

North Midlands Powerlifting

Newsletter #5 August-September 2019



News

Sub-Junior & Junior World Champs



Ben, Amelia and Hannah flew out to Regina, Canada for the World Champs. All 3 fully prepared and overjoyed to be selected to represent Great Britain. Ben and Hannah participating in the opening ceremony. First to lift on the platform is Ben, starting off with 3 perfect squats. Getting in the groove with great benching, pushing his total further with great

deadlifts, he ends the day fifth overall, putting 35kg on his PB total whilst putting his stamp on being one of Britains up and coming lifters. Amazing effort from Ben, well done we are all very proud..

9 NM records fall as our Juniors excel at the Worlds!

Amelia was, as ever, cool, calm and collected; she is the very definition of brave, both on and off the platform. Struggling to find her groove, Amelia held her nerve in squats and proved her "Heavy Metal" when it counted on the third attempt. A strong performance in this baptism of fire in her first year as a junior. Onwards and upwards. World Number 5!

Hannah "Smiles" Graham was the last of our NM Jnrs to enter the arena for battle, one of the teams morale-boosting characters, Hannah put on a great show and should be rightfully proud of being World Number 6, and in doing so setting 4 new divisional records.

Well done to all three of our Junior Representatives, more excellence from the Marc Giles stable of guts and determination.

Results Aug - Sep

World University Cup

Robin Bermudez - Gold
Amy Viner - Silver
Nottingham Men - 4th
Nottingham Women - 4th

British Men's Classic

Robin Bermudez - 495kg - Gold
Ibru Haji Mohammad - 467.5kg - 5th
Alexander Fodor - 602.5kg - 7th
Alex Keyworth - 540kg - 10th
Harmed Farjam - 690kg - 9th
Mike Pennington - 817.5kg - 2nd
Thomas Brannick - 767.5kg - 5th

European Classic Bench

Harold Houldershaw - 102.5kg - 6th
Marc Giles - 170kg - 3rd
Jax Gough - 92.5kg - 4th
Sarah Bouskill - 102.5kg - 2nd
Angela Houldershaw - 50kg - 6th

World Junior Champs

Ben Hartley - 510kg - 5th
Amelia Maycock - 367.5kg - 5th
Hannah Louise Graham - 367.5kg - 6th

Western Euro Equipped Champs

Paul Campbell - 685kg - Gold
Khalon Hodson - 675kg - 4th
James Brincat-Smith - 847.5kg - 3rd.

Commonwealth Powerlifting Champs (Equipped Bench)

Kelly Farrer - 125kg - Gold

This Division part of BP and EPA, it is also supported by SBD



White Lights and Favourable Gravity

A few of North Midlands finest will be off to Tampere in Finland representing Great Britain at the European Equipped Bench Press Champs. We would like to wish white lights and favourable gravity to the following lifters Jax Gough, Sarah Bouskill, Wendie Kirkland, James Brincat-Smith, Glyn Belsher under the expert guidance of Team Manager Marc Giles and Assistant Coaches Richard Gough and Amy Crossland. A full North Midlands managerial and coaching team. Teamwork makes the dreamwork.



Hot on the heels of this we have many lifters taking part in the upcoming British Masters Classic Championship to be held in Lincoln on the 26/27th Oct hosted, and organised by Marc Giles (Horncastle Powerlifting) and James Brincat-Smith (Peak Barbell). You can order your Masters Competition T-shirts at Big Ben Products. Last orders by the 16th Oct for delivery in time for the event.



<https://www.bigbenproducts.co.uk/big-ben-products/clothing/british-masters-powerlifting/>

Useful Links

www.nmpowerlifting.co.uk - North Midlands Powerlifting (change this one to you division)

www.englishpowerlifting.co.uk - English Powerlifting Association

www.britishpowerlifting.org - British Powerlifting

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.

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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.

Upcoming Competitions

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

Divisional Competitions

The Four Counties Champs - 9th November
NM Winter Bench Champs - 24th November
NM University Champs - 7th December

National Competitions

British Masters Classic Champs - 26th to 27th October
British Junior Champs - 30th Oct to 3rd Nov
Home Nations Champs - 23rd November
British Equipped Champs - 18th January 2020
British Equipped Bench Champs - 19th January 2020
British Classic Bench - Feb 2020
British Women's Classic - 7th to 8th March 2010
British Uni Champs - 4th - 8th April 2010

International Competitions



World Masters Equipped Champs,
Potchefstroom, South Africa

**European Equipped Bench
Press Champs, Tampere, Finland**



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Administrative News What is happening in BP

CHAIR ATHLETE'S COMMISSION

We are pleased to announce the appointment of Tony Cliffe as the new Chair of the Athlete's Commission. Tony is Financial Controller/Director of a large industrial company and has been a top-class lifter for many years. He brings a wealth of experience and knowledge to this important role

Tony can be contacted at athletescommission@britishpowerlifting.org

What is happening in the division

Focus for the division is the upcoming British Masters Classic as mentioned above. Marc Giles and James Brincat-Smith at the helm.

Don't forget to keep an eye on the website this month for entries to the Four Counties in Stanhope Hall, and the Winter bench to be held at Nottingham Strong once again.