

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

WINTER-TIME DECEMBER 2015 – MY FINAL NEWSLETTER TO OUR MEMBERS

Hi Everyone!

It is with some sadness that I re-confirm above statement, though those whom have read the last Newsletter will be aware.

I do have some excellent personal news to impart!

Late on my 70th birthday last month I heard positively from Detroit that newly-designed stents had passed all eight US trials, despite some hiccups just ahead of that – my most amazing birthday present! This means that I can now receive life-saving surgeries, first scheduled on 18th December, with following two and possibly one more hopefully within six-days.

This is the news I had been awaiting since I had these re-designed beyond June's surgeries – am obviously delighted as, at least, this provides me with chance of a functional life during 2016: All Power to perseverance, multiple work 'outside the box' which pigeon-holed me as of bed-ridden existence until February/March - and going beyond even my German medical colleagues' advice!

Hopefully be in touch with you all beyond Christmas.

I am taking this opportunity, on behalf of BDFPA, to wish you all a very Merry Christmas and an amazingly Happy New Year – with lots of PB's/Records!

I truly hope to be part of that!

West Midlands split events, 26th September and 3rd October

This was an innovative attempt to host a full official Divisional and to keep numbers around thirty each time, a requirement at Alexander Stadium. It was successful at that.

First event was for the girls and lighter men. Great lifting from the girls - with across the board National records from Dayla Mlouk and Betty Gray. David Gray, David Freeman and Tom Kaye also achieved squat, bench and dead-lift National records.

Prajesh Trehan a SE T2 member was impressive and also achieved National records with his first BDFPA event. I drug tested Prajesh, results were negative.

Though no official records broken on 3rd October, there were unofficial records from newcomer Omar Keshta and as ever some superlative technical lifting from Richard Gozdecki.

South West Singles event, 18th October

Requested to attend to allow those wishing to break records that opportunity. Also further mentored four SW referees. Silvia Costa (now SE representative) had an excellent day with National records in squat and bench and has since then taken Divisional referee exam at my home and passed with flying colours! Jade Farrington at 59.20 kg credited with a terrific bench press of 75.5.kg Simon Mansell and Allen Davis both achieved National records in dead-lift.

Thanks to Sean Stupples for transporting me from station to accommodation/venue.

Congress and World Full Power in Sicily, 30th October, 1st November

My travel there was uneventful – though I could never describe the return as such with tickets refused at Catania airport, resulting in my standing at check-in and customer services for over seven hours! Eventually I arrived home the following day having paid an additional £400 on top of the £500 this event initially cost me – airline/travel agency would simply not take responsibility – currently unresolved.

Aside from above, Neil and I enjoyed the provided excellent surroundings for 2015 Congress and, whilst, lengthy – with some issues unresolved, we are hoping all will bode well with upcoming events.

There were certainly some issues that we did not totally expect, though on recent past experience with earlier Italian event, it was no great surprise that warm-up equipment was less than adequate, with girls informing me there were no 1.25 kg nor 2.5 kg plates – we ‘borrowed’ those from actually platforms! There were times when lifters/audience queued for one singular toilet is a barely acceptable condition – with spending hours drug-testing!

Still, we have to accept what is available on the actual day(s) of contest and make the best of it: When bids are presented at Congress, they are accepted at face value – it can be quite a different matter as to what actually occurs!

Beyond the event, Wim identified many Italian entrants whom had not qualified – which left UK as overall winners on points – Brilliant! Notable lifting from the following – Jen Cassar, WR squat, Habee Folami, WR squat and dead-lift, Dalya Mlouk, WR dead-lift, Bernadette Cunninghame, WR bench, Polly Thompson, WR squat, dead-lift and total, Indra Sudaminto WR total with a massive 692.5 kg unequipped at 78.1 body weight and Michael Adams with a WR dead-lift.

Police Championships, Lancaster, 21st November – following report from organiser Kevin Kavanagh – six International referees at this event!

**POLICE SPORT UK BRITISH POLICE POWERLIFTING
CHAMPIONSHIPS 2015
SATURDAY 21ST NOVEMBER SALT AYRE SPORTS CENTRE
LANCASTER**

A great venue and setup by Ben France, competition kit supplied by Les Pilling.

Referees Pat Reeves, Les Pilling, Andy Davies, Mike Leadbetter, Ally Donaldson Neil Thomas MBE

Spotters and loaders Chris Smith, Al Malkin, Simon Mansell and Nick Talbot, all hard working and very efficient.

First up was a very impressive Arlene Sweeney from Scotland, equipped lifting in the 48kg, achieving a 250kg total and 4 PSUK records for 1st. Then Sian Kenny from Merseyside in the 58.5kg, lifting a 225kg total for 1st.

63kg next and 1st was Scotland's Karen Dalziel lifting fantastically with a 317.5kg total and 3 PSUK records, followed by Laura Livesey of Lancashire in her first powerlifting competition after picking up weights 6 months ago, with a 245kg total.

Another good battle in the 70s with the Met's Claire Dimmock taking 1st place with a 275kg total and 2nd was Merseyside's Rachel Gregory pulling a strong 242.5kg total.

80s next and another great battle with the Met's Tara Johnson taking 1st place with a whopping 345kg total and 2 PSUK records, followed by Lee Ann Doubell with 317.5kg and a PSUK squat record, plus Merseyside's Sandra McVey in third with 250kg.

The 110kg men were up next and a very close battle with Merseyside's Jason Ennis pulling a 600kg total for 1st, chased closely by Pete Haslam of Lancashire with 592.5kg. And the old warrior himself at short notice Pete Sparks dragging on his long socks and singlet on to pull 420kg for 3rd.

The afternoon session saw more strong lifting, Tim Brown of Lancashire on his own in the 75s raw pulling a 450kg total and Scotland's Bernie McGurk equipped 75 and pulling 667.5kg and 4 PSUK records.

Bernie Cuninghame from Scotland in the women's 90s pulling 405kg and a PSUK squat record, whilst the men's 90s saw Merseyside's Paul Bamber lift a 627.5kg total and the overall best lifter, followed in 2nd place by Johnny Mitchell of the Met with 327.5kg.

City of London's Roy Cole lifting in the 100s on his own and pulling an excellent 600kg total, with Lancashire's Stu Roberts in the 145kg lifting a 570kg total.

The 82.5 class saw four lifters battling it out with GMP Colin Harrison winning with 567.5kg, 2nd was Scotland's Jamie Dunlop with 517.5kg, 3rd was Kevin Kavanagh of Lancashire with 475kg and Merseyside's Michael McKeown in 4th with 360kg.

An excellent day's lifting, with thanks to all referees, loaders and spotters, venue management and Lancashire Police Team Management.

Kevin Kavanagh Lancashire Police

West Midlands Bench Press Championships, Alexander Stadium, 28th November, 2015

Martin O'Grady and I jointly ran this event – very efficiently orchestrated. New West Midland referees being mentored by Colin Cooke, Andy Haynes and I, with Neil Thomas as ever eagled-eyed in back-ground. I took advantage to lift, after many years off the competitive circuit for bench – owing to permanently torn rotators. It was an opportunity to tick an empty M7 National record 'box' – ahead of upcoming surgeries.

M6 Lifter Jennifer Biswell achieved a 25.5 kg National record with Jodie Cook narrowly missing a record owing to a technicality. Totally expect Jodie will achieve this on 17th January and further increase at Nationals.

Neil and I carried out two drug tests – Cass Buckley, Welsh girl with a great bench press and newbie Matt Mephram (I coached him at my gym less than twenty-four hours ahead of his debut).

Southern Counties Full Power and Single Lifts, 13th December, 2015, Southampton

My last attended event this year – imminently leaving for first of scheduled surgeries, please excuse brevity.

This event was unusual owing to three separate weigh in times at Megan's brilliant venue. I mainly attended to oversee the upgrading to National referee status and to mark Divisional referee exams. Just ahead of my leaving UK for surgery minutes after releasing this, I hear Megan is applying a write-up (Facebook) – so less for me to do!

Apologies no article for you all – if surgeries bode well, will continue with cutting-edge info from our research centre as it may apply to you all – which Pete Gaskin will apply under 'NEWS' section of website.

Have a fabulous, productive 2016 – in deep respect of our sport – Pat