

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

BDFPA, September, 2012 NEWSLETTER

It is my pleasure to provide the third NEWSLETTER for this year, appropriately timed to deliver reports on our recent championships which have occurred since my April input. This accepted delay will also accomplish a timely fourth edition (December) for inclusion of our final 2012 events.

Though I remain successful at keeping the cancer in remission, sadly my only kidney has recently suffered multiple failures owing to applied therapies to achieve that hard-fought result. Suffering hyperkalemia – high blood potassium levels - with skewed electrolytes - has been an enormous challenge, even for me (!) in regulating both food and liquid intake. Sometimes requiring emergency/precautionary dialysis – my medical team and myself are currently liaising with specialist clinic in Frankfurt relative to potential application of stem cell therapy as a last ditch attempt to improve kidney function. There is a huge cost involved, both financially and necessitating life-long drug application, even if successful. At present, as am still in first of many stages of testing, we do not know if I could be a viable candidate. Currently, I continue to spend each half-week in therapy in Germany and obviously working from there. Most of this Newsletter has been constructed via BHX/Frankfurt airports and two hour each-way stints in hospital taxi, as my home workload is immense.

MY PROPOSED BOOK

Being around in this sport for a quarter of a century, very little disheartens me relative to power-lifting – except perhaps those who do not share our drug-free ethos and deliberately set out to cheat. However, as you know, it has been just over a year since I informed you all of my intention to produce a unique book show-casing drug-free power-lifting – compiling it from your stories, training

and dietary regimes which likely have shown improvements for you on the platform. I also decided this enterprise would be a global undertaking and through my efforts in contacting WDFPF lifters, I have received some informative script, most concisely encapsulated on a sheet of A4 - which is great. Some are much longer, which is even better!

I really am saddened that after thirteen months despite my reminders, input from UK lifters can still be finger-counted on less than one hand!

As a practitioner, established author, health writer, seminar and nutrition course provider, I have the expertise/contacts/media interest – even my fast dwindling funds (!) to produce this as a legacy for future generations who wish to be involved with our great sport. However, this IS my final request for information. If you truly believe this is a waste of my time, then I will contact those within WDFPF and the few BDFPA lifters who have so kindly offered their input, informing them that sadly, the book cannot now happen owing to insufficient prose.

With their permission, I intend to use the information, so kindly imparted as a desire to help others, as ‘articles’ within the Newsletter over time or a separate listing on our website. My offer to you all remains open until November 2012 for any further input. My December Newsletter will be decisive on this issue.

WDFPF EUROPEAN POWERLIFTING CHAMPIONSHIPS, 5th/6th May, Oliveto Citra, Italy.

At this event I was the only UK official, accompanying the only UK competitor! That was Jonathan Mogford, from Wales who effected some excellent lifting at 87.3 kg bodyweight being third out of nine with a 595 kg unequipped total. I was refereeing all day on both days, and missed most of Jonathan’s lifts, being involved on the other platform. Both the venue and particularly the immediate area – were stunningly beautiful. WDFPF officials - Wim, Mariyana, Yulia, et al delighted in the incredible scenery presented to us. Apart from some serious mis-loads via keen though inexperienced locals, this is one of the best events I have had the pleasure to attend/officiate.

However, being ‘in the middle of nowhere’ presented enormous travel problems for anyone not hiring a car – that included Jonathan, Tom Coyle (President of IDFPA) and myself. We had no idea that taxis simply were ‘not heard of’ here! It would take too much space to even tentatively cover this subject, but certainly Tom Coyle and I will forever remain incredibly grateful to Wim, who practically had to bribe locals to ensure Tom and I made it to our respective homeward flights. Upon late airport arrival, my flight was prepared to leave two minutes hence. Many strings were pulled – they delayed the flight thirty-five minutes whilst I was strip-searched, but at least I made it home! Tom fared better, as his flight was three hours later than mine.

Organisers actually should have indicated ‘unless you hire a car from the airport - don’t come’! Enough said!

WEST MIDLANDS PUSH AND PULL, 20 May, Dudley

It was a great turnout - both from the local members and lifters travelling from their own areas. I scantily qualified here for 2013 events in order that I may purely concentrate on officiating at October's sanctioned event. National records were broken, as I have calibrated weights/scales available. It has been a long time since this type of event has happened in West Midlands. I am enormously grateful to Phil Guise – who owns Power Press gym – for putting on my competitions and to everyone who made it a success. Well-done to you all!

GERMAN NATIONAL CHAMPIONSHIPS, 27th May, Dusseldorf.

I cannot rate this event too highly! My fourth attendance here – always as lifter plus also as an official for last two years. This event ticks the boxes for having a superb lifting area, great warm-up facilities, excellent catering, close to airport and ALL transport facilities. Very efficiently run by Wim, Mariyana, Yulia, et al. I broke my World dead-lift record here for the second time this year – though failed to increase my bench press owing to on-going problems with massive rotator cuff tear which cannot be repaired. The fourth running of this event will be sadly remembered by myself as likely the last time I will competitively bench press as the four kilo deficit I need to increase my record may as well be forty - some things one has to live with! Great lifting from Steve Van Kempen who achieved a world record squat and Gren Elmore – who continues to break both his M10 bench and dead-lift world records.

COMBINED SERVICES PUSH PULL CHALLENGE, June 23rd

In regard to the Combined Services Push/Pull there was a good turnout with 16 entrants, although unfortunately no RAF or Royal Navy lifters. This was more than made up with guest lifters including no less than seven first time competitors, which was great. The Met Police won the team event from a relatively inexperienced Army team that was not short on effort and commitment. A very lively competition with a great atmosphere.

This information is from Pete Sparks in middle of twelve hour shifts at London Olympics at time of writing!

WDFPF WORLD SINGLE CHAMPIONSHIPS, Autun, France, 22nd-24th June

This was an excellent all-round event, with adequate facilities – though not comparable to Italian championships – and still fraught with onward travel problems from airport. From leaving home, it took fourteen hours to arrive at Autun – (no trains from Charles de Gaulle airport for 163 mile onward journey) Heck, I can fly to Bangkok and visit my son in less time than that! Very grateful to Dean Roberts for ferrying Gren Elmore and I back to airport.

I was extremely lucky to attend these championships, owing to multiple kidney failure just days before. Our President Neil Thomas was also in attendance and, like myself, both lifted and officiated. A good turnout from our lifters and some significant World records eclipsed by Gren Elmore, Andy Rigby, Alistair Murdoch, Les Pilling, Dean Mikosz and John Walker, with Ash Sinclair twice – almost three times - posting European unequipped bench press records. As Ash is due to lift in Lausanne early September – I'm sure he has his sights set on that 142.5 kg!

Somehow getting the timing askew, I was actually outside the venue immersed in discussion with Neil relative to committee matters and almost missed the start of the competition! Neil astutely heard Wim Backelant announce its imminence and I practically had to rip my clothes off and forgo most of my warm-up to post my first lift! Definitely not something I recommend! However, the photo - courtesy of Chris Elding – depicts a successful attempt at increasing my World record for the third time this year.



Thank you Neil for listening to both myself and Wim at the same time!

The following is from Chris Martin our Navy Secretary:

RN POWER-LIFTING AND SINGLE LIFT CHAMPIONSHIPS, Portsmouth, 4th July

04 July 2012 and the sound of clanking iron heralded in the third annual RN Power-lifting and Single lift Championships. Open to all members of the armed forces sixteen athletes from all around the country travelled to the Sail Loft Gym in HMNB Portsmouth for the event with a good number of new faces in amongst the old veterans. LPT Hinds and his team had done sterling work in assisting with the organisation and set up for the meet. The athletes competed in either the three lift event (Squat, Bench Press and Dead-lift) or in single disciplines. This year's championship also incorporated a most welcome visit from the Compulsory Drugs Test team to ensure fair play by all.

After weighing in and being tested the competition began with some immense efforts and several new RN records being set. In the 58.5kg category LPT Reg Cawley from HMS Neptune, wiped the board setting new records in all three disciplines and managing an impressive total of 302.5kg. As a relative novice to the sport Reg shows a good deal of potential lifting at a standard that would place well at both National and International meets. At 60kg Adam Young, of HMS Illustrious, also wiped the board clean setting new records for both Junior and open age category's totalling 277.5kg.

In the 82.5kg category, another new face, the powerful Reece Meakin, went from strength to strength breaking the previous RN junior records for both Bench Press and the Dead-lift and setting a total of 502.5kg in the process. Wtr Scott Jordan, of HMS Neptune, took second place. The 90kg weight category promised to be intriguing and it didn't disappoint with two of the most experienced lifters; the lean and muscular Maj Steve Congreve of 11 SQN 1 AGRM against the stockier LMA Chris "Doc" Martin of HMS Neptune. Steve and Doc had competed in March where Doc had very narrowly won and this rematch was equally close. Doc was ahead after the Squat, but Steve pulled it back lifting more on the Bench. It all came down to the Dead-lift. Luck this time was with Doc who managed to pull a personal best of 235kg winning the weight class with a total of 555kg as well as taking the overall best lifter award, Steve came second with 540kg.

At 100kg was the young Mne Craig Downing. At only his second competition Craig managed an excellent 235kg Dead-lift and made an attempt at 250kg though he couldn't quite lock out, Craig won the weight class with a total of

475kg. At 110kg the Army's John Cowie put on a superb display totalling 530kg to win the class. In second was the AB Tom Milner who also managed to set a new junior record in the dead-lift of 225kg as well as a new RN record for his total of 485kg.

In addition to the Full power event several lifters entered individual lifts. At 82.5kg Zach Woolley, at his first competition, set a new RN record with an incredible Bench Press of 155kg. At 100kg Cdr Simon Wynn Benched a massive 150kg whilst at 110kg Lt Adam Cooper, in his final RN meet Benched 155kg. In the single Dead-lift at 90kg AB Jonathan Redmond pulled 170kg whilst Lt Adam Cooper pulled an impressive 230kg in the 110kg category.

For more information on Royal Navy Power-lifting and our upcoming events check the website <https://sites.google.com/site/rnpowerlifting/> or find us on Facebook; Royal Navy Power-lifting Association RNPA.

SOUTH WEST DIVISIONAL MID-YEAR DIVISIONAL CHAMPIONSHIPS, Newquay, Cornwall – July 8th

This year's Mid-Year event was held at the school gym in Newquay, with two platforms operating. The SW division has already purchased a 282.5 kg Eleiko set, as well as a set of brand new Seca scales. We are saving up for other equipment, and the proceeds of this comp put more funds towards it.

With a few original entries as "no shows" we were down to eleven doing the full power. Tom Meredith lifted to his usual standard, at M4 now – and broke British 75 kg records on squat, bench & total. At 82.5 a rather underweight Graham Edwards struggled a bit on this occasion, but will doubtless get his old form back before long. We had 3 promising new lifters from Plymouth – Will Badenoch, Sean Stupples and David Aldworth – all lifted to a good standard. It is hoped that the Plymouth Performance Gym, where these lifters are from, will become a regular future venue for SW competitions. Good to see Mark Lowe back on the platform after a couple of years' absence, duly winning the 'best lifter' award for the PL section. He broke all divisional M1 records at 90 kgs on his way to a 615 total - including a British record on the squat with 220. Mark's nephew Macauley is a good prospect, and set up new SW records at T1 in his first competition. Two other newcomers, Rodger Binny (Junior - Falmouth) and Bill Short (M2 - St. Ives) both put up a good show, with Rodger breaking the SW record on the squat with 175 at 82.5 on his first BDFPA outing. A much improved Rob Cooper, lifting at 110, broke SW records on the squat, total, and a terrific 300 dead lift – only the second time this has been done by a SW lifter. For any of our "old hands" - the first occasion was 305, done by Keith Willson about 20 years ago. Finally, lifting at a shade over 125,

Newquay lifter Adam Taylor exceeded all 4 SW records in the 145 class (Open).

In the Single Bench Press, Mark Edwards broke the British 82.5/M3 record with 143, while Jan Maksymczuk made 180 in the equipped section for a new SW record at 90. Good to see Graham Alway back in serious action following his major illness last year. He registered lifts in both the equipped and unequipped sections.

We had 7 dead lift entries, including two T2 lifters in the 67.5 class. A solid 142.5 from Matthew Mansell (son of Simon), but the winning lift was 170 by Mikey Sutton from Newquay. Newcomer in the 60kg/open class, Nick Lusty, made a good 160 and will no doubt be taking the SW record in this class fairly quickly. Co-organizer Simon Mansell, now lifting at M3, managed to drag himself away from the MC's table to put up a good 225 in the 100 class – a lighter bodyweight than usual. Kim Rawling was the only woman at this competition, and registered lifts in both equipped and unequipped sections, including a record of 95kgs. Finally, “master” dead lifter Charlie Buchanan, back in the 82.5 class, but now lifting at M4 - broke the British record with a whopping 280. Pound for pound, and taking age into account, Charlie must rank as one of the best drug-free dead lifters in the world. He was a clear winner of the ‘best lifter’ title in the Single Events.

Thanks to Simon Mansell for co-organizing and running one of the platforms for most of the day. Also to referees Graham Alway, Graham Edwards, Jan Maksymczuk, Simon Mansell - and Russell Martin who refereed all day, and took over running of one of the platforms while Simon was lifting. Thanks also to Sheila for the refreshments, for everyone who helped set up and/or clear up the gym at the end of the day. As usual, the biggest thanks to the loaders, who came forward at the last minute to make the running of 2 platforms a possibility! Andrew Cominos.

WEST MIDLAND OPEN BENCH PRESS CHAMPIONSHIPS, Dudley, 19th August

This was the third of four events I will have organised this year. Despite offering something different to 2011 – as with the push and pull last May - this competition was requested by one of my local lifters, Harbans Bansal. Obviously happy to host whatever my local lifters want: I also mentored a divisional referee – Russell Martin who journeyed from Weston-Super-Mare to benefit from additional centre-refereeing experience. He did great and upon one further stint at centre-refereeing, I will ensure the opportunity is in place for Russ to be upgraded at one of our 2013 National or International events. I confirm that all West Midland entrants achieved 2013 National qualifying totals

with three 'out of area' lifters - Roy Olsen creating a new National record, Ronald Burden increasing his own National record by 7.5 kg and Michael Round twice breaking the previous 82.5kg M3 National record, which now stands at 145 kg. Well-done Michael!

SCOTTISH NATIONAL POWERLIFTING CHAMPIONSHIPS, Scotstoun, 19th August. Report from Pete Gaskin 24.8.2012.

There was some excellent lifting at this years Scottish Nationals, despite a lower than normal turnout of only 12 lifters. Nine men competed in the unequipped class, with Phil Robertson taking best lifter with 230, 170 & 285 lifts for a 665Kg total at 90Kg bodyweight. In second place was new junior lifter Ryan Alexander with an impressive total of 510Kg at 75Kg. In third place was Adrian Kennedy with 502.5Kg at 82.5Kg, with a 182.5Kg squat for a junior Scottish record. Fourth went to another new lifter, Damien Harrier, who totalled 530Kg at 100Kg, impressive considering he is a T2 lifter. All Damien's lifts were British records, with his 240Kg deadlift an unofficial European record. Unfortunately, as Damien is a new lifter, he is not eligible for British records until he has been a member for 3 months, so these lifts don't count, but this rule is not enforced for our divisional records, so he will get these lifts as Scottish records. Also of note, M3 lifter Elliot Fraser with a 475 total at 90 for 4 Scottish records.

Only 2 lifters competed in equipped, Bernard McGurk and Tommy Moffat. Bernard took best lifter with a 605Kg total at 75Kg bodyweight, with a big 255 dead to finish for a new Scottish record. Tommy totalled 615Kg but was taking it easy to qualify for the Worlds in Boston. Joe Cogan was the only single lift competitor and just missed a 170 unequipped bench.

In the audience, were members of the Cuban Para Olympic Powerlifting team who have been training at Glasgow City Barbell Club while preparing for the Olympics. Special thanks to Les Pilling and Pete Hudson who travelled up from the North West of England to ref. The next Scottish competition is the push pull on 16th September.

I selected the following two photographs from those forwarded to me via Chris Martin taken at above event – Pat

What a great partnership! Pete Gaskin creating Divisional bench records in M3, 125kg class with his three attempts and Jo Gaskin showing how to get a big dead-lift! – breaking M1, 70kg Divisional dead-lift record, twice.





HAYDN ROWLANDS 14.7.1956 -30.6.2012 – Master 4 World Champion.

It was my absolute privilege to be allowed to fly in from Germany in order to be present, albeit briefly as I had to imminently return to clinic. Neil Thomas and many others paid their respects to Haydn at his funeral on 17th July. The service was sensitive, yet powerful and delivered with poignancy totally appropriate to a great lifter and true gentleman. The 182.5 kg bench-press – achieved by Haydn at the National Single event in February, 2012 - is the current World record.

The saddest problems just seem to happen to the greatest people – humanity, unfortunately, has to acknowledge that.

To honour Haydn's dedication and accomplishments within the BDFPA, Neil and I will ensure a memorial trophy is presented to the best Master lifter in unequipped bench press discipline at the National Single event each year.

UP-COMING BDFPA AGM – October 14th, 2012

As last year, I have arranged this to be at the same venue and have asked members of the National Council for their proposals in advance. Details are displayed on main website under 'events'.

IMPORTANT REMINDER FOR ALL COMPETITION ORGANISERS

To avoid membership and qualification problems which have occurred in the past – please ensure once the cut-off date has passed for your event, you email me the names of your entrants. I can then complete a status check, cross-referencing with our database and liaising with Manon Bradley. Thank you in advance for your co-operation in this matter.

EXCELLENT AND INNOVATIVE WORDS RECEIVED FROM NEIL THOMAS

'I have recently obtained 100 new 2012 edition handbooks that will be provided to all current referees with additional copies available at £1.50 each for any member to buy. The book is pocket sized and wire bound for sturdy construction and wear and tear.'

EAST MIDLANDS AREA RESURRECTION!

I wrote to every member of above, hoping to circumvent the proposed amalgamation to be within North and West Midlands areas. That was a successful application resulting not only in establishing a new records officer – Jim Stringer – who kindly offered his expertise, but also in a newly balloted NC. I extend a warm welcome to Glen Danbury who will likely agree I had to 'work on him a little' (!), but I could see his potential in becoming a great promoter for our sport, with the ability to increase membership and provide much needed competitions in this area. Congratulations Glen!

SOUTH EAST AREA

Following the successful strategy of contacting East Midland members – I emulated this with forty members on our database in this area. I received some good response with one – Ben Richens – of particular note. After many emails between us during Sunday, 12th August, I was sufficiently impressed to ask Neil to ballot Ben for NC position covering South East. A successful outcome for Ben: Excellent news for local members – and a huge welcome to our National Council from me!

SUPPLEMENTATION

I continue to check products for enquiring members – and always more than happy to do that for you all. I would much rather you ask me than assume because the word 'natural' appears on the box – it is perfectly safe (from WADA's perspective) to use under the auspices of our drug-free rules. Sometimes it is the combination of ingredients that can create a positive result,

especially when medication - either short or long term is used at same time. Any product alluding to the fact that it will make you aggressive/able to work through soreness/tiredness, is testosterone 'boosting', intensity amplifying etc is always going to be suspect. I advise great caution with combinations of this type.

Even in our physically demanding sport, great strength and muscle mass can be built without the use of so-called 'sports supplements' – provided nutritional intake is optimal. The following additions do have merit, and despite what the 'hype' tells you, these are likely the most important in assisting athletic performance and success:

- Whole Food based Meal Replacement Powders – Supply daily nutrition requirements.
- Multi-vitamin – If meal replacement powder isn't used, a multi-vitamin is recommended.
- Protein Powders – Supply extra protein to build and repair muscle tissue.
- Creatine – Helps promote strength and weight gain through the retention of water in muscles.
- Essential Fatty Acids – Helps the body speed up metabolism and burn fat as well as strengthen nails, hair and improve the health of skin and brain function.
- L-glutamine – The most important amino acid for recovery after training, also assists immune system.
- Branched Chain Amino Acids (BCAAs) – A combination of essential amino acids that promote muscle growth and recovery.
- Vitamin B-12 – Supports the brain and nervous system, recommended for everyone.

Eating for nourishment not stimulation

Make the foundation of your nutrition program whole foods designed to nourish your body and help fuel your active lifestyle, reduce inflammation as a result of it, and recover well to do it all over again the next day. Relying on processed foods, refined carbohydrates and sugars won't supply enough tangible nutrition. But fruits, vegetables, nuts, grains, legumes and seeds will.

Stay hydrated

Do this by consuming reasonable quantities of water throughout the day. We lose not only nutrients through sweat but obviously water too.

Since the body is comprised mostly of water, it behoves us to consume it regularly throughout the day. Easy calculation: Your bodyweight in pounds divided by two results in a figure as fluid ounces you require. To help reduce cramping, stay hydrated by consuming sodium and potassium as well, either naturally from food, or in supplement form to replace nutrients lost through exercise. To reduce lactic acid build-up as a result of exercise stress, stay hydrated, replenish lost nutrients, proactively consume essential fats that reduce inflammation, alongside adequate nutrition to properly recover.

To improve sleep, be well hydrated by bedtime so you do not suffer muscle cramps and consider the use of zinc and magnesium to help you fall asleep naturally.

Here are some great foods to eat – they just happen to be plant-based though will still serve you well amongst your usual animal-based foods – people, in general, do not eat sufficiently from plant-based (vegetable) foods. Go try!

High-Protein Foods

- Quinoa
- Tempeh
- Chick peas
- Kidney beans
- Aduki beans
- Tofu
- Lentils and other beans
- Almonds and other nuts and seeds

High-Calcium Foods

- Black beans
- Chick peas
- Soybeans
- Pinto beans
- Tofu
- Cashews
- Almonds
- Sesame seeds
- Molasses
- Dark leafy green vegetables
- Brazil nuts
- Hazelnuts
- Sunflower seeds
- Globe artichokes

High-Magnesium Foods

- Pumpkin and squash seeds
- Bran
- Almonds
- Sesame seeds
- Other nuts and seeds
- Peanuts
- Millet
- Whole grains
- Dried figs
- Molasses
- Black-eyed peas

High-Iron Foods

- Dried fruit
- Molasses
- Chick peas
- Black-eyed peas
- Pinto beans
- Whole grains
- Sesame seeds
- Other seeds
- Prune juice
- Dark leafy green vegetables
- Jerusalem artichokes

High-Zinc Foods

- Brazil nuts
- Almonds
- Walnuts
- Lentils
- Lima beans
- Black-eyed peas
- Other dried peas
- Chick peas
- Cashews
- Pecans
- Whole wheat flour
- Corn and cornmeal
- Spinach
- Asparagus

High-Iodine Foods

- Seaweeds
- Sea Kelp
- Iodized sea salt
- Dark leafy green vegetables

High-Mineral and Enzyme Foods

- Miso
- Vegetable juices
- Barley grass
- Wheat grass
- Papayas
- Seaweeds
- Tomato juice

Essential Oils

- Linseeds/linseed oil
- Sunflower, pumpkin and sesame seeds
- Olives
- Olive oil
- Other natural oils
- Nuts
- Avocados

PLEASE HEED THIS ARTICLE FROM OUR WEBMASTER/BRITISH RECORDS REGISTRAR, Pete Gaskin -

BRITISH RECORDS

It's clear from the number of emails I receive about British records, that most lifters are unclear about the procedure for claiming a record, so I thought I would quickly run through the procedure here to make the situation a bit clearer. If you break a British record at a divisional, you must email me to claim the record within 30 days. I don't generally have the time to check all the divisional results to look for records, so unless you get in touch and claim it, you will not be credited for it. Exceptions to this are British and International competitions, where I do check for records, so you don't need to claim a record if set at one of these events. Depending on the organiser, some divisional competition results will show British records, so, again, in this case you don't need to claim the record, as I will have picked it up from the results.

For lifters, it is worth mentioning, that you have to be a member for at least 3 months in order to be able to claim a British record. This is because you need to make yourself available for out of competition drug testing at least 3 months before any record is set. For existing members re-joining in the New Year and new members, make sure you get your membership in early as British competitions are typically in Feb., March and April, so again you should have at least 3 months membership before entering these competitions so you are eligible for records. For divisional records, in most cases the 3 month rule does not apply, but each division has its own rules relating to records, so if in doubt check with your divisional records registrar.

You can only set an International record at British or International events and there is no need to claim these as they should be picked up. However you should check that your records are shown correctly when the WDFPF records are updated, if not get in touch with me and I will chase them up, as it is not unusual for a few to be overlooked.

Note, in an earlier Newsletter I detailed some changes to early British records that had been implemented following a vote by the NC. It soon became apparent, the changes were unfair and unjustified after new evidence came to light. These changes have now been reversed. I would like to thank those lifters who came forward with additional information and apologise to those lifters who had records temporarily deleted. Pete Gaskin.

THE FOLLOWING IS FROM SW REFEREE, RUSSELL MARTIN

This article is just a brief what, where and how introduction to the world of equipped lifting.

Introduction:

The **Unequipped** or RAW (as it is also known) allow only minimal supportive equipment. i.e. Belt and Wrist wraps only.

Equipped refers to the additional supportive equipment that is allowed to perform each of the powerlifts when competing in the Equipped classification. The equipment is only allowed to be of single ply polyester construction. There are many other materials and plies in production but only the single ply polyester equipment is allowed (see rule book).

Squat: Belt, wrist wraps, knee wraps and single ply squat suit or power suit as it is also known.

Bench: Belt, wrist wraps, single ply bench shirt

Deadlift: Belt, wrist wraps, single ply deadlift/squat suit.

It is not compulsory to wear all, or indeed any, of this additional equipment during an equipped competition and in fact many don't. The key is picking and choosing what works for you. In some cases having to put all the

equipment on is a hindrance as it takes a lot of energy to get into and adjust correctly.

Isn't it cheating? This is the question I get most in the gym. No, you can only compete against other equipped lifters. I often draw parallels with Pole-vault vs. high jump and people sort of work it out from there.

Why do you use equipment?

Contrary to popular belief it is not just to lift bigger weights however this is by far this most obvious effect. The equipment is really useful for protecting areas prone to injury. Shoulders, Knee's and hips. The equipment is also incredibly technical and offers a whole new dimension to lifting weights.

Perfecting the kit is an additional challenge in the quest for glory. Not only do you have to get bigger, faster and stronger to beat your opposition you also have to become a technician in the art of the equipment.

Some purist will argue it should be a show of strength that wins the competition and equipment could allow for the weaker man to win because he has mastered his equipment better than the stronger guy. Equipped lifters will argue it is the most complete lifter that wins an equipped competition. **The winner, after all, is the one that could accomplish what no other could.**

Be under no illusion though, equipped lifters are strong! Many of the equipped world record holders could and would still hold their own in an unequipped competition and recent trends in power lifting are showing this to be the case. That said some of our best unequipped lifters with some time in Kit could probably do the same to equipped lifters. The point is the two are not for comparison and never have been which is why there are separate competitions for the classifications.

Training

Many equipped lifters train raw like everyone else. This is how they build their strength, there is simply no substitute. The equipment however must be learnt and so this is incorporated into training. Some have dedicated sessions for this while some will cycle their training between raw and equipped. This is to learn the equipment and how to control it to maximise efficiency. Also overload training is used to help the body and the central nervous system (CNS) adjust to the increased weights being lifted.

Overload training has many methods from increased weights in partial rep ranges to negative sets or use of bands and chains. All overload training comes with a warning over and above the obvious safety issues concerning lifting in general but rather to the effect on the nervous system. Do not over train and burn out!

Overload training can take a toll on your CNS and cause 'burn out' you know when this is happening because all of sudden one week easy weights become difficult or even impossible to lift. You have not got weaker, but rather you have 'burnt out' so de-load or rest weeks need to be

incorporated to allow the CNS to recover as well as the muscles and joints. A de-load week is where you train with much lighter weights e.g. 50% and perform low repetitions also. Sometimes it is good to perhaps just train an exercise you have never trained before to keep things interesting but also you will not go very heavy. E.g. on de-load week maybe switch to front squats or dumbbell bench press to mix things up a bit while you're resting.

The equipment

Squat Suit

The squat suit is of similar design as that of a leotard but made from single ply polyester material. Where the leotard is designed to be non-supportive the squat suit is designed to provide hip and torso support during the squat lift.

The additional support coupled with the correct technique can mean massive weights can be moved. A lifter, depending on experience and technique can expect to lift anywhere from 20kg (novice) to 100kg (expert) more than their unequipped squat.

There are two types of design to suit lifting style; Wide and Narrow/Standard stance. Narrow/Standard stance will suit most and is for anybody with a narrow to medium wide stance (just outside shoulders). The wide stance would suit what are termed SUMO squatters with a very wide stance.

The squat suit does not require the use of Knee wraps but knee wraps would be recommended. If the hips are being supported to handle the bigger weights then so should the knees.

There is a large selection of knee wraps available with differing lengths and attributes. A maximum of 2m length knee wraps are allowed for BDFPA. Some knee wraps are very stretchy and offer a bouncy effect while some are stiff and operate more like a cast on the knee. You would have to experiment which you prefer. They are certainly not very comfortable but are very good at stabilising the knee joint.

Bench Shirt

The Bench Shirt, well there is nothing quite like a bench shirt. The shirt is designed to protect the shoulders and pectorals and offers the most support when the bar is nearer the chest. The triceps however need to be strong as they will do most of the work during an equipped bench press.

A lifter with the correct technique and training of their triceps could expect to lift anywhere from 5kg (novice) to 40kg (expert) more than their unequipped bench press. I have heard cases usually with the heavy weights where they're shifting over 70kg more than their unequipped.

These are normally lifters considered as good benchers anyway.

The sizing of shirts varies between manufacturer and some base it off your shoulder measurement while some off the chest size. They all offer a sizing chart and recommend sizes according to experience. Competition fit

is usually the tightest. As a first timer you would chose the biggest option for your size while you are learning.

The shirts can be very difficult to get on and is normally a two person job. A little tip is to use carrier bags as sleeves to allow the polyester to slide over your skin. Once on pull the bags out and viola!

The Bench shirt is possibly the most dangerous of all the equipment. It's great that it supports your shoulders/pecs and some even use it when injured for this reason. However like the squat suit, it takes a great deal of control to guide the bar though the lift. If you lose control the bar can suddenly dump either over your face or onto your belly. **ALWAYS use 2 side spotters and centre spotter while learning.**

The use of 'boards' are great to assist in learning of the shirt and developing the required triceps strength. Using standard 1.25" boards/planks of wood you can get a training partner to place them on your chest to train partial range of motion. Starting with 3 or 4 boards stacked together you can progress each week my removing a board until you are able to control the weight down to your chest. As the shirt tightens up nearer the chest the more control is required to keep the bar on the correct path.

Deadlift Suit

The deadlift suit, very much like the squat suit, offers hip and torso support during the lift.

This is latest addition to the range of equipment available for use. Some lifters still do not rate these as the support offers has a much smaller effect on the amount of weight you actually lift. In some cases people find them a hindrance because it alters their starting position too much to be effective. The designs of these suits are improving and some lifters have started reporting gains of 5kg-20kg from these suits compared to their unequipped deadlift. They would seem better suited to lifters that struggle from the floor but have a good lock out.

Note: you may find your squat suit works quite well as a deadlift suit because their design is very much the same. So before you buy one, try deadlifting in your squat suit for a taste of what it's like. I have heard that some lifters prefer to wear the squat suit back to front when using it for deadlift and that the Inzer Max DL deadlift suit is just their Inzer Hardcore squat suit back to front. I have owned both and can say that rumour seems highly likely but not confirmed. I still use my own Titan Squat for deadlifting and find it to be quite effective.

Is it Dangerous?

As with all lifting, it will be dangerous if the proper technique is not used. Equipped lifting requires a greater degree of control than un-equipped. You need to take your time 'learning the kit' it will want to move in a certain pattern. You must harness and control it. If you lose control the kit can

throw you out and cause you to dump the bar. It certainly is not just a case of sticking it on and getting a new PB. (Remember the pole vault analogy, if a record breaking high jumper picked up a pole for the first time he would probably more likely fall over than set a new pole-vault record on his first attempt) It will take a few sessions before you can control it correctly to even pass as a legal lift. A typical training cycle using equipment is 6-12 weeks maybe even longer when learning.

What and where to buy

There are several brands and within those brands are various models. The most important thing to note is that it is of single ply construction and polyester material as per the rule book. The easiest guide for this is to look for the IPF approved equipment.

The major Brands are in no particular order are METAL, TITAN and INZER. You can buy brand new from these manufacturers or from UK stockist. The manufacturers do offer custom kit for your body measurements but the standard sizes will normally do (at least until you want to start breaking records maybe).

These suits/shirts can be prohibitively expensive (£150+ brand new) so it would be better to shop around for second hand equipment. You can get some good deals online via eBay or from the U.S on Powerliftingwatch.com many sellers will ship to the UK and accept payment via Paypal.

Purchasing second hand has obvious risks as always however services such as Paypal will help to protect you. The greatest peace of mind is that you are normally buying from a lifter just like you who did the same thing themselves and we tend to look out for each other even from different countries. Most equipment is roughly half the retail price when purchased second hand. You can often get the best deal privately from the States due to exchange rate and because it's a private sale no duty normally has to be paid and so you can get the equipment for £20-30 pounds cheaper again vs. UK second hand prices. Once you have tried some equipment and it is too big/small or not suitable you can usually sell it on again for almost what you paid for it depending on condition as the kit is pretty durable.

Competing in equipped lifting obviously incurs more cost than unequipped lifting but it is still one of the most affordable sports/hobbies around especially when compared to a set of golf clubs, a road bike or even a good set of football boots and your favourite premiership team's replica shirt. It can still be an affordable sport with the added bonus of being able to sell your kit to other lifters and recover much of your costs.

Conclusion

So there you have it, a brief insight into the world of equipped power lifting. The BDFPA have some of the best equipped lifters in the whole of WDFPF with world record holders in multiple weight categories. We lead the way in this side of the sport but the wolf that climbs the hill is hungrier than the wolf

at the top. If we hope to maintain our position as the leading force in equipped lifting we need more lifters to take up equipped lifting and keep pushing the boundaries of what is possible.

Have you got what it takes?

Useful links

<http://www.inzernet.com/>

<http://www.gometal.com/>

<http://www.titansupport.com/>

<http://www.pullum-sports.co.uk/>

<https://www.strengthshop.co.uk/>

<http://www.powerliftingwatch.com/classified-ads>

<http://www.liftinglarge.com/>

TIP FOR STAYING 'YOUNG' AT ANY AGE!

Despite my rocky health, every day I embrace situations which provide me with fun and make me laugh. Laughter reduces the stress hormones cortisol and epinephrine, as well as increasing healthy levels of endorphins and neurotransmitters, making those who follow this practice feel happier throughout the day. Laughter also increases the number of antibody-producing cells and enhances the effectiveness of T-cells. This equates to a stronger immune system, whilst minimising the effects of daily stress. Laughter can also be something of a workout as it exercises the diaphragm, contracts the abdominals and shoulders and leaves muscles more relaxed afterward. It even provides a good workout for your heart.

Here are remaining events for 2012

2012 European Single Lift Championships

Lausanne, Switzerland, 7th, 8th & 9th September

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

2012 NW Divisional Championships

Sunday 16th September, The Muscle Factory, Lancaster

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

2012 Scottish Push Pull & Single Lift Championships (No Squats)

Sunday 16th September

See [Scottish website](#) for entry form

2012 BDFPA AGM

Sunday October 14th, 1pm to 5pm, Fairfield Village Hall, Fairfield, Nr Bromsgrove, B61 9LZ. Just off M5 Junction 4. Hosted by West Midlands Division.

2012 West Midlands Divisional Championships

Sunday 21st October, Power Press Gym, Dudley

[Entry Form](#)

2012 British Police Championships

Saturday 27th October, Palace of Arts, Glasgow

[Entry Form](#)

2012 World Powerlifting Championships

Boston, USA, 26th (congress), 27th & 28th October

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

2012 British MPF Challenge

Saturday 17th & Sunday 18th November, Bournemouth, Venue to be confirmed (either Bournemouth Uni or Oakmead College).

MPF Challenge, individuals & Teams.

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

2012 Southern Counties Qualifier

Saturday 17th & Sunday 18th November, Bournemouth, Venue to be confirmed (either Bournemouth Uni or Oakmead College).

Southern Counties Qualifier, full power and single lifts. Qualifier for 2013.

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

2012 British Universities, Colleges and Schools Championships

Saturday 17th & Sunday 18th November, Bournemouth, Venue to be confirmed (either Bournemouth Uni or Oakmead College).

BDFPA British Universities, Colleges & Schools, Powerlifting & Single Lift Championships 2012. All students on roll at any time in 2012 eligible. Individual & Team. BDFPA membership required & end of year membership available from 1st October for those competing for the first time.

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

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Championship Secretary(vice)

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

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

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Drug Control Officer - Vacant

(anyone interested in position contact Neil Thomas directly)

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(anyone interested in position contact President directly)

Records Registrar

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Alan Gunbie	07760 125326	(Div)
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THE FOLLOWING PARAGRAPH IS WORTHY OF A REMINDER!

It would be great if currently qualified divisional referees could attend a National/International event for potential upgrading by senior officials. (Consent previously determined by appropriate official).

Competitions just don't happen without referees/spotters/loaders/etc, Please remember that we are all 'in this together' so, whenever you can offer your support/help for any of our events – please DO contact relevant organiser or myself.

Warm wishes for continued success in the remaining events still to come during the latter part of 2012 – **Where does the time go!! - Pat**

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.