

North Midlands Powerlifting

Newsletter #1 April 2019



News

The Big Show with the Biggest Bench

From humble beginnings, great things are grown. Graham Mellor, better known as The Big Show started powerlifting over 10 years ago. His first competition on his 14th birthday, where he pressed 67.5kg. 50+ competitions later and just 2 months short of his 10-year competitive anniversary The Big Show hits 700 lbs, (that's 317.5kg) at the British Equipped Bench Press Championship.

Graham Mellor with the first 700lbs Equipped Bench in British Powerlifting History!

It was not without tension as he selected this weight for his second attempt and missed it.



Big Show is the master at recovery, last year at the same competition 310kg tipped the balance and landed on his thigh before being recovered by the spotters. Never put off, he dusts himself down and gets under the bar with renewed vigour every time. A brave lifter that takes every attempt in his stride.

Results Jan - Feb

British Equipped

Michelle Franklin - Gold - 332.5kg
Linzi Waite - Silver - 322.5kg
Amelia Maycock - Gold - 372.5kg
Joy Mineo - Gold - 355kg
Hannah Graham - Silver - 345kg
Roger Powell - Silver - 275kg
Paul Campbell - Gold - 687.5kg
Christopher Farrow - Silver - 755kg
James Brincat-Smith - Gold - 770kg
Wendie Kirkland - Bronze - 387.5kg
Holly Bryans - Gold - 500kg
Ian Ryan - Gold - 725kg
Shaun Haynes - Gold - 680kg
Jason Talbot - Gold - 645kg

British Equipped Bench

Michelle Franklin - Gold - 65kg
Wendie Kirkland - Gold - 110kg
Sarah Bouskill - Gold - 147.5kg
Jacqueline Gough - Silver - 140kg
Kevin Barrs - Gold - 152.5kg
Glyn Belsher - Gold - 140kg
Callum Sidebottom - Bronze - 190kg
Graham Mellor - Gold - 317.5kg
James Brincat-Smith - Gold - 220kg
Jason Talbot - Gold - 200kg

British Classic Bench

Michelle Franklin - Gold - 50kg
Amelia Maycock - Gold - 65kg
Angela Houldershaw - Silver - 50kg
Ashley Lewis - Gold - 90kg
Wendy Kirkland - Silver - 75kg
Nicola Elding - Silver - 60kg
Julie Rose - Forth - 52.5kg
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The North Midlands Division part of BP and EPA, it is also supported by SBD



Upcoming Competitions

This is a non-exhaustive list and is subject to change.

Divisional Competitions

- 27th April - North Midlands Spring Divisional
- 6th July - North Midlands Summer Divisional
- 9th November - Four Counties Championships

National Competitions

- 25th - 26th May - English Women's Championships, Moulton College
- 1st - 2nd June - All England Men's Championships, Manchester Grammar School

International Competitions



28th April - 4th May
European Equipped Powerlifting
Championships 2019
Pilsen, Czech Republic

18th - 25th May
World Open, Junior, Sub-Junior &
Masters Equipped & Classic Bench
Press Championships
Narita, Tokyo, Japan



... Continued

British Classic Bench

- Sue Giles - Gold - 60kg
- Sarah Bouskill - Gold - 97.5kg
- Jacqueline Gough - Silver - 97.5kg
- Kelly Layden-Farrer - Forth - 80kg
- James Leaper - Gold - 115kg
- Shaun Haynes - Silver - 147.5kg
- Kevin Barrs - Gold - 132.5kg
- Jamie Green - Silver - 112.5kg
- Matthew Merrick - Fifth - 152.5kg
- Marc Giles - Gold - 172.5kg
- Robert Baxter - Gold - 130kg
- Holly Hume - Forth - 75kg
- Harold Houldershaw - Gold - 105kg

Administrative News

BP Board Meeting

To be held on the 11th May at
Moulton College

BP AGM Minutes

The minutes from the AGM held on
the 17th March

https://www.britishpowerlifting.org/documents/768_gbpf_2019_agm_draft_minutes.pdf

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Useful Links

www.nmpowerlifting.co.uk - North Midlands Powerlifting

www.britishpowerlifting.org - British Powerlifting

www.englishpowerlifting.co.uk - English Powerlifting Association

www.globaldro.com/Home - Check your medications here

www.informed-sport.com - Check your supplements here

www.informed-choice.org - Check your supplements here

<https://www.powerlifting-ipf.com/rulescodesinfo/technical-rules.html> - IPF Technical Rules

<https://www.powerlifting.sport/rulescodesinfo/approved-list.html> - IPF Approved List

<http://goodlift.info/> - Goodlift, where you can view nominations and international live streams

<https://www.youtube.com/channel/UCvfAAeLLurHsJw8mDAVbulw> - British Powerlifting YouTube, view live and past streamed events.

This newsletter is done on best efforts and whilst it aims to be accurate we cannot be held responsible for any inaccuracies or repercussions from action or inaction based on the contents.

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