

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

SPRINGTIME NEWSLETTER (March, 2014)

I am SO ABSOLUTELY delighted to be re-saying 'Hi' to well over six-hundred BDFPA members! Something I had grave doubts about just a couple of months ago!

No amount of prayers to my Creator, or words of gratitude to my amazing surgeon (currently now working with his USA patients) or to my German medical team, can ever be sufficient to convey how good it feels to still be alive!

Both from German clinic and UK I have observed the horrendous flood situation which has, sadly likely, affected many of you. I find it incomprehensible to ascertain just how dire it must be to have your home/workplace under water for so many weeks. Thus far, my precious UK West Midlands base and German clinic (now my 'second-home'!) have survived – though my UK property suffered major wind-damage to roof on 12th February: Had I been in bedroom - and not at computer – where else would I be (??!!) – I doubt I would be writing this!

My best wishes for resolution to all our members, and flood-victims, thus compromised.

Please ensure Neil's recent 2013 drug control article is read/acted upon (as per 'drug control' and 'news' sections on our website) – and please be extremely careful with any medication/supplements you choose to use – as my December Newsletter and earlier versions inform.

It is to be noted that cut-off date for Full-Power event over 5th/6th April is 28th March. Neil has generously extended usual cut-off date for a National event – please have your intention to lift posted asap and definitely ahead of 28th!

Reminder to all organisers, aside from applying for permit for your event from myself, I need to see calibrated scale certificate at time you complete form (I will produce a much simpler form than current downloadable version as my time allows, hopefully by AGM on 5th April, though my workload/travel is massive at present, and also needing to respond to family dire situation) – please also announce that any successful National records (assuming everything calibrated and three National (above) referees in attendance - I can further help with this, so please DO ask! These need to be claimed via Pete Gaskin within thirty days of Divisional/Open event.

I have spent many hours this year checking out our referees re the twelve month rule. To this end, I have identified several currently listed referees whom have not undertaken this necessary input to BDFPA. I have developed a simple, cost-free, refresher course – with assistance from Andrew Cominos - for anyone to now ‘catch-up’ in comfort of home if, for whatever reason, participation as referee within stated time-frame lapsed. Currently around half have completed/currently completing. Obviously I seek to maintain our high standards in this respect. Initially tracking everyone was time-exhaustive for me, though now have a great system in place to identify any referees whom have not adjudicated within twelve month period.

2014 qualifiers for Neil’s/BDFPA hosted National events

Welsh Divisional Championships, 18th January, report from organiser, Gary Whitbread

This year's event was held once again at the Tonypany Community College and run by the Rhondda Barbell Club.

This year, and for the first time, we had three home grown referees in John Williams, Sue Bethell and Gary Whitbread, who were able to officiate at the event.

Well over 30 lifters competed on the day, with again, some newcomers to the sport, which is always an encouraging sign.

The standard of lifting was second to none and everyone went away happy with many personal bests and 14 Welsh records broken.

A summer competition will again be held in June or July this year to further encourage newcomers to take up the sport and get a feel of the camaraderie and sportsmanship which is so evident in our events.

South West Divisional Championships, 19th January, organiser, Simon Mansell – report by Russ Martin, South West NC rep.

2014 in South West started off with a bang. Our new committee members voted in place, scales calibrated, new equipment and sponsors meant that this qualifier was promising good things. Simon Mansell at the helm as our new championship secretary, efficient as ever, planned and ran the event with precision. KustomKit our new equipment sponsor provided a brand new Kombo Rack within the tight time scales meaning we had some quality equipment on the platform allowing very fast and safe loading of the big weights to come. Plymouth Performance gym now also on board as official sponsor provided the venue and experienced spotters (all lifters in their own right). With 5 referees on duty (James Minear, Graham Edwards, Iaine Boyde, Jade Farrington, Russell Martin) we could run 3 referees per platform using a rotating side ref with alternate lifting on each platform. The day was set and record breaking was certainly afoot.

25 lifters all in all on the day and results available online. This event saw guest lifts from the impressive Mili Leitner and our very own record breaking Lucy Spraggon. Both looking in great shape for the British. Shachar Head was out due to injury but still present and running the score sheet.

This was a popular event for the 82.5kg & 90KG men. Reece Meakin with a 'bad day' still put up a 590kg total at his new adopted weight class of under 90kg. Wesley McGuinness is showing great promise, with a few depth issues on the squat to sort out, he can go far. Daniel Geach with a successful 9/9 day put up a 575kg total. The outstanding performance of these flights and probably the day was undoubtedly Sam Dew at 82.5kg. A testament to good form he goes from strength to strength. Even at maximal weight his technique is what allows him to fight the weight allowing him to conquer 245kg unequipped squat and just missed an epic battle with 260kg in his new style of sumo.

The final flight saw the bigger boys take the stage. The kombo rack really coming into its own here changing rack heights for the man mountains Adam Taylor and Guy Servis. Both of whom put in great personal performances with Guy beating his deadlift demons only to have his lift disallowed for not controlling the bar back to the floor in his excitement. A harsh refereeing decision to make, but this is a qualifier for the British, no gifted lifts here. As disappointed as he was in the decision he accepted it gracefully; a true sportsman. The 100kg class suddenly broke out into a deadlift battle between David Aldworth the young up and coming attempting to take the 'old dog' (he won't mind me saying) Steve Sprange's SW deadlift record. Alas it was not to be for either but a great show with each one upping the other trying to break the record. Steve's character is always welcome entertainment at our events.

Further events planned for 2014 include a Push Pull at the beginning of June, Full Power mid year in July and Single lifts in Nov/December. Please keep an eye on the events page and facebook for further details.

**Scottish Open, 19th January, organiser Wullie Brown/Pete Gaskin
Report from Pete Gaskin**

With Scotstoun Stadium unavailable this year due to the Commonwealth Games, this years Scottish Open was held at Burns Gym in Dumfries. The competition attracted 32 lifters

from Scotland and one from the North West of England, with a good mix of new lifters and regulars. The Women's unequipped category attracted 5 new lifters. Gail Bremner (53Kg M2), set 4 unofficial British records with a total of 200Kg. Karen Dalziel (58.5 Open) set 3 British records with a total of 277.5Kg. 4 Scottish as well for Laura Moran (53Kg Jnr) and Gabrielle Coia (58.5 M2). The best lifter trophy went to Karen Dalziel.

There were 17 lifters in the men's unequipped with best lifter going to David Crombie with an excellent 622.5Kg total (British record) at 82.5Kg bodyweight. Scottish records also for William Broadhurst, Arthur Cowley, Keith Ross & Craig Cameron. Notable lifts were a nice 280Kg deadlift from Martin Smith, and an easy 240Kg squat from Craig Cameron.

In the Women's equipped class Mary Anderson made a welcome return with 7 lifts out of 9, every one a new British record and a great 477.5Kg total at 67.5Kg bodyweight.

In the men's equipped class there were 4 lifters with Adam Sauberlich taking the best lifter trophy with a total of 710Kg. Good lifts as well from Paul Rutherford (67.5Kg M1) with a 130.5Kg bench (Scottish record) and a 205Kg deadlift.

In the single lifts a nice 57.5Kg bench from Katie Cook (53Kg M2) for a new British record and a 156Kg bench, also a new British record, for David O'Neil (82.5Kg M1).

Thanks to Andy Davies and Mike Leadbetter for driving up from the NW of England to ref, Adam Sauberlich and Wullie Brown for organising the competition, Hayley Rutherford for helping out on the desk and Stuart at Burns Gym for making us welcome and providing tea, coffee and a big plate of sandwiches!

EC Divisional, 25th January, report from organiser, Pete Sparks

The 2014 Eastern Counties had 43 entrants, which included 11 lifters below the age of 21 years. The number of entrants was the largest by some margin for the Eastern Counties and the amount of young

lifters much bode well for the future. There was some quality lifting and the large crowd made for a great atmosphere. Matt Smets was the best lifter and a big thank you must go out to Neil Thomas and the spotters from the Atlas - Gym Sunset - Tan team who volunteered on the day, did a fantastic job and without whom the event could not have taken place.

Dean Mikosz memorial event, 25th January, organiser Neil Abery. Neil has informed me he has too many time constraints to produce a report – Russ Martin kindly provided the following –

The Dean Mikosz memorial event put on by Dean's close friends Rick Meldon and Neil Abery, now in its second year is fast becoming a popular event on the BDFPA Calendar. All BDFPA rules are applied allowing this event to stand as a qualifier for the British Championships. The only exception is the award given out on the day. There is only one award, the Dean Mikosz Memorial Trophy. This is not given to the biggest or best lifters of the day but rather the lifter that represents the spirit of the sport as Dean Mikosz did. This event was well turned out, not just by those showing their support, but now by new lifters looking to gain qualification for the British.

The event was hosted at the Sunbury Cricket ground, this venue offers great facilities and atmosphere and with Rick Meldon and Neil Abery as MC's you know your are in for an interesting and fun time. The venue was set up with a great sound system and lifters were introduced to the platform with a good bit of rock music.

19 Lifters on the day including a few veteran guest lifters joining the party to lap up the atmosphere. Hard not to, I only went along to referee this event and got roped into deadlifting once I saw the setup the night before.

A strong presence of lady lifters here with 6 lifters including WDFPF World Champion Hayley Rutherford all the way from Scotland. They all got stuck in and put in great performances.

Ryan Rutherford also down from Scotland along with his sister and father Paul Rutherford (running the desk and refereeing). Ryan put in some great lifts entertaining the crowd with his epic deadlifts at the

end really grinding out the weights to make them count.

Neil Abery took to the platform equipped to honour Dean's 266kg world record squat in his second attempt. He then decided to up it a gear and attempt 290kg, form looked good but there is only so much you can do with 4 weeks preparation.

Andy Bonner was along to break some records no less. Putting in some massive unequipped squats up to 245kg at 56 years old. His benching was also on form and deadlifting big too.

Rick Meldon even dusted off his kit to return to the platform for a spot of deadlifting. With his tongue in cheek grand entrance from behind the curtains to rock music the stage was set for a good time. He smoked his 200kg opener and proceeded to air guitar with 200kg in his hand. Definitely a moment to remember.

The big battle was in the 110 unequipped class with current WDFPF world champion Alistair Murdoch vs. the former champion Simon Marshall. Simon took the early lead in the squat by 20kg with his 260kg 3rd attempt. Alistair opened his benching with 210 kg clawing back 15kg from Simon's lead. His second attempt was 225kg which while very strong beat the press command and no lift could be given. And sadly the power was gone by 3rd attempt. Simon was having a good day on his bench finishing with a life time best of 200kg keeping him 10kg ahead of world champion. He did take a 4th of 205kg and was successful also but this does not count toward the competition. With deadlift event to go, both lifters were looking tired but their desire to win forced them to find another gear. Hard not to with Rick Meldon at the microphone providing great banter and commentary on the lifts.

With Alistair opening higher on the deadlift he was within 5kg of Simon's lead. Both took 275kg on their second attempt and were successful. Meaning it was all down to the 3rd attempts. Alistair called for 280kg and Simon 285kg, Alistair put in a great effort but there was just nothing left in the tank. Simon now already the winner took the platform to take on his 285kg out of principle and secure a 10/10 lifting day. He did not disappoint with his sumo technique dialled in the bar moved effortlessly. This battle was a massive highlight of the day and you should look out for the re-match at the

forth coming British Championships!

With the day done the matter of the Dean Mikosz trophy had to be decided. This is decided by the organisers Rick Meldon and Neil Aberly each year and this year the award went to a team not a lifter. The award went to 'Team Rutherford' Hayley, Ryan and Paul, they travelled over 1000 miles that weekend to be in attendance arriving the night before to set up, lift on the day, referee, run the desk and the last ones to leave after packing away. This team really demonstrated the spirit of the sport and Dean would have been the first to recognise this also. The sport can not exist without people like this who live and breath sportsmanship. Even the best lifter of the day agreed this award went to the right people.

**Royal Navy Power-lifting Championships, Plymouth, 5th March, 2014.
Report from organiser Chris Martin –**

"The RN Championships held this year at HMS Drake saw military lifters travel from around the country to compete. At 75kg Mne Craig Mclvor made his debut with a sturdy 150kg Squat, 115kg Bench and an impressive 200kg Deadlift. 82.5kg saw Cpl Adam Baird who pulled a massive 250kg on his final deadlift more than triple his bodyweight, a staggering pull for a new comer to competition.

Our Army guests dominated at 90kg with Sgt Ian Cox managing 180kg Squat 155kg Bench Press and 230kg deadlift for 565 total. His colleague Sgt Simon Robb quite simply floored all opposition with a 230kg Squat, 155kg on the Bench (with a narrow miss at 160kg) and a simply staggering 285kg Deadlift looking like he had room for more. The RN's AET Reece Meakin, just days post the British Singles opted to just Bench and Deadlift. Reece made 160kg look surprisingly easy on the bench but missed 165kg and pulled 245kg in meteoric fashion but couldn't quite lock out 270kg.

At 100kg we had a return to competition of LMA Chris Martin returning to form after a period of injury with a 210kg Squat ,142.5kg Bench and 240kg Deadlift narrowly edging out newcomer Mne Aston Yelland who lifted 190kg Squat, 145kg Bench and 240kg Deadlift. Maj

Steve Congreve opting to just Deadlift in the M2 category pulled a sturdy 230kg just missing 240kg.

At 110kg Lt Jovin Harper cut his competition teeth with a commendable 215kg Squat, 125kg Bench and another phenomenal pull of 280kg, also looking like he had more in the tank! With several other members qualifying from earlier event's the RN team looks promising for the Nationals."

National Single Lift Championships, Beaconside Sports Centre, Stafford, 1st March; organised by Neil Thomas/BDFPA.

I never expected to re-meet with anyone given the horrendous situation over Christmas/New Year, and prediction from November that I would likely not survive major surgery planned for Boxing Day. On 16th November at Brentwood event Neil assured me that we would meet again: I certainly did not believe those words! Still, how right he was!

With only my calibrated scales in action, I weighed in all the competitors – my longest/busiest weigh-in ever – ‘unending’ yards of guys in underpants (only four with illegal boxers - thankfully!) was a ‘continuous’ sight to behold! Thankfully two sets of calibrated scales are on target to be available for Full-Power early April.

With Neil’s expertise for efficient time-keeping, we started on target with Manon Bradley and Andy Haynes running respective desks. Unable to touch a weight since Antwerp last June, owing to multiple medical problems, I was ‘allowed’ to lift mid Jan – cautiously beginning with the bar and increasing incrementally each alternate day – amazingly resulted in a WR at this event! Approximately a 75kg increase in three weeks! This is not a schedule I recommend (!). However, it WAS definitely a true learning curve for me as to exactly what I could potentially be capable of with major training deviations. My surgeon became very concerned at just how much stress the novel kidney stents he personally created for me could withstand. Being a ‘guinea pig’ here (nothing new!) has resulted in these innovative strengthened stents undergoing patent process in US with potential for thousands of thus compromised patients benefiting. I am currently working closely with his patients both in US and Germany. Boxing Day surgery needs to be repeated in June. My confidence evolves – though so does my workload in UK, Germany and USA. With two very active platforms in progress we morphed seamlessly from one discipline to next – with some extremely focused lifting. Sue

Bethell, not having the best of starts with a first squat failed on depth, magically added 6.5kg to her 2013 dead-lift (at a much reduced bodyweight) to achieve a WR and gaining best female unequipped – how good was that?! – Well done Sue – and yes, I may need you to referee at mine on May 18th especially for further experience! – Very well done! Helen Catherine Walter opening with a WR squat, went on to increase that, plus WR in bench and dead-lift in my age group weighing in at 57.80 kg – terrific! Mary Anderson was definitely on form with successes in both unequipped and equipped after a spell away from lifting.

Weighing in at 81.50 kg Charles Buchanan successfully pulled 280 and though narrowly missed an enormous third lift of 292.5kg gained best male unequipped for dead-lift discipline. Best male equipped in dead-lift went to Chris Morgan pulling more than 40kg in excess of nearest contender. Well-done!

Other notable achievements will be under our ‘results’ page as Newsletter is published.

Cheers to Phil Jones who transported Gren and I from venue to rail station for homeward journey.

Extremely happy to have been part of this event: For once, not having all the exquisite hassle/intense workload of being sole organiser (!). I passionately look forward to officiating at Full-Power next month.

Medicinal Mushrooms

Eastern medicine employs the use of unique compounds inherent in mushrooms to strengthen the immune system and permit the body to handle larger amounts of stress and training volume, which is definitely a bonus as it applies to athletes and lifters alike. For all of you not using - please take note! You do not have to be following a plant-based regime, such as I to benefit!!

Mushrooms are the fruiting bodies and the reproductive structure of fungus – known as mycelia. Capturing these to enhance our athletic potential is a bonus.

Mushrooms have been consumed for thousands of years to good effect.

Mushrooms, being the reproductive structure of a fungus, include the mycelia – with hair-like strands that grow into the host body. The mycelia has to consume the initial host body, which can be a worm or

dead wood. As the mycelia grows, the mushroom blossoms – and holds immune optimisation just ahead of full maturity.

When mushrooms are combined with herbs and an optimal eating regime, they will greatly improve health and training.

The compounds found most useful are the polysaccharides as these have received scientific attention because of their influence on inhibiting tumour growth.

There are several types of mushrooms connected with athletic performance, as well as tumour suppression. Here is what I recommend:

Cordyceps

This grows on the living bodies of particular moth larvae. It sends up its fruiting spores, thus releasing its potential for us as athletes.

Cordyceps grows in the form of fine threads, penetrating the larvae and eventually mummifying it. Eastern medicine applauds its ability to increase immunity, ameliorate stress and enhance training ability.

Maitake

I recommend this to patients, especially those exhibiting a compromised cholesterol picture and to lower LDL levels. It is also a great tasting version of the mushroom family – one to just eat and enjoy at around a three times per week intake; all-round benefit for lifters.

Shiitake

I have personally used this extremely effectively. This is one of the better known mushroom species – even available at Waitrose, etc. I apply to any immune deficiency with effective results.

Reishi

I have particularly benefited from this during my recuperation from latest surgery. I have to endorse!! I used high doses ahead, during and after. The primary component – beta-d-glucan has definitely contributed to my speedy recovery.

I recommend you all to research the above as it may apply to yourselves and your training potential.

These mushrooms are mostly available to eat direct, or via supplementation.

Hopefully I will soon receive permit applications for additional Divisional competitions later this year – only mine on 18th May (entries building up) and 14th June (co-hosting with Martin O’Grady) are available under ‘events’ as I write on 16th March. Neither of the

Scottish dates posted ARE PERMITTED at present (concession to Wullie only!!). Let's have some more permitted/confirmed dates from our pro-active organisers for members to work towards!

I sincerely wish all our Full-Power entrants a truly successful weekend over 5th/6th April – and look forward to seeing you all in action then! - Pat

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

2014 British Full Power

Saturday 5th April (all UN Women and UN men up to 90Kg) & Sunday 6th April (UN men 100g+ and all Equipped), Beaconside Sports Centre, Stafford. £40 1st entry. £10 second entry. [Entry Form and Details](#)

Strength & Conditioning Coach Level 1

16/17th April, Swanton Morley, Norfolk. £220 plus VAT. For bookings, contact Neil Thomas neil.thomas848@hotmail.co.uk

Strength & Conditioning Coach Level 2

7/8th May, Swanton Morley, Norfolk. £220 plus VAT. For bookings, contact Neil Thomas neil.thomas848@hotmail.co.uk

2014 European Full Power

10th/11th May, Belfast, Northern Ireland [Details Accommodation Entry Form](#)

2014 All Midlands Championships

Sunday 18th May. City Gym, Worcester. [Details and Entry Form](#)

2014 Scottish Push Pull

Sunday 18th May. Venue to be confirmed.

2014 World Single Lifts

6/7/8th June, Dusseldorf, Germany. [Details Entry Form](#)

2014 Scottish Nationals & Scottish University Team Cup

Sunday 24th August. Venue to be confirmed.

2014 European Single Lifts

12/13/14th September, Wexford, Ireland

2014 World Full Power

31st October (congress), 1st/2nd November, Chisineau, Moldova

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