

North Midlands Powerlifting

Newsletter #3 June 2019



News

Triple International Fun

With three international competitions this month there has been lots to watch, participate in and catch up on. Our really strong Junior team performed amazingly and a well earned World podium for our very own Big James.



Results - May

Euro Equipped Pilsen

Amelia Maycock - 365kg
Ben Hartley - 465kg

World Classic Bench

Sarah Bouskill - 100kg
Jax Gough - 97.5kg
Marc Giles - 162.5kg

Bronze for Ben! Trial by Fire for Amelia!



Amelia and Ben travelled to Pilsen in the Czech Republic for the European Equipped Open, Junior & Sub-Junior Powerlifting Champs. Having lifted internationally before both were calm and composed in their performances. Ben secured bronze across the board and Amelia achieved a strong fifth in a very challenging Junior group. Next up for our lifters was the World Classic and Equipped Bench Press Champs in Tokyo, Japan. The

first 4 days contained the Classic competition and featured Sarah, Jax and "The Boss" Marc Giles. All lifters gave everything they had, putting in brave performances and shooting for podium places. The Equipped competition was full of excitement, frustration, failure and victory. Both Sarah and Jax failed to make successful lifts. Marc made a challenge on a perfect looking third lift but the jury declined. James

Brincat-Smith stood on the international podium again, receiving a bronze with his textbook lifting. He showed the world how it should be done with a perfect opening lift, set an amazing PB on his second and despite red lights on his third enough had been done already.



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

Please note that North Midlands Divisional competitions are open to North Midlands lifters only.

6th July - North Midlands Summer Divisional

9th November - Four Counties Championships

National Competitions

22nd June - English Bench Press Champs

28th July - English Inter-Divisional Champs, Flitwick, Bedford

International Competitions

3rd - 7th July - European Masters
Equipped Championships, Sibiu,
Romania



7th - 10th August - European Open,
Junior, Sub-Junior & Masters
Classic Bench Press
Championships, Hamm,
Luxembourg

Administrative News

No administrative news this month.

Coach Wisdom

You can't get good at something you don't practice.

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Additions, Apologies & Retractions

It is a bit thin on the ground for contents, my usual contributors are all out lifting internationally.

Useful Links

www.nmpowerlifting.co.uk - North Midlands Powerlifting

www.englishpowerlifting.co.uk - English Powerlifting Association

www.britishpowerlifting.org - British Powerlifting

<https://www.ukad.org.uk/> - UK Anti-Doping

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

<https://www.openpowerlifting.org/> - All the results from all the competitions, Worldwide

Got something to share?

If you have any thoughts on pieces of equipment, training locations, services that you want to share with others in the North Midlands and beyond then contact nm.powerlifting.newsletter@gmail.com

We love hearing from you about how you are making your improvements and what is getting you there!

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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