



**British Powerlifting  
Magazine**

**Issue One**

**January 2019**

Welcome to our British Powerlifting Quarterly Magazine. I hope you enjoy our news and look forward to receiving your contributions for future editions.

## Recognition Award For Marlene

Marlene Mathieson recently awarded at the EPF Equipped bench in Luxembourg. In recognition for her contribution to the smooth running of the championship.



{Photo supplied Alex Mathieson}

# Welcome to our British Powerlifting Magazine 2019



I would like to wish all our members and families a very Happy New Year. British Powerlifting look forward to a successful 2019. The beginning of a new year is always very exciting and gives us time to plan our competitive year ahead. We value each and everyone of our members and love to see the journeys you embark on in your Powerlifting sporting careers. A number of you have acknowledged you would like to become a referee. Please go online to the IPF rule book. It is important you revise this and we will keep you updated on referee Divisional examinations throughout the year.

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 Rick Gould, Glyn Belsher, David Turner, Richard Parker, Joseph Shepherd, Martin Bass and George Leggatt for your contributions to this edition.

The Magazine is quarterly the next edition publishing in April. It is for our members to showcase their talents and achievements. Send me submissions throughout the year and I look forward to receiving them.

Kind Regards,

Nicola Elding

Communications Director

British Powerlifting Board of Directors—Chairman Fred Sterry—Chief Executive Officer Richard Parker— Finance Director Mike Edwards— Athlete's Commission Chairman Dean Bowring— Director Of England Kevin Jane—Director Of Scotland Alex

{Photo Supplied Chris Elding}

## The Turner Family

Three generations refereeing in Horncastle recently. David Turner M3 lifter, George Turner Junior lifter and Nathan Turner M1 lifter. We are proud of you team Turner.

{Photo supplied David Turner}



## We Pay Tribute

To a great man John Stephenson. A life long dedication to the federation.

10/13/2018

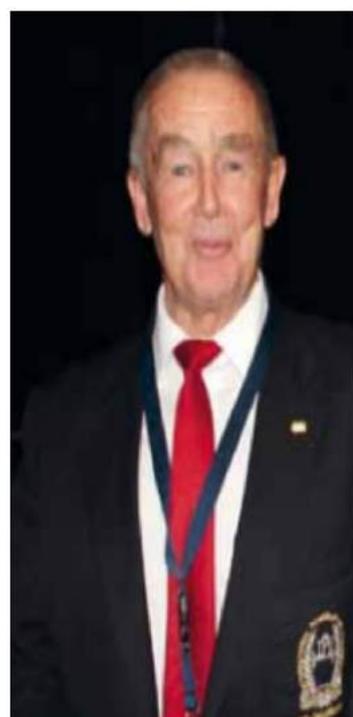
### THE PASSING OF JOHN STEPHENSON

IPF-News World

Dear IPF Member Federations,

On Friday, October 12, 2018 a dear friend and former colleague, John Stephenson, from Great Britain passed away on the Island of Jersey.

The highly respected and well-regarded John Stephenson served as the Technical Chairman for the International Powerlifting Federation for well over 20+ years. John was inducted into the IPF Hall of Fame in 2001. He was instrumental in preparing and fine-tuning the modern day rules of Powerlifting. Up until his death, John continued to train regularly with weights. Mr. Stephenson was involved with not only powerlifting, but bodybuilding and weightlifting for 65+ years.



Until his retirement from the IPF, John was very proud that he attended every IPF Open World Powerlifting Championship. Without question, Mr. Stephenson served our sport with both honor and distinction.

On behalf of Gaston Parage, the President of the IPF, and the Executive Committee members, as well as the entire world-wide powerlifting community, we send to John's family and many friends our sincerest condolences.

## A special moment captured at an IPF banquet of John Stevenson and Peter Fiore



Great friends and a special moment at the 2007 Commonwealth Championships banquet. Peter was a former BAWLA Powerlifting committee chairman and president on the Commonwealth powerlifting federation. He was instrumental in introducing the unequipped classic lifts into the IPF following the inclusion in the commonwealth championships. He was also a former world champion open and masters. Peter is sadly no longer with us. RIP John and Peter.

{Photo Supplied Richard Parker}

## Amelia In The News



Amelia Maycock booked her place in the Euros.

# Silver medals for powerlifting pair

### Amelia books place on flight to Lithuania

Three competitors from **Horncastle Powerlifting Club** took part in the **British championships** at **Moulton College** recently.

Lily Belsher and Amelia Maycock both earned places on the podium, with Amelia also booking her place in the European championships, to be held later this year.

Hannah Graham was competing in the under 23 72kg class at the Northamptonshire venue.

She squatted 95 kilos,

bench pressed 65 kilos and deadlifted 155 kilos for a total weight of 315 kilos.

That was enough to take eighth place in her section at the championships.

In the under 18s, Lily was competing in her first national competition, aged just 15 years old.

But she performed extremely well.

She squatted 55 kilos, bench pressed 32.5 kilos and deadlifted 75 kilos in the 52kg class to take the silver medal home.

Last up was Amelia Maycock, a Great Britain international lifter, who lifted brilliantly in the 63 kilo class, squatting 102.5 kilos, bench pressing 62.5 kilos and setting a British record deadlift of 160 kilos for a massive 325 kilos total.

That saw her take second place and a silver medal, which also booked her place at the European Championships in Lithuania in November.

The trio are coached by Marc Giles at the Horncastle club.



Marc Giles.

Hall Of Fame including my late great dad Mike Davies who competed in the first International competition in The USA and Great Britain won.



**Powerlifters & Olympic Lifters Group Shot 1970**

L to R: Mike Shaw, Mike McHugh, Tony Fitton, John McNiven, John Lear, Ron Collins, Tony Elvin, Bob Memery, Precious McKenzie, Eddie Kershaw, George Newton, Dave Hancock, Mike Davies, Chung Kum Weng, Ieuan Owen



**PRECIOUS MCKENZIE**  
Press: 248 lb/112.5 kg



**GEORGE NEWTON**  
Snatch: 248 lb/112.5 kg



**DAVE HANCOCK**  
Clean & Jerk: 385½ lb/175 kg

{Photos supplied Himee Bender}

# Powerlifting from a beginners perspective .

## BEGINNERS GUIDE TO POWERLIFTING by Joseph Shepherd

So I hear you want to be a powerlifter? Congratulations, you are making the first move into having everyone you know ask you “Do you think you can lift me?” and being asked “if it’s the one with the overhead press in the Olympics?” My name is Joseph Shepherd, I am 19 years old and a first year university student and I compete out of the YNEPF in the 105kg weight class.

I was asked to give my advice to anyone looking to start their powerlifting career. Here is what I came up with;

- Prioritise form over everything in the beginning stages, you may think that since you are powerlifting you must lift heavy’ every day, but by learning to lift properly you can continue to lift heavy even in your 60’s. Technique is key!
- 
- You may think that the only thing you need to do is lift weights but to get the most out of your new life of trying to be as strong as possible I would recommend trying to get a decent amount of sleep a night and doing mobility work daily
- 
- Have a plan to follow, going into training with a plan will help you stay focused and disciplined in your training. This program can come from a coach or if you are computer savvy you can find one of the one million programs online that work for you. {Photo Supplied Sandra Shepherd}



# 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}

Just a few words regarding the performance of two of our juniors, Moa and Dapo, at this year's European Classic Powerlifting Championship held in Kaunas. They were **magnificent**.

It was the end of a long year competing for both of them; the Worlds in Calgary in June, their respective British Championships in September and October, culminating with the European Juniors in the last week of November.

### Moa Wikner

This is Moa's last year as a junior and she finished it very well, 3rd overall and a Gold medal in deadlift. Throughout the year she strives to get better and is a determined trainer in the gym. On the platform she got her rewards.

I must mention her last deadlift, she needed to pull 180kg (a big deadlift for a 63kg class lady) to place 3rd overall and secure deadlift gold. One lift for all the money. Her second attempt had been 177.5kg (PB) and that was hard enough. She pulls 180kg (PB)! It wasn't pretty, it was as hard as it could be but she did it! On coming off the platform she was totally spent and empty.

For me she will pull a bigger deadlift but not a better one!

### Adedapo Ojewale

Dapo is a young man with tremendous potential. This year unfortunately he has been managing an injury which as yet has not been sorted out. This has meant that on the squat and to a lesser degree the deadlift, loading him up prior to a competition has not been possible. At the European's his preparation was very hit and miss but as he always does, he came good on the platform. Like all good lifters the platform is where they make a statement.

He achieved 5th overall and silver in the deadlift. A PB Total and deadlift was his reward for persevering throughout a less than perfect training cycle.

Both Moa and Dapo deserve the utmost credit for the way they both lift and represent BGWLC and Great Britain.

Martin Bass

Coach at BGWLC



{Photo Supplied Martin Bass}

# Great year for the Belsher family



Father and daughter Glyn and Lily Belsher had a double silver lining this year when they both came second in their British Championships.

Lily, 15 was runner up in the British Sub-juniors in Moulton in September, while Glyn equalled that in the British Masters M3 in Belfast.

Lily had only been lifting for a year whilst Belfast was Glyn's first three lift competition following injury.

They are both trained by Marc Giles at Horncastle Powerlifting Club. In 2017 Glyn won Bronze in the European Equipped Bench in Luxembourg.

# Asthma and Doping

By Rick Gould

## **Breathe easy without getting a ban**

**Anyone taking asthma medications needs to be aware that many types are on the WADA prohibited list both in and out of competition. Just three asthma relievers are not prohibited, and even then, there are restrictions on their use. However, even if a medication is prohibited, those needing them can get a Therapeutic Use Exemption (TUE).**

## **Asthma incidence and treatment**

According to Asthma UK ([www.asthma.org.uk](http://www.asthma.org.uk)), about 4.3 million adults and 1.1 million children in the UK suffer from asthma and receive treatment for it. The main symptom of asthma is difficulty in breathing, ranging from mild to life-threatening. It is caused by the inflammation of the bronchial airways; this narrowing of the airways restricts the passage of air into and from the lungs. Fortunately, it is largely treatable and can be controlled.

Common asthma medications consist of two types, which are:

- **Bronchial dilators**, within a drug family known as *beta-2-agonists*, to reduce airway inflammation. These are also known as *asthma relievers*.
- **Steroids**, to lower the chances of inflammation. These are also known as *asthma preventers*.

Asthma relievers differ in how fast that they take to act, and the length of time that they provide relief. The table below shows the asthma relievers in widespread use.

Fast acting Long acting

<i>Salbutamol</i>	<i>Formoterol</i>
Terbutaline	<i>Salmeterol</i>
Fenoterol	Bambuterol
Bitolterol	Indacaterol
Reproterol	Olodaterol
Pirbuterol	Tulobuterol
	Procaterol
	Vilanterol

The drugs also have many brand names, which can be confusing; for example, the most commonly-used asthma reliever, Salbutamol, is also known as *Proventil*, *Albutamol*, *Ventolin* and *Salamol* – but they often have a blue container. Regardless of the reliever and its brand name, it is critical to find out which active ingredients are in a prescription; this information will be on the box containing an inhaler, or on the printed leaflet accompanying the medicine.

Only three of the medications (in italics) in the above table are permitted in and out of competition, and only then within strict limits of use within inhalers. The three medicines and their limits are:

- Salbutamol: Not more than 1600 micrograms in 24 hours.
- Formoterol: Not more than 54 micrograms in 24 hours.
- Salmeterol: Not more than 200 micrograms in 24 hours.

All other beta-2-agonist relievers require a TUE if an athlete is prescribed these medicines. For example, the elite professional-cyclist, Simon Yates, once received a four-month ban because his team doctor overlooked the need for a TUE for the Terbutaline that his doctor prescribed.

The inclusion of asthma preventers on the WADA list of prohibited substances is controversial. This is because not all scientific studies have shown a significant benefit for non-asthmatic athletes; nor have all studies shown that excessive doses are likely to benefit asthmatic athletes. Moreover, because all athletes differ in their needs and metabolic rates, there has been recent evidence of a variable connection between positive test-results and the dose that the athlete took.

There are fewer restrictions on preventers, which are often steroids. There are five commonly-prescribed steroids, which are Ipratropium, Budesonide, Fluticasone, Beclometasone (now discontinued in the UK) and Mometasone. All of these steroids are permitted within and outside of competition, when inhaled. But there are some restrictions on some of the medications when taken in different ways, e.g. orally or by injection.

In extreme cases of asthma, where a patient does not respond well to steroids, other medicines include monoclonal antibodies such as Omalizumab, also known as Xolair. This is permitted in and out of competition.

## **Getting a Therapeutic Use Exemption**

If an athlete needs to use an asthma reliever that is on the prohibited list, and his or her GP states that there is no alternative, then the athlete needs a TUE. Fortunately, there is plenty of guidance available, from UKAD at <https://ukad.org.uk/medications-and-substances/about-TUE/> whilst British Powerlifting provide guidance and instructions at <https://www.britishpowerlifting.org/anti-doping>. In simple terms, anyone needing a TUE needs to download a form, complete it, get it endorsed and signed by his or her GP, and then send it directly to British Powerlifting at [dopingcontrol@britishpowerlifting.org](mailto:dopingcontrol@britishpowerlifting.org) for consideration. The form can be downloaded at [http://www.powerlifting-ipf.com/fileadmin/ipf/data/anti-doping/IPF\\_TUE\\_Application\\_Form\\_2016.docx](http://www.powerlifting-ipf.com/fileadmin/ipf/data/anti-doping/IPF_TUE_Application_Form_2016.docx). I would recommend that if in doubt, then get a TUE – even athletes using the prescribed, permitted asthma relievers such as Salbutamol have tested positive and received bans.

I am very proud to be the English Bench Press Champion 70KG M2 this year, National Referee and The Director Of Communications at British Powerlifting  
{photos supplied Maureen Davies and Chris Elding}



Chris Elding

SUNDAY AT 18:01 AT MOULTON COLLEGE

Salvatore Putrino

### **GEORGE LEGGETT**

George Leggett had been involved in our sport for as long as I can remember. My first encounter with him was in 1970 when he was the Membership Registrar for the SW Division as well as Supplies Officer and Divisional Coach. In the next two years he was first Chairman and then Secretary of the SW. It's interesting to note though that George actually started using weights at the age of 15. This was when he was a member of the Crowland Rowing Club, Clapton during WW2. However, because of blackout restrictions they couldn't go on the river at night, so they trained with weights instead by candlelight. George soon realised he was a lot better at lifting weights than rowing and so that was the real beginning of his weightlifting career.

In the seventies powerlifting and weightlifting were all part of the same national organisation, the British Amateur Weightlifters' Association (BAWLA) and it wasn't until later that George became smitten with powerlifting. Weightlifting is a far more technical discipline than powerlifting and I vividly remember George commenting at one meeting "that you could teach a monkey to powerlift". Not very PC these days! He was actively involved in coaching boys for weightlifting at the Home Office establishment where he was a PE Officer and I remember accompanying George with one of his lifters from Cheltenham (where I live) to the British Schoolboy Championships. He was always extremely enthusiastic about lifting and this went as far as ensuring all the boys at his establishment were members of the BAWLA, which was a big boost for SW numbers.

George took every available coaching course he could and in 1970 was appointed a BAWLA Staff Coach, the highest level possible and was selected to officiate at the Commonwealth Games in Edinburgh. In 1975 George was appointed National Powerlifting Coach and his journey with powerlifting really began. With George at the helm, the British team won two World Championships and the European Championships for 10 successive years.

George then decided to compete as a master's lifter and since 1984 won the British championships no fewer than 18 times. He became the first IPF Masters 4 (69-79 years age group) champion at the age of 76. George and Midge made the long journey to Christchurch, New Zealand for the 2007 Commonwealth Championships and a holiday. He was in the hotel lobby when I arrived and greeted me with his usual enthusiasm. He was the star of the Masters age group and took the Gold Medal in the 74kg class at the age of 78.

Apart from lifting and coaching George was an active powerlifting official. He was a Category I International powerlifting Federation referee and attended as many championships as possible. He even came to the European Junior Championships in Northumberland just to help out. It was not just competitions either, he a Midge always tried to come to our AGMs and we were delighted when they came to our meeting in 2015 at Moulton College.

In 2016 George was the first, and to date, the only recipient of British Powerlifting's Lifetime Achievement Award. I received a very nice thank you letter from him – he never graduated to using email. In his letter he said, "Thank you very much for your surprising letter. I am finding it hard to believe the GBPF have decided to award me with a Lifetime Achievement for my services to powerlifting. To make me the first recipient is indeed an honour and one that I will always be proud of."

He concluded by saying, "I will always be interested in our wonderful sport; we have come a long way since those early days of 1971 and I'm proud to have played a part in it."

George attended the 2016 All England Championships to be presented with his award.

Powerlifting has lost a very special person in George and he will always be remembered for his talent and enthusiasm. This picture taken at the 2007 Commonwealth Championships says it all.

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# George Leggett



{Photo supplied by George Leggett}



An impressive photograph taken in October, 1953 of George Leggett performing a hand balance on the scaffolding on the building he was working on as a stone mason in Cornhill, London opposite the Exchange building. St. Paul's cathedral familiar in the background.

# THE LEGEND OF GEORGE LEGGETT

George Leggett was born on the 9th of May, 1929 in Tottenham, London. His early childhood was very happy although life was very hard for his parents in the big depression during the 1930's.

War was declared on 3rd September 1939 and George's vital schooling was badly affected by evacuation, bombing and interrupted lessons due to constant air raids.

In 1944, as a fifteen year old schoolboy, George joined the Crowland Rowing Club at Clapton, but because of blackout restrictions in the war, they could not go on the river at night so they used to train in the clubhouse by candlelight on the weights. It soon became obvious that he was much better at weights than he was at rowing and so George's weightlifting career had begun.

The war ended in 1945, George left school with no educational qualifications and started work as an apprentice stonemason, an occupation he was to follow for the next seventeen years.

The men were coming home from the services and George joined the well known Tottenham Weightlifting Club and started competing in the London League. He won his first Championship in 1948 and to this day he still has the certificate.

1950 saw the end of George's apprenticeship and his two year conscription into the Army, he quickly became a P. T. Instructor and his interest in coaching and teaching started. George took many courses and obtained many qualifications.

Demobbed in 1952, he soon met his wife Midge and they were married in 1954. Unfortunately disaster struck and George was diagnosed as having a prolapsed disc in his lower back and was advised that his sporting life was over, he did nothing for a few years and grew to an enormous fifteen stones. Realising this was not right he started some light training to get back into some reasonable shape. His two sons were born in 1956 and 1959.

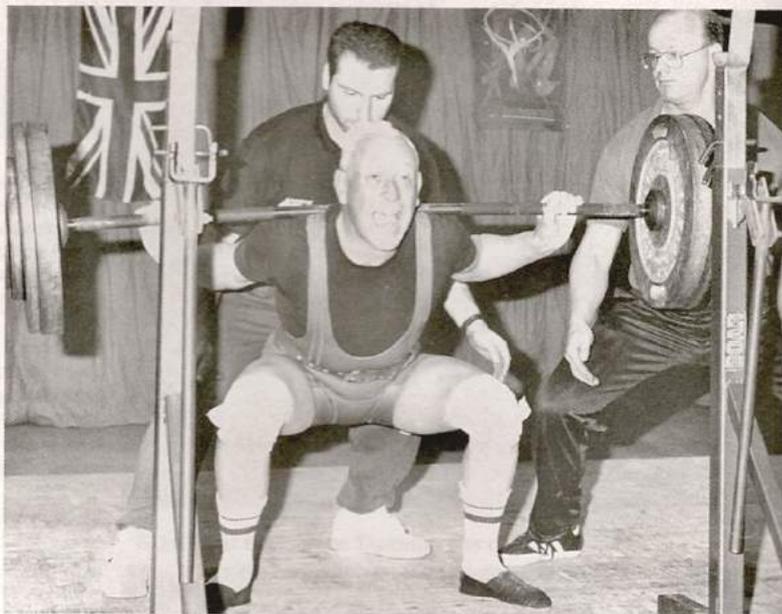
By 1962, George was disillusioned with stonemasonry and decided on a career change combining his sporting hobby with a job. He joined the Prison Service with the intention of becoming a P.E. Officer. He succeeded and in 1965 took his first P.E. posting to a place called Guys Marsh in Dorset.

Specialising in Weightlifting, George took every available course he could at Bisham Abbey and in 1970 he attained the highest coaching qualification. Staff Coach. He was also selected to officiate at the Commonwealth Games in Edinburgh.

In 1975, George was appointed as a National Powerlifting coach and his life touring the world with Great Britain Powerlifting teams began. His teams



George, aged 61, lifting for the British team in the European Championships held in Iceland in 1990. Came fourth.



George on his way to another Masters title. This time in Manchester in the 80's

became very successful winning the World Championships on two occasions and the European Championship for ten successive years.

George decided to compete as a Master lifter and since 1984 has won the British Championships no fewer than seventeen times.

The legend of George Leggett has not yet finished. "Indeed it has not", says Dennis Unitt. "George continues to lift successfully as a Master lifter and last month became the first IPF Masters Four champion at the age of 76. Now George has set his sights on World honours as he prepares for the World Masters in Pretoria, South Africa in October.

The photo on the next page has intrigued me for years and I have long admired his balancing act on the high scaffolding, which demonstrates his athletic ability and inner strength, which he has retained successfully for more than 50 years.



# TALKING TRAINING

Dennis Unitt talks to George Leggett at the 2007 British Masters Championships held at the Birmingham Sports Centre, England.

George is the current European Masters Four champion in the 75kg class and he has won 18 British Masters titles.

**DU:** Good to see you here at the British Masters, George, although I understand you will not be lifting as you have damaged your shoulder.

**GL:** Yes, Dennis. I have torn a rotator cuff in my right shoulder. I can still squat and dead lift but I can't even press the bar. The recovery time on this injury will be months not weeks.

**DU:** I trust you will be lifting again soon and no doubt you will be back in training looking for your 19th British Masters title.

This is something I wanted to talk to you about. How does a Master lifter train? The same as a lifter 50 years younger or do you have a special routine and way of life etc. to enable you to continue Powerlifting into your late 70's?

**GL:** First of all, Dennis, I train all the time, the only time I ease off is when I am on holiday, so when a competition comes along, I only need 8 weeks to reach my best lifts.

**DU:** George, do you train at home or in a local gym or where? It would be hard to train the three powerlifts on your own.

**GL:** I train in the prison gymnasium at HMP Blundeston which is near to where I live. My training buddy is David Battison, a Masters Three lifter. Sometimes two or three of the prison inmates join us. Very often there are 50 or more inmates in the gym and it creates a fantastic lifting atmosphere. They show a great interest in what we are doing and treat David and myself with a lot of respect.

I always train at least three times a week. Tuesday and Thursday evenings from 5pm to 7pm and on Saturday morning from 8am to 12 noon. Before a major competition I will step up my training to 4 or 5 times a week.

**DU:** So a regular training schedule is an important factor for a Masters Powerlifter. I also believe that as you grow older you should continue to train on a regular basis to keep your basic strength at a high level. Yes. Either use it or lose it!

Who coaches you George? Who watches you? How do you make sure you are in the groove and not losing your style as you get older?

**GL:** No one actually coaches me. My training partner, David Battison watches all my sets and reps. In addition I have the expertise of the very experienced P.E. Staff to call on

I use my knowledge and experience to work out my own training schedules and over the years I have taken a lot of advice from people such as Vic Mercer, John Moody, Geoff Brown and Ron Reeves. I have also watched and studied the great lifters like Inaba, Lamar Gant, Isagawa, Ron Collins, Andy Kerr and of course, the late Eddie Pengelly

I am always eager to learn and if anyone comes along with a new idea I will study it and find out if it is suitable for me.

**DU:** You said that you only needed 8 weeks to build up to your best lifts. Tell me more

**GL:** I squat three times a week, bench twice a week and dead lift only once a week.

**Squat:** once light, once medium, once heavy.  
**Bench Press:** once light, once heavy  
**Dead lift:** once heavy



Training as a Masters Four lifter, George squats three times a week.

My eight week build up schedule shown below is based on percent ages of my last best lifts

Week 1	Squat and Bench Press	5 x 6 x 70%	Dead lift 3x 3 x 70%
Week 2	"	4 x 6 x 75%	3 x 3 x 75%
Week 3	"	3 x 6 x 80%	3 x 3 x 80%
Week 4	"	3 x 3 x 85%	2 x 3 x 85%
Week 5	"	2 x 3 x 90%	2 x 3 x 90%
Week 6	"	2 x 2 x 95%	2 x 2 x 95%
Week 7	"	Single x 100%	Single x 100%
Week 8	"	Up to 60%	No dead lifting

I use suit, belt and wraps on all the three lifts

This is my core training programme for a competition. I do lots of assistant exercises:- leg extensions, thigh curls, box squats, wide and narrow grip benchpresses, decline bench, triceps pullover, flies, pec deck, seated press.

Dead lift standing on a 3" block. Straight legged deadlift on a 3" block. Good Mornings bent over rows and pulls. Always do lots of abdominal work.

I fit all these around my core programme. I am a bit neglectful in stretching. I probably do not do as much as I should but always wind down with a good hot shower and a warm drink.

**DU:** That's a thorough workout you do every time George but as a Masters lifter, how can you always keep in such good shape?

**GL:** I lead a simple life. My diet is consistent, mainly chicken, turkey salmon and tuna. Plenty of vegetables, salads, fresh fruit, wholemeal bread, low fat spreads and skimmed milk. Virtually no cakes, pastries or sweets, only about 3 units of alcohol a week and definitely no nicotine or drugs.

This keeps my bodyweight fairly stable between 72 and 74 kilos. I just eat normally before a competition and don't have to do anything drastic. I have never weighed in overweight. I always feel very fit, strong and healthy at this weight.