

# BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

## **BDFPA NEWSLETTER – JULY, 2011**

I extend a warm welcome to everyone. I hope you enjoy my second newsletter which presently continues to replace 'Raw Power'. It is due to be produced quarterly by myself – next issue end of October, January – ongoing. Apologies for incurring a four-week delay – most of you know this was because of my heavy competitive International input during June, though mainly to the immediate surgery following World USA event and subsequent recovery protocol. It is, sadly, predicted to take several months before I will lift anything 'substantial' following this major shoulder surgery. Hopefully within a few weeks I will be benching a broomstick – given what I achieved after 2010's similar surgery. I did it then and am up for doing it again – Heck, I could even be 'a new woman' by 2012 – sounds good!!

Now to more serious matters:

## **SOMETHING REALLY UNIQUE FROM YOUR GEN-SEC!!**

As a published author of 'A Living Miracle', I decided last week to write my second book. After some research, I found that no-one has produced/compiled a book relative to drug-free power-lifting. Always keen at being an instigator – I reasoned that every lifter has a story/training/nutritional protocol they follow which likely has improved their results on the competitive platform – surely most/everyone keeps a training diary?!!

## **I NEED THIS INFORMATION FOR THE BOOK!**

Initially, I wanted to raise the media profile of BDFPA - now I'm going global!

Wim Backelant, President of WDFPF has been very helpful in this regard and will provide an introduction/forward to my book – alongside several others within BDFPA I guess!

My current plan is to contact every single lifter affiliated to the WDFPF, over the next several weeks/months – a somewhat daunting task, but I'll do all translations, etc and, hopefully acquire lifter's stories and training/nutritional information – especially what has previously/currently contributed to their platform-success.

This book, highlighting both BDFPA and WDFPF will be a book by lifters for lifters and potential lifters. EVERYONE BENEFITS!

One of the best bits of being a competitive lifter - whether young or old, is the immense knowledge we can all impart to the next generation of lifters. A supreme legacy, no less.

## **I CANNOT WRITE THIS BOOK WITHOUT YOUR INPUT!**

If you truly want our sport to be accredited for all time – and have your personal chapter in this book – with or without your actual name/details – as you see fit etc – please contact me ASAP at [pat@foodalive.org](mailto:pat@foodalive.org)

## **UPCOMING 2011 AGM**

As mentioned in my first newsletter, this will take place on Sunday October 9<sup>th</sup>, 2011 – 12 noon until approximately 3 pm - at Fairfield Village Hall, Fairfield, nr Bromsgrove, B61 9LZ – National Council executives and members planning routes from various locations should note this venue is a scant distance from Junction 4 – M5.

The West Midlands Division will be providing simple refreshments. Tea and coffee making facilities will be on site.

As one of the most vital duties a Divisional Representative is asked to perform – attending the AGM is top of the list. As this is the first AGM under our 'new management', I sincerely hope that all will be in attendance, or will appoint a nominee in their place. That person to be





**Tie/Badge/Flash Supplies** [Andy Davies](#) 01704 233279  
20 Kerry Ln, Brooklyn Pk, Gravel Ln, Banks, Southport, PR9 8BU

**Services Liasion Officer** [Seb Madronal](#) 07725 117297

**Army Secretary** [Seb Madronal](#) 07725 117297

**RAF Secretary** [Phil Tempest](#) 01780 781703

**Navy Secretary** [Sean Cole](#) 07984 646944

**Medical Advisor** [Dr Shahid Jawed](#)

**Legal Advisor** [Nick Rowe](#) 01242 285855

**Technical Committee** [Andrew Cominos](#) 01637 860908

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

**Photography** [Helen Isaac](#) 07802 592476

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

**Webmaster** [Pete Gaskin](#) 01546 510355

**British Records Registrar** [Pete Gaskin](#) 01546 510355

### **Drug Control Officer - Vacant**

(anyone interested in position contact President directly)

### **Divisional Representatives, Records Registrars & Referees**

#### **Eastern Counties:**

(Norfolk, Suffolk, Essex, Cambridgeshire, Huntingdon)

**Divisional Rep (NC)** [Louise Fox](#) 07962 123261

**Divisional Rep (Vice)** [Ann Thomas](#) 01760 338668

#### **Records Registrar**

(anyone interested in position contact President directly)

#### **East Midlands:**

(Northamptonshire, Leicestershire, Hertfordshire,  
Buckinghamshire, Bedfordshire, Oxfordshire)

**Divisional Rep (NC)** [Peter Linnett](#) 01162 246689

#### **Records Registrar**

(anyone interested in position contact president directly)

#### **North East:**

(Yorkshire, North Humberside, Cleveland, Durham,  
Northumberland, (inc. Tyne & Wear)

**Divisional Rep (NC)** [Eddie Bennett](#) 01274 543640

## Records Registrar

(anyone interested in position contact President directly)

### North Midlands:

(Cheshire, Derbyshire, Nottinghamshire, Lincolnshire, South Humberside)

Divisional Rep (NC)	<a href="#"><u>Nicola Elding</u></a>	0798 2057808
Records Registrar	<a href="#"><u>Phil Laing</u></a>	07752 713347

### North West:

(Lancashire, Cumberland, Westmoreland, Isle of Man)

Divisional Rep (NC)	<a href="#"><u>Les Pilling</u></a>	01524 262066
Records Registrar	<a href="#"><u>Peter Roberts</u></a>	01606 45680

### Northern Ireland

Divisional Rep (NC)

(anyone interested in position contact President directly)

Records Registrar

(anyone interested in position contact President directly)

**Scotland:** [www.bdfpasotland.co.uk](http://www.bdfpasotland.co.uk)

Divisional Rep (NC)	<a href="#"><u>William Brown</u></a>	0141 6313354
Records Registrar	<a href="#"><u>Paul Rutherford</u></a>	0141 5765030
Webmaster	<a href="#"><u>Pete Gaskin</u></a>	01546 510355

### Southern Counties:

(Berkshire, Wiltshire, Hampshire, Dorset, Isle of Wight, Channel Islands)

Divisional Rep (NC)	<a href="#"><u>Paul Rees</u></a>	01202 770894
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**Records Registrar**

**[Martin Godden](#)**

**South East:**

(Greater London, Surrey, Kent, Sussex)

**Divisional Rep (NC)**

**[Adrian Tucker](#)**

01932 245307,

07846 921735, 23 Crescent Road, Shepperton, TW17 8BL

**Records Registrar**

(anyone interested in position contact President directly)

**South West:** click [here](#) for SW website

(Cornwall, Devon, Somerset)

**Divisional Rep (NC)**

**[Graham Alway](#)**

01326 211525

**Records Registrar**

**[Andrew Cominos](#)**

01637 860908

**Wales**

**Divisional Rep (NC)**

**[Pete Sutton](#)**

01639 766004

**Records Registrar**

**[Chris Jones](#)**

01792 891655

**West Midlands:**

(Shropshire, Staffordshire, Worcestershire, Herefordshire,  
Warwickshire, Gloucestershire, West Midlands)

**Divisional Rep (NC)**

**[Pat Reeves](#)**

01384 270270

**Records Registrar**

**[Gary Conway](#)**

01905 756528

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Please note there has been further upgrading of our referees since my previous newsletter – Congratulations to Paul Rees, Melanie Golding, Adam Elkins and now we finally have Gren Elmore listed!

**[Eastern Counties](#)**

Ann Thomas

01760 338648

(Int)

Neil Thomas	01760 338648	(Int)
Matt Saunders	07901 872290	(Nat)
Ian Tudor	01328 863258	(Nat)

### **East Midlands**

Phil Tempest	01780 781703	(Div)
John Bevan	01920 422560	(Int)
Martin Green	07747 008933	(Nat)
Peter Linnett	0116 2246689	(Div)

### **North East**

Mark Norton	0114 2258443	(Int)
Dave Wallis	0114 2459901	(Int)
<u>Seb Madronal</u>	07725 117297	(Nat)
Philip Tempest	01780 781703	(Div)

### **North Midlands**

Mike Davies	01205 366569	(Int)
Roy Olsen	07976 432156	(Nat)
Nicola Elding	0798 2057808	(Int)
George Fletcher	01526 378365	(Div)

## **North West**

Andy Davies	01704 233279	(Int)
Mike Leadbetter	07783 504826	(Int)
Les Pilling	01524 262066 1	(Int)
David Fairhurst	01772 724664	(Nat)
Pete Hudson	01524 380542	(Int)

## **Scotland**

William Brown	0141 6313354	(Nat)
Brian Cuninghame	07931 517391	(Div)
Bernie McKinley		(Nat)
Steve McQuade		(Int)
Chris Martin		(Div)
Pete Gaskin	01546 510355	(Int)
Paul Rutherford		(Nat)
Ronnie Simpson		(Div)
Frank Sinclair		(Div)
Alistair Donaldson		(Div)

## **Southern Counties**

Andy Bonner	01256 363581	(Int)
Terry Jex	02380 811715	(Int)
George Troullis	07766 996361	(Int)

Andrew Green	02380 847887	(Nat)
Paul Rees	01202 770894	(Int)
Alistair Cannings		(Int)
Justin Martin		(Div)
David Tempest	01722 433465	(Div)
Steven Tyers		(Nat)
Alex Vivian		(Div)
Louise Watton		(Int)
Russell Jolley	18 Buckland Rd, BH12 2N	(Nat)
Adam Elkins	16 Alexander Terr, SP3 QA	(Nat)

### **South East**

Stephen Maden	07968 805650	(Int)
Rick Meldon	0208 6148074	(Int)
Tom Meldon	0208 2877197	(Int)
Eric West	01483 476570	(Int)
Nick Swain	01303 862600	(Nat)
Philippe Crisp	01323 485158	(Div)
Melanie Golding	01227 787899	(Nat)
Julian Vowles	07905 969454	(Nat)
Kenneth Wildman	01303 247892	(Div)

### **South West**

Andrew Cominos	01637 860908	(Int)
Chris Morgan	07545 781455	(Int)
Vernon Wills	01752 844277	(Int)
Dave Hollingsworth	01643 709661	(Nat)
Mark Rattenberry	01884 258478	(Nat)
Graham Alway	01326 211525	(Div)
Mike Bailey	01626 337990	(Div)
Robert Cooper	01823 321975	(Div)
Graham Edwards	01872 273274	(Div)
Gary Ell	01884 256704	(Div)
Alan Gunbie	07760 125326	(Div)
Simon Mansell	07779 609919	(Div)
Karl Moore	07812 698151	(Div)
Helena Savage		(Div)
Diane Smith	01626 207267	(Div)
Nathaniel Trout	01626 833604	(Nat)

## **Wales**

Steve Cook	07917 854522	(Div)
Alan Davies	01792 842771	(Div)
Gary Whitbread		(Div)

## **West Midlands**

Martin O'Grady	0121 6041457	(Nat)
Pat Reeves	01384 270270	(Int)
Terry Stansbie	01527 870347	(Div)
John Mitchell	01215 443046	(Div)
Keith Roberts	52 School Rd, GL53 8BE	(Div)
Gary Conway	01905756528	(Div)
Gren Elmore	0121 3574854	(Int)

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## **Forthcoming events-**

### **2011 Scottish Nationals**

**Sunday 24th July**

Unequipped & equipped, full power and single lifts. Marine Craft Gym, Woodyard Road, Dumbarton

See Scottish Website [www.bdfpascotland.co.uk](http://www.bdfpascotland.co.uk) for entry form

### **2011 Scottish Bench Press Championships**

**Sunday 28th August**

Boab's Gym, 1 Findlay Drive, Denistoun, Glasgow

See Scottish Website [www.bdfpascotland.co.uk](http://www.bdfpascotland.co.uk) for entry form

### **2011 South East Open Qualifier**

**Sunday 28th August**

Sunbury on Thames Weightlifting Club, unequipped, equipped, single lifts and full power. Entry Fee £25 for all. Weigh in 0730-0900, Lifting starts 0930.

3 Refs and Calibrated weights. Details from [Rick Meldon](#) 07769705116 or [Neil Abery](#) 07974178618

### **2011 European Single Event Championships**

16th, 17th & 18th September. Kohtla Jarve, Estonia

[Entry Form - Info](#)

**2011 All England Powerlifting & Single Event Championships**

Sunday 30th October, Kings Park Athletic Centre, Kings Park, Bournemouth, BH7 6JD

[Entry Form - Poster](#)

**2011 West Midlands Divisional Championships**

Sunday 6th November Power Press Gym, Turner Street, Dudley, DY1 1TX

[Entry Form](#)

**2011 World Powerlifting Championships**

Friday 11th November Congress, Saturday 12th Unequipped, Sunday 13th Equipped. Glasgow City Barbell Club, Scotstoun Stadium, Glasgow

[Entry Form - Event Details](#)

**REFEREE EXAMINATIONS**

Anyone wishing to become a referee will now have to attend a clinic and examination in local area – please contact your nearest technical officer. Please locate either Steve McQuade in Scotland – tele 07748117799, Andy Davies in North West – tele 01704 233279, Gren Elmore in West Midlands – tele 0121 357 4854, Mike Davies in East Midlands – tele 07205366569, Andrew Cominos in South West – tele -01637 860908, Paul Rees in Southern Counties – tele 01202 770394, Steve Maden – South East and Armed Forces – tele 07968805650, Neil or Ann Thomas in East Counties – tele – 01760 338648

Upgrading of referees will only take place at National or International competitions. Please declare your intention to attend and be mentored.

**I wish to impart the following information to you relative to a carotenoid named astaxanthin**

What if you could increase your strength and stamina, decrease your post-exertion recovery time and limit any soreness after your training sessions – all without any use of so-called muscle-building supplements and their potential for registering a positive drug-test reaction. (Lifters beware!)

If this sounds too good to be true, for once I urge you to keep the faith!

There just happens to be a natural compound that clinical studies are proving helps do just that - without a big price tag and without side effects.

This little-known carotenoid called astaxanthin is now believed to be the most potent anti-oxidant nature has to offer and is backed up by peer-reviewed studies.

I am having enormous success using this pink-coloured compound with my patients.

Scientists long ago discovered that a class of naturally occurring pigments called carotenoids hold powerful anti-oxidant properties that are crucial for your health. Carotenoids are the compounds in your foods which provide you with that vibrant cornucopia of colour - from green grasses to red beets, to the spectacular yellows and oranges of your bell peppers.

There are more than seven hundred naturally occurring carotenoids, but most people are familiar with only a few. Right now, you probably have about ten different carotenoids circulating through your bloodstream. The most well-known of these is beta carotene.

Only recently has astaxanthin jumped to the front of the line in terms of its status as a 'super-nutrient', becoming the focus of a large and growing number of peer-reviewed scientific studies.

One of the benefits of astaxanthin that has piqued the interest of researchers is its ability to enhance athletic performance. Whether you are an elite athlete or keen to improve your power-lifting performance on the platform, this carotenoid can help.

Astaxanthin's benefits to your health do not stop there - in fact, so many benefits that I have been asked to write more about it recently. Many carotenoids are easily obtainable through a good diet rich in fresh organic produce. However, this powerful carotenoid is harder to come by.

Natural astaxanthin is produced only by the micro-algae *Haematococcus pluvialis* whenever its water supply dries up, forcing it to protect itself from ultraviolet radiation. It's the algae's survival mechanism—astaxanthin serves as a 'force field' to protect the algae from lack of nutrition and/or intense sunlight.

There are only two main sources of natural astaxanthin, the micro - algae that produce it, and the sea creatures that consume the algae (such as salmon, shellfish, and krill).

Synthetic (laboratory-made) astaxanthin is now commonly used worldwide to supplement fish feeds in order to obtain the desired pinkish to orange-red colour. You really should avoid the synthetic version because it is produced from petrochemicals.

Astaxanthin is the main reason salmon have the strength and endurance to swim up rivers and waterfalls for days on end—their diets are high in this pigment, which concentrates in their muscles and makes them one of the ‘kings of endurance’ of the animal kingdom. This pigment is the most commonly occurring red carotenoid in marine and aquatic animals and is what gives salmon their characteristic pink colour.

Astaxanthin is far more potent than beta-carotene, alpha-tocopherol, (part of the Vitamin E complex), lycopene and lutein, other members of its chemical family. It exhibits very strong free radical scavenging activity and protects your cells, organs and body tissues from oxidative damage.

Astaxanthin's unique ‘anti-oxidative artillery’ provides for some impressive health benefits including improving cardiovascular health, stabilising blood sugar, boosting your immune system, fighting cancer, reducing inflammation, improving eye health - even helping to protect you from sunburn.

There are many properties that make this carotenoid unique. Here are the main differences:

- Astaxanthin is by far the most powerful carotenoid anti-oxidant when it comes to free radical scavenging: It is sixty-five times more powerful than vitamin C, fifty-four times more powerful than beta-carotene, and fourteen times more powerful than vitamin E.
- Astaxanthin is far more effective than other carotenoids at singlet oxidation quenching - which is a particular type of oxidation. The damaging effects of sunlight and various organic materials are caused by this less-stable form of oxygen. Astaxanthin is hundreds of times more powerful than Vitamin E and at least eleven times more powerful than beta-carotene at neutralising singlet oxygen.
- Astaxanthin crosses the blood brain barrier - whereas beta carotene and lycopene do not, this brings anti-oxidant and anti-inflammatory protection to your eyes, brain and central nervous system and reduces your risk for cataracts, macular degeneration, blindness, dementia and Alzheimers disease.
- Astaxanthin is soluble in lipids, so it incorporates optimally into cell membranes.
- It's a potent UVB absorber and reduces DNA damage.
- It's a powerful natural anti-inflammatory.

There have been no adverse reactions found for people taking astaxanthin. It is very safe and non-toxic, unlike the majority of ingredients found in common 'muscle-boosting' supplementation - many of which can be contaminated either directly or because steroid/pseudo steroid containing ingredients are transported within the same medium of mass-production. In simplistic terms – if you want to pull out the best from yourself, it's not rocket science to know that you really need to be super healthy!

Buying a package which states 'this will transform you into a super-human' plays on your 'get it today with minimum work' human-strategy. Quick-fixes come with many downsides – including a potential positive drug-test!

Don't be fooled! – Power-lifting is a sport that can be continued ad infinitum and as the oldest female competitive lifter in Europe, I can definitely attest to the fact that remaining 'less than my chronological years' for fitness, makes lifting and presently most importantly - recovery - just that bit more possible.

Reports of significant health improvements from astaxanthin supplementation have come in from athletes all over the world. For example, Tim Marr, a professional triathlete in Honolulu, Hawaii whom I met up with in Maui in 2007 suffered from overuse injuries and sun overexposure from rigorously training in the intense Hawaiian sun. Since starting a natural astaxanthin supplement, he has experienced significantly fewer overuse injuries and fewer adverse reactions to the sun.

In another testimonial, Hawaii's top marathon runner, Jonathan Lyau, states the following - 'Marathon training is very demanding and astaxanthin has helped me recover from intense workouts more efficiently, even though I was getting older. I also found that I no longer needed to take glucosamine as astaxanthin seemed to provide the benefits of that amino sugar also'.

Most of astaxanthin's benefits come from its powerful anti-inflammatory and antioxidant properties.

Inflammation can slow an athlete down and cost him or her valuable training days. As a BDFPA athlete, you cannot afford to take time off to recover from fatigue or sore joints and muscles if you wish to keep your unquenchable desire for victory on the competitive circuit. So anything that can reduce inflammation will undoubtedly augment your athletic capacity - and astaxanthin is one of the most effective, natural anti-inflammatory compounds there is.

Astaxanthin has the ability to travel to every cell, tissue and organ in your body and helps your physical performance in the following ways:

- Scavenging free radicals in your energy-producing mitochondrial cells

- Decreasing oxidative damage to your cell membranes and DNA
- Decreasing muscle inflammation
- Reducing lactic acid in your muscles (readers should know this is a by-product of physical exertion)
- Improving visual acuity and depth perception
- Improving sun tolerance and reducing your tendency to sunburn

Astaxanthin's effects on your mitochondria seem key to its endurance-enhancing effect. Mitochondria are your little intracellular 'powerhouses'. Your mitochondria produce up to 95 percent of your body's energy by burning fatty acids and other substances.

Many of your mitochondrial cells are found in your muscle tissue, because that is where you have the greatest need for intense bursts of energy. But this energy-producing activity has a downside—it generates highly reactive free radicals that damage your cell membranes and oxidise your DNA. This cellular damage results in the activation of inflammatory markers, and you end up with tired and sore muscles.

When your mitochondria are compromised, they are inefficient and cannot produce enough energy to meet your body's demands. Your strength and endurance decline, as a result. Definitely not good for us!

The more strenuous your activity, the more free radicals you produce.

For example, say you are running a marathon. Your body is consuming oxygen at seventy percent above your baseline rate, generating twelve times the free radicals as when at rest. Intense resistance training routines produce similar figures.

Because astaxanthin is such a powerful antioxidant, it effectively scavenges your muscle tissue for free radicals and eliminates singlet oxygen. This is the mechanism that is thought to explain why astaxanthin gives your endurance such a boost.

A Swedish study was conducted back in 1998 by C. Malmsten when astaxanthin was relatively new. Male students ages 17 to 19 who took 4mg per day of astaxanthin for six months improved their strength and endurance by an impressive 62 percent—and their endurance increased three times as fast as the control group!

So, not only can astaxanthin boost your endurance, reduce inflammation and prevent soreness, it can help make you leaner!

Reduction of lactic acid in muscle tissues seems to be another action of this fascinating algal compound.

Lactic acid is an unwanted by-product of physical exertion, causing you to 'feel the burn' during intense exercise and is a limiting factor in terms of stamina and resistance-training. A group of 20-year-old men were given 6mg astaxanthin daily for four weeks. After running 1200 metres, these young men averaged 28.6 percent lower serum lactic acid, compared to the placebo group.

Astaxanthin is perhaps presently best known for its benefits to your eyes. Visual acuity is an important part of athletic performance, of course, for some sports more than others. A tennis player with poor depth perception is unlikely to make it to Wimbledon.

The answer lies in how the *Haematococcus pluvialis* protects itself from intense ultraviolet radiation. The algae creates the astaxanthin pigment as a natural sunscreen, and by consuming this pigment, you are creating your own 'internal sunscreen', In other words, the same powerful anti-oxidants that protect the algae from the sun's rays can help protect you as well.

Sunburn is actually an inflammatory process. Although the exact pathway by which astaxanthin protects your skin from burning is not yet known, it is almost certain that its anti-inflammatory activities are involved.

Current research suggests, if you take at least 2 mg of astaxanthin daily for a month, it will be less likely for you to get sunburned. I have found that it takes two to four weeks for the pigment to build up enough in your tissues to offer protection from sunburn, so two weeks of treatment is about the minimum. It is important to use only natural astaxanthin, not the synthetic version. I recommend 15mg each day in three divided doses to my patients in need.

Some aquaculture companies are beginning to use natural astaxanthin instead of the highly inferior synthetic version, even though it costs more. They realise that this is better for the health of animals, and is far superior for production of a healthy colour or pigmentation. Animals fed fish food with natural astaxanthin have higher survival rates, better growth rates, better immunity, fertility and reproduction.

Unfortunately, synthetic astaxanthin still dominates the farmed salmon industry worldwide.

If your salmon label does not read 'wild' or 'naturally coloured', you are probably going to be eating a colouring agent somewhat closer to motor oil than an anti-oxidant. Natural astaxanthin is more than 20 times stronger as an anti-oxidant than the synthetic version.

Wild salmon are four-hundred percent higher in this carotenoid than farmed salmon, and one hundred percent of their pigment is natural astaxanthin rather than the synthetic version. Plus, wild salmon have much higher levels of omega-3 fatty acids than the farmed version – but only if you steam at top level on a basic three tier steamer. The closer salmon, and other oily fish, are to the heat source, the more essential fatty acids are lost/oxidised.

But even if you are successful in purchasing genuine wild salmon, there is the problem with high levels of mercury and other unwanted toxins, not to mention the sky-rocketing prices.

Eating a variety of fresh organic foods - and incorporating super-nutrients like astaxanthin - is the best approach to optimal health, along with good sleep, individually prescribed supplementation and hard training. With these in place – there is no need for delving into ‘monster-supplementation’.

There is only one food I would place above this powerful anti-oxidant and that is wheat-grass juice. Together they are obviously a potent weapon in your arsenal for natural strength gains, longevity in our sport and a negative for any drug test.

Further information relative to juicing wheatgrass, etc can be found on my website [www.foodalive.org](http://www.foodalive.org) - and personally from [pat@foodalive.org](mailto:pat@foodalive.org)

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## **LIFTERS USING ANY FORM OF SUPPLEMENTATION**

Though I have alluded to possible contamination in above article, I wish to stress the importance of checking your supplementation, if used.

Sadly, earlier this year one of our lifters tested positive for a stimulant – clearly stated on the banned WADA list. This was also declared on the product used. After required protocol has been implemented via WDFPF, further information will be available to members, relative to outcome by end of year.

The onus has always been attributed to lifters to check out anything they ingest – other than food, including orthodox-prescribed drugs/medication. As this information has not been circulated for over two years since demise of Raw Power magazine - I personally intend to continually urge you to apply caution in your non-food choices within future Newsletters.

Please DO consult the WADA banned list, clearly listed on our website.

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The following submission is from Andrew Cominos – kudos to Andrew for brilliantly consolidating exactly what is required from a future Drugs Control Secretary.

I am already working approximately 9 am -1 am – roughly sixteen hours every day with my patients, teaching, Internet courses, seminars, on-going writing for multiple health magazines and BDFPA responsibilities etc.

I could offer – but there is only SO much one woman can do! – Someone out there can surely take this on – You WILL have help!

**B.D.F.P.A. DRUG CONTROL COMMITTEE (INCL. DCS)**  
**Terms of Reference or “Job Description” – including extract from the BDFPA Handbook**

**DRUG CONTROL SECRETARY**

1. The Drug Control Secretary is responsible to the National Council for the implementation of the BDFPA drug control and testing policy.
2. The DCS should invite up to four additional individuals to serve on the Drug Control Committee, and the various tasks should be allocated to committee members accordingly.
3. The Drug Control Secretary shall initiate all the testing procedures except where Divisional Sampling Officers, Government or other BDFPA approved agencies are in control. In this case the Drug Control Secretary will act as a liaison officer between such agencies and the BDFPA. All tests initiated must have the prior approval of the BDFPA President or Gen.Sec. to be conducted, including out-of-competition or other special tests.
4. The Drug Control Secretary or an official designated by the Drug Control Secretary, will ensure that everything possible is done to facilitate the sampling procedures. The Drug Control Secretary or an official appointed by the Drug Control Secretary, may carry out the urine sampling procedures but may not take samples from his/her own club members or members of his/her immediate family.
5. **Other duties of the Drug Control Committee include:**

(i) Maintaining a supply of blank WDFPF drug test forms. Obtaining and distributing drug testing kits and documentation for use as necessary (e.g. to divisional sampling officers).

(ii) Receiving all chain-of-custody documents and detailed laboratory reports - for all tests conducted by the BDFPA at National or divisional level, or from WDFPF events held in the UK.

(iii) Passing test information (COC documents & lab reports) to the BDFPA President, including any matters arising.

(iv) Where possible, the conduct &/or supervision of drug testing in national competition or at international events staged in the U.K.

(v) Updated registration (maintaining a list) and training - of Divisional Sampling Officers.

(vi) Liaising with approved laboratories as required - which are prepared to analyse samples on behalf of the BDFPA and its divisions, or who already do so. This information should include contact names/numbers, and costs of tests.

(vii) Passing details of test results to the BDFPA website and to Raw Power magazine, for publication.

(viii) Maintaining and updating the BDFPA list of banned substances (with reference to WADA) and make this available to interested parties as necessary, via the BDFPA website, 'Raw Power' etc .

(ix) Drawing general or specific issues/ problems to the attention of the BDFPA National Council, via the President.

(x) Keeping abreast of developments in drug and drug testing issues, with special reference to WADA Anti-Doping Code and other guidelines. Making recommendations as appropriate.

(xi) Receiving requests for research/ action from the BDFPA President or Gen. Sec. Giving findings as appropriate.

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**Something for our women competitors!**

Red meat is a source of highly bio-available nutrients, such as iron, zinc and protein. The significance of this for women is that, due to their smaller size, they generally require and consume less energy-dense foods than men. Because women eat less food in total, intakes of micronutrients such as vitamins and minerals also tend to be lower. Moreover many women reduce their food intake still further because of attempts to lose weight/make weight for competitive events. Vitamin and mineral intake is correlated with energy intake. In other words as energy intake falls, so does the intake of micronutrients. This makes food selection even more critical to ensure adequate intakes of vital micronutrients are consumed from nutrient dense sources.

## **Women's Nutrient Requirements**

Despite a generally lower intake of nutrients, women's requirements for vitamins and minerals and trace elements are not less than those of men and in some instances (e.g. iron) are higher, primarily due to menstrual losses. Women may also have an increased need for micronutrients such as folate, zinc and vitamin B12 as a result of pregnancy and lactation. Women are therefore more vulnerable to dietary inadequacy than men. Younger women are particularly vulnerable for a number of reasons. These include a high physiological need, poor diets and unhealthy lifestyle practices such as excessive alcohol intake, skipping meals, and low levels of physical activity.

## **Evidence of Inadequate Intake**

Sadly, I have to agree with The National Diet and Nutrition Survey (NDNS) who have found that low micronutrient intake and status were more common in women, particularly younger women, than in men. Overall, more than 90 per cent of women had intakes of iron below the Reference Nutrient Intake (RNI) compared with 16 per cent of men. A quarter of women (and over 40 per cent of those aged 19-34 years) had intakes of iron below even the Lower Reference Nutrient Intake (LRNI) compared with only 3 per cent of men.

The RNI for iron for adult women is 14.8mg/day while for men it is 8.7mg/day. Not surprisingly, in the NDNS, the proportion of women I find with evidence of anaemia or low iron stores is also significantly higher. The proportion of women with intakes of zinc below the RNI is also high at almost half the female adult population.

## **My current Advice.....**

The recently published Department of Health report on Iron and Health (SACN

2011) (3) recommended that health professionals be vigilant of poor iron status in vulnerable groups, such as women of childbearing age and teenage girls. The symptoms of iron deficiency include tiredness, fatigue, breathlessness, pallor, impaired physical work performance and poor cognitive function. These should prompt investigation followed by appropriate dietary advice as to iron intake can be optimised.

The use of iron supplements should be considered if required, though conventional prescription supplementation sadly tends to create many gut-related problems. There are far better forms of iron – do contact myself if you believe you might have concerns with iron intake.

## **Dietary Awareness**

Although women, especially older women, ok, let's look at forty-plus - tend to be more proactive than men in terms of taking care of their health - their perception of what is important is not always accurate. A survey in which I was involved in during 2010 found that almost half of women believed spinach to be the best source of iron. From my perspective – this is really sad! In fact, you would actually need to eat a large amount of spinach to get the same amount of iron as there is in a 4oz (100g) sirloin steak. Three quarters of the women surveyed did not know that the requirement for iron is 14.8mg/day). This falls to 8.7mg for women over 50 years. The vast majority of women (90%) did not know the difference between haem and non haem iron. Haem iron is the highly bio-available form of iron found in meat and animal tissues, while non-haem iron is found in vegetables and cereals and is less bio-available.

Top tips for boosting iron intake:

- Use extra-lean mince to make lasagne, spaghetti Bolognese, meatballs, cottage pie and homemade burgers. A dinner of spaghetti Bolognese with whole-wheat pasta will provide 6.6mg iron – that's 47% of the RNI – while a burger in a wholemeal bun with salad provides 5.4mg of iron, and a plate of cottage pie, contains 3.7mg iron.
- Choose red meat – the darker the flesh, the higher the iron content. This means that beef contains more iron than lamb and pork. Leg meat in poultry is generally higher in iron than breast meat, which in turn contains more than most types of salmon.
- Start the day with a bowl of breakfast cereal and almond/oat/goat milk. Many breakfast cereals are fortified with iron so that a standard bowl provides 6mg of iron. This iron isn't as well absorbed as the iron in meat so add a vitamin C-rich fruit such as strawberries, kiwi, or a glass of fruit juice to help the body absorb this iron.

## In Conclusion

Within a healthy balanced diet lean red meat can play an important role in preventing nutrient deficiency for women due to its rich vitamin and mineral content. For women who choose to avoid red meat, preferring a plant-based regime, iron is abundant in green vegetables, particularly parsley, asparagus, peppers, watercress also oatmeal, wheat-germ, millet, pumpkin seeds, dates, etc. If any of these are eaten in a cooked form (as opposed to raw) – vitamin C needs to be available at same time for absorption to occur.

Health promotion for women should emphasise the importance of a nutrient-dense, balanced diet for reducing the risk of micronutrient deficiencies, and in particular how women can improve their intakes of food sources of iron and zinc to protect their health.

Obviously, a female vegan (such as me!) has absolutely no problems achieving required daily intake – when using mainly sprouted/living foodstuffs and green juices!

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The following input from Paul Rees has been forwarded to me just ahead of releasing this newsletter.....

### New Lifters at BB

We get a fair turn over of aspiring new lifters at Bournemouth Barbell and some stick to the task and start lifting on the platform in competition.

Small low key local club competitions are run to get people used to the challenges and pleasures of competing and are held as and when appropriate in local gyms that the club uses.

During the last year three senior lifters have started to emerge in competition and have become ever more focused on Powerlifting.

The following introductions are made in an effort to encourage others to join us:-

DAZ ---- Darren Wilks, age 33 bodyweight 65kg. Former semi pro soccer player. Lives in Christchurch.

Best performances so far include 155kg squat//127.5kg bench//185kg deadlift  
Equipped – Yes folks equipped after less than a year lifting.

Reason :- Just fancied a go and got hooked.

Daz hopes to be invited to compete at the World Championships in Glasgow.

DAN.....Dan Hopkinson , age 31, bodyweight 74kg. Lives in Bournemouth.  
Best performances so far include 172.5kg squat , 115kg bench, 192.5kg deadlift

Unequipped . Not tempted to use equipment—YET!  
Dan has encouraged many to join us and has trained very hard and will pass 500kg total soon. Unequipped.

MARTIN –Martin Smith, age 37, bodyweight 75/ 77kg.Senior Nursing Officer. Lives in Broadstone. Cross fit enthusiast. Father was a top class distance/marathon runner. Best performances include 175kg squat,142.5kg bench, 240 kg deadlift. Unequipped. Going to give equipment a try soon. Trying to change from conventional to sumo deadlift. Also changing squat technique to a powerlifting model. Hopes to be invited to compete at the Worlds in Glasgow.

Our club has a membership including regular trainers from some distance away, Southampton, Salisbury and Dorchester included. All strength enthusiasts, committed to our Drugs free Ethos and willingness to be drug tested (whenever), are welcome to join us. For details on club contacts and other information please go to our web site-[www.bournemouthbarbell.co.uk](http://www.bournemouthbarbell.co.uk).

Paul Rees  
B.B.Club Secretary

Dear BDFPA member,

BOURNEMOUTH BARBELL extend a warm welcome to BDFPA members visiting Bournemouth during the summer months to come and train with us at Kings Park ,Bournemouth. Although the facilities we use at Bournemouth University and Oakmead College are being rebuilt and extended and are closed during the summer our small gym at Kings Park Athletic Centre is in use.

We will need visitors to sign up a temporary membership form and a disclaimer but we can assure you of a warm welcome.

Please contact the secretary – details below-- to make arrangements rather than just turning up. Thank you and we hope to see you.

Regards,  
Paul

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