

# EAST DIVISIONAL CHAMPIONSHIPS

VENUE: MR. T'S GYM, FAKENHAM, NORFOLK

	<b>Wt</b>	<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>	<b>Total</b>
David Hollingsworth	82.5	110	85	165	360
Cliff Coppleston	90	170	132.5	225	527.5
Paul Stewart	90	182.5	115	223	527.5
Sam Donnely	125	227.5	160	205	592.5

All lifters were Unequipped.  
Referee for the meet was Matt Saunders

## ***THE LAST WORD***

O.K. so I've left it to the end to say anything but then always do the unexpected that's what I say. First off an apology. In the last issue I made an error regarding the Scottish Open. Raymond Christie in fact lifted in the Unequipped section at those championships. Sorry about that. Still the record's set straight now.

I received an e-mail from Paul Waites a couple of days ago remarking on Laine Spook's excellent showing in the "Britain's Strongest Man" competition in which Paul remarked that Laine "looked like the only drug-free athlete there" and that after the eventual winner, unfortunately not Laine on this occasion, had been lauded by the commentator for his "tremendous shoulders- fantastic effort etc. etc." he was reminded why we are all in the BDFPA because "if we fail, then there will be no corner of the strength sports not dominated by the "undeserving". Thanks for the input Paul and thanks to all who have contributed to this issue.

But where are the rest of you? I can't believe no-one out there has an opinion on something that they might wish to share with the membership.

I've had only one letter, from Mark Owens, who suggested a Newcomers/Novices page to encourage those new to the association. Good idea, I'm up for it but I need input. Letters, articles, photos (best quality please so that they reproduce reasonably well) so Gimme, Gimme, Gimme!!!! As far as encouraging new blood is concerned why not try some grading competitions based on the Incentive Awards listed in the rulebook? We tried one in the SW a couple of weeks ago. Admittedly it was a tad underattended but Del Commons, a novice, ended up with a Class II and Phil Tucker with a Class III while both Yiannis Laoutaris and Chris Ward graded at the International Elite standard with Graham Always gaining a Silver Grade Bench Press and a Gold for the Single Deadlift. Have a crack at it. It's a way for those who have never set foot on a platform to put their training and abilities into perspective. It's an acorns and oak trees thing. Of course now we need an Incentive Awards Registrar to coordinate it all. Come on guys and gals, the job's up for grabs- see page 3.

That's going to have to do for now because if I rattle on for many more lines I'll have to find a way to fill another four pages and I simply don't have enough interesting material. I'd like to make the last issue of 2000 a bumper one so please, please, please ***SEND ME SOME STUFF.***