

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

SUMMERTIME NEWSLETTER JUNE, 2015

Hi Everyone!

Obviously, BDFPA West Midlands have been very busy since my first 2015 Newsletter in March with both National full-power and our World Singles event. Apologies for write up delay – I took this decision as I feel I will not be able to do it justice in the scant time I have ahead between returning home and leaving UK for surgeries very early on 15th June.

Realised last week that 2015 is my tenth anniversary of BDFPA membership – five of those as General Secretary – wow, how time flies! BDFPA continue to go from strength to strength!

I was really sorry to hear of the passing of Ian Lynch. Like many of you, it was my pleasure to have lifted at the 2008 National Unequipped Full-Power Championships which Ian hosted. I have been in contact with his family and forwarded my condolences both personally and on behalf of BDFPA. Sadly I cannot attend the memorial event on 15th June as I will be in Germany for required kidney surgeries.

I created these recipes for you to enjoy totally guilt/worry-free: Each will make 2-3 servings, if you use a tablespoon of powder as one serving. These recipes are terrifically healthy, whole food – and avoiding anything likely GMO/cross contamination/etc in commercial products. Researchers at German clinic are currently evaluating – and are now in use with selected patients.

1. Pre-Workout Power Powder

Chia and hemp seeds are high in protein, almond and sesame provide healthy fats, matcha powder adds a bit of caffeine to boost your energy levels, while vanilla bean makes the whole thing taste great! Add it to a green smoothie and enjoy before your morning workout.

- 1 Tbsp. raw sesame seeds
- 1 Tbsp. raw, hulled hemp seeds
- 1 Tbsp. chia seeds
- 1 Tbsp. almond flour
- 1 tsp. matcha green tea powder
- ½ tsp. finely ground vanilla bean

Grind sesame seeds, hemp seeds, and chia seeds together until they form a thick powder. Add the other ingredients and grind for a few more seconds until evenly combined.

2. Hormone Balancing Powder

Both ginger and maca have hormone-balancing properties, while hemp, chia, and almond provide a hearty and healthy protein base.

- 1 Tbsp. raw, hulled hemp seeds
- 1 Tbsp. chia seeds
- 1 Tbsp. almond flour
- ½ tsp. ginger
- 1 tsp. maca powder

Grind hemp seeds and chia seeds together until they look like powder. Add the remaining ingredients and grind for a few more seconds until evenly combined.

3. When You Want Protein and Fibre

A recent study suggested that getting enough fibre might be the most important thing when it comes to losing weight. Here's a recipe for a protein powder that's high in protein and fibre.

- 2 Tbsp. chia seeds
- 1 Tbsp. raw flax seeds
- 1 Tbsp. raw sesame seeds
- 1 Tbsp. gluten free oats
- ½ tsp. ground cinnamon

Grind chia, flax, sesame seeds, and oats together until the mixture looks like powder. Add the cinnamon and continue grinding for a few seconds until everything is thoroughly combined.

4. Metabolism-Boosting Protein Powder

Getting enough protein in your diet is crucial for a speedy metabolism, but this protein powder also includes metabolism-boosting additions like matcha green tea powder, raw cacao powder, and cayenne pepper.

- 1 Tbsp. chia seeds
- 1 Tbsp. raw, hulled hemp seeds
- 1 Tbsp. raw flax seeds
- 1 Tbsp. matcha powder
- ½ tsp. raw cacao powder
- ½ tsp. cayenne pepper

Grind chia seeds, hemp seeds, and flax seeds until the mixture looks like powder. Add matcha, cacao, and cayenne and continue grinding for a few seconds until thoroughly combined.

5. A 'Green' Protein Powder

Pea protein is high in essential amino acids like lysine, arginine, and glutamine, and is easily digested in the body. Hemp, sunflower seeds, and spirulina give it some extra health power.

- 2 Tbsp. pure and organic pea protein powder
- 1 Tbsp. hemp seeds (ground)
- 1 Tbsp. sunflower seeds
- 1 Tbsp. spirulina or chlorella powder

Grind hemp and sunflower seeds until the mixture looks like powder. Add pea powder and spirulina, grinding for a few seconds until thoroughly combined.

6. Extra-Alkaline Protein Powder



Chia, hemp, and pumpkin are three of the most alkalising seeds out there, while spirulina and ginger are highly alkaline and really help with the detox process.

- 1 Tbsp. chia seeds
- 1 Tbsp. hemp seeds
- 1 Tbsp. pumpkin seeds
- 1 Tbsp. spirulina/chlorella
- ½ tsp. ginger

Grind chia, hemp, and pumpkin seeds until the mixture becomes a powder. Add ginger and spirulina, continuing to grind for a few seconds until thoroughly combined.

7. Anti-Inflammatory Protein Powder

All of these ingredients are high in antioxidants, omega-3s, or both (flax and chia). Combined, they deliver a ton of healthy protein, fat, and anti-inflammatory power.

- 1 Tbsp. chia seeds
- 1 Tbsp. hemp seeds
- 1 Tbsp. raw flax seeds
- 1 Tbsp sunflower seeds
- 1 tsp. matcha powder
- ½ tsp. raw cacao powder
- ½ tsp. ginger

Grind chia, hemp, and flax seeds until the mixture becomes a powder. Add ginger and cacao, grinding for a few seconds until thoroughly combined.

8. To Get vital Omega-3s

Flax and chia seeds are known for their high omega-3 content, and adding a few tablespoons of walnuts and sunflower seeds boosts the omega-3 content even more, making this protein powder brain supporting, anti-inflammatory, and totally heart healthy.

- 1 Tbsp. flax seeds
- 1 Tbsp. chia seeds
- 2 Tbsp. walnuts (ground)
- 1 Tbsp. sunflower seeds

Grind flax, chia, walnuts, and sunflower seeds until the mixture looks like powder. Grind for a few seconds until thoroughly combined.

For all of these recipes, be sure to store them in a sealed container in the refrigerator. Although ground seeds go rancid far quicker than whole seeds, if stored properly they will keep for up to 2 months.

Feel free to play around with some of the ratios and flavours until you find the perfect mix for you, and enjoy!

Whilst travelling home from clinic, I picked up this information from Daily Mail 10.04.2015 “NOW PARENTS EXPECT THE ASHYA TREATMENT”

A paediatrician at Southampton General said clinicians now have to explain why children can't have proton beam treatment, when their child has the same brain tumour as Ashya King. Proton beam therapy is highly targeted with much less radiation damage of healthy tissue, particularly tissue & organs behind the tumour. (My comment: This is probably why the authorities enlisted the police to chase the family to Spain and arrest and handcuff them like criminals. The authorities did not want the British public to find out that there is an advanced treatment with fewer side-effects in other countries. People would then ask why Czech Republic with ten million people has this machine - whereas Britain - with sixty million plus population, is without. Dietary approaches have amazing healing potential – as with me and countless others – Proton beam therapy, though with some obvious drawbacks, at least spares other tissue: The UK authorities' actions backfired and many want the answer. Perhaps part of the problem is all the money NHS wastes on sun-cream, toothpaste and totally unnecessary procedures!). Thank goodness I am not part of our NHS!

Really pleased to have input from Geraint Davies as below – exactly what our Newsletter requires! -

The Wales division has grown in numbers over the past year and this showed with over five times as many entrants (twelve of which were female) at the National Single Lifts compared to the year before. The team spirit we have sees us describe ourselves as a "Powerlifting Family" and you can see this in three examples - we stayed in the same hotel, over twenty-five of us enjoyed a meal together the night before and Dean Roberts sorted matching team kit from Raise The Bar Gymwear, which was positively commented on at the championships. On the day all our lifters were supported by those

waiting for their own flights offering cheers of encouragement. Perhaps that's why we performed as well as we did.

Women's Squats

The Wales team had five female's competing in the squat, the record setters! Louise Brookwell set a British record and placed 1st in the 53kg category. Wendy Evans set a World record in the M2 55.5kg category and also placed 1st. Emily Burns in just her 2nd competition set a British record in the junior 63kg category and placed 2nd. Rachael Armstrong placed 2nd in the 70kg category breaking a MPF record and Samantha Jenkins came 1st in the 90kg category.

Women's Bench Press

Surprisingly there were more women from the Wales team taking part in the Bench than men! Seven of our girls stepped up to the platform to show what they were capable of again breaking records in a few categories. Louise Brookwell and Wendy Evans both placed 1st in their categories. Louise Delaitre set a British record in the 55.5kg junior category and placed 3rd. Emily Burns placed 2nd and set a British record in the junior 63kg category. Naomi Handley placed 5th in the 63kg category. Kathryn Holley placed 6th and Rachael Armstrong placed 7th in the 70kg category. Sarah Khan set a British record in the junior 70kg category and placed 8th overall in the 70kg category. For the three record setters it was just their second competition!

Women's Deadlift

Eleven of the twelve women that travelled to the Brits entered the deadlift. With a long day behind them the ladies performed amazingly and came away with some impressive pulls! Highlights of this lift have got to be Sue Bethell, after a long day of refereeing and

becoming a national referee, pulling 147.5kg breaking the world record in the M3 category (her drive powered by the fact it was held by an Aussie). Ffion Ankers setting a world record in the junior 55.5kg category! Wendy Evans setting a British record in the M2 category. Jessica Evans placing 2nd in the most competitive female category (63kg) of the deadlifts and pulling 142.5kg. And Rachael Armstrong and her 170kg British record attempt, her strength and aggression was amazing and she will be hitting the 170kg at worlds! Other lifters hitting personal bests and doing Wales proud included Louise Brookwell, Louise Delaitre, Kathryn Holley, Samantha Jenkins, Emily Burns and Naomi Handley.

Men's Squat

The Wales division had five male entries in the squat. Joshua Edwards, a junior, became 100kg Overall British Champion and set a new Junior British Record in the process. Taking second place overall at 100kg was another Welsh lifter Aaron Lewis, second to Joshua only on body weight! Our other three lifters were all in the 90kg category where Geraint Llewellyn placed fourth, Jarrad Combellack sixth and Nicky May seventh. Special mention to Jarrad who set a new T3 British Record and narrowly missed out on the WDFPF T3 World Record.

Men's Bench Press

Six men from Wales entered the Bench Press. The top performers were Geraint Llewellyn placing 3rd in the 90kg class and only just missing out on 1st (Geraint attempted the heaviest lift of all eighteen lifters in the 90kg class but failed to lock out the press), Joe Smith in only his second competition placed fifth at 110kg against world class opposition, and Luke Phillips placed 5th in a very competitive 75kg class. Our other entrants were Aaron Lewis, Nicky May and Dan Yuill.

Men's Deadlift

Deadlifts proved to be the most popular event with nine men from the Wales division competing in this discipline. Junior lifter Joshua Edwards took his second title of the day becoming 100kg Overall British Champion with a Junior British, and the Junior WDFPF European and World Records. Luke Phillips took second place in the 75kg class and was very close to locking out his third lift that would have placed him first with the heaviest Deadlift attempted by those at his weight. Geraint, Nicky and Jarrad gave a good account of themselves at 90kg, as did Aaron at 100kg, and Dan and Joe at 110kg. Dean Roberts who refereed a number of flights on the day and became a National Level Referee in doing so even had time to hit a personal best deadlift and place fifth at 100kg.

Most of our lifters achieved personal best lifts and a number of divisional records were set on the day. The divisional records are a great way to measure progress as it shows the current crop of lifters are at the cutting edge. The fact that British records were also set and British titles were achieved or within striking distance puts the division in a very healthy position with a promising future!

National full-power Championships, Beaconside, Stafford - 28th-29th March, 2015.

An absolutely excellent event, it flowed seamlessly with Neil's penchant for precision timing.

The girls did us proud! Big team from Scotland with following notable results - Hayley Rutherford and Lisa Tobias kicked Saturday's lifting off: Hayley recording WR's in all disciplines and Lisa in both squat and dead-lift. Gaby Coia twice failed a WR squat, though thankfully achieved on third attempt. MPF dead-lift record achieved by Karen Dalziel, Cathy Macaslan took European records with all disciplines

and Alice Pearsons with National record dead-lift and a European bench record. Bernie Cunninghame achieved a 100 kg WR bench press. There was no stopping Mary Anderson with multiple WR's. Catherine Walter achieved WR in squat and dead-lift, Frankie Rickwood with National records for squat and bench and a WR for her second and third dead-lift

East Counties lifter Pat Tombs was delighted to achieve a WR for bench and dead-lift. Jen Cassar logged WR's across the board, Sue Bethell increased her squat and dead-lift WR's, Sophie Walker achieved a WR squat and a European record for her bench press. Amanda Gisby, though failing first attempt with a WR (not a good idea!), achieved 125 kg as second attempt. Polly Thompson took National records for all disciplines and set two WR's for dead-lift. Tian Peacock enjoyed National, European and a WR.

Of the lighter male lifters ever-focused, David Gray pulled a WR dead-lift of 252.5 kg at 66.50 kg b/w. Additional National records from Chris Wong, Luke Rogers and Richard Webb – plus a European total record from East Midland's M4 lifter Michael Round – 510 kg at 81.60 kg b/w – I just know he was real pleased with that!

Pat Tombs well-deserved the Andrew Varley Memorial trophy, which Neil presented.

Best unequipped female lifter just had to be Mary Anderson and my local lifter, David Gray was undoubtedly the best unequipped lifter on Saturday – well done David!

Sunday for 90 kg plus and for equipped lifters – Simon Robb with his World MPF dead-lift was declared best unequipped male lifter. Our super hardworking webmaster Pete Gaskin, off to a rocky start with squat depth, just made legal depth by millimetres as of second attempt and was presented the Ken Smith Memorial trophy. Ken Smith was a great friend to me and I'm

so pleased I was able to nutritionally educate him to live as long as his lifestyle allowed. Well-done Pete!

Best unequipped Master lifter trophy and SO well-deserved with World records across the board – phenomenal (!) was presented to John Gavin Walker, M8 110 kg lifter – though almost eight kilos shy of that. It has been my pleasure to have known Gavin for well over a quarter of a century – his help to me when I first became involved with power-lifting in late eighties was second-to-none: Though at a BAWLA International event many moons ago, when he was superlative in his MC role and I was being coached by Ron Reeves – Gavin knows I still hold him ‘responsible’ (!!!!) for timing me out as of first bench press!! – This taught me to totally NOT to accept as of ‘what time you may be lifting’ from any official/anywhere!!!

John Gavin Walker is a total inspiration.

Thank you SO much Gavin for being part of my contribution to power-lifting: Please ‘keep going’ assuredly way beyond myself!

Some excellent records from Chris Protheroe, Callum Cordwell, Darren Bell, David O’Neill, Sydney Borocho (Euro bench), Ron Jewell – across the board lifting for National records at M6 and well-under body weight in 100 kg class, Paul Merricks with a great bench press: Steve Haswell, young Ryan Rutherford with a Euro squat and National dead-lift and total,

Mick Amey for World records in squat, dead-lift and total. Ian Hawkins and Mary Anderson each rewarded as best equipped male and female lifters on Sunday – with Mick Amey ensuring a great day as recording best equipped Master lifter.

My respect to you all for your 2016 re-run!

Scottish bench-press Championships, Burns Gym, 11th April, 2015

Report unavailable

European full-power Championships, Worx Gym, Gorey, Ireland, 18th-19th April, 2015

I think Neil and I will connect this event as to how cold it was! Around 7 am on Sunday morning I suggested Neil close the gym door – though he believed it was actually ‘warmer’ outside, so we left door open! It really never warmed up – thermals and blankets would have been appreciated!!

Extremely busy for unequipped on the Saturday and with only minimal referees available, Neil and I judged for the whole of the day. Our UK team were Jen Cassar, Louise Capicotto, Megan Batchelor, Sue Bethell, Alex Fodor, Chris Lindley, Laurent Constantin, Zoltan Mihalyi and Ian Hawkins.

Sue gained a WR in squat, deadlift and total and Ian a WR for his 263 kg equipped bench press, weighing in at 118.8 kg body weight Well-done both!

Italian lifter Maruska Bertoli at just 49.5 kg body weight pulled a terrific 150 dead-lift and a WR total of 330 kg and was best female lifter: An absolute pleasure to watch.

Belgium lifter Indra Sudarminto declared best unequipped lifter with a WR squat of 245 kg – twenty kilos in excess of three times body weight, a WR dead-lift of 275 kg and a WR record total of 675 kg. Totally fantastic!

Though refereeing on the other platform, I managed to witness some of Indra’s lifts – or at least was made aware of positive outcome from the intense applause! Way to go Indra!

Yet another excellent event organised by IDFPA.

South West Push Pull, Kernow Gym, Redruth, 26th April, 2015

Thanks to Ryan Hough for this report

Having previously run multiple strongman competitions under the “Kernow Show Of Strength” brand, I was eager to run my first powerlifting competition in the new gym (Kernow Gym) After approaching the BDFPA (British Drug Free Powerlifting Association) we set in motion for this to happen.

We already had 2 Eleiko Powerlifting bars but wanted to make the competition even better so we ordered a Competition bench from Strength Gear. www.facebook.com/strengthgear

Once word got out around the gym that we were going to be running a drug free powerlifting competition many members stepped forward who had never competed in any competition before, ready for the challenge which was great to see!

We were excited to run the competition and wanted to make sure everything was right, so we tweaked the gym for the day moving equipment around and making sure we had enough chairs for the spectators and I made sure that all the new athletes were aware of what they needed to do (kit check, weigh in, technique on lifts etc)

Competition Day

Firstly I want to say thankyou to the BDFPA for letting me run the competition, the judges that travelled to ref the competition (Russell Martin, Shachar Head, James Minear) Chloe Halliday on the score desk and all the athletes that competed, Holly for taking lots of pictures of the competition and finally to the loaders (Martin Pearce, Kieron Evan's Ryan Mcmillian, Richard Birchmore) which as most know have pretty much the hardest job all day. It was great to see a

large level of athletes from Cornwall which is normally lacking in strength athletes.

Bench Press

First lift was the Bench press, some great lifts were achieved by multiple lifters in multiple weight classes, one stand out lift for me was Martyn Oshea from Kernow Gym hitting a 10kg person best on the day with 140kg on his third lift, and of course Adam Taylor opening with 185kg from Kernow Strength And Conditioning.

Deadlift

The 2nd lift was the deadlift, which saw some impressive lifts including records from both Simon Mansell hitting a 220kg deadlift and his son Connor Mansell with 152.5kg. I would also like to mention a great lift from Paul Hughes who came to Kernow Gym wanting to get back to his best ever deadlift from his earlier years of 170kg, Now 54 years young Paul smashed this record in the competition hitting a life time best of 185kg!

The day was a great success with a good crowd of people taking up all the chairs and standing room to cheer on the athletes.

Many of the lifters came out of their comfort zone to compete in this competition including Heather Grace Paciuszko who although only recently started training in powerlifting stepped up as the only female to compete and showed great potential. Other Members who represent Kernow Gym and competed for the first ever time included Adam Steven's, Carl Thomas, Jimmy Ray, Martyn Oshea and Paul Hughes.

This was a bittersweet event for me to organise. For sentiment's

sake it just had to be held at Hatchford. I first met with Gren there a quarter of a century ago: An instant magnetism between us was consolidated there and then.

I instinctively 'knew' Gren would have wished for the first memorial event to be at Hatchford and I know he would have wanted me to lift/qualify, referee and provide everything for our members to attempt/break National records. Thankfully I was able to achieve that.

Stan Macrow, the caretaker of Hatchford Youth club – and a good friend of Gren for the last sixty years - afforded me great assistance for this event – even including coaching my entrants on the day! That's just Stan – a passionate power-lifter through and through – a World record holder/ IPF referee and a prolific organiser for GBPF. Whatever our sport requires, Stan can either achieve it – or has already done so!

I remain indebted to Neil Thomas admirably battling with the heat – this time around (!) loading/spotting throughout the day and I was extremely moved at Welsh input from Sue Bethell, Dean Roberts, Phil Webley-Parry, alongside another Welsh spotter/loader whose attendance was especially appreciated.

My thanks as always are extended to Danylo Chepa for transport to and fro and skilfully working the desk, Ruth Farrell who gave up her personal time to assist with desk duties – and to Colin Cooke for his referee availability.

Everyone donated their expenses towards Gren's charity – and I thank you all SO much for that. Upon further discussions with Gren's daughter, it was decided that Gren would have preferred any money beyond venue hire, etc expenses to be forwarded to BDFPA. I subsequently handed Neil a cheque for £400.00 on 5th June.

Real pleased some National records were created/exceeded and do forwardly hope this event will continue to be organised in West Midlands, beyond myself.

World Single-lift Championships, Telford, UK 12th-14th June, 2015

Delayed, please see opening paragraph.

The next time you have a chance, see how an animal moves—the rhythmic lope of a wolf whose body becomes the motion. Watch the horse in a field, tossing its mane, pounding its hooves and charging about for sheer pleasure. Learn from the dolphin who leaps high in the air, twisting its powerful body before disappearing into the waves, only to emerge a minute later in another joyous leap. For many years I wondered why, after childhood, most of us no longer experience this kind of explosive joy, rhythmical freedom and sensuous energy grounded in the physical body. I kept asking myself these questions: Why do we often feel only half alive? Why do we tend to look upon our body as something separate from ourselves, something to be criticised, judged, or pushed and shoved into shape, instead of celebrating its power by surrendering to the joy of sensuous movement the way our animal friends do?

LEAVE DEATH BEHIND

For too many people, their primary experience of the body is one of deadness. And since none of us are able to live with deadness for too long, we turn to artificial stimulus through drugs or alcohol, compulsive work or sex—anything that seems to promise it can make us feel alive again. The trouble is this: None of these artificial things that we hope will recover our aliveness work for long. Where does the real key lie? I believe it can be found in special kinds of movement which bear little resemblance to what most people think of as ‘exercise.’



YOU ARE NOT A MACHINE

People often talk about the body as if it were a machine. In reality, your body is nothing like a machine. A machine, when you use it, wears out. Your body is designed to be active. The more you move it for the sheer joy of what this feels like, the stronger, more sensuous and more beautiful it looks and feels—no matter what your age.

The key to joy, bliss and aliveness lies in the same tissue that holds the key to burning excess fat—in your muscles. Muscle is not only the engine that turns your foods into energy and burns fat. It can generate an experience of simple pleasure in whatever you find yourself



wonderful.

The power of the horse, the rhythmical gait of the wolf, the wild playfulness of the dolphin all depend on strong, healthy muscle. To create a firm, lean body for yourself, start listening to and nurturing your muscle. Become aware of your body as a friend and ally. Then you can begin to experience the many gifts this can bring you. Soon you will learn how to move for the sheer joy of it.

DO WHAT YOU LOVE



Personally, I love movement. But only because doing it makes me happy. I would never exercise because the powers-that-be tell me I ‘should’ or out of a sense of duty, or for fear of putting on weight. To do that would not only imprison my body, it would kill my spirit. It would be like taking a thoroughbred and binding it so that it can’t get out of the starting gate.

Here is my advice: discover what physical things you love doing, then do them for the sheer pleasure of it. You might swim or jog or dance just because it feels good and makes your body sing.

Or rebound on a mini-trampoline—something that is particularly good for energising and internal spring-cleaning. Swimming can be great because it feels so sensuous. But don’t make yourself swim laps in some driven way. Instead, move deliciously through the water. Play as a child would. Notice the bliss your body feels as you do. Walking can be a good place to begin - start with a simple walk each day, while paying attention to how your body feels with each step you take.

ALL ABOUT PLAY

Once you discover just how vast your body's potential for joy is and you begin to delight in this, your experience of movement can change forever. Far from being a form of exercise you once did quickly to get it over with, it will become one of the most enjoyable experiences in your life. Exercise that is not play accentuates rather than closes the split between body and spirit. Exercise that is drudgery, labour, something done only for the final result is a waste of time.



MEDICAL BENEFITS OF MOVEMENT

Regular movement done for joy even helps transform the body in medically measurable ways by:

Restoring healthier blood pressure

Improving insulin sensitivity—countering metabolic syndrome

Decreasing cravings

Improving cholesterol profile

Preventing bone loss

Helping to prevent osteoporosis and fractures

TAKE THAT STROLL

Daily walks can be a lot of fun. They can also be a major factor in disease-prevention, as they help keep your body clean from the inside out. They increase vitality and improve your mental state. How far? How fast? That depends on how fit

you are and on how your body feels as you move it. Start slowly if you are not used to exercise, then gradually—over a few weeks—increase your pace if this feels right to do. Walk with the simple intention that you are going to allow your body to flow, step by step, so it can enjoy the pleasure of feeling full of life. Walking brings your awareness into your body, along with the magnificent spirit that is the essence of who you are. Do this and before long, you and your body become one.

DE-AGE YOURSELF

Research into age-retardation shows clearly that it is not a pill, magic potion, or some glamorous and expensive youth treatment which best reverses the long and depressing list of changes that have come to be associated with aging. It's simple movement. How much such movement you allow yourself determines the level of your 'VO₂max'. (maximum oxygen consumption)—the most critical measurement of your body's heart and lung performance.

In most people, VO₂ max declines steadily after the age of 30—at a rate of about 1 per cent per year—simply because, unlike our primitive ancestors who remained active all through their lives, we lead a largely sedentary existence. So we often age more rapidly. We experience a decline in cardiovascular and lung fitness, we lose muscle and bone tissue, our skin wrinkles and thins, and we experience a progressive stiffening of the joints. These age-related changes occur at about the rate at which VO₂max declines.

YOUR BODY REBORN



The wonderful news is that a decline in V02max and rapid aging are by no means inevitable. When a person of 35, 55, or even 75 moves his or her body regularly, this can restore V02max levels to that of someone many years younger. Vitality increases. Parameters such as cardiovascular fitness, heart-rate, cholesterol and blood-lipids return to healthier, more youthful measures. Skin looks younger, high blood-pressure lowers, joints regain flexibility. Loss of minerals from the bones is halted and muscle-mass increases. Believe it or not, even intelligence and memory improves.

Movement has profound value which goes beyond health and leanness. It helps reconnect us with our essential being – physically, mentally, emotionally and spiritually. It's time for us to throw out all the exercise-related 'shoulds' we have swallowed for years. Start today to explore the real sensuous, blissful gifts of movement. Now is the time to discover for yourself how, when you begin to move for pleasure, this approach to exercise can literally turn your life around. Do what you love, let your body move as it wants to, and see where this takes you and how much your life improves.

Forthcoming events –

2015 RAF Full Power Championships

24th June, RAF Cosford, WV7 3EX. More details from annie048squip@aol.com Entry £10. Open to all Military & Police personnel. Other BDFPA members by request only.

2015 Welsh Counties Powerlifting Championships

Sunday 5th July, Pontypridd, [Entry Form and Details](#)

2015 MOTIV8 Open Championships

Sunday 5th July, Kings Lynn, Norfolk. Full details from [James Jeffries](#)

2015 South West Mid Year Full Power & Single Lifts

12th July, Plymouth Performance Gym. [Entry Form](#). Contact [Simon Mansell](#) for competition details.
Also a Referee exam and assessment Day£10, contact [Chris Morgan](#) for details.

2015 MPF Single Lift Championship (Provisional Date)

18th July, email neil.thomas848@hotmail.co.uk for details. Open to all serving, retired and reservist Military, Police, Fire, Ambulance, Prison, UOTC and Cadet Forces

2015 West Midlands Push Pull

26th July, Dominator Gym, High Street, Tipton, DY4 9HP [details and entry form](#)

2015 Four Nations Powerlifting Championships

1st August, Scotstoun Stadium, Glasgow. Entry by selection only. [Event Rules](#)

2015 RAF Team Selection Camp

17-19th August, RAF Cosford, WV7 3EX. More details from annie048squip@aol.com

2015 North West Divisional

23rd August, at Crossfit, Central Lancaster, full power and single lifts [Entry Form](#)

2015 Scottish Nationals

12th September, Burns Gym, The Racks, Collin, Dumfries, DG1 4PU. See [Scottish Website](#) for further details.

2015 European Single Lifts

18-20th September, Riva del Garda, Trentino, Italy [details](#)

2015 Combined Services Single Lift & Full Power Championships

9th September, RAF Cosford, entry via Military reps only, email neil.thomas848@hotmail.co.uk for details

2015 West Midlands Divisional Championships (Split event)

26th September Women and up to 82.5Kg Men, 3rd October 90Kg and up Men, Alexander Stadium, Birmingham, [Entry Form and Further Details](#)

2015 Welsh Divisional Full Power & Single Lift Championships

27th September, PUB Gym, 14 Swift Buildings, Bangor, LL57 1DQ. [Further details & Entry Form](#).

2015 Scottish Push Pull

3rd October, Burns Gym, The Racks, Collin, Dumfries, DG1 4PU. See [Scottish Website](#) for further details.

2015 RAF Push Pull Championships

14th October, RAF Cosford, WV7 3EX. More details from annie048squip@aol.com Entry £10. Open to all Military & Police personnel. Other BDFPA members by request only.

2015 South Winter Single Lifts

18th October, Plymouth Performance Gym. Further details to follow.

2015 World Powerlifting Championships

30th October -1st November, Gela, Sicily, Italy [Travel Information & Hotels](#)

2015 South Winter Full Power

8th November, Plymouth Performance Gym. Further details to follow.

2015 British Police Powerlifting Championships

21st November, Salt Ayres Sports Centre, Doris Henderson Way, Lancaster, LA1 5JS. Contact Kevin Kavanagh kekay.kk43@gmail.com
Tel 07885 223140

2015 West Midlands Bench Press Championships

28th November, Alexander Stadium, Birmingham, details to follow

2015 UK Masters Championships

5th December, Glasgow, details to follow

2015 Eastern Counties Divisional

Saturday 12th December Juniors, Masters & Equipped, Sunday 13th December Open Unequipped.
Brentwood Barbell, Doddinghurst Road, Brentwood Essex. [Entry form and Further Details](#)

2016 UK RAF Bench Press Championships

Provisional date of 20th January, RAF Cosford, Entry via RAF committee only. £10.00 entry fee to be paid to RAFPA on the day. Accommodation details and entry form to follow. Further information from [Ann Thomas](#)

2016 British Full Power

Saturday 27th & Sunday 28th February, Beaconside Sports Centre, Stafford. £50 1st entry. £20 second entry. Closing date 19th February.

Day 1 - all Women's unequipped, all unequipped Male up to 82.5Kg.

Day 2 - Male 90Kg and up, plus all equipped lifters

Electronic Payment options will be listed on the event instruction for those who wish to pay by this method, for all others cheque, postal order or cash as indicated. [Entry Form](#)

2016 British Single Lifts

Saturday 26th & Sunday 27th March, Beaconside Sports Centre, Stafford. £50 1st entry. £15 second entry, all additional entries £10. Closing date 18th March.

Day 1 - all Women's disciplines, all Male disciplines & male disciplines up to 82.5Kg, including equipped lifters in these categories.

Day 2 - All male disciplines from 90Kg upwards, including all equipped lifters in these categories.

Electronic Payment options will be listed on the event instruction for those who wish to pay by this method, for all others cheque, postal order or cash as indicated. [Entry Form](#)

2016 RAF Full Power Championships

Provisional date of 22nd June 2016, RAF Cosford. Entry via RAF Committee only. £10.00 Entry fee to be paid to RAFPA on the day. Accommodation and Entry form (to be released) direct to Ann Thomas. E-Mail annie048Squip@hotmail.com

2016 RAF Team Selection Camp

22-24th August (Provisional), RAF Cosford, WV7 3EX. More details from annie048squip@aol.com

2016 Combined Services Single Lift & Full Power Championships

September, Venue TBC, entry via Military reps only, email neil.thomas848@hotmail.co.uk for details

2017 RAF Bench Press Championships

Provisional date of 25th January 2017, RAF Cosford. Entry via RAF Committee only. £10.00 Entry fee to be paid to RAFPA on the day. Accommodation and Entry form (to be released) direct to Ann Thomas. E-Mail annie048Squip@hotmail.com

2017 British Full Power

Saturday 24th & Sunday 25th February, Venue TBC. £50 1st entry. £20 second entry. Closing date 13th February.

Day 1 - All Women's unequipped, all unequipped Male up to 82.5Kg.

Day 2 - Male 90Kg and up, plus all equipped lifters

Electronic Payment options will be listed on the event instruction for those who wish to pay by this method,

for all others cheque, postal order or cash as indicated.

2017 British Single Lifts

Saturday 25th March & Sunday 26th March, Venue TBC. £50 1st entry. £15 second entry, all additional entries £10. Closing date 13th March.

Day 1 - All Women's disciplines, All Male disciplines up to 82.5 Kg Class including equipped lifters in these categories.

Day 2 - All male disciplines from 90 Kg Class upwards, including all equipped lifters in these categories.

Electronic Payment options will be listed on the event instruction for those who wish to pay by this method,

for all others cheque, postal order or cash as indicated.

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2017 RAF Full Power Championships

Provisional date of 28th June 2017, RAF Cosford. Entry via RAF Committee only. £10.00 Entry fee to be paid to RAFPA on the day.

Accommodation and Entry form (to be released) direct to Ann Thomas. E-Mail annie048Squip@hotmail.com

2017 RAF Team Selection Camp

21-23rd August (Provisional), RAF Cosford, WV7 3EX. More details from annie048squip@aol.com

2017 Combined Services Single Lift & Full Power Championships

September, Venue TBC, entry via Military reps only, email neil.thomas848@hotmail.co.uk for details

2018 RAF Bench Press Championships

Provisional date of 24th January 2018, RAF Cosford. Entry via RAF Committee only. £10.00 Entry fee to be paid to RAFPA on the day.

Accommodation and Entry form (to be released) direct to Ann Thomas. E-Mail annie048Squip@hotmail.com

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2018 British Full Power

Saturday 24th & Sunday 25th February, Venue TBC. £50 1st entry. £20 second entry. Closing date 13th February.

Day 1 - All Women's unequipped, all unequipped Male up to 82.5Kg.

Day 2 - Male 90Kg and up, plus all equipped lifters

Electronic Payment options will be listed on the event instruction for those who wish to pay by this method,

for all others cheque, postal order or cash as indicated.

2018 British Single Lifts

Saturday 24th March & Sunday 25th March, Venue TBC. £50 1st entry. £15 second entry, all additional entries £10. Closing date 13th March.

Day 1 - All Women's disciplines, All Male disciplines up to 82.5 Kg Class including equipped lifters in these categories.

Day 2 - All male disciplines from 90 Kg Class upwards, including all equipped lifters in these categories.

Electronic Payment options will be listed on the event instruction for those who wish to pay by this method,

for all others cheque, postal order or cash as indicated.

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2018 RAF Full Power Championships

Provisional date of 27nd June 2018, RAF Cosford. Entry via RAF Committee only. £10.00 Entry fee to be paid to RAFPA on the day.

Accommodation and Entry form (to be released) direct to Ann Thomas. E-Mail annie048Squip@hotmail.com

2018 Combined Services Single Lift & Full Power Championships

September, Venue TBC, entry via Military reps only,

email neil.thomas848@hotmail.co.uk for details