

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



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

BDFPA December - 2012 NEWSLETTER

This is my fourth and final NEWSLETTER for 2012, and personally, definitely inspirational to bring our lifting year to a close with the recent news of the West Midland Division officially hosting both National Single Lift Championships (3rd March) and National Full-Power Championships (6th and 7th April), both uniquely combining unequipped and equipped lifting. Having just one National 'under my belt' as it were, I am really looking forward to making these events an exciting and memorable occasion for you all. My contact at Stafford is equally passionate these events bode well for us all. Our World President, Wim Backelant has again expressed an interest in running one of my desks - though that depends upon his workload, obviously.

Given Wim's current schedule, I hope to know early in 2013.

I have again included reports from all events which have occurred since my September Newsletter.

Sadly, as most you know I suffered a stroke on 12th September owing to continual kidney failure episodes. Being in the German clinic when it

happened absolutely saved my life: End-stage CKD brings many problems and, coupled with the very low functional percentage and my kidney's inability to process electrolytes correctly, I am intermittently using all three types of dialysis. Having to travel everywhere with portable dialysis equipment is a big challenge, though absolutely necessary as I have to be sure of a life-line back-up when not at German clinic. The potential to apply stem cell therapy was eventually discarded owing to too many downsides and will now only be considered as an absolute last ditch resort. I could have up to three month's additional life, but would remain non-functional - not a great trade-off! The medical team here in Germany and I are currently applying everything known (plus lots of experimental hopes!) in order that I continue to remain functional for as long as possible. How long, absolutely remains within the empathy of my Creator. Please be assured that I definitely intend to remain able to oversee 2013's National events, at least!!

MY PROPOSED BOOK

I indicated in September that if I failed to receive further input for above, I would abort my 2011 innovative plan to create a great drug-free power-lifting book, comprised of members' training and nutritional plans. I wanted this to be something our generation could hand down to others - and obviously to the next. Though I have some great input from WDFPF members, and a few from BDFPA, I have nowhere near the amount I would require to publish a book at my personal expense. I am obviously saddened at such lack of response and hence the book simply will not happen as I intended within my lifetime: I guess even the best ideas suffer defeat for one reason or another!

Over the next few months, though definitely after both the Nationals, as these will occupy a significant time-slot for me until mid-April, I will contact all the contributors asking if they are happy for their great input to be used either within my Newsletters or as a separate entry on our website.

ANOTHER SERIOUS ISSUE

Our new NC, Ben Richens, who is a real treasure given what he has achieved in a short space of time, contacted around seventeen currently active referees to help out on 1st December - ALL DECLINED! I am absolutely lost for words! I specifically returned from German clinic and had only 35 minutes at home to re-pack case/take scales/lights/drug test kits etc via bus/trains to London from my home in West Midlands personally costing me £205.00 to assist Ben with his first Divisional event. I left Ben's home at 5.45 am, crossing London via taxi/train/taxi - with Ben thankfully in charge of my suitcase full of equipment both medical stuff and for the event! Surely, as members of our great drug-free Association, you must realise that events simply do not happen without HELP! That is only actionable via you! This may be my final plea, but, please look at current events on website and OFFER YOUR HELP - at least with refereeing/spotting and loading etc, where you are also lifting!

REMINDER OF VITAL INFORMATION!

If you wish to lift at my National Single event on March 3rd and have qualified via a 2012 full-power event, it is a REQUIREMENT that you liaise with Nicky Elding - our Championship Secretary to secure your entry. This has previously been informed via our message-board. If you have not

received an invite from Nicky by one month ahead of my closing date(s), please email me at pat@foodalive.org Likewise, for my full-power event over 6th/7th April, if you know you have qualified, please do not leave it longer than one month ahead of 6/7th April to contact me - assuming an invite, for whatever reason, has not been forwarded to you.

CLAIMING NATIONAL RECORDS AT A DIVISIONAL EVENT

If you lift at a Divisional which has three referees, centre being of National status, or above, certified calibrated scales (this is NOT an option!) and weights etc and are fortunate to break a National record, it is essential you email Pete Gaskin our records officer to actually claim it. You must also have been a member for a minimum of three months, for the purposes of drug testing.

BDFPA AGM

I did everything within my power to have close to 100% attendance on 14th October at same venue as last year, Fairfield Village Hall in Bromsgrove. Sadly, this year, there were many NC's who declined to attend, with a scant few holding valid reasons. This delayed important decisions and further contributed to lateness in establishing outcome of 2013 National event venue(s). I am pleased to note that our new NC's, Ben Richens and Glen Danbury were in attendance. I sincerely hope that next year's AGM will see a greater number of NC's prepared to be up for the occasion: Enough said!

EUROPEAN SINGLE LIFT CHAMPIONSHIPS, LAUSANNE, 7-9th

September, 2012

This was an excellent event: I was even collected' from airport and taken to my hotel! A great improvement over previous International events this year! Whilst I made the journey to officiate only, Neil and Ann Thomas both lifted and refereed - well done to Ann for succeeding as best lifter for unequipped dead-lift. Manon Bradley lifted in all three categories and World records were achieved by Melanie and Paul Golding. Additional good lifts were achieved by BDFPA's contingent.

Indra Sudarminto - under the ever-watchful eye of Wim Backelant, achieved multiple World records - what can I say? - Indra will surely become one of the most amazingly successful lifters of all time. He is always a pleasure to referee and is one of the kindest, courteous, intelligent and helpful people I have met during my term of office.

A positive drug-test was established for Belgian lifter Philippe Jacobs and his results obviously excluded.

SCOTTISH PUSH PULL, 16th September, 2012 report from Pete Gaskin.

This was the second year this event was held at Boab's Gym in Denistoun, although last years comp was just bench press, this year it was bench and deadlift. 5 lifters entered the full push pull event, all unequipped. In 5th place was new 75Kg lifter Peter Kirwan with a solid 257.5Kg total. 4th went to Martin Flett (110Kg M4), with a 160Kg bench for a new Scottish record and a 182.5Kg deadlift. In 3rd place was Martin Collins (90Kg Open) with a 117.5 and 230 for a 347.5Kg total. 2nd went to Pete Gaskin (125 M3) with a

160 & 235 for a 395Kg total, but way out in front was Alistair Donaldson (110 M1) with a 150 bench and 260Kg (Scottish record) deadlift for a 410Kg total, just missing a 270 final pull. In the single lift unequipped bench, Brian Reilly (90 open) just beat Joe Cogan (100 M2) on points with a 160 bench. Brian & Joe both just missed their last lifts of 170 & 172.5 respectively, so more to come from both in the future. 3 lifters took part in the equipped bench, with Martin Flett just beating Joe McEwan in 2nd place with a 190Kg bench which was an unofficial world record. Only Stuart Bizzarri (75 M2) lifted unequipped deadlift, but all his lifts were new Scottish records with a 190Kg final pull. In the equipped deadlift, Paul McWhinnie (82.5Kg Open) pulled 207.5Kg for second place, with George Reilly (90 M4) taking first with an impressive 245Kg pull for an unofficial world record.

Thanks to Bob, Frank and Wullie for putting the competition on.

NORTH WEST DIVISIONAL, 16th September, 2012-11-12

Report from Mike Leadbetter

The N.W. qualifier was held for the first time,(and hopefully not the last) at the spacious, excellently equipped Muscle Factory in Lancaster. Les Pilling was masterful as organiser and sat alone at the desk commentating, recording, refereeing, eating, drinking and burping.....all accomplished with considerable aplomb.

At 58.5 Sue Bethell (M3) squatted and dead-lifted her way to victory over Marie Eldred, though Marie was stronger on bench.

Alone at 60 Neil Cook made 8 good lifts, secured a 201 British Record dead-lift and got best lifter. That'll do!

At 75 Andris Sliseris just benched making 112.5 to qualify for the Singles. At 82.5 John Foy was alone in the unequipped and made a good 490. Also at 82.5, both equipped. and M1 Neil Ratcliffe and Russ Bain really went for it. Neil made a great 227.5 dead-lift but Russ was never going to be caught. Both qualified and Neil, I believe, gets regular work as an excellent Ade Edmondson double.

Unequipped at 90 Yiannis Verenakis at T3 more than had his hands full with a powerful Coin Harrison who finished with a 272.5 dead-lift and a great 640 total.

At 100kg Wes Fish proved far too slippery for Robyn Jones despite Rob's superior squat.

Also at 100 (M6) Dave Howarth pulled a good 215 dead-lift after a couple of years out with an awful knee injury, (he slipped on the ice whilst carol singing !)

I've seen Dave pull 287.5 in about the same year as JR got shot! and his performance today would have been a British Record if he'd thought on and asked for the necessary refs to be in place.

At 110(M3) Andy Rigby made a 200 bench look like an empty bar to qualify for 2013.

Also at 110 Rob Darvill made 680 unequipped to win the open category while I mostly gabbed with the old blokes about yesteryear and ambled through to qualify at M5.

Gordon Sykes spotted and loaded all day along with Dave Howarth and lifted well on equipped bench and dead-lift to qualify for Singles next March. And finally Chris Pye at 145 plus made a welcome re-appearance after a long absence to secure a qualifier on bench.

Thanks also to Pete Hudson and Andy Davies for refereeing and the boss

of the Muscle Factory.....A good day all round!

WEST MIDLAND DIVISIONAL, 21st October, 2012

This was closely scheduled one week after our AGM - and one day after a major professional seminar I was commissioned to provide.

My fourth diverse event this year - less lifters than last year's official qualifying event (thankfulness from gym-owner!), as I have successfully liaised with other NC's to provide their own local Divisional events.- Last year, almost half my entrants then were 'out of area' and the gym was heaving! Great accolades for this event, which registered excellent records from Ted Brown securing 9 out of 9 as a Master 9!, Mike Davies with a successful M7 125kg dead-lift record and Luke Rogers achieving a 251kg National record dead-lift at under75 kg bodyweight. David Gray, one of my local lifters achieved record lifts in squat and dead-lift - an amazingly strong guy!

My five applied drug tests picked up one as positive and four as clear. This positive test resulted in a life-time ban for Allan Lister, an out-of-area' competitor. Always a great sadness for me to deal with.

BRITISH POLICE CHAMPIONSHIPS, Glasgow, 27th October, 2012

Report from Alistair Donaldson

The 21st British police championships took place at the palace of arts in Glasgow on 27th October. This year's competition was the biggest so far along with the biggest attendance by females.

There were a total of 22 records broken, both police and British ones.

The best unequipped lifter went to Colin Harrison whose lifts were 230/150/282.5 in the 90kg class

The 100kg class went down to the last deadlift and was won by Ally Donaldson.

Paul hooker won the 110 class with a 650kg total

Bernie Mcgurk won the equipped best lifter with total of 232.5 squat and 135kg bench. He also broke a master's record dead-lift of 257.5kg.

All in all a good event and it's on to London next year.

WORLD POWERLIFTING CHAMPIONSHIPS, Boston, USA, 26th,27th,28th October

There were absolutely no problems with arrival at Boston airport - or even transport to the hotel, but boy did we all have massive problems when trying to leave, owing to super-storm/hurricane Sandy!

The championships themselves were not affected. Dave Mansfield organised an excellent event. Wim, Indra, Dave and I began looking at where screens, equipment etc could be placed as best option at The Company Theatre venue, Norwell one day before World Congress. Most of the International committee were staying at the meet hotel, including myself. The storm finally engulfed us over Sunday night/Monday, with all transport down and closed roads. Helen Wuyts, also booked on same flight as I was informed it would be a further week before she could leave! This prompted me to take a taxi to Boston airport, in order that I could possibly circumvent that time-line. Though had to sleep rough in a freezing cold

airport for three days/nights - I managed to change flight to Heathrow and escape three days earlier! Everyone returned safely home by Thursday/Friday. A World event never to be forgotten! The only good point is that the Championships were not affected - as the really bad weather hit us the morning after.

Our lifters did exceptionally well: Shachar Head had a phenomenal day, securing further records on all disciplines. Louise Fox, despite feeling less than her best and initially was very under-weight when I first weighed her in: Litres of water later (!) eventually took her into her weight class and, true to form, Louise pulled a World record dead-lift. Well-done to you Lou! Steve Walsh from Scotland achieved a World record squat. Sam Goodall, Alistair Murdoch, and our evergreen Les Pilling achieved some cracking World record unequipped squats.

John (Gavin) Walker at M7 had a great day achieving World record squat, dead-lift and total at a body-weight of 98.9kg - I am expecting more to come from Gavin!

As well as organising the event, Dave Mansfield posted a World record equipped squat of 247.5kg in the 100kg class. Overall best lifters at the event were Helen Wuyts - for both terrific unequipped and equipped performances, with the amazing Indra Sudarminto, superb in overall unequipped lifting.

One tarnished moment was being informed during the first week of December of a T2 USA competitor testing positive. You need drugs to lift at sixteen for heaven's sake?!! - A potentially bright future shattered - please take heed and fly the flag for our drug-free ethos.

BDFPA UNIVERSITY, COLLEGES AND SCHOOLS CHAMPIONSHIPS

incorporating the SC QUALIFIER and MPF CHALLENGE.

LEAF CAMPUS, BOURNEMOUTH 17/18th NOVEMBER 2012 - report

elicited from Paul Rees

Fantastic turn out for these championships with 162 entries lifting including the weightlifters on Saturday night. Facilities and equipment were provided by LEAF and Bournemouth-barbell and met the highest specification currently used in our sport. The main feature of the event was the introduction to competitive power-lifting of so many students.

Performances are recorded elsewhere on the BDFPA web site and speak for themselves. The audience was full on and enthusiastic. Two platforms were in use throughout and time keeping was good with power-lifting finishing well before 6.30pm on Saturday and 5.30pm on Sunday.

Pat Reeves travelled down to help as always and was quite superb and refereed. Another prominent member of the BDFPA Manon Bradley provided much support and also managed doping control on first day.

ELEVEN LIFTERS WERE TESTED. Chris Morgan also did a great job and thanks also to the many referees who officiated. You were all terrific. Our club membership provided many helpers too numerous to name, but thank you all.

I hope the BDFPA will run the University Championships next year now it can be seen to be viable event. WE hope that someone /group in the Southern Counties will bid and run the qualifier next time. We have done 4 in a row I believe and change is needed. Thanks are due to the excellent MPF lifters who attended and performed with great credit. A small but first class group.

Next year BOURNEMOUTHBARBELL will run 4 club/invitation meetings involving (DRUG FREE ETHOS and testing) power-lifting and weightlifting. We /I have organised and run a Commonwealth Championships, a European Championships plus at least 6 British Championship events along with umpteen Divisional events in the last few years. Time for a change in focus but still full on club membership of BDFPA. A big THANKYOU to all who have supported the Championships we have run over many, many years. You have been inspiring. Look forward to seeing you around at the many excellent competitions run by others.

KINDEST REGARDS TO EVERYONE - Paul

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BDFPA Southern Counties Rep/Youth Development Officer/
Organiser.

SOUTH EAST DIVISION OPEN CHAMPIONSHIPS, Billericay

1st December, 2012. Report from organiser, Ben Richens as a new NC,
hosting his first Divisional event

On Saturday the 1st of December the South East Division held their 2012 Divisional Championships. Held at Fit Performance in Billericay, Essex the competition was well attended by both lifters and audience with 35 lifters representing teenager, junior, senior and masters age categories.

The female lifters represented well in numbers and performance with 6 lifters in various weight categories. Pelin Baykal had a great final dead-lift of 140kg which was a great PB at only 58.5kg bodyweight. Also well worth a mention is Precious Collins lifting, in her first competition she lifted

122.5kg/67.5kg/125kg only just missing a 140 dead-lift, more to come from Precious and one to look out for at the British Championships.

The entries in the men's were top heavy in the heavier weight classes so the spotters and loaders had their work cut out! Mike Joseph came only for the bench but certainly meant business breaking the British Bench Press record on all 3 lifts (156kg, 165kg and 167.5kg). Not to be out done Andy Bonner broke the British records for a Masters 4 lifter in the 82.5kg class, for the squat (185kg), bench press (132.5kg), dead-lift (235kg) and total (552.5kg) all from a very humble lifter which was greatly deserved. Along with the other highlights a great father / son battle between Scott and Sam Goodall was great to watch as well as great all round lifting from Pierre Shillingford, Alistair Murdoch and Jean-Pierre Ulldemollins.

A big thank you to the referees (Pat Reeves and Eric West) and also to Andy Bonner and Mel Golding who stepped in to ref when they were not lifting. Power-lifting would not survive without people going the extra mile to make sure these divisional competitions run as smoothly as it did. Lastly thank you to Aaron, Steph and Michael who not only provided the superb venue but also helped out on the day running the desk and loading. After the success of this competition, I look forward to seeing you all at another divisional competition in the South East soon!

2012 NORTH EAST DIVISIONALS, Bradford University

8TH December - report from Eddie Bennett

In spite of the winter weather, 21 hardy souls made their way to Bradford University for the N.E. Divisionals. It was the usual mixture of hardy veterans and keen first-timers.

Two flights ensured a constant flow of lifting to keep the large crowd entertained. The good news is that everyone qualified for higher competition, sometimes in only one discipline in spite of doing three, and sometimes by the judicious use of the 10% rule. Still, an excellent result that bodes well for the future.

My good friend Les did his usual full stint in the ref's chair whilst daughter Anne did an excellent job as MC / scorekeeper in spite of flirting with most of the lifters. This gave me time to dispense my usual training advice, whether it was asked for or not!

Eddie.

2012 WELSH OPEN POWERLIFTING AND SINGLE LIFT
CHAMPIONSHIPS, Tonypandy, 9th December. Report from Gary
Whitbread

The Welsh Divisional Championships were run once again by the Rhondda Barbell Club this year.

Due to an increased number of entrants, which is always an encouraging to see, it was necessary to hold the competition at Tonypandy Community College, instead of the Club's gym

Some 38 lifters were registered to lift on the day and many of them brought family and friends in what turned out to be a very enjoyable day. As with all BDFPA competitions, the atmosphere was a convivial one, with friendships old and new coming to the fore. It is always good to see competitors

applauding and supporting their fellow competitors. Many of the lifters also recorded PB's in their lifts and this added to the quality of the whole day.

The majority of the competitors qualified for the British Championships, both single lifts and full power. However, those who didn't, still went away happy as most of them still achieved PB's. Every member of the Rhondda Barbell Club increased their own personal lifts on the day; something of which we are all proud.

It is this sort of day that the BDFPA is all about - may we have many more of them.

Gary

2012 SOUTH WEST DIVISIONAL SINGLE EVENT CHAMPIONSHIPS, Plymouth, 16th December - report from Andrew Cominos

A reasonable turnout at the Plymouth Performance Gym with 27 lifters and a total of 43 entries. About half a dozen individuals were complete novices in the sport. Loads of PB's and at least 17 SW records were broken at this competition, as well as 4 British records.

Eleven lifters on the Squat. Hannah Blackwell (58.5/T2) got three good attempts and a fourth of 65kg, to set up a new South West record. Other Divisional records were broken by Nick Lusty (110.5 @ 60kg), and organiser Will Badenoch who made solid work of 185 in the 82.5 class. Impressive junior Wesley McGuinness did 173 at 90kg, again for a new SW record.

As usual, the Bench Press attracted a big field, starting with Jade Farrington who notched up a very impressive 3rd attempt with her 60 kg in

the 58.5 category. Other notable performances from Wesley McGuinness (143 at 90kg/Junior) and M3 lifter Bill Short, who made 127.5 in the 90's. Local lifter David Aldworth had a 'topping' day, and made all 3 Bench attempts to finish on 150 kg at 100kg/bw.

Dave Williams broke his own British record (equipped) with a 167.5 in the 82.5/M4 category, whilst Jan Maksymczuk came close to doing the same thing with 183. It was a bit much this time and he had to settle for 177.5, a new SW record at 90kg/M1.

In the Dead-lift section, sixteen entries, including three women competitors. Hannah Blackwell got her opener on 60kg to set up a new T2 record, but then came unstuck on her 2nd and 3rd attempts. Rosie Greaves got all three to finish on 80kg with plenty to spare, whilst 'seasoned campaigner' Kim Rawling made 110kg this time, her best lift for a couple of years.

Another good session for Nick Lusty with a successful fourth attempt at 177.5 at only 57.3 b/w, whilst T1 lifter Macaulay Lowe (nephew of Mark) did a stylish British record on the same weight in the 90's. SW records too for junior lifter Wesley McGuinness (217.5 at 90kg) and M3 Bill Short who made 185kg in the same weight class.

Good to see M7 lifter Dave Holloway back on the platform, where he notched up a SW record of 150kg at 75 b/w in 'sumo' style.

Of the heavier men, Dave Aldworth once again impressed with 3 fine lifts to finish on 260, whilst the best overall (and the 'best lifter' winner) was Charlie Buchanan with a terrific British record of 290, this time at 82.5, and now in M4 division.

A mention must also be made of guest lifter Joe Jones, who was putting together a full Power Total, being unable to attend the SW Power Championships next month. Lifting with an injury, he nevertheless scored

200-170-245 for a 615kg total at 110 b/w, way over what was needed to qualify for the British.

Lifter tested was Wesley McGuinness.

This was the first event held at Plymouth Performance Gym, and we hope there will be many more. A big thanks to everyone who helped, including the loading crews and especially to Russ Martin, who as well as doing the equipment check at the beginning and drug testing at the end, also MC'd and centre reffed at one of the two platforms. Without people like Russ giving the time and commitment to the BDFPA at local level, the Association would have gone down the drain long ago. Others would do well to follow his example.

Thanks also to gym owner Will Badenoch and his team for making the whole thing possible, and to Will's right hand man Sean Stupples, who did much of the 'donkey work' before and during the event. SW Power will be at Plymouth on Sunday, 27th January, 2013

Since no one has offered any articles for this final Newsletter of 2012, I typed this up earlier whilst 'resting' (!) at German clinic. I do hope you enjoy, benefit and reap the good health and strength you deserve during 2013/onwards,.

My top ten protective spices to improve immune function

These ten powerful spices help to control blood sugar, reduce inflammation, boost your metabolism, aid fat loss, and reduce your risk of cancer and heart disease - please take heed!



Every time you flavour your meals with herbs or spices you are supercharging your food without adding a single calorie. You can transform something ordinary and bland into something truly extraordinary tasting and good for your body, just by generously adding herbs and spices to your meals.

Certain herbs and spices contain a wide variety of some of the most potent antioxidants of any food? In fact, many herbs and spices rank even higher in antioxidant activity than many fruits and vegetables, with some spices such as cloves, turmeric, and cinnamon having as much as 10-50 times more anti-oxidants, measured by ORAC value (on a weight to weight comparison) compared to blueberries.

The benefits of the antioxidants in spices include some very powerful protection against many serious diseases like cancer, heart disease, diabetes, arthritis, macular degeneration, Alzheimer's, and overall aging.

Herbs and spices add lots of extra flavour, and when combined with the nutrition in other foods, they actually exponentially boost the natural antioxidants, phyto-nutrients, and anti-inflammatory power of the food.

Besides the super antioxidants, herbs and spices can also:

Aid fat burning and boost metabolism - many herbs and spices are thermogenic, which means they naturally help to increase metabolism, partly because they are so nutrient-dense.

Help stabilise blood sugar - Some spices are also good at regulating blood sugar and controlling insulin-even as good as some diabetic drugs! When your blood sugar is well controlled, you are more likely to burn fat and not store calories as excess weight.

Powerful anti-inflammatory properties - Scientific studies show that herbs and spices can actually work as well or better than some medications at calming inflammation without the negative side effects of isolated drugs.

Anti-bacterial, anti-viral, anti-fungal - Many herbs and spices contain properties that effectively kill dangerous pathogens like viruses, bacteria and stubborn fungi. The natural properties in these foods work against many microbes which are resistant to conventional medications.

Here are ten of the most potent herbs and spices you can eat: to improve lifting - and your longevity.

1. Basil - Basil is a very effective anti-inflammatory herb with extraordinary healing benefits that work for arthritis, allergies, and inflammatory bowel conditions, to name a just a few. In addition, basil helps kill harmful bacteria that cause food poisoning.

Basil is also an excellent source of beta carotene, a powerful antioxidant that prevents free radical damage, which is the primary cause of heart disease, cancer, and many other serious health conditions, as well as aging. Because of its dark green colour, it is an excellent source of vitamin K, calcium and magnesium, which is good for the bones. It is also a great source of iron, manganese, vitamin C and potassium.

2. Cinnamon - This ancient spice has one of the highest antioxidant levels of any spice.

Cinnamon is highly effective at helping to stabilise blood sugar levels, making it very effective for those with diabetes (type 1 and type 2). With my patients I have found that people with type 2 diabetes, using just two teaspoons a day reduced blood sugar as much as 20-30%, as well as lowering LDL cholesterol and triglyceride levels.

Cinnamon also has powerful anti-inflammatory properties, and helps relieve pain and stiffness in muscles and joints, including arthritis. Great for the older - and sometimes younger(!) power-lifter! Cinnamon has a positive effect on brain function, and smelling cinnamon, can likely help improve memory and attention. Cinnamon also reduces inflammation in blood vessels that leads to atherosclerosis and heart disease, as well as having antifungal and antibacterial properties.

3. Cayenne - This hot spice not only heats up your dishes, it heats up your body and raises your metabolism, helping you burn fat faster. An interesting research study showed that when a person consumed an appetiser with red pepper flakes, they ate 15% less food. And for those of you who avoid cayenne because you think it bothers your stomach, cayenne pepper is actually healing to stomach tissues, it stimulates digestive enzymes, and helps prevent stomach ulcers. Great stuff!

Cayenne reduces LDL blood cholesterol, triglyceride levels, and decreases the formation of harmful blood clots, all of which prevent heart attacks and strokes. And, cayenne is a very effective anti-inflammatory and pain

remedy for everything from headaches to arthritis and sore muscles, as well as clearing nasal congestion and boosting immunity.

4. Cloves - Cloves have a unique sweet and spicy flavour, but also contain powerful natural antiseptic and germicidal ingredients that help fight infections, relieve digestive problems, and arthritis pain. One of cloves' best known uses is its ability to relieve tooth and gum pain. Cloves have been measured as having the highest ORAC value of all spices and herbs.

The oil in cloves kills bacteria and is very effective when applied to scrapes, cuts, fungal infections, itchy rashes, bites, burns, or bruises. Cloves also help digestive problems like gas, indigestion, nausea and vomiting, and eliminate harmful parasites, bacteria and fungus in the digestive system. And the smell of cloves helps to encourage mental creativity.

5. Cumin - Cumin is another spice that is especially high in antioxidants, but cumin is known for being extremely good for digestion. It stimulates the gallbladder and pancreas to secrete enzymes and bile that break down food into usable nutrients your body can use. Cumin also helps detoxify the body, and is highly effective for respiratory disorders like asthma and bronchitis.

Cumin, like cinnamon, helps keep blood sugar levels stable, which means cumin is great for diabetics or pre-diabetics, and it means less chance of weight gain and excess body fat. Cumin has been proven to work as well as some commonly used diabetic drugs at regulating insulin and glycogen. Cumin is also a very good source of iron, vitamin C and vitamin A, which benefit the immune system.

6. Turmeric - Turmeric's yellow-orange pigment, curcumin, is the main active ingredient in this super spice. Curcumin's anti-inflammatory benefits are actually comparable to drugs like hydrocortisone and over-the-counter anti-inflammatory medicines like Ibuprofen. Unlike medical drugs, curcumin is toxin free.

Curcumin is more effective slowing down the development of Alzheimer's disease than many medications, because it decreases inflammation and oxidation in the brain. This spice also speeds up the recovery time from strokes as well. Most of you know, I suffered a mini-stroke in September, owing to continual kidney failure and have increased my intake of turmeric and its active ingredient, curcumin: Turmeric is also highly effective against diseases like irritable bowel disease, ulcerative colitis, Crohn's, and arthritis. Turmeric also improves liver function, lowers homocysteine and prevents heart disease.

Most importantly, turmeric is one of the most potent anti-cancer spices that helps protect you. Turmeric and its derivatives are currently being studied in alternative cancer treatments. I am definitely testimony to this!

7. Rosemary - Rosemary contains active ingredients that are potent antioxidants as well as anti-inflammatory agents. Rosemary has long been known to improve concentration, boost memory, and lift depression. Rosemary also strengthens the immune system, improves circulation, stimulates digestion, and fights cancer, as well.

Rosemary is highly effective for respiratory problems including asthma, chest congestion, and respiratory infections. While rosemary adds a delicious savoury flavour to meat dishes, it also helps digestion by

stimulating the gallbladder to release bile as well. Rosemary will protect your body against harmful carcinogenic toxins and prevents colon cancer, stomach, breast, and lung cancer.

The antioxidants in rosemary and thyme from a marinade were specifically cited in studies at being powerful inhibitors of heterocyclic amines (HCA'S - these increase your cancer risk) formation when grilling meats for those of you who still do (guess that is the majority of power-lifters!). It was also noted that spices such as garlic, oregano, and others can help to prevent HCA formation as well, so I suggest using a variety, which tastes great anyway!

8. Ginger - Ginger is VERY powerful for your health! Ginger contains over 25 different antioxidants, which makes it extremely effective at fighting free radicals in many different body systems. Ginger is best known for its ability to reduce nausea and vomiting, as well as motion sickness. Because ginger does not have harmful side effects like many drugs, it is very good for nausea from pregnancy. Studies actually show that just 1 gram of ginger before surgery is more effective than the standard anti-nausea medication given for post surgical nausea and vomiting.

Ginger is also a soothing remedy for sore throats from colds and flu because of its antiviral properties. Ginger also helps coughs and is an effective expectorant. Try a tea made with hot water simmered with a few slices of ginger and a small amount of Manuka honey and freshly juiced lemon for a soothing tonic when you are sick.

Because ginger is such a strong anti-inflammatory, it helps reduce the pain and swelling of arthritis, and muscle aches. Ginger also fights cancer,

reduces cholesterol, and prevents blood clots that lead to strokes or heart disease. I use an inch of ginger root in my green juices every day I'm fortunate enough to be at home/clinic, combined with wheatgrass, celery and cucumber - great pain medication!

9. Oregano - This herb contains an oil that is a very potent anti-bacterial, anti-fungal and anti-viral agent, rosmarinic acid (also found in rosemary). Oregano oil has been used to treat a wide range of conditions from bacterial and viral infections, to parasites and stubborn fungal infections. Although the oil of oregano is most often used for medicinal purposes, the herb itself can provide many of the same benefits when consumed regularly.

Oregano also relieves inflammation, internal or external, and can offer relief from allergies, aches and pain, without side effects. Oregano is very high on the ORAC scale of measured antioxidant value.

10. Thyme - Thyme's active ingredient is known for treating bronchitis, sore throats, chest congestion, laryngitis and asthma. Thyme is so effective it is often an ingredient in cough drops and mouthwashes to treat inflammation and infections. Thyme is also effective as a soothing stomach aid to relieve gastritis, indigestion and colic.

Thyme helps prevent cancer, improve memory, treat Alzheimer's, calm the nerves, and alleviate depression, nightmares, and insomnia. An interesting new discovery about thyme shows that it actually boosts the amount of DHA (an important ingredient in omega 3 fatty acids) in the brain, heart and kidney cells.

My patients have noted great improvements due to the use of above; I am also personally benefiting with higher doses of curcumin.

I truly hope you will also reap rewards from adding some of above to your daily fare. Not rocket-science and essentially easy for just about everyone to avail themselves of some great health and strength support. Please purchase these herbs from an organically produced source.

CONCLUSION OF 2012 from your GEN SEC!

At end of my second year as Gen Sec, I believe BDFPA has gone from strength to strength, and I sincerely hope that continues apace - long after me!! We survived some intensively troublesome problems, particularly unnerving for me earlier this year, though also for Neil who is obviously made of tougher stuff' than I!

I am appreciative of some great personal response for my help to you all, since my term of office' began and for the four competitions I have happily provided this year. The National Single event was a major, time-consuming, challenge, as my first 'biggie'- though seemingly you mostly thought it went well via the numerous accolades I received. So now I have BOTH events next year!! An enormous challenge obviously even for someone in robust health, which sadly I am not!!! Neil has confirmed he will provide/deliver all competitive platform equipment to Stafford University site, including sufficient calibrated weights for both events - I have the warm-up equipment currently factored in at Stafford University, bringing 50% of it in from Stoke Uni. Please let me have your entries asap, as I need £3000 to pay for the three days - having to provide my first deposit of £500 by 7th

January and second before 31st January -from my own purse for March event! Imminently awaiting dates to pay for 6/7th April event.

BDFPA is UK provider of a great platform for all those who truly wish their performances/records sanctioned to drug-testing at every event. I am really happy to prove great lifting as clean, each time I test.

I attended all the 2012 Internationals, Nationals and some divisional events either lifting, officiating, drug testing - sometimes a combination, to help out. I am very proud to have successfully increased my World record at three of those.

As you know, even as 2012 began, I was informed this would likely be my final year as functioning on planet Earth, hence the major reason I did what I did during 2012, travelling far and wide. I pray that my life will be further extended to fulfil the role conferred upon me via October ballot for 2013 National events in Stafford. My work for these is already in progress!

As ever, I am extensively engaged, along with my medical team in Germany, to remain functional for as long as possible during 2013 Nothing via conventional medicine can now address the end stage kidney situation - hence I have full-reign to research/apply both nutritional and functional applications - which are obviously accredited as well within my professional expertise.

Upgrading of Russ Martin

I have centre-mentored Russ on more than one occasion this year - and definitely put him through his paces with kit check and drug testing twice, plus a marathon centre and side stint at Bournemouth! Upon my submitted

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Chris Martin	07794 276416	(Div)
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