

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

BDFPA NEWSLETTER – MARCH 2011

Welcome to our first newsletter of 2011. This will replace 'Raw Power' and will be updated quarterly by myself at around end of June, September and December – ongoing. For any member who has not provided an email address to Manon Bradley upon joining BDFPA, I will personally post the current issue to you within this time frame.

There have been some exciting and major changes within our National Council during 2011 – please note the following information – current at 28/3/11.

BDFPA National Council contacts:

President (NC) [Neil Thomas](#) 01394
421448 12 Hatchley Cl, Sutton Heath, Woodbridge, IP12 3TX

General Secretary (NC) [Pat Reeves](#) 01384 270270
Oakfield Cottage, Bromley Lane, Kingswinford, West Midlands, DY6 8JP

Membership Registrar (NC) [Manon Bradley](#) 07932
787871 49 Marriotts Walk, Witney, Oxfordshire, OX28 6GX

Championship Secretary (NC) [Nicky Elding](#) 07982 057808

Championship Secretary (vice) [Neil Thomas](#) 01394
421448 12 Hatchley Cl, Sutton Heath, Woodbridge, IP12 3TX

Treasurer (NC) [George Troullis](#) 07766
996361 Blue Rock Systems Ltd, Shamrock Quay, William St,
Southampton, SO14 5QL

Womens' Secretary (NC) [Mary Anderson](#)

Services Liaison Officer (NC) [Neil Thomas](#) 01394
421448 12 Hatchley Cl, Sutton Heath, Woodbridge, IP12 3TX

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

Technical Secretary (NC) 233279	Andy Davies 20 Kerry Ln, Brooklyn Pk, Gravel Ln, Banks, Southport, PR9 8BU	01704
Assistant Secretary (Permits) 01606 45680	Peter Roberts 129 Carlton Rd, Witton Park, Northwich, CW9 5PG	
Youth Development Officer 681632	Keith Roberts 52 School Road, Charlton Kings, Cheltenham, GL53 8BE	07966
Tie/Badge/Flash Supplies 233279	Andy Davies 20 Kerry Ln, Brooklyn Pk, Gravel Ln, Banks, Southport, PR9 8BU	01704
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	01394 421448
Webmaster	Pete Gaskin	01546 510355
British Records Registrar	Pete Gaskin	as above

Eastern Counties:

(Norfolk, Suffolk, Essex, Cambridgeshire, Huntingdon)

Divisional Rep (NC)	Louise Fox	07962 123261
Divisional Rep (Vice)	Ann Thomas	01394 421448
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) [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)
contact president directly)

(anyone interested in position

Records Registrar
contact President directly)

(anyone interested in position

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

Feb 19/20 2011 - National Single Lifts Drug Tests

Holly Gore
Chris Burford
Matt Mills
Donald Fowler
Mikey Sutton
Danylo Chepa
Phillipe Crisp
James Jeffries

ALL NEGATIVE

What constitutes equipped and unequipped lifting? (from Neil Thomas)

This question is often raised and best answered quickly and simply. The use of any kind of supportive clothing and or the use of knee wraps means the lifter is equipped. Wrist wraps and appropriate belt are allowed to be used and DO NOT make the lifter equipped.

Qualification for the Internationals.

Only lifters who have qualified via the National Championships are eligible to lift at International events. You must qualify in the top 3 of your age and weight class to receive an invite from the Championship secretary. The 10% rule applies ONLY to qualification to the National Events not Internationals. Lifters from Scotland and Wales may receive guest invites via their National Representative and in consultation with the Championship secretary.

BDFPA Coaching Award (from Chris Morgan)

The BDFPA National Council recently agreed my proposal to merge the current BDFPA Coaching Qualifications into one up to date 'BDFPA Coaching Award'.

Work is now continuing on the new syllabus and learning materials and it is anticipated that the first of these courses will be available before the end of 2011. The new course will contain team building exercises, group discussions and presentations all useful to candidates wishing to enhance their coaching skills. Candidates will be required to take a multiple choice exam, which if successful will mean them being awarded the 'BDFPA Coaching Award' and then being listed as a BDFPA Coach on our website.

Anyone interested in taking the new BDFPA Coaching Course should email their name and address to me, so further details can be forwarded to them when they are available.

Chris Morgan
BDFPA Coaching Secretary
chunky@chunkymuscle.com

Forthcoming events

2011 British Equipped Powerlifting Championship

Sat 16th April

[Palace of Art Weightlifting Club, 1121 Paisley Road West, Bellahouston Park, Glasgow, G52 1EQ](#)

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

2011 European Powerlifting Championships

Sat 7th & Sun 8th May

[Bournemouth University Sports & Recreation Centre, Fern Barrow, Talbot Campus, Poole, 5BB.](#)

Contact [Paul Rees](#) 01202 770894. Dorset, BH12

2011 Scottish Push Pull

Saturday 21st May

[Unequipped & equipped, push pull and single lifts. Palace of Art Weightlifting Club, 1121](#)

[Paisley Road West, Bellahouston Park, Glasgow, G52 1EQ](#)

2011 World Single Event Championships

Fri 24th (squat) Sat 25th (bench press) & Sun 26th (deadlift) June

Frauenthal Centre For Performing Arts, 425 West Western Avenue, Muskegon, MI, USA 49440-1101

(Championship hotel: The Shoreline Inn, 750 Terrace Point Blvd, Muskegon, MI, USA 49440)

(Participation strictly by qualification/invitation only)

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2011 Scottish Nationals

<https://sites.google.com/a/paris-tournament.com/tip-english-lp/home/sports/waterpolo>

Unequipped & equipped, full power and single lifts. Palace or Art Weightlifting Club, 1121 Paisley Road West, Bellahouston Park, Glasgow, G52 1EQ

2011 Scottish Bench Press Championships

Saturday 27th August

Unequipped & equipped. Palace or Art Weightlifting Club, 1121 Paisley Road West, Bellahouston Park, Glasgow, G52 1EQ

2011 European Single Event Championships

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

Further details to follow

2011 World Powerlifting Championships

Friday 11th November Congress, Saturday 12th Unequipped, Sunday 13th Equipped. Kelvin Hall, 1445 Argyll Street, Glasgow, G3 8AW

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

Breaking news!

German Open Championships at Body and Mind Gym, North Rhine, Westphalia, Dusseldorf – Sunday, 12th June – Both single and full-power – further details to follow.

Paris Tournament – unequipped powerlifting only, Sunday June 12th – please see

<https://sites.google.com/a/paris-tournament.com/tip-english-lp/home/sports/waterpolo>

Referees who were recently upgraded

At the British Single event in Ipswich, 19th/20th February Pat Reeves was upgraded from Divisional to National status.

At the British Full-power event in Bournemouth..... Louise Whatton, Alistair Cannings and Pat Reeves were upgraded to International status.

Pete Gaskin, Seb Madronal, Paul Rutherford, Jules Vowles, Russell Jolley, Steve Tyers and Adam Elkins were upgraded from Divisional to National status. Well done to you all!

West Midlands Division recently held a refereeing clinic/exam which produced six new Divisional referees! On behalf of BDFPA, I wholeheartedly welcome them and trust they will officiate at local events and future National/International competitions for further upgrading:

A warm welcome to –

Raymond Allison, Liam Allison, Dean Allison, Andy Haynes, Josh Merrett and Roy Garner.

Please note our dress code for referees should be adhered to when officiating at any event.

At the next AGM, The West Midlands Division will be proposing an annual clinic/refresher course to avoid referees having their status annulled, if remaining inactive for more than twelve months.

2011 AGM

I have 'twisted someone's arm' and arranged this at low cost to include facilities for hot drinks, etc – The West Midlands Division will happily provide refreshments, etc. – This will be on Sunday, October 9th, 2011 at Fairfield Village Hall, Fairfield, nr Bromsgrove, B61 9LZ – a short distance from Junction 4 off M5 – Neil Thomas asked me to arrange the AGM in West Midlands – hopefully I have located something suitable for all NC's and members wishing to express interest etc. YOUR INPUT AT THE AGM – THE FIRST HEADED BY OUR NEW PRESIDENT NEIL THOMAS, IS MOST WELCOME TO MAINTAIN THE INTEGRITY AND PROGRESSION OF OUR GREAT ASSOCIATION. IF YOU HAVE VIABLE IDEAS/SUGGESTIONS FOR ANY FURTHER ADVANCEMENT – PLEASE MAKE THESE KNOWN ON 9th OCTOBER! I have booked a large room.....all members welcome!

Further information requiring final details of notification of everyone intending to be present will be highlighted either by our message-board or in next BDFPA's Newsletter.

Great influx of members this year! – Manon Bradley informs of a hundred-plus new input during first three months of 2011 – FANTASTIC!

Important information from our technical secretary – Andy Davies

UNDERWEAR

At the British Unequipped Championships in Bournemouth held over 19-20th March, Andy Davies announced that the following changes would apply to under garments for male lifters:

ONLY COTTON BRIEFS MAY BE WORN UNDER LEOTARDS OR SUPERSUITS.
ABSOLUTELY NO EXCEPTIONS!

THIS RULING WILL TAKE EFFECT FROM THE EUROPEAN EVENT IN BOURNEMOUTH IN MAY AND ALL FOLLOWING COMPETITIONS.

! PLEASE DO NOT LOSE YOUR LIFT BECAUSE OF NON-COMPLIANCE!

LEOTARD LEG LENGTH:

As from May, BDFPA will be ENFORCING current WDFPA ruling on 15 cm maximum from crotch to bottom of leg of leotards/super-suits worn at National/International events. If you have been lifting in a leotard that exceeds this measurement – you may cut and hem to required 15 cm, but NOT simply fold the excess! In effect ,as above.

NO EXCEPTIONS!

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 – 01394 421448.

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

Neil Thomas asked me to produce a minimal/punchy input for first Newsletter by end of March 2011. Though this initial input is microscopic when compared to previous ‘RAW POWER’ - so brilliantly edited by my predecessor Sharon Norton, hopefully as time permits, the new BDFPA Newsletter will take on a similar status.

It simply remains for me now to wish all members the very best in lifting via healthful and natural strategies to ensure your future success.

PAT

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