



BDFPA JANUARY 2012 NEWSLETTER

Extending my warm wishes to all our members for a fabulous NEW YEAR!

Firstly, a message from your President.....

At the end of my first year as president I would like to congratulate all members on what has been an excellent lifting year. There have been many excellent competitions at all levels and I wish to further express my thanks to all those who have helped in any administrative role from National Council level down to the person running the score desk at a Divisional. Your input however small at any level has a massive effect within the organisation. Membership has seen many new lifters to the BDFPA and we welcome them and all those who will join us next year as we continue to grow. Drug testing has reached new levels with nearly 100 tests completed this year alone. Within this there have been 2 failures and having discussed with the athletes and analysed their test results both have fallen foul via over the counter supplements that have contained stimulants banned by WADA. To ALL lifters you are responsible for the supplements you use and should seek advice from the manufacturer or the WADA web site BEFORE using anything that you may not be sure of on the label. There have been a few retirements this year, of note Mark Norton who has given so much to the sport as both a lifter and during his tenure as president, of course ably assisted by Sharron. From all of the members, a special thank you for all you have done and the part both of you played in getting the organisation where it is today. Here is looking forward to another excellent year within the BDFPA.

Neil Thomas

And one from myself!

Probably unlike Neil, 2011 has been an eye-opening year for me. From around twenty years of previously simply turning up, competing and leaving (usually early!) with a winning trophy – I now see the bigger picture through the eyes of an official and a competition promoter! I so absolutely appreciate all the hard work that must have gone into the two-hundred plus competitions I paid for/travelled to/lifted/received a trophy/went home, etc – that was pure fun! From the other side of the fence, as it were, organising even relatively small competitions is still great fun, but also serious work! I am absolutely up for whatever I have to do to create a viable and impressive National Single event on 19th February for you all.

I can confirm that our World President Wim Backelant will provide his help and support for this event, and I have subsequently arranged two nights hotel accommodation for both Wim and his colleague. I am extremely grateful for their help.

I have had to further excel at multi-tasking with always enormous input from my patients and forwarding the information you all need. I am now in touch via mobile wifi no matter where I am – taxis, trains, airports etc - which helps a lot as I no longer have to return home to fifty-plus emails! I totally appreciate the effort from everyone who took on this role previously – the following information was sourced from Andrew Cominos and Eric West – apologising for any gaps. I wanted it to take pride of place on our website in 2011 but, somehow our hard-working, multi-tasking webmaster never edited (!) so my personal accolades to predecessors below:

PRESIDENT

Neil Thomas (2011)
Mark Norton (2005)
Andrew Cominos (2002)
Roy Olsen (1999)
Derek Ambler (1994)

Derek Ambler (Chairman from 1991 –2004
Before that there was no President or Chairman
– only Gen Sec)

GEN SEC

Pat Reeves (2011)
Sharron Clegg (2008)
Sam Haydock (2005-7)
Mike Joseph (2001)
Paul Waites (2000)
Paul Stannard (1996)
Ken Smith (1994-5)
Annette Blindt (1993)
Steve Gardner (1989)

Reminder to all competition promoters who are organising a Divisional/other event, etc relative to what is required in respect to lifters likely to break – and claim – existing records. These are - scale calibration, (a certificate dated within one year of competition) bars/weights used on the platform(s) to be weighed on these. The organiser is to submit such information within thirty days of the event to Pete Gaskin or myself. Neither Eleiko nor Ivanko equipment need undergo such calibration. Appropriate referees are to be adjudicating. It is also a requirement from the successful lifter to actually ‘claim’ his/her record by informing their divisional records officer and our British records officer, Pete Gaskin.

I promised Eddie Bennett that I would mention his ‘emergency qualifier’ to be held on 28th January, 2012 at Bradford University – pay on day, just £10, no trophies, weigh-in 9-10.30 am, lift off 11 am. Please remember to have your 2012 BDFPA membership card with you – or your number secured from Manon Bradley. Qualifiers at this event who wish to partake at British Single event on 19th February must inform me by telephone/email within 36 hours with their details – swiftly followed by completed entry form and fee.

NEWS YOU ABSOLUTELY NEED TO BE REMINDED OF!

LIFTERS USING ANY FORM OF SUPPLEMENTATION

Though I have alluded to possible contamination in a previous article, I wish to stress the importance of checking your supplementation.

As you are already aware, last year two of our lifters tested positive for a stimulant – clearly stated as banned on the WADA list.

Sadly, there has also been some blatant steroid abuse, aptly picked up via our current drug-testing procedures. The onus has always been attributed to lifters to check out anything they ingest – other than food, including orthodox-prescribed drugs/medication.

I personally intend to continually urge you to apply caution in your non-food choices within my Newsletters. Please DO consult the WADA banned list, clearly listed on our website. Neil Thomas and I are happy to help and advise.

The link earlier made to an absolutely amazing all-in-one protein/recovery supplement – totally endorsed by myself – under our ‘NEWS’ section – Ignite Ultra V – will provide cohesive results for optimal gains - do check this out via www.natures-whey.co.uk - I am exceptionally pleased to announce that the Director, Ashley Law has agreed to provide sponsorship for my British Single event.

I’m really sorry to inform that one of my fourteen bone tumours has been re-activated via 2011 twin surgeries - these to repair rotator cuff tear. Surgeon, at dates, believed close benign tumour, would not affect outcome. Sadly, we now know differently. This Newsletter has mostly been produced via my bed in German clinic. Both surgeries absolutely impacted on my previous ‘cancer-free’ status. If I fail to turn this around, the prognosis is poor. My energies go for survival, absolutely! Alongside my nutritional protocol, the vaccine therapy being applied in Germany, and likewise by myself in UK, is a major lifeline now.

I am extremely fortunate to have availability of this biological immune modifier therapy for which I would normally need to attend clinics in Mexico or Canada - Absolutely grateful to my private medics in Germany for providing this availability to me.

Currently refusing morphine for pain relief, instead am working on a nutritional protocol. Medics have just re-sanctioned limited use of Pete Gaskin's laser machine, which he kindly loaned me last year. I now have a large tear as the tumour-weakened area will not fully allow surgical repair to be sustained. Further surgery is not an option.

My affected arm's function has worsened dramatically over the last few weeks. In fact it virtually only moves normally at all unless elbow is supported. Hence at time of writing it seems extremely unlikely I can make the scant amount of 25kg bench press on 19th February. I have narrowed my grip enormously and aiming for a half kg increase once each week. I'm at 21.5kg, (8th January) – who knows, I may just get there! However, I am good to go for pulling – though cautioned to factor in the energy deficit to my potential healing. I will evaluate this over the next few weeks. If I am unable to lift at all on 19th, at least I will be more available to referee/assist Wim, etc for the whole event! It's a 'day-at-a-time' situation for now until major review later this month.

When I sent out my end-of-2011 West Mids Newsletter, I was amazed that I now have double the members since being voted in as local NC. This prompted me to ask Manon Bradley for a breakdown of where we all are located and, as she says 'give or take a few': This is last month's breakdown. Thought it might be of interest to you all.

EC 34
EM 41
NE 18
NM 26
NW 35
SC 75
SCO 43
SE 26
SW 44
Wales 18
WM 71

Update on our future book on drug-free power-lifting, which I am compiling/publishing: I am now making progress with lifters outside UK, as Yulia Segal has provided me with more email addresses. It definitely will be a global book now! Please continue to forward me your training/nutrition regimens asap.

It is my hope that this Newsletter will become more 'user-friendly' with lifters contributing, similar to previous 'Raw Power' – hence I requested input and here it is!

The following from Manon Bradley -

Changes to application process

I was delighted that the AGM unanimously voted for the Association to adopt (at no cost to us) an online membership renewal system.

Over the next few months I shall be working with a company called IMG to redevelop our website which will include new membership pages.

In future when you wish to renew your membership all you need to do is to go to these pages on the website,

complete an online form and pay via your debit or credit card. No more chasing around getting postal orders or trying to find your cheque book.

This new system will hugely speed up the membership process which as you know can take several weeks - especially in January when everyone wants their new card for qualifier competitions.

For now - keep using the paper forms which are downloadable on the website. As soon as the new system is working it will become clear on the website.

For those of you who don't wish to pay online you can still use the paper based system (for as long as cheques still exist!)

This from an excellent lifter I refereed almost one year ago in Wales –

**Lecithin supplements – do we need them?
Sue Bethell, BSc (Hons) Nutrition**

The first clue comes from a textbook definition of lecithin – a phospholipid manufactured by the liver and also found in many foods; a major constituent of cell membranes (Sizer & Whitney, 2000).

- so our liver can manufacture lecithin
- and it is also in many foods

Phospholipids are one of the three main classes of lipid found in our food and in our bodies (the other two being triglycerides and sterols). Lecithin is the most abundant phospholipid in nature. The defining characteristic of a lipid is its insolubility in water.

A significant feature of all phospholipids is their amphipathic nature – they have one end that is attracted to water but the other end is not. It is this feature that provides the structural integrity of cell membranes and protects the inside of the cell from its aqueous environment.

The amphipathic nature of phospholipids also means they are excellent emulsifying agents and it is this property that gives them a role in lipid transport. Dietary fats must be transported to the small intestine for digestion and absorption and once absorbed must be carried in the blood to target tissues where they will be broken down by enzymes and either oxidised for energy or reformed as fat for storage.

Many lecithin supplement producers and distributors make claims such as it can help burn fat or it breaks up fat and cholesterol. They do not provide any scientific evidence to support their claims. Fat is broken up into its constituent parts, free fatty acids and glycerol, by enzymes and not by lecithin. Lecithin's role is in the transport of fats. Free fatty acids can then be converted into energy (burning fat) through a series of complex biochemical reactions. Lecithin is not part of these reactions.

One of the components of lecithin is choline, a precursor to the production of acetylcholine which is a neurotransmitter. Claims that lecithin influences memory function and may impact on neurological diseases stems from the presence of choline. Research to date, however, remains inconclusive.

Lecithin is so widely found in foods that deficiencies are unlikely outside of the laboratory. Rich sources of dietary lecithin are egg yolks and soy beans, but other foods such as grains, wheat germ, legumes and fish are also good sources.

The Department of Health's panel of experts did not find any convincing evidence that it is necessary to include other organic substances such as choline in the normal human diet and therefore did not give further consideration to lecithin (DOH, 1991).

In summary, lecithin transports fats in our bodies but it does not break up fat or burn fat. Claims of weight loss benefits are not supported by scientific evidence. Although lecithin has a role in neurological functions the usefulness of supplementation remains inconclusive. Not only can our liver produce lecithin, it is so widely available in foodstuffs that a deficiency is unlikely, so much so that government advisors have not seen fit to provide dietary reference values.

Department of Health (1991). *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*, Report on Health and Social Subjects No. 41. London: HMSO.

Sizer F, Whitney E (2000). *Nutrition: Concepts and Controversies*. 8th edition. USA: Wadsworth/Thomson Learning.

This from Chris Morgan:

BDFPA Coaching Award

The first BDFPA Coaching Award is proposed for 30th June and 1st July at Bradford University.

The course is aimed at lifters without any previous coaching experience and / or coaching qualifications.

Complete details are due to follow on the BDFPA website / message board and initial entries will be required by the beginning on March 2012.

Anyone interested in taking the course should contact Chris Morgan by email chunky@chunkymuscle.com

Two from Paul Rees –

BDFPA Youth/junior/new lifter Development 2012

1. Our President Neil Thomas has directed and encouraged me to SET UP AND RUN an annual British Schools, Colleges and University Power-lifting and Single Lifts Championships. (I am also very keen on this idea)-

Probably in late October or early November this year at Bournemouth University or Oakmead College. Thereafter open to bids!!

2. Recruit (via divisions??) “New Lifter” NAVIGATORS (members with a current CRB if appropriate) whose job it is to take potential new lifters - making inquiries about joining “through the rigmarole” and getting them joined up to the BDFPA and into competition with us.

3. Set up Regional squad days (where possible only) for new lifters and/ or those wanting help with training/technique and competition rules Scotland/North/EM/NM/WM/SC/SE/SW/WALES/LONDON. We have people in most places that come to mind immediately.

4, Train up the next generation of junior referees and get them examined and into action.

5. Set up a junior match verses the Combined Forces, and Police and Emergency Services (NHS, Fire personnel).

6. Present to the executive ideas on School and College memberships for young lifters starting to compete up to Divisional level.

Please send in offers of help.

Regards, Paul

Telephone - 01202 770894 email - paulrees@bournemouthbarbell.co.uk

And in addition, Paul sent me the following:

Qualifying as a Referee in Southern Counties.

The time is NOW!! to qualify.

CONTACT:- paulrees@bournemouthbarbell.co.uk tele 01202 770894

Available to any BDFPA member in Southern Counties (AGED 18 +).

SC rep to send out revision information to candidates who pay £10 entry fee

Candidates only pay fee once, even if they fail first time and have to re sit.

Successful candidates receive badge and tie at no extra cost.

Candidates come to Bournemouth to do:-

A short final preparation seminar, plus examination

Papers marked and sent to Andy Davies for re-check and verification.

Andy Davies issues pass or fail decision.

Candidates receive results from S.C. Divisional rep.

Successful candidates name and contact details published on BDFPA web site.

Unsuccessful candidates may attend seminar with SC rep and attempt exam again.

SC rep prepared to undertake this process at a mutually convenient time with candidates.

Exam to be held in Bournemouth unless group (5) exam arranged elsewhere.

Regards, Paul.

This from Gren Elmore, our oldest lifter and Master 10 World Champion!

My first official B.A.W.L.A (as then was) weightlifting competition – Power-lifting not yet invented, took place in a gym in West Bromwich; it was, as I recall, a match between two clubs situated in Birmingham and West Bromwich. That was in the year 1950.....to save you working it out, that was sixty-two years ago (!)

I am now an eighty-five years old power lifting, Masters ten.

This last sentence provides conclusive, irrefutable proof that insanity prevails in my family (!)

On February 1st, 1985 – the IPF secretary, then Arnold Bostrom issued a bulletin saying that the current variation of the Round system would be used at World and European Championships and this is virtually how the rules stand today. We have had variations in the commands for beginning the lifts, such as the clap to start the bench press and a further clap to begin the press part of the lift; it was then amended to just one clap to begin the movement.

Some referees brought along their own adaptations of the clap by banging two pieces of wood together or a hinged contrivance of the same.

Now, of course, we are all familiar with the happily obvious verbal and hand signals and, on reflection, makes things a lot easier for both lifter and centre referee.

Prior to this formula which we now employ was the ‘rising bar’ system – and you may not believe what I am about to relate, but it is nevertheless true.

The ‘rising bar’ system was inherited from the Olympic set-up, used world wide in Weightlifting competitions – which went like this:- Lifter A would nominate his first attempt, if successful lifter B would follow with a higher weight on the bar and so on to lifter D, etc – which if you consider this order of lifting was quite sound, each competitor advancing in weight following the other BUT – here is where things begin to fall apart, when the Rounds system was transferred to power-lifting, assume for example lifter A fails his first attempt, he was

Mobile – 07896 317071

Services Liaison Officer (NC) [Neil Thomas](#) 01760 338648

171 Burnt House Crescent, Upper Marham, Kings Lynn, Norfolk, PE22 9LF

Coaching Secretary (NC) [Chris Morgan](#) 07545 781455

Technical Secretary (NC) [Andy Davies](#) 01704 233279

20 Kerry Lane, Brooklyn Park, Gravel Lane, Banks, Southport, PR9 8BU

Assistant Secretary (Permits) [Peter Roberts](#) 01606 45680

129 Carlton Rd, Witton Park, Northwich, CW9 5PG

Youth Development Officer [Keith Roberts](#) 07966 681632

52 School Road, Charlton Kings, Cheltenham, GL53 8BE

Tie/Badge/Flash Supplies [Andy Davies](#) 01704 233279

20 Kerry Lane, Brooklyn Park, Gravel Lane, Banks, Southport, PR9 8BU

Services Liaison 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 [Paul Rees](#) 01202 770894

[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 [Gabby Bennett](#) 01274 563747

North Midlands:

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

Divisional Rep (NC) [Nicola Elding](#) 0798 2057808

Records Registrar [Phil Laing](#) 07752 713347

North West:

(Lancashire, Cumberland, Westmoreland, Isle of Man)

Divisional Rep (NC) [Les Pilling](#) 01524 262066

Records Registrar [Peter Roberts](#) 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.bdfpascotland.co.uk

Divisional Rep (NC) [William Brown](#) 0141 6313354

Records Registrar [Paul Rutherford](#) 0141 5765030

Webmaster [Pete Gaskin](#) 01546 510355

Southern Counties:

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

Divisional Rep (NC) [Paul Rees](#) 01202 770894

Records Registrar [Martin Godden](#)

South East:

(Greater London, Surrey, Kent, Sussex)

Divisional Rep (NC)

(anyone interested in position contact President directly)

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

BDFPA REFEREES

Eastern Counties

| | | |
|---------------|--------------|-------|
| Ann Thomas | 01760 338648 | (Int) |
| Neil Thomas | 01760 338648 | (Int) |
| Matt Saunders | 07901 872290 | (Nat) |
| Ian Tudor | 01328 863258 | (Nat) |
| Pete Sparks | 01268 571162 | (Div) |

East Midlands

| | | |
|---------------|--------------|-------|
| Phil Tempest | 01780 781703 | (Div) |
| John Bevan | 01920 422560 | (Int) |
| Martin Green | 07747 008933 | (Nat) |
| Peter Linnett | 0116 2246689 | (Div) |
| Henry Clark | 01908 261284 | (Nat) |
| Ted Brown | 01908 378362 | (Nat) |

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) |

North West

| | | |
|-----------------|--------------|-------|
| Andy Davies | 01704 233279 | (Int) |
| Mike Leadbetter | 07783 504826 | (Int) |

| | | |
|-----------------|--------------|-------|
| Les Pilling | 01524 262066 | (Int) |
| David Fairhurst | 01772 724664 | (Nat) |
| Pete Hudson | 01524 380542 | (Int) |

Scotland

| | | |
|-----------------|--------------|-------|
| William Brown | 0141 6313354 | (Nat) |
| Bernie McKinley | | (Nat) |
| Steve McQuade | | (Int) |
| Chris Martin | | (Div) |
| Pete Gaskin | 01546 510355 | (Int) |
| Paul Rutherford | | (Nat) |
| Ronnie Simpson | | (Div) |
| Frank Sinclair | | (Div) |

Southern Counties

| | | |
|-------------------|---------------------------|-------|
| Andy Bonner | 01256 363581 | (Int) |
| Terry Jex | 02380 811715 | (Int) |
| Paul Rees | 01202 770894 | (Int) |
| Alistair Cannings | | (Int) |
| David Tempest | 01722 433465 | (Div) |
| Steven Tyers | | (Nat) |
| 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) |
| Eric West | 01483 476570 | (Int) |

| | | |
|-----------------|--------------|-------|
| Philippe Crisp | 01323 485158 | (Div) |
| Melanie Golding | 01227 787899 | (Nat) |
| Julian Vowles | 07905 969454 | (Nat) |

South West

| | | |
|--------------------|--------------|-------|
| Andrew Cominos | 01637 860908 | (Int) |
| Chris Morgan | 07545 781455 | (Int) |
| Dave Hollingsworth | 01643 709661 | (Nat) |
| Mark Rattenberry | 01884 258478 | (Nat) |
| Graham Alway | 01326 211525 | (Div) |
| Robert Cooper | 01823 321975 | (Div) |
| Graham Edwards | 01872 273274 | (Div) |
| Gary Ell | 01884 256704 | (Div) |
| Alan Gunbie | 07760 125326 | (Div) |
| Nathaniel Trout | 01626 833604 | (Nat) |

Wales

| | | |
|----------------|--------------|-------|
| Steve Cook | 07917 854522 | (Div) |
| Gary Whitbread | 07411 555996 | (Div) |

West Midlands

| | | |
|----------------|---------------|-------|
| Pat Reeves | 01384 270270 | (Int) |
| Gren Elmore | 0121 357 4854 | (Int) |
| Martin O'Grady | 0121 604 1457 | (Nat) |
| Terry Stansbie | 01527 870347 | (Div) |
| John Mitchell | 01215 443046 | (Div) |
| Gary Conway | 01905756528 | (Div) |
| Josh Merrett | 02476 713487 | (Div) |
| Ray Allison | 07792 70896 | (Div) |
| Dean Allison | 02476 447477 | (Div) |

| | | |
|---------------|--------------|-------|
| Liam Allison | 02476 447477 | (Div) |
| Roy Garner | 01788 814290 | (Div) |
| Andrew Haynes | 07720 850864 | (Div) |

Forthcoming Events

Sunday 15th January, Rhondda Barbell Club, Graig Park, Tylacelyn Road, Penygraig, Tonypany, Rhondda.

Weigh-in 0800-0930. Lifting starts at 1000. Entry Fee £20 full power, £10 single lift.

[Entry Form](#), [Event Details](#)

2012 Eastern Counties Open Bench Press Competition

Sunday 15th January, Mr T's Gym, Fakenham, Norfolk, NR21 9EN. Weigh-in 0900-1030. Lifting starts at 1100. Entry Fee £20. Open to any BDFPA member.

Contact Ian Tudor 07776265578 OR 01328 863258.

2012 Eastern Counties Divisional

Saturday 21st January, Bow Power Gym, Days Farm, Days Lane, Brentwood, Essex, CM15 9SL

[Entry Form](#)

2012 Northern (NE & NW) Qualifier

Saturday 28th January, Bradford University Sports Centre, Weigh in 0800, Lifting starts 1000, single lifts and full power. Contact [Eddie Bennett](#) for entry 01274 543640, 36 Duchy Drive, Heaton, Bradford, BD9 5LT

2012 Southern Counties Championships

Sunday 29th January, Oakmead Colledge, Duck Lane, Bournemouth, BH11 9JJ

[Entry Form](#), [Poster](#)

2012 Scottish Open

Sunday 29th January, Glasgow City Barbell Club, Scotstoun Stadium, Danes Drive, Glasgow, G14 9HU. Weigh-in 0900-1000. Lifting starts at 1030. Entry Fee £15 full power, £10 single lift. See [Scottish Website](#) for Entry form.

2012 West Midlands Loud & Proud

Sunday 29th January, Fitness Factory, 10 Santos Close, Binley, Coventry, CV3 2FG. Full power and single lifts. Equipped/Unequipped. Weigh-in 0800-0930. Lifting starts at 1000. Contact [Liam or Dean Allison](#) 02476 447477. [Entry Form](#).

2012 Interservices Powerlifting Championships

Wednesday 8th February, open to MPF personnel. The Gymnasium, HMS Nelson, Queen Street, Portsmouth, Hants, PO1 3HH. Contact [Nick Rakowski](#) 07590 206477. This is a team event so contact your services rep if you wish to enter.

2012 South West Powerlifting Championships

Sunday 12th February, See [SW Website](#) for details

2012 British Single Lift Championships

19th February, West Midlands

[Event Details](#) [Other Information](#)

[Entry Form](#)

2012 British Unequipped Powerlifting Championships

Saturday 7th April, Glasgow

Further Details to Follow

2012 British Equipped Powerlifting Championships

April 22nd, Coventry

Further Details to Follow

2012 German Open

May 27th, Dusseldorf, single lift & full power, UN & EQ

Further Details to Follow

2012 European Powerlifting Championships

Olivetto, Citra, Italy, 4th & 5th May

Further Details To Follow

2012 Scottish Push Pull

Sunday 16th June

Further Details To Follow

2012 World Single Lift Championships

Autun, France 22nd, 23rd & 24th June

Further Details to Follow

2012 Scottish Nationals

Sunday 19th August

Further Details To Follow

2012 Scottish Bench Press & Single Lift Championships

Sunday 15th September

Further Details To Follow

2012 European Single Lift Championships

Lausanne, Switzerland, 14th, 15th & 16th September

Further Details to Follow

2012 British Police Championships

October, Palace of Arts, Glasgow

Further Details to Follow

2012 World Powerlifting Championships

Boston, USA, 26th (congress), 27th & 28th October

Further Details to Follow

Pat Reeves – General Secretary of BDFPA – and your West Midlands representative - Oakfield Cottage,
Bromley Lane, Kingswinford, West Midlands, DY6 8JP, telephone 01384 270270 email pat@foodalive.org.
Website www.foodalive.org