



British Powerlifting Magazine April 2019



A great British powerlifting start to the year packed with divisional and International events. The University Championships were a great success. We are looking out for venues for future competitions. Please contact me if you are interested. There is certain IPF criteria a venue has to adhere to so we can discuss with individual prospect venues.

We are proud of our venues at British Powerlifting and a big thank you to all who run our divisions and who have taken the time to send articles for this Magazine. Thank you to our contributors to this edition. Ted Brown, Ragul Parthipan, Ann Morgan, Rita Shergold, Kelly Clark, Emily Killick and Geraldine Goligher

The next edition publishing in July with a great new format . The magazine is for our members to Showcase their achievements. Send me your submissions throughout the year and I look forward to receiving them.

Kind Regards,

Nicola Elding

Communications Director

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Northern Universities, 23rd February, Eggborough Sports and Social Club

The Universities of Leeds, York, Newcastle, Teesside, and Sheffield sent lifters to the Northern Universities competition, now in its fifth year. Lifters from the University of York came out on top, the first year they have won the competition. Some lifters were handled by British bench record holder Elspeth McLeod, team captain of the club.

Several lifters went 9/9, with amazing personal bests falling across the board, to the delight of the dedicated crowd. The competition was heartening as regardless of club, or weight being lifted, the crowd was supportive and the competition was ran nearly entirely by volunteers from the Universities themselves. Some great inter-university fraternisation was seen, fantastic as clubs are often separated by large distances.

Despite the relatively small size of the competition, there were dramatic battles between lifters, with several cases of positionings decided on final deadlifts, such as that between Maja Darlington of Leeds, and best female lifter Georgie McDonald of York, in the 84kg class. A similar tale was told in men's final deadlifts as both Toby Cracknell of York, in the 93kg class, and best male lifter was Tom Watton of Sheffield, in the 105kg class, both pulled 250kg to round off the day, to a great reception from the crowd.

Like larger University competitions, the event was overall scored on team IPF points, giving podium positions to York, Leeds, and Teesside, in that order.

For future years in this competition, entry will be open to active students at Universities within both the YNE and NW divisions, to help students gain platform experience in a smaller setting and friendly atmosphere.

Images courtesy of Fatboy Strong Photography.



Pictured: Maja Darlington of Leeds, u84kg class, during her 120kg squat, going 3/3 in the lift and placing second in her category.



Pictured: Charlie Turner of Teesside, u93kg class, after a 140 bench, going 3/3 in the lift and placing third in his category.



Pictured: Toby Cracknell of York, 93kg class, completing his 250kg deadlift, going 3/3 in the lift and placing first in his category.

It is great to see how our Universities are embracing powerlifting and well done to all the trainers who are creating a powerlifting culture and British Powerlifting are proud to be leading the way.

If you are currently in University and Powerlifting send me your story for the next Edition. When you leave be sure to carry on. Our sport is a great one with no age limits so on leaving University track down your closest powerlifting gym. If there is not one near year there are Bench Press championships and most lifestyle gyms have a bench. You can be that next Powerlifting inspirer to get what ever gym you choose In to powerlifting.

Now a special look back when Ted Brown was invited to the Queens dinner party. Ted is still lifting strong.



the story behind the World Champions, having just returned from the European Masters in Bratislava which I won I received an invitation to Buckingham Palace to attend her garden party to celebrate her 40 yrs on the throne, this went out to all British World Champions. As this arrived on the 31st of March I new that the following day would be April fools day so I put it to one side and soon got a phone call from the late Mick Barry who had also got the same so then I new it was genuine .We received a parking sticker and was parked outside Clarence House. There were World Champions from all sports and as my wife stood waiting for the queen to come around she actually spoke to me having seen my Powerlifting badge on my blazer. I can only recall 2 other powerlifting champions ie Rodger Powell and Herman Nurse, It will always be a day I will cherish along with my wife Irene

Kelly Clark An Inspiration

How did your fitness journey start?

As a woman in my late forties with arthritis down the entire right side of my body, I was starting to feel my age. I was also carrying more weight than was good for me as a size 16-18. I had tried exercise before – I had been a member of a number of gyms over the years and had a swim pass for a local pool. The gym bored me rigid, pounding away on machines for hours with no real results but I would still go because I felt I had to 'get my money's worth' even though in reality there was no real value in it! Swimming was great for my flexibility and joints but again no real results.

I decided that I needed to do something different even though I didn't know at that point what the something different was. I started looking on the internet and reading about fitness – in reality for me the goal at this point was fitness not weight loss as my concerns were about my increasing aches, pains and lack of mobility I found a local gym running HIIT sessions and that was the start of my change. However although the HIIT sessions that were helped my fitness and mobility also took their toll – the high impact of some of the exercises (jump squats, burpees etc.) made my joints painful and it would take several days for me to recover which was limiting my progress.

When did you start lifting weights and what inspired you?

I started just over three years ago a few weeks before my 50th birthday – I have to say that I wasn't inspired initially! It was a forced choice from having arthritis and struggling with the high impact on my body from the HIIT sessions. The owner of the gym where I was training at that time convinced me to give it a go. He told me it would have less impact and that building muscle would support the joints, he also told me it would help with fat loss and that I wouldn't get bulky (that question many women seem to ask when thinking about training with weights!).

How have you changed physically and mentally as a result of lifting?

I have gone from a size 16-18 to an 8-10 and in the first 12 months of lifting lost 36cms off my abs alone. I even got to a point where I thought I was too skinny which I never dreamt would happen but that was just a natural stage of the process moving from overweight to a healthy weight before building more muscle. My mobility increased dramatically. Prior to lifting I had not even been able to close the boot of my car or reach into a high kitchen cupboard using my right arm but within a couple of months my mobility returned and I was able to do these things with very little pain. This increased mobility let me put even more effort into my exercise sessions and as the weeks went on the pain lessened and the awful creaking noises my knees used to make stopped. After four months I went back to my doctor and he agreed that I could try coming off the prescribed medication and I have not taken anything other than the occasional over the counter pain killer since then.

Mentally, lifting gives me both a focus and a release. If I train early in the morning it sets me up for the rest of that day, even my boss can tell the difference between a training day and a non-training day by my mood. If I train after work it acts as a great stress buster, there is nothing better than lifting for working off the pressures of the day or just giving you something else to focus on. I like to understand technique and why certain things work too.

What inspired you to take the leap into competing as a Strongwoman?

A moment of madness! In May 2017 I saw in an advert for York's Strongest Woman 5 weeks before the event and thought why not? I planned for it to be my first and last event just so I could say I had done one. My target was not to come last out of the 20 competitors, however I surprised myself by coming 5th (and 3rd in 3 out of 5 events – deadlift, tyre flip and sandbag carry) without any real strongwoman training. There were no body-weight classifications so I was competing lifting the same weights as women with higher bodyweights so it was tough and I was the oldest there too but I loved the adrenaline rush and the camaraderie. The fact that I achieved 24 100kg deadlift reps in a minute and that there was only 2 reps between me and the winner made me realise that I am stronger than I think. I then had another go at Strongwoman at Lincoln Strongest in November 2017. This was a much tougher competition with a stronger field and new events for me such as the log press, Viking press and famous Atlas Stones which form part of most traditional strength competitions and once again I came 5th which I was delighted with. I also came 2nd in the sandbag carry new pb.

How did you move into competing in powerlifting?

Although I realised from competing at strongwomen competitions that competing gave me a focus for my training I didn't think that I was good enough (as in strong enough) to compete at powerlifting. I moved gyms at this point to Titanium Strength Gym in Sheffield which is co-owned by Chris Baker (Team GB Masters Powerlifter) and used by other GBPF members which started to give me more insight into powerlifting. Then volunteering for the 2017 Special Olympics National Games opened my eyes. As a spotter and loader for the Games I was able to meet and chat with fellow volunteers who were GBPF members (Emma Stott, Jim McGill, Fred McKenzie, Dave O'Brien, Dave Richardson, Carole Springett). I learnt so much about the sport and was asked that vital question 'why don't you compete?' and when I said I wasn't strong enough was reassured that whatever my strength level I would be made welcome in GBPF. I came away from the Games after promising I would consider it.

When was your first powerlifting competition and what's happened since?

I joined GBPF in November 2017 with the goal of achieve a qualifying total to compete at British Masters 2019 which I felt was realistic. I took to the platform for the first time at the YNEPF Spring Open in Ashington where my aim was just to experience a competition and hopefully get a total on the board. At the time I was terrified and wondering why I was putting myself through this but everyone made me feel so welcome and made sure I knew the routine in terms of weighing in, rack heights etc. I had set myself the target of qualifying for British Masters in 2019 but after expert handling from Jim McGill managed to secure a qualifying total for 2018 sending me into a tailspin of panic! Advice from others was to get some more experience before the British Masters in Belfast and so began a whirlwind of hitting the platform several more times over the next few months. Two All England comps followed (2 silver medals) acquiring coach Ryan Griffiths along the way then two divisional competition trophies (Masters Full Power and Bench Only) before heading to Belfast for my first national comp where I was proud to be there and placed 6th. Then the plan took an unexpected turn, after always lifting Classic (raw) I was encouraged by Jim and Jo Beck give Equipped lifting a go and headed to the YNE Open in Jo's loaned bench shirt aiming to get an equipped bench qualifying total for the British Equipped Bench Only Championships. Superb support and handling from Jo Barnes and Phil Frost helped me achieve my goal however they along with Michelle Brand then proceeded to convince me (I'm so gullible!) to enter Full Power instead. A switch of coach followed to Miche so that I could focus on equipped lifting and a steep learning curve with only 10 weeks between qualifying and championships. Again support from fellow lifters was key during training from Frosty, Jo and the crew at Donny All Rounders and at the event from Richard Sawyer were my goal to get a total was met and almost as an aside I got 3rd place. Finally to finish my first competitive year I headed to the British Bench Only championships where I made a mess of my lifts by missing commands but I scraped 3rd place. My first year ended with my first training session in a deadlift suit. I am grateful to every one of you who has encouraged me, inspired me and taken the time to advise me during this year. Special mention to Mat Brignall for his patience with my bench antics and thanks to all the crew at Titanium Strength Gym who make training so much more enjoyable. And last but not least thanks as always to my long suffering non lifting husband Andrew Clark. It's been one hell of a year!

What are your plans for the future?

Who knows what the next year will bring although already I know it be fewer comps and a focus on equipped lifting. It will involve a lot more work, fewer trophies and medals but more gains in experience, technique and if all goes to plan, more strength. I know it will also bring more friends - I wouldn't have achieved so much or enjoyed the experience as much without those people I have met through powerlifting (lifters, referees and officials, coaches and supporters). I aim to continue volunteering at competitions – spotting and loading is hard for me as the repetitive nature of the task can cause my arthritis to flare up but I have worked the table several times and have taken on the role of competition manager at YNE competitions. Without volunteers competitions just wouldn't happen. Eventually I'd like to take the referees exam so that I can put something back into the sport.

What advice would you give to anyone who wants to take up powerlifting?

To coin a popular phrase – just do it! I can honestly say that powerlifting has changed my life. Five years ago I could never have imagined looking or feeling as I do, I have gone from being on daily prescribed medication for my arthritis to taking over the counter painkillers once or twice a year. I am more mobile and stronger than I have ever been giving me the ability to get involved in other things I never thought possible such as mud runs and even a charity skydive. I have lost over 3.5 stone in weight and finally, I have met, trained and competed with an incredible bunch of people many of whom I know will remain friends for life. I couldn't ask for anything more!

Champion Powerlifter Kelly Clark

Inspirational Transformation



Refereeing



Please forward your interest in becoming a referee. It is a volunteered position. It is one that will improve your own lifting and be around the sport you love even if you are not competing that day.

{Photos supplied by Nicola Elding}

Rita Shergold is a fine competitor winning the British Bench M2 72KG this year and this is her account of an exciting powerlifting story.

I started doing strongwoman end of 2014, I met a lady Nina whom was already doing strongwoman after we met a few times and that was it , Her son Aaron page is a strongman been on the tv.

So my training started my 1st comp was in 2015 . Just loved lifting heavy weights the tyre 250kg lol .

It was a start of a personal battle against me never any good at school .

Plus you meet awesome people whom understand.

To achieve your golds .

Aaron said about powerlifting as I was better at non moving event . Felt I was getting too old now that's a joke.

So I started training for powerlifting, 2017 I had to change gym and coach so Tom Kelly Southampton barbell took me on, awesome guy lots of support

My daughter started 3 months with a different coach at a different gym my daughters 1st comp was in March , we don't training together she dealing with mental health illness and we both need are own space as life can be so hard for her and me it works well .

Her coach as said she looks up to me .its a charity run group she iswith .

Then to do the Bench comp 23rd I said I almost didn't show as my daughter had a meltdown her coach told me to go he would look out for Emily .

So that day was a battle for me in lots of ways and to then find out i won and get pick for GB team OMG.

My husband is amazing put up with me going off to train bless him .

I've lost 10kg in weight look good, achieve all my goals be good at something i love to do.

Meet great people and make new friends

Photograph of Rita courtesy White Light Media

Rita Is Going From Strength To Strength





Raghul Parthipan news from British Universities.

British Universities 2019 is one of the favourite meets I've done. Captaining the Cambridge University Powerlifting Club (last year's men's team winners), I was excited to bring a massive squad to the event and was looking forward to seeing the performances from the team.

Personally, having just bulked up to 74kg, I was less competitive than I used to be as a 66kg. Which was great. It meant less pressure on myself to lift certain numbers and instead I could focus on building a total. And so I did. I finally went 9/9 with a comfortable 207.5kg squat, 142.5kg bench and 227.5kg deadlift to give a 577.5kg total at 72.9kg.

And this happened to be enough for the win on the day. With other lifters who had been nominated higher than myself missing attempts, I managed to get first. It was a great lesson for me about how maximising my own performance and not getting caught up with others' lifts can lead to very favourable outcomes.

Last year I won the 66kg British University title so it is indeed pretty nice to now have got the 74kg title too. Cambridge did outstanding as well, claiming the number one spots in the 66kg, 74kg and 83kg classes.

I've been doing some writing on the mental aspects of powerlifting where I expand on some of the points discussed in this article, such as maximising one's own performance. You can find that over at: <https://powerliftingmind.home.blog/>

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Captain, Cambridge University Powerlifting Club (CUPLC),
2018-2019

Co-President, Bridges for Enterprise, 2018

Photo of Raghul courtesy White Lights Media

Raghul is a great lifter and a great ambassador of the sport Captaining the Cambridge University team.



Ann Morgan, proof our sport has no age limits

Martin Flett and I went to school together. That was not yesterday... we are 63 years old this year. I'm a total novice; Martin is a multiple British masters bench champion who has also won commonwealth, European and world medals and does occasional commentary work.

In 2018 after a period of prolonged illness I was feeling weak, down and very apathetic. My fitness, which had always been great, had deteriorated over the course of a year to the point where I could barely walk upstairs.

Partly I put this down to age as well as the chronic illness.

Bleating about this to Martin, as only a female friend can bleat, he asked me if I'd ever tried to increase my strength with weights. I told him that years ago I'd been a body builder but not lifted a weight this millennium!! Too old now I told him.

Well.... I can't put in print what he said but the gist of it was "no way are you too old!! I'm 62 and still lifting".

Stunned by the thought I could powerlift at my age I started seriously considering it.

Ok, I told Martin - I'll buy a wee kit (Scottish both of us, we use the word wee a lot it means small!!) and just get going.

I tested out my 1RM at my sister's gym and discovered that with persuasion I could bench 27kilos so I bought a little bench set and a few plates.

With Martins tuition by text (we live 600 miles apart) I managed to improve by a kilo a week for the first couple of months. Feeling considerably better and stronger I related this to Martin who said why don't you compete?

Well. I laughed. And laughed. Me? 62 years old, weak as a kitten due to being poorly and with a wee York Bench starter kit?

I laughed some more. I truly thought he was winding me up! Martin explained I didn't have that far to go to qualify at an M3 level and maybe once qualified in a further year I could go for the British.

Well. I laughed. And laughed. And laughed. And then I thought. Why not? If not now, when? If not me, who??

I'm terrified. I swear I'm absolutely terrified. Of the whole thing. Of lifting such small weights and feeling embarrassed. Of appearing in public wearing less than I wear to bed. Of being thought an old fool.

But I'm going to do it. I've booked to go to Cheltenham in April, if I get in, and if I qualify I'll go for the British in 2020.

I've now invested in a powerlifting bar and 'proper' weights and I'm moving from bench only to all three lifts! Scary or WHAT??

The goal setting for this has transformed my life. The focus has transformed my mood. The training has transformed my strength and confidence.

Now I feel differently, I walk strongly, I move confidently.

What a difference a few months makes.

What a difference goal setting makes.

What a difference a great coach makes.

Thank you Martin Flett. A legend in his own lifetime.

Ann Morgan In Action



Emily Killick's lifting story.

My powerlifting journey began in 2015. Never one to keep still, I had always been sporty and I was bored a few days into a holiday and went to explore the hotel gym and discovered a new passion.

When I got home, I went to join my local gym but had to wait two days until I was 16. As a former runner, I went straight to the treadmills but my attention was drawn to the weights area and what was happening at the squat racks. I asked the gym instructor for some help and found that I wasn't too bad at this! I tried my hand at bench and deadlift and realised I had found something that I was really enjoying and which gave me a sense of achievement. Six weeks later (after my mum secretly entered me in a competition!) I had a rapid lesson in rules and made an express order for a suit and belt, I found myself at my first powerlifting meeting in Dover and loved it. With lots of encouragement from Louise Richardson and many other South East Powerlifting members I had found a sport I really loved and could compete in. I was also lucky enough to break a few South East records. I entered a couple more competitions in Hove and in Dover and managed to qualify for the All England in May 2017. I finished with a good total and then applied to be an under 18 member of the English team in South Africa at the Commonwealth Championships, never expecting to be selected, and was shocked when I actually gained a place. I had encouragement and a session

from Mick Ellender and In September 2017 I found myself on the longest plane journey of my life with my mum and my boyfriend, who happens to be South African. 11 hours on a plane for someone who had fainted twice on a 2 hour flight was quite daunting! Two hours of bouncing around in mini bus took us to Potchesfroom and my competition day. The day went well; I was pleased with my lifts and awarded Gold Medals. We had a rest with family for a few days before enduring another epic flight.

When I returned a BBC film crew had heard about my adventure and filmed a small piece for BBC news. Sadly, I have since had a slipped disc and tear but not due to lifting - a fall down a steep slope whilst on holiday! I'm back up to strength now however, have a career which I love as a PT and am aiming to compete again but in the U23's. All because of that little trip to the gym on holiday!

Photo supplied White Lite Media

Great shot of Emily by White Light Media



We conclude this edition of British Powerlifting Magazine with a great story from Geraldine Goligher and heart warming picture from Ross Brimstead supplied by Ross of his son congratulating him winning the South East Classic. Thank you for all your submissions and if you have submitted and not in this time you will be included in the next edition publishing in July. This will be in our exciting new format. Keep lifting and may all your lights be white.

Best Wishes

Nicola Elding

British Powerlifting Communications Director

GERALDINE GOLIGHER Determination

It was down to my husband Ryan that I started powerlifting. He has been training and self educating himself for over 10 years. So I decided to start training with him. After training for about 3 years we found that I had a natural strength for bench pressing, we checked the NIPF bench record and knew that I could break it we therefore decided that I would enter my first competition. So I entered an open push pull competition as an M1 in May 2017. There was an option to squat but this would not go towards your final score, I thought I might as well but to my disappointment I failed my first squat(50kg) second squat(60kg) due to depth and got third (60kg) all thanks to my spotter guiding me. I had a real fear of squat, I always feared I wouldn't get back up. To my delight though I broke the bench record in my first lift 47.5kg, second lift 52.5kg and third lift 57.5kg, which now meant that I now held the record for bench press in the M1 category in the 63kg body weight, Deadlift not so good, first lift 85kg, second lift 95kg and third lift failed 107.5kg.

I started to really getting into my training tweaking as we went a long, entered my next competition NIPF open 3 lift September S-80kg B-55kg failed 60kg D-120kg. I was stuck at the same weight in deadlift due to a back injury so Ryan tweaked my programming, lifting technique and nutrition and we decided I would give sumo deadlift a go. I felt this movement suited my build much better. I gradually widened my grip in bench and after much less hours of watching and practicing squat I finally lost the fear I had in it.

My last competition, NIPF winter warriors February 2019 I entered with confidence as I knew my training was going well, I had new gym PB's, I felt comfortable deadlifting and I was no longer scared to squat, but my worst nightmare was just about to hit me as I missed my weigh in by 0.1kg. I weighed in at 63.1kg meaning I was only able to lift as a guest in the 72kg category, therefore I would not be placed. I was devastated and didn't want to compete but my husband/trainer encouraged me to continue with the competition as he had the belief in me that I could lift more than I had ever anticipated, also I had put so much effort into my training that I thought yeah I need to do this. I totally surprised myself as all last 3 lifts were all PB's, all heavier than I had ever done in gym and comp, I got 9 white lights, I was over the moon. S-102.5kg. B-72.5kg. D-137.5kg. Had I made my weigh in I would have held all records for M1 63kg body weight and the overall total.

My goal is to eventually keep setting records maybe some day be part of the Northern Ireland/British team.

Geraldine pictured with Ryan her husband and coach .



