

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

BDFPA NEWSLETTER, OCTOBER, 2011

It's great to produce this, my third Newsletter – next one due January 2012. The beginning of 2012 will be an exceptionally busy time for me with several seminars booked and also the close proximity to my organisation of the British Single Lift Championships on February 19th - I will obviously endeavour to produce the fourth Newsletter by end of January to fulfil BDFPA requirements.

The confidence conferred upon me by our National Council to promote the British Championships is somewhat overwhelming - given I have never organised anything this massive previously! However, ever up for a challenge (!) I intend to produce an event – at least equal to – and maybe even surpassing previous competitions of this calibre.

Though I have had the entry form on our website for some time now, I am delaying adding 'details' until I have consolidation from various media input and confirmation of what I would really like to offer to our athletes on the day. I already have photos of venue, various accommodation options, taxis, catering, massage, physiotherapy, photo/video/dvd, possible sponsorship, etc – but still awaiting further input at this time of publishing – Will inform when I know!

Given my all-day seminar on 29th and refereeing for Paul Rees' event on 30th October, organising the West Midland Divisional Championships on 6th November – which has a great influx of new lifters - followed by my attendance at our World Congress and involvement with the World Championships a few days later, I'm pleased to release this Newsletter – ahead of predicted end of October!

Our recent AGM organised/hosted by myself and chaired by our hardworking President, Neil Thomas - resulted in some exceptional future predictions for the BDFPA. Ballot voting to come!

Here is a message to you all from our President Neil Thomas -

‘As we approach the years end and build up to what is the last major competition of the competitive season, I wish to congratulate the members on what has been a fantastic year’s lifting so far. The final big event of the year, the World full power, is just around the corner and I wish the eighty British lifters well in Scotland. At all WDFPF events, the BDFPA members have put on an excellent display – and many outstanding performances have been the result.

Drug testing has reached a new level – at the date of this newsletter we have conducted sixty-eight tests so far this year, though still need to add the tests from Estonia, Glasgow and the military events at the end of the year to this number. The NC, and all those involved in running competitions – at all –levels – have done a fantastic job this year, with the calendar for next year already filling up. On behalf of all the members, I thank all those who have run or assisted in events for their efforts in promoting the sport.’

As Gen Sec, I totally concur with Neil’s observations and best wishes.

I have been asked to remind competition promoters who are organising a Divisional/other event, etc relative to what is required in respect to lifters likely to break – and claim – existing records above those of divisional. These are - scale calibration, (a certificate dated within one year of competition) bars/weights used on the platform(s) to be weighed on these. The organiser is to submit such information within thirty days of the event to Pete Gaskin. Eleiko/Ivanko equipment need not undergo such calibration. Appropriate referees are to be adjudicating.

If any lifter is expecting to break an existing record at such an event – as with mine on 6th November – this criteria HAS to be in place!

It is also a requirement from the successful lifter to actually ‘claim’ his/her record by informing their divisional records officer and our British records officer, Pete Gaskin. Don’t lose out!

It’s always a real bummer for me to express negativity regarding my health status. Having battled meningioma and osteosarcoma for three decades and published a book depicting a successful outcome via nutritional strategies I am now plagued by increasing relentless pain. Undoubtedly all attendees present at our AGM must have perceived my pain control methodology was at times, pushed to the limit, despite the acupuncture I applied in situ. Scarily, I have been warned that wheelchair compliance within three months may be necessary, as my 2009 snapped

vertebrae issues currently worsen. Recent surgery relative to rotator cuff tear is also not progressing as earlier predicted. Apparently, I may be a 'victim' of permanent, partial shoulder nerve damage, a side-effect of the nerve-block applied during this major surgery. There is little available to address current pain levels – except the morphine option (!) I'm obviously working hard to resolve both my back and shoulder issues. This involves masses of chiropractic and physiotherapy input almost every day. Acupuncture, tens, magnets and ice and more ice, in fact hallelujah to ice! These modalities allow intermittent tolerability – but this is one battle I'm sadly currently losing.

At this time of writing I am still not within '10% rule' (thankfully sanctioned via Nicola Elding) for my British bench-press qualification on 6th November, so may only be enabled to dead-lift during 2012. Though prepared to accept the inevitable, I will obviously apply whatever I can to remain active within our sport for as long as possible.

Given I am answering numerous emailed questions relative to whether products presently used by yourselves might potentially produce a positive result via our vitally necessary drug testing procedures, I am considering formulating a protein enhancer with anti-inflammatory/joint recuperative/essential fatty acid properties, as safe and effective. My options may be for its use as either solely patented for BDFPA – or for any drug-tested sport. As a practitioner, I already formulate supplementation for my patients, so if there is sufficient interest – it is something I can definitely take on board during 2012 – even if I am relegated to a wheelchair.....or not?!

Manufacturing protocols etc will ultimately determine the eventual cost to members, but you have my assurance that it will definitely tick all boxes as a cost-effective, safe-to-use supportive all-in-one product.

Really early stages as yet – but if there is enough interest from yourselves – I'm happy to go down the legislation/patenting route – just let me know!

(pat@foodalive.org).

Since there has been no input from anyone except Neil Thomas to this third Newsletter, I thought the following might be appropriate ahead of our World Championships next month!

MANAGING YOUR ANXIETIES IN WEIGHTLIFTING

At times, our worries and anxieties can overwhelm us. In addition, our worries can distort our perception of what is reality and what is not. As a result, this may interfere with your weightlifting. Here is a brief list of techniques that

a weightlifter can use to help gain a better perspective on things during their anxious moments.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things. This is a great technique to use right before your next event.

Remember that our fearful thoughts are exaggerated and can make the problem worse. A good way to manage your worry is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense.

Remember that all the worrying in the world will not change anything. Most of what we worry about never comes true. Instead of worrying about something that probably won't happen, concentrate on what you are able to do.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed before your event, open up your small notebook and read those statements. This will help to manage your negative thinking.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety before your event and you decide to take a walk to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

It is not easy to deal with all of our fears and worries. When your fears and anxieties have the best of you, try to calm down and then get the facts of the

situation. The key is to take it slow. All you can do is to do your best each day, hope for the best, and when something does happen, take it in stride. Take it one step at a time and things will work out.

Input from Chris Morgan – just made it on deadline!

BDFPA TRACKSUITS

New BDFPA tracksuits were approved at the recent AGM and details will be appearing on the website very soon.

Anyone interested in a new England, Scotland, or Wales tracksuit should contact Chris Morgan by email chunky@chunkymuscle.com

Reminding you relative to your supplementation, as promised in July Newsletter!

LIFTERS USING ANY FORM OF SUPPLEMENTATION

Though I have alluded to possible contamination in a previous article, I wish to stress the importance of checking your supplementation, if used.

As you are already aware, earlier this year one of our lifters tested positive for a stimulant – clearly stated as banned on the WADA list. This was also declared on the product.

After required sentence has been implemented via WDFPF, further information will be available to members, relative to outcome by end of year. Wim Backelant will address at World event in Scotland.

The onus has always been attributed to lifters to check out anything they ingest – other than food, including orthodox-prescribed drugs/medication. As this information has not been circulated for over two years since demise of Raw Power magazine - I personally intend to continually urge you to apply caution in your non-food choices within future Newsletters.

Please DO consult the WADA banned list, clearly listed on our website.

My unique book!

Thanks to all lifters who have submitted some great information for the future readers of my drug-free power-lifting publication. Obviously I need many more – so please keep sending them in to me! (pat@foodalive.org). I have had an early set-

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

Mobile – 07896 317071

Services Liaison Officer (NC) [Neil Thomas](#) 01760 338648

171 Burnt House Crescent, Upper Marham, Kings Lynn, Norfolk, PE22 9LF

Coaching Secretary (NC) [Chris Morgan](#) 07545 781455

Technical Secretary (NC) [Andy Davies](#) 01704 233279

20 Kerry Lane, Brooklyn Park, Gravel Lane, Banks, Southport, PR9 8BU

Assistant Secretary (Permits)[Peter Roberts](#) 01606 45680

129 Carlton Rd, Witton Park, Northwich, CW9 5PG

Youth Development Officer [Keith Roberts](#) 07966 681632

52 School Road, Charlton Kings, Cheltenham, GL53 8BE

Tie/Badge/Flash Supplies [Andy Davies](#) 01704 233279

20 Kerry Lane, Brooklyn Park, Gravel Lane, Banks, Southport, PR9 8BU

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Army Secretary [Seb Madronal](#) 07725 117297

RAF Secretary [Phil Tempest](#) 01780 781703

Navy Secretary [Sean Cole](#) 07984 646944

Medical Advisor [Dr Shahid Jawed](#)

Legal Advisor [Nick Rowe](#) 01242 285855

Technical Committee [Andrew Cominos](#) 01637 860908

Drug Control Committee [Chris Morgan](#) 07545 781455

Photography [Helen Isaac](#) 07802 592476

T-Shirt supplies [Neil Thomas](#) 01760 338648

Webmaster [Pete Gaskin](#) 01546 510355

British Records Registrar [Pete Gaskin](#) 01546 510355

Drug Control Officer - Vacant

(anyone interested in position contact President directly)

Divisional Representatives, Records Registrars & Referees

Eastern Counties:

(Norfolk, Suffolk, Essex, Cambridgeshire, Huntingdon)

Divisional Rep (NC)	<u>Louise Fox</u>	07962 123261
Divisional Rep (Vice)	<u>Ann Thomas</u>	01760 338668
Records Registrar		

(anyone interested in position contact President directly)

East Midlands:

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

Divisional Rep (NC)	<u>Peter Linnett</u>	01162 246689
Records Registrar		

(anyone interested in position contact president directly)

North East:

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

Divisional Rep (NC)	<u>Eddie Bennett</u>	01274 543640
Records Registrar	<u>Gabby Bennett</u>	01274 563747

North Midlands:

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

Divisional Rep (NC)	<u>Nicola Elding</u>	0798 2057808
Records Registrar	<u>Phil Laing</u>	07752 713347

North West:

(Lancashire, Cumberland, Westmoreland, Isle of Man)

Divisional Rep (NC)	<u>Les Pilling</u>	01524 262066
Records Registrar	<u>Peter Roberts</u>	01606 45680

Northern Ireland

Divisional Rep (NC)

(anyone interested in position contact President directly)

Records Registrar

(anyone interested in position contact President directly)

Scotland: www.bdfpascotland.co.uk

Divisional Rep (NC) [William Brown](#) 0141 6313354

Records Registrar [Paul Rutherford](#) 0141 5765030

Webmaster [Pete Gaskin](#) 01546 510355

Southern Counties:

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

Divisional Rep (NC) [Paul Rees](#) 01202 770894

Records Registrar [Martin Godden](#)

South East:

(Greater London, Surrey, Kent, Sussex)

Divisional Rep (NC) [Adrian Tucker](#) 01932 245307, 07846 921735,

23 Crescent Road, Shepperton, TW17 8BL

Records Registrar

(anyone interested in position contact President directly)

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

(Cornwall, Devon, Somerset)

Divisional Rep (NC) [Graham Alway](#) 01326 211525

Records Registrar [Andrew Cominos](#) 01637 860908

Wales

Divisional Rep (NC) [Pete Sutton](#) 01639 766004

Records Registrar [Chris Jones](#) 01792 891655

West Midlands:

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

Divisional Rep (NC)	Pat Reeves	01384 270270
Records Registrar	Gary Conway	01905 756528

BDFPA REFEREES

Eastern Counties

Ann Thomas	01760 338648	(Int)
Neil Thomas	01760 338648	(Int)
Matt Saunders	07901 872290	(Nat)
Ian Tudor	01328 863258	(Nat)

East Midlands

Phil Tempest	01780 781703	(Div)
John Bevan	01920 422560	(Int)
Martin Green	07747 008933	(Nat)
Peter Linnett	0116 2246689	(Div)
Henry Clark	01908 261284	(Nat)
Ted Brown	01908 378362	(Nat)

North East

Mark Norton	0114 2258443	(Int)
Dave Wallis	0114 2459901	(Int)
Seb Madronal	07725 117297	(Nat)
Philip Tempest	01780 781703	(Div)

North Midlands

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

George Fletcher	01526 378365	(Div)
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North West

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

William Brown	0141 6313354	(Nat)
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Brian Cuninghame	07931 517391	(Div)
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Bernie McKinley		(Nat)
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Steve McQuade		(Int)
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Chris Martin		(Div)
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Pete Gaskin	01546 510355	(Int)
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Paul Rutherford		(Nat)
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Ronnie Simpson		(Div)
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Frank Sinclair		(Div)
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Alistair Donaldson		(Div)
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Southern Counties

Andy Bonner	01256 363581	(Int)
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Terry Jex	02380 811715	(Int)
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George Troullis	07766 996361	(Int)
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Andrew Green	02380 847887	(Nat)
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Paul Rees	01202 770894	(Int)
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Alistair Cannings		(Int)
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Justin Martin		(Div)
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David Tempest	01722 433465	(Div)
Steven Tyers		(Nat)
Alex Vivian		(Div)
Louise Watton		(Int)
Russell Jolley	18 Buckland Rd, BH12 2N	(Nat)
Adam Elkins	16 Alexander Terr, SP3 QA	(Nat)

South East

Stephen Maden	07968 805650	(Int)
Rick Meldon	0208 6148074	(Int)
Tom Meldon	0208 2877197	(Int)
Eric West	01483 476570	(Int)
Nick Swain	01303 862600	(Nat)
Philippe Crisp	01323 485158	(Div)
Melanie Golding	01227 787899	(Nat)
Julian Vowles	07905 969454	(Nat)
Kenneth Wildman	01303 247892	(Div)

South West

Andrew Cominos	01637 860908	(Int)
Chris Morgan	07545 781455	(Int)
Vernon Wills	01752 844277	(Int)
Dave Hollingsworth	01643 709661	(Nat)
Mark Rattenberry	01884 258478	(Nat)
Graham Alway	01326 211525	(Div)
Mike Bailey	01626 337990	(Div)
Robert Cooper	01823 321975	(Div)
Graham Edwards	01872 273274	(Div)
Gary Ell	01884 256704	(Div)

Alan Gunbie	07760 125326	(Div)
Simon Mansell	07779 609919	(Div)
Karl Moore	07812 698151	(Div)
Helena Savage		(Div)
Diane Smith	01626 207267	(Div)
Nathaniel Trout	01626 833604	(Nat)

Wales

Steve Cook	07917 854522	(Div)
Alan Davies	01792 842771	(Div)
Gary Whitbread		(Div)

West Midlands

Pat Reeves	01384 270270	(Int)
Gren Elmore	0121 357 4854	(Int)
Martin O'Grady	0121 604 1457	(Nat)
Terry Stansbie	01527 870347	(Div)
John Mitchell	01215 443046	(Div)
Keith Roberts	52 School Rd, GL53 8BE	(Div)
Gary Conway	01905756528	(Div)
Josh Merrett	02476 713487	(Div)
Ray Allison	07792 70896	(Div)
Dean Allison	02476 447477	(Div)
Liam Allison	02476 447477	(Div)
Roy Garner	01788 814290	(Div)
Andrew Haynes	07720 850864	(Div)

Forthcoming events as follows:-

2011 All England Powerlifting & Single Event Championships

Sunday 30th October, Kings Park Athletic Centre, Kings Park, Bournemouth, BH7 6JD

[Entry Form - Poster](#)

2011 West Midlands Divisional Championships

Sunday 6th November Power Press Gym, Turner Street, Dudley, DY1 1TX

[Entry Form](#)

2011 World Powerlifting Championships

**Friday 11th November Congress, Saturday 12th Unequipped, Sunday 13th Equipped.
Glasgow City Barbell Club, Scotstoun Stadium, Danes Drive, Glasgow, G14 9HU. Weigh-
in 0800-0930. Lifting starts at 1000.**

[Entry Form - Event Details](#)

2012 Bids Now Invited For

Divisional Qualifiers for 2012

2012 Southern Counties Championships

Sunday 29th January, Bournemouth (venue to be confirmed)

[Entry Form, Poster](#)

2012 British Single Lift Championships

19th February, West Midlands

Further Details to Follow

[Entry Form](#)

2012 British Unequipped Powerlifting Championships

7th/8th April, Glasgow

Further Details to Follow

2012 German Open

May 27th, Dusseldorf, single lift & full power, UN & EQ

Further Details to Follow

2012 British Equipped Powerlifting Championships

April 22nd, Coventry

Further Details to Follow

2012 European Powerlifting Championships

Olivetto, Citra, Italy, 4th & 5th May

Further Details To Follow

2012 World Single Lift Championships

Autun, France 22nd, 23rd & 24th June

Further Details to Follow

2012 European Single Lift Championships

Lausanne, Switzerland, 14th, 15th & 16th September

Further Details to Follow

2012 World Powerlifting Championships

Boston, USA, 9th (congress), 10th & 11th November

Further Details to Follow

Pat Reeves – General Secretary of BDFPA – and your West Midlands representative - Oakfield Cottage, Bromley Lane, Kingswinford, West Midlands, DY6 8JP, telephone 01384 270270
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