tracksuits.

I've started to get one or two new enquiries about the tracksuits contained in the clothing section of the BDFPA website. I'm very happy to look at a new tracksuit order for members if there is sufficient interest. I would expect the 2013 pricing to come in somewhere between £50.00 and £55.00 including special delivery if there are enough people interested. Once again please contact me by e-mail below if you are interested.

## **BDFPA Facebook Page**

Pete Gaskin, Willie Brown and myself have been moderating the BDFPA Facebook page and trying to build up the number of active members. I've enclosed a link for the group and welcome any BDFPA members that have not already joined us.

<http://www.facebook.com/groups/481508715506/>

Chris Morgan  
BDFPA Coaching Secretary  
[Chunky@chunkymuscle.com](mailto:Chunky@chunkymuscle.com)

 Here are the reports of all early 2013 competitions, including my second consecutive National Single event which is the final write-up within this Newsletter.

In sequence order:

**EAST MIDLANDS DIVISIONAL – Kidlington, Oxford, January 20<sup>th</sup>, hosted by new NC, Glen Danbury – his report -**

**The 2013 East midlands BDFPA qualifier took place within Kidlington, Oxfordshire in January .**

**Despite the arctic conditions which had nearly made the event being called off, twenty one BDFPA members made the trip to Kidlington weightlifting club for one of the last qualifiers of the year.**

**The event was split into two flights with the females and lighter men taking the platform first. The first of the memorable incidents from the day was the indomitable spirit shown by first time lifter Rachel tall who despite injuring her hamstring in her second squat attempt still made the valiant attempt to see if she could continue and get the qualifying total she desperately wanted. Alas it was not to be on this**

day and Rachel will have to take heart that on her next showing she showed the signs of being a good competitor and had the heart to fight through and qualify in a future event.

Emily Troscianko took best female lifter with a 287kg total in the u70kg class.

The second memorable lift of the day was Neil Abery hitting a new British single lift record of 283kg in the equipped squat. This was done after he hit a 266kg squat in his second lift which he dedicated to the recently departed Dean Mikosz. The men's best lifter award went to Barry Gordge who won the u110 M3 class

Overall the day run smoothly with two of the competitors undertaking drug testing which again highlighted the BDFPA's strong stance on testing and ensuring the competitors of the BDFPA adhere to the ethos of drug free lifting.

A Big thanks must go to bow power for the loan of a lifting platform and more importantly to Kidlington weightlifting club who provided the venue, the weights and equipment and also worked tirelessly throughout the day to load and help what was a good east midlands qualifier which will go from strength to strength now this qualifier has been resurrected

**WEST MIDLAND DIVISIONAL LATE QUALIFYING EVENT: Alexander Stadium, Birmingham, January 26<sup>th</sup>, hosted by Martin O'Grady.**

**Report from Pat Reeves**

Martin requested I attend – with my calibrated scales. Weighed in twenty-seven lifters and refereed them all day and applied two drug tests – both negative. Here in West Midlands we have provided four events since my hosted National Single event February last year.

This allowed even some late entrant lifters to qualify for both National events this year. Though Martin successfully bench-pressed, achieving National qualification, he was holidaying (heck what's that?!) hence could sadly not progress/help out on 3<sup>rd</sup> March. Hopefully I have found two excellent new venues for further events later this year, particularly for one of the 'new' Nationals Pete Gaskin requested - assuming my health holds out.

Of particular note is Bradley Smith who is absolutely 'brand new' to power-lifting, coached in my gym, he did great on the day to easily qualify for 3<sup>rd</sup> March event.

## **SCOTTISH OPEN: Scotstoun Stadium: 27<sup>th</sup> January, hosted by Wullie Brown – report via Pete Gaskin**

There were 39 entries for this years Scottish Open, one of the biggest entries ever, no doubt many lifters looking to qualify for the World full power event later in the year, also to be held at Scotsoun Stadium. There is extensive video of the event on the Scottish website video page. A great competition with many new Scottish records, a few British records and some unofficial world records by Hayley Rutherford, Louise Murray, Bronwyn Taylor, Bernie Cunningham & Neil Elliot. Best lifters were:-

**Louise Murray (Unequipped Open)**

**Michelle Brand (Equipped Open)**

**David Crombie (Unequipped Open)**

**Arthur Cowley (Unequipped Masters)**

**Neil Elliot (Equipped Open & Masters)**

A special mention should be given to Ryan Alexander who missed best open unequipped lifter by half a point. There were some trophies left over, as a lot of competitors had already left by the presentation, so if you missed getting your trophy contact Wullie Brown and you can probably arrange to collect one next time you are passing Scotstoun Stadium.

**Pete Gaskin**  
**BDFPA Webmaster**

## **SOUTH WEST DIVISIONAL: Plymouth Performance Gym, hosted by Andrew Cominos – his report**

No fewer than 29 divisional records were broken or set when this year's South-West full power competition was staged in Plymouth - the biggest powerlifting competition ever held in the city.

Manor Street's Plymouth Performance Gym (PPG) hosted the event on Sunday, January 27<sup>th</sup>. It attracted 30 lifters across most age

groups, with quite a few securing places at the 2013 British Powerlifting Championships in April.

Impressive performance from 17-year-old Mark Green – a guest lifter from Reading competing in the T2/67.5kg category – who added 25kg to the British bench press record. His 125kg lift was an unofficial world record for his age and weight.

Lucie Spraggon, 22, from Somerset, exceeded the national Junior squat record in the 80kg category with a lift of 90.5kg, and the South West deadlift record with 117.5kg.

Local lifters also claimed records, with PPG owner Will Badenoch setting a new SW deadlift record of 252.5kg at 82.5 (Open) and Jade Farrington, who trains with Badenoch, sweeping the board with SW records on squat, bench press, deadlift and total in the women's Open 58.5kg category.

Badenoch, Farrington and fellow PPG lifters Sean Stupples, Mark Irwin, and David Aldworth, all qualified for the national championships in Stafford in April – together with 9 other SW competitors in this division.

There were many other notable performances from South West lifters – including Junior Reece Meakin, who made a terrific 582.5 at 82.5kg. This included a British record BP of 146. Wesley McGuinness is another promising Junior, who this time totaled 550 at 90kg, with a 4<sup>th</sup>BP of 150. See full results for details of all lifting.

Guest Southern Counties lifter Iain MacConnachie (110 – Open) won the 'Best Lifter' award by a whisker with 369.28 Schwartz points, less than a single point ahead of West Midlands guest lifter and World Natural Bodybuilding Federation professional Richard Gozdecki (125 – Open).

Two lifters were tested, results awaited.

Will Badenoch said: "It was fantastic for the gym to host the competition and it got a lot of members involved and helped motivate people to train hard and get focused. It was also good to have so many natural athletes in an environment where all lifters knew they were competing against people and not chemicals. The BDFPA has a strict drug-free policy and does not allow its members to take part in

non-tested federations. He thanked the gym's members for helping to run the competition and get the equipment ready for the event. "It's been brilliant how everyone has mucked in and helped," he said. "They volunteered their time to make sure it ran smoothly. We wouldn't have been able to do it without them."

A big 'thank you' also goes to Jan Maksymczuk, who ran and refereed one of the two platforms throughout, and also Graham Edwards, who was frequently called to the platform as a side judge for various national record attempts, even though he was also lifting. This was dedication over and above the call of duty! The SW division has more qualified referees than any other BDFPA division. It is to be hoped that we will have more of them attending next year's major events so that this situation does not occur again.

All in all a very satisfactory day, and more organizing experience for the club in Plymouth.

Acknowledgements and thanks to Jade Farrington for sections of this report.

**NATIONAL SINGLE LIFT CHAMPIONSHIPS: Beaconside Sports Centre, Stafford University, 3<sup>rd</sup> March, hosted by myself on behalf of West Midlands Division. My report –**

Obviously from my opening lines to this Newsletter, you will realise I spent almost a month in German hospital recovering from surgeries, mostly on and off life support, closely in contact with Neil Thomas, especially when, at times, it looked as though Neil would have to completely take over this event. I had entry form info wired in via a patient who kindly accessed my home almost every day to relay information both via post and telephone. Near-daily in touch with my Stafford contact (we had around 200 emails to consolidate this event) and am absolutely beholden to him for all his assistance to me.

Though obviously ecstatic to be allowed home at last minute to oversee National Singles, in hindsight perhaps I should have 'let this one go'. Seven hours of setting up on 2<sup>nd</sup> March with great assistance from Wim, Neil, Pete Gaskin and others, plus a fourteen hour day on 3<sup>rd</sup> definitely took it's toll on my massively weakened immune system, particularly during late afternoon/early evening and, though I was due to return to Germany on 4<sup>th</sup> March to re-check surgeries, upon

arrival there I ended up being treated for complete exhaustion! When I edit my next Newsletter (likely end of June/early July) to include National FP/World Single event, etc, I do hope I will be enjoying some improved energy levels!

Looking at newly published results today – my many accolades to Wim Backelant who kindly provided these and his time for me, as he so kindly provided last year – there were some amazing achievements: I undertook to reduce Jo Gaskin's weight from near 70kg to 62.9 in a week – it had to be severe, but she followed my daily advice – and squatted a WR! With just one squat, Neil Abery gained best lifter award. One of my local lifters, Patrick Harvey achieved great National records at M8 – he's even older than me! Gavin (John) Walker and Mike Leadbetter continue to push the boundaries – despite age! Our hard-working membership registrar was definitely on the ball with WR bench lifts and my local members consistently did well. Martin Flett made impressive lifting. Mike Joseph's achievements on the day earned him the Hayden Rowland's memorial trophy. Well done Mike, totally deserved.

Some great report back from lifters, really pleased you all enjoyed. As always, with any National event held within West Midlands, I am totally beholden/dependent upon having all competitive platform/additional warm-up equipment being 'shipped in' via Neil Thomas and Phil Tempest. I am extremely indebted to their assistance over 2<sup>nd</sup>/3<sup>rd</sup> March and I know both Neil and Phil will repeat this for April's Full-Power National event, facilitating my second Championships at Stafford venue. My best wishes to all entrants currently received and confirmed on a daily basis. My special thanks absolutely go to Pete Gaskin for his untiring help and assistance to all BDFPA members.

For as however long my energy/health permits, I will continue to host local events (current sanctions in pipeline for 11<sup>th</sup> May, 18<sup>th</sup> August, 20<sup>th</sup> October) – also potential 'new' National events at a great new WM venue. It remains only for me to wish you all the best for those personal achievements you wish to pull off within your chosen events during 2013. Respect to all - Pat

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## BDFPA CONTACTS

**President (NC)**

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**Services Liaison Officer (NC)**

**Steve Maden**

07968 805650

**Coaching Secretary (NC)**

**Chris Morgan**

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**Technical Secretary (NC)**

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[Neil Thomas](#)

**T-Shirt supplies**

[Neil Thomas](#)

**Webmaster (NC)**

01546 510355

[Pete Gaskin](#)

**British Records Registrar (NC)**

01546 510355

[Pete Gaskin](#)

**Drug Control Officer - Vacant** (anyone interested in position contact President directly)

**Divisional Representatives & Records Registrars**

**Eastern Counties:**

(Norfolk, Suffolk, Essex, Cambridgeshire, Huntingdon)

**Divisional Rep (NC)**

07962 123261

**Louise Fox**

**Divisional Rep (Vice)**

01760 338648

**Ann Thomas**

**Records Registrar**

contact President directly)

(anyone interested in position

**East Midlands:**

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

**Divisional Rep (NC)**

07427 522899

**Glen Danbury**

**Records Registrar**

07860 960290 & 01536 526190

**Jim Stringer**

**North East:**

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Northumberland, (inc. Tyne & Wear)

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01274 543640

**Eddie Bennett**

**Records Registrar**

01274 563747

**Gabby Bennett**

**North Midlands:**

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Humberside)

**Divisional Rep (NC)**

0798 2057808

**Nicola Elding**

**Records Registrar**

**Phil Laing**

07752 713347

### **North West:**

(Lancashire, Cumberland, Westmoreland, Isle of Man)

**Divisional Rep (NC)**

**Les Pilling**

01524

262066

**Records Registrar**

**Peter Roberts**

01606 45680

### **Northern Ireland**

**Divisional Rep (NC)**

(anyone interested in

position contact President directly)

**Records Registrar**

(anyone interested in

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

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**Webmaster**

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### **Southern Counties:**

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01202 770894

**Records Registrar**

**Martin Godden**

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### **South East:**

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**Divisional Rep (NC)**

**Ben Richens**

07932 276596

**Records Registrar**

(anyone interested in

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**South West: click [here](#) for SW website**  
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**Divisional Rep (NC)**  
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**[Graham Alway](#)**

**Records Registrar**  
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**[Andrew Cominos](#)**

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

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**[Gary Whitbread](#)**

**Records Registrar**  
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**[John Williams](#)**

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01384 270270

**[Pat Reeves](#)**

**Records Registrar**  
01788 814290

**[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](#), or your regional technical officer as follows -

Steve McQuade - [07748 117799](#) (Scotland)  
Gren Elmore - [0121 3574854](#) (West Midlands)  
Andrew Cominos - [01637 860908](#) (South West)  
Paul Rees - [01202 770894](#) (Southern Counties)  
Eric West - [01932 568200](#) (South East)  
Neil Thomas - [01760 338648](#) (East Counties)  
Mike Davies - [01205 366569](#) (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)
<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)
Phil Tempest	01780 781703	(Div)
Peter Linnett	0116 2246689	(Div)

### **North East**

<a href="#">Mark Norton</a>	0114 2258443	(Int)
Dave Wallis	0114 2459901	(Int)
John Walker	0191 3869198	(Int)
<a href="#">Seb Madronal</a>	07725 117297	(Nat)
Philip Tempest	01780 781703	(Div)

### **North Midlands**

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### **North West**

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Mike Leadbetter	07783 504826	(Int)
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Pete Hudson	01524 380542	(Int)
<a href="#">David Fairhurst</a>	01772 724664	(Nat)

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<a href="#">Paul Rutherford</a>	0141 5765030	(Nat)
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<a href="#">Chris Martin</a>	07794 276416	(Nat)
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Oliver Gilbert	07825 868626	(Div)
Paul Golding	07816 871626	... (Div)

## **South West**

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<a href="#">Mark Rattenberry</a>	01884 258478	(Nat)
<a href="#">Graham Alway</a>	01326 211525	(Div)

<a href="#">Robert Cooper</a>	01823 321975	(Div)
<a href="#">Graham Edwards</a>	01872 273274	(Div)
Gary Ell	01884 256704	(Div)
Alan Gunbie	07760 125326	(Div)
Russel Martin	07855 271857	(Nat)
Jan Maksymczuk	01884 28036	(Div)
Owen Mulligan	07759 659685	(Div)
Simon Cataldo	07595 043251	(Div)
Simon Mansell	01736 788232	(Div)
Simon Wynn	07766 830763	(Div)
Steven Congreve	01395 233837	(Div)

### **Wales**

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### **West Midlands**

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Ray Allison	07792 70896	(Div)
Dean Allison	02476 447477	(Div)
Liam Allison	02476 447477	(Div)
Roy Garner	01788 814290	(Div)
Josh Merrett	02476 713487	(Div)
Andrew Haynes	07720 850864	(Nat)
Jagir Singh	07903 993020	(Div)

## **FORTHCOMING EVENTS DURING 2013**

### **Combined Service Powerlifting Association Spotters & Loaders Course**

**Tuesday 26th March, RAF Marham, Norfolk, Starts 1330 hrs  
at the Main gym, details only**

**from [neil.thomas848@hotmail.co.uk](mailto:neil.thomas848@hotmail.co.uk)**

### **2013 Army Bench Press Championships**

**20th March 2013, Chatham Kent, MPF lifters may apply direct to [neil.thomas848@hotmail.co.uk](mailto:neil.thomas848@hotmail.co.uk)**

**Dean Mikosz Memorial 3 Man Team Event**

**24th March 2013, Sunbury, weigh-in 8-9am, lifting starts 9.30am. All proceeds to go to Deans family. Contact Neil Abery for further details [aberyneil@yahoo.co.uk](mailto:aberyneil@yahoo.co.uk)**

**2013 German Open**

**Sunday 31st March, Dusseldorf, Germany**

**[Entry Form](#) [Details](#) [More Hotel Info](#)**

**2013 British Powerlifting Championships**

**Saturday 6th & Sunday 7th April, equipped & unequipped, Beaconside Sports Centre, Weston Road, Stafford, ST18 0AD**

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

**2013 European Powerlifting Championships**

**27th & 28th April, Castleblayney, Ireland. [Entry Form](#) [Details](#)**

**2013 Scottish Push Pull**

**Sunday 12th May, see [Scottish website](#) for entry form and further details**

**2013 World Single Lifts**

**28th, 29th & 30th June, Antwerp, Belgium. [Entry Form](#) [Details](#)**

**2013 4 Nations Team Event**

**Saturday 6th July, Brentwood Barbell Club, The Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN.**

**2013 Army Full Power Championships**

**24th July, Tidworth, MPF lifters may apply direct to [neil.thomas848@hotmail.co.uk](mailto:neil.thomas848@hotmail.co.uk)**

**2013 Scottish National Powerlifting Championships**

**Sunday 28th July, see [Scottish website](#) for entry form and further details**

**2013 Scottish Bench Press Championships**

**Sunday 18th August, see [Scottish website](#) for entry form and further details**

**2013 European Single Lifts**

**September, Cherkassy, Ukraine, [Details](#), [Entry Form](#)**

**2013 Combined Services Team Championships**

**18th September, RAF Wittering, Peterborough, MPF lifters may apply direct to [neil.thomas848@hotmail.co.uk](mailto:neil.thomas848@hotmail.co.uk)**

**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 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](#)**

**Any questions or enquiries about the above contact your Divisional Representative first, details on the 'Contacts page' or email Pat Reeves**

Pat Reeves – General Secretary of BDFPA – and your West Midlands representative - Oakfield Cottage,  
Bromley Lane, Kingswinford, West Midlands, DY6 8JP, telephone 01384 270270 email [pat@foodalive.org](mailto:pat@foodalive.org).  
Website [www.foodalive.org](http://www.foodalive.org)