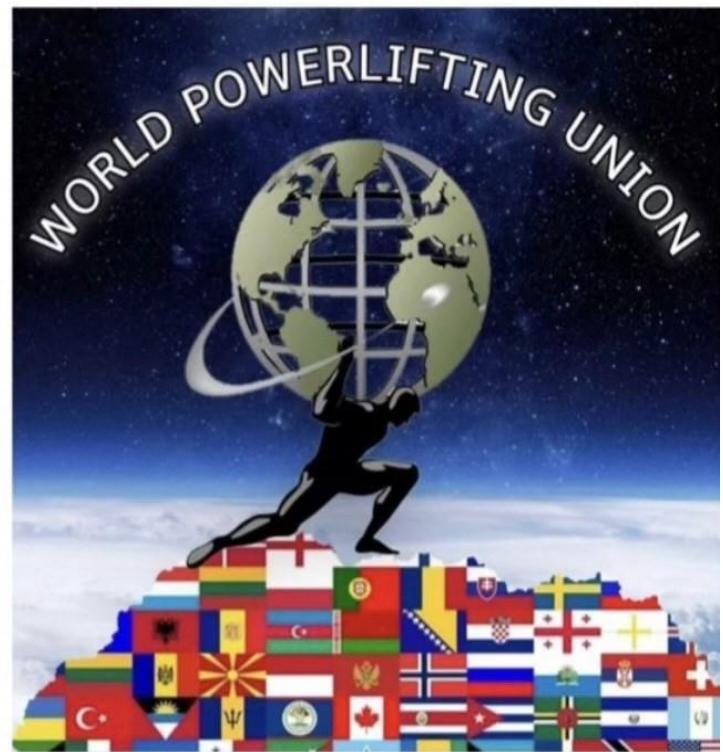


# **British Powerlifting Federation Family News**



## **December 2023**

**BPF Family News Digital Newsletter.**

**Compiled by Nicola Elding.**

**[Nicola.eldingmediaadvisor@yahoo.com](mailto:Nicola.eldingmediaadvisor@yahoo.com)**

## British Powerlifting Federation and World Powerlifting Union.

The two names that are synonymous with Powerlifting. Our Founders Marcus Griffiths and Lady Petra Kent are behind these great organizations and who will always continue to make the lifters the stars.

Our organization has a mix of Prize Meets and Qualifiers with Tested and non-tested competitions. Non-Tested British will be in August date to be announced. Their reputation for holding professional. Friendly and exciting

competitions stretch far and wide from Dubai to Spain and this reflects in the countries affiliated to us.

With EXPO in Wales. British and World Championships. Get on board for the journey of your life with fun and adventure along the way 2024.

Hope you enjoy the newsletter and meeting some of our wonderful members.

To be included in the April edition of the British Powerlifting Federation message me on Facebook or email

Nicola.eldingmediaadvisor@yahoo.com

PLATFORM READY

Nicola Elding



Editor

## Meet the Founder.

### MARCUS GRIFFITHS

Marcus created the BPF and WPU. Our President.

A member focused organization where fairness is the beating heart. He created an organization that enables qualification for The World Powerlifting Union International Competitions

Two categories—drug tested and non-tested. If found to be positive competing in the tested competition, there is a £500 fine and a lifetime ban.

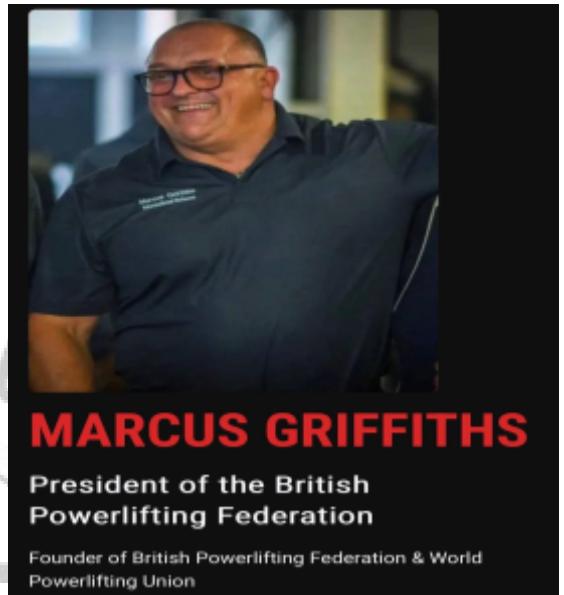
All tests are World Anti-Doping Agency approved and not in house, the swab is independently administered by a doping official.

The BPF are to date proud that all tests taken have been negative.

We have a great calendar of events with Prize Meets including the Expo in Wales.

Many international teams are lifting in The World Powerlifting Union and we have the most exciting 2024 in store.

One of the most important jobs of any competition is The Platform. This job is often overlooked but these people lift the most in any competition and requires great concentration.



### **MARCUS GRIFFITHS**

**President of the British Powerlifting Federation**

Founder of British Powerlifting Federation & World Powerlifting Union

## Meet one of our stars Craig Kelly.

How did you get into powerlifting?

I started off doing strongman for around 3 years, I did a few competitions and enjoyed it, but I really wanted to get into powerlifting. I have been doing powerlifting now for around a year after I was invited to train with Dan and Dom Eccles doing single ply powerlifting. It was definitely the right decision as I've seen great progress over the last year. I did my first competition after 13 weeks training and qualified for Brit's and then Euros. I am currently the under 75kg single ply British and European champion.

What does the BPF mean to you?

The BPF has welcomed me with open arms and made me feel like one of the family. They have given me advice and encouragement to progress as a powerlifter. There will never be another federation for me, no other federation comes close to the BPF.

What training routine do you follow and what do I eat?

My diet consists of around 3000-4000 calories a day, mainly meat and rice with vegetables thrown in. I do have a soft spot for pringles and biscuits especially lotus biscoff, but I try to limit them to now and then these days. I train the conjugate method used by the late Louie Simmons. I train 4 times a week usually for 2 to 3 hours. I do heavy upper, heavy lower, dynamic upper and dynamic lower. I prefer to train this way as I find it gets results.

How powerlifting has touched my life.?

Powerlifting has helped improve my mental health; it helps with my anger management. It gives me something to focus on aside from my beautiful daughter. It is a complete change to my training when I was younger as I was a county and national level middle distance runner. Powerlifting has introduced

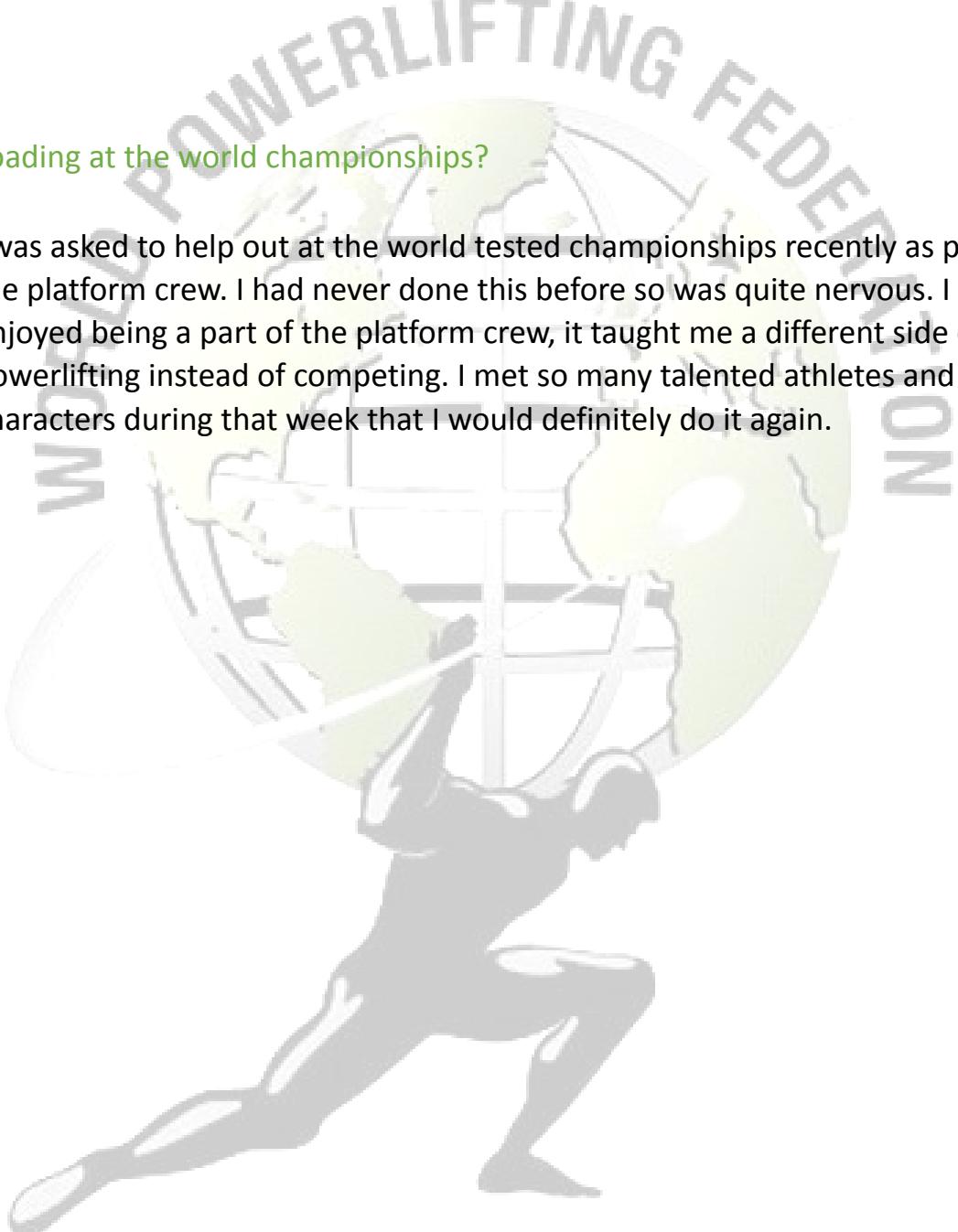
me to some amazing people who I know will be an integral part of my growth not just as an athlete but as a person.

### Dreams and goals?

One day I would like to compete and win at the world championships. My current goals are to increase all my numbers on all my lifts and my long-term goal is to leave a lasting legacy for my daughter, so she can be proud of me.

### Loading at the world championships?

I was asked to help out at the world tested championships recently as part of the platform crew. I had never done this before so was quite nervous. I really enjoyed being a part of the platform crew, it taught me a different side of powerlifting instead of competing. I met so many talented athletes and characters during that week that I would definitely do it again.





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Craig Kelly

### The winner of our T-Shirt Completion is :)

***ROZ GRIFFITHS***

1/ Which dog in the British Powerlifting Federation is the only one to have his own British Qualifier Championship?

*Monty*

2/ Who is our President?

*Marcus "MrO" Griffiths*

3/ Who is our vice president?

*Lady-Petra Kent*

4/ Give one reason for failing on squat

*Depth*

5/ Give one reason for failing on bench press

*Not adhering to commands*

6/ Give one reason for failing on deadlift

*Moving your feet while holding the weight*

7/ How many referees are judging on the platform?

3

8/ What lift are the shoes called slippers?

*Deadlift*

9/ How long has a lifter to commence lift after the command Platform

*Ready has been called?*

*60 seconds*

10/ Which International Organization is The British Powerlifting Federation affiliated to?

*WPU (World Powerlifting Union.)*

*Well done Roz - your T-shirt will be given to you by Lady Petra Kent xx*



## Let me introduce champion David Stroughton.

David has Autism and Powerlifting has changed his life. He is a true champion.



We have a World Champion in our midst!

Learner David Stroughton has had an incredible journey to success having started powerlifting just a few months ago during Portland's enrichment week earlier this year.

David, an inspiration to us all at Portland, went on to win the European Championships and qualify for the World Championships in October where David achieved his personal best and was crowned as World Champion.

David said "When I got there at worlds, I was nervous and excited to get weighed in. Knowing I had made weight I got settled in to watch all the other teams as well as my GB team."

For more on David's story, visit our website: <https://ow.ly/v97Z50Q6kX2>

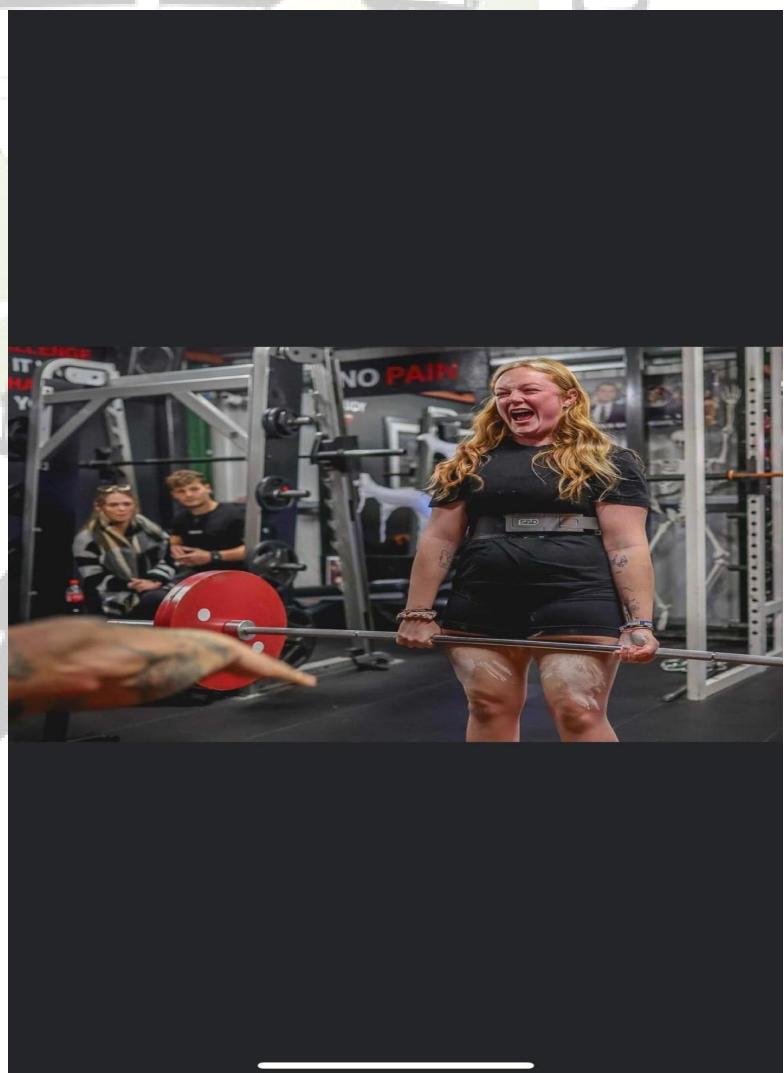


## Violet Thrall

Violet works in my town of Boston and her gains have been amazing and she is a credit to The Mayhem Gym in Boston.

Hi, my name is violet, and I am 18 years old. I live in Lincolnshire England and have done my whole life. I first got into powerlifting around a year ago. I watched my first show and wanted to give it a try, so I joined a deadlifting class at my local gym and that's where it all started. I met my amazing coach Craig that has helped me every step of the way and is always supportive he also introduced me to BPF and here I met some amazing people, and it has given me so many opportunities. Craig has helped me grow my deadlift from 80kg to 150kg within a year Which is insane. In my spare time away from training I'm normally at work, I work in mayhem gym in Boston and have also recently qualified to be a PT. As a power lifting nutrition is just as important as training to me. My diet consists of whatever my Mum has made me for dinner and a cheeky McDonald's now and then.

Violet Thrall



## Lady Petra Kent

Our Vice President of The WPU and BPF. She is the sincerest person you will ever meet. She is always on the lifters side and her and Marcus make a great team. So many bodybuilding and powerlifting titles. She is one of the only people I know who is pleased if someone breaks one of her records as in her own words 'that is what they are there for to be broken'. She is the glue within the BPF, working the desk at competitions and everything behind the scenes. She works tirelessly at the Academy often putting in 12-hour shifts. Her & Marcus take no monetary reward ploughing all back into the organization. These two are amazing and Monte her great dog is always at competitions and he even has a contest of his own. The Monty Crown.



## MEET Buster Keefe

So how I got into powerlifting

I've trained since I was a kid and competed in different sports from judo to entertainment wrestling to mma to American football

I had a small gym where I used to teach mma and am also a pt I'm also a registered (rkc) Russian kettlebell certified instructor.

when covid hit the gym, people couldn't train as much and after 7 months the people who owned the building of my gym decided to knock it down and turn the land into flats.

So, in November 2020 I moved all my weights and kettlebells into a 6x4 meter marquee in my garden.

In February of 2020 I found myself watching a European powerlifting event on you tube and thought I could possibly do ok at that.so I joined a local federation and was going to compete in the summer (coved cancelled all events) I was trying to communicate with the federation I joined but they want helpful and intact quite rude.

Around January 2021 I found the BPF and contacted Lady-Petra who was extremely helpful, so I decided to join, and I did my first competition in I think April which British championships was got 650 kg total couple of records and won my class.

When I turned up at the event all the people were very helpful and never too busy to answer questions.

I compete in the raw category in the 110kg class masters 54years .no belt no wraps no sleeves.

My training over last few years has just been to play

3 to 6 times a week and every day I squat bench press deadlift variations sometimes no warmups so a couple of days 2x5 reps of each exercise Another day of 5 reps add weight 3 reps add weight 2 reps another day would be 3x3 reps and 1 day of 1 x10 reps I keep weights around 60 to 90% of max and I'm not allowed to fail.

I also do 1 set of 10 awhile from standing and most of my workouts only take 30-45mins (Feels strange on competition days to do 9 reps in 6 to 8 hours) If I get a second time to train, I play with kettlebells swings snatches complexes and mobility stuff.

Since the world championships I thought I'd change my training about for few weeks So at the moment I do 10 to 15 minutes of mobility stuff goblet squats overhead broomstick squats hangs glute loop hip thrust act followed by 3 sets 10 on bench press 5 sets barbell complex and a high rep set of squats aiming to get 50 reps with my bodyweight. I for that 3 times a week I spend practicing with kettlebells and pullups etc. From late December I will start on a powerlifting program for preparation for next year





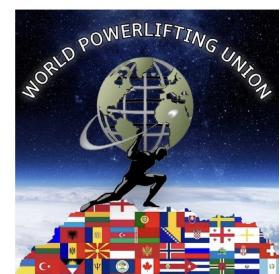
Buster Keefe

## WORLD POWERLIFTING UNION

Exciting times ahead with countries affiliating to us.

1. Poland,
2. Hungary,
3. India,
4. Romania
5. Dubai
6. Canada
7. Spain
8. Italy
9. Ireland
10. USA
11. ALASKA
12. UKRAINIAN
13. AUSTRALIER
14. UNITED KINGDOM
15. TURKY

The World Powerlifting Union is an international powerlifting organization with 14 member countries. And was formed in 2012 and the founder is Marcus Griffiths Drug Testing the WPU does drug test. And we also have a non-tested division Equipment Single ply Raw with sleeves classic Raw 2.5-meter knee wraps and wrist wraps



bench press shirts are allowed Velcro enclosed shirts are acceptable. Single ply lifting suits are also allowed in polyester. Single ply polyester briefs are permitted. Knee wraps up to 2.5m are acceptable. Age Divisions Open: 13 to 15 Teen 1 Teen 2 15-19 Junior: 20-23 Master: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+. Weight Classes Men 56kg Class from 0 to 56.0kg 60kg Class from 56.01 to 60.0kg 67.5kg Class from 60.01 to 67.5kg 75kg Class from 67.51 to 75.0kg 82.5kg Class from 75.01 to 82.5kg 90kg Class from 82.51 to 90.0kg 100kg Class from 90.01 to 100.0kg 100kg Class from 100.01 to 110.0kg 125kg Class from 110.01 to 125.0kg 140kg Class from 125.01 to 140.0kg 140+kg Class from 140.01 upwards Women 48kg Class from 0 to 48.0kg 52kg Class from 48.01 to 52.0kg 56kg Class from 52.01 to 56.0kg 60kg Class from 56.01 to 60.0kg 67.5kg Class from 60.01 to 67.5kg 75kg class from 67.51 to 75.0kg 82.5kg Class from 75.01 to 82.5kg 90kg Class from 82.51 to 90.0kg 100 kg and 110 kg & 110+ kg Class.

The aim of the World Powerlifting Union is to promote all countries and help the athletes with low-cost entry's and free affiliate fee and top-class equipment so all may enjoy our beautiful sport.

Wishing all a Merry Christmas & Happy New Year.

Marcus Griffiths President

## Meet Captain Peter

Captain Peter Battle is the oldest member of The British Powerlifting Federation and close friend of our Founder Marcus Griffiths. Peter and Marcus met and at the time Peter had sadly been widowed and was using aids to help with his walking mobility. Marcus took Peter under his wing and started him training on deadlifts and Strict Curl.

Ten years later Peter looks 20 years younger and holds World Titles and records in Strict Curl. He is a proud referee and our complaints officer. He now struts along unaided, and he is looking forward to 2024 competing. A Jeweler by trade now instead of working with Gold he brings home the gold.



## Another great recipe idea from Chris Elding. Mince and Tatties.

Simmer 300g minced beef

Brown off mince in Olive Oil. Remove from pan. Drain off any excess fat.

Finely chopped onion and celery soften in oil.

Stir meat back in.

Add 500 ml of beef stock. Then sieve in 2 tablespoons of plain flour. Add a Tablespoon of Worcestershire Source.

Put on low heat  
for one hour.

Serve with mash  
potato. The meat  
can be replaced  
by Quorn.



Please follow instructions on Quorn label as may be different to meat



# Meet the referees and officials.



**LADY PETRA KENT**

**LADY PETRA KENT**

Vice President of the British  
Powerlifting Federation

International WRPF & BPF referee

16 x World titles

13 x British titles

12 x European titles

Records in all titles



## **TONY POWER**

International Referee &  
Technical Officer



## **DAVID MANNERING**

International Referee &  
Technical Officer



## **CHARLOTTE WEARING**

International Referee



**DAN ECCLES**

National Referee



**NICOLA ELDING**

National Referee &  
Newsletter Editor in Chief



**JOHN GRIFFITHS**

National Referee



**PHILIP HADLEY**

National Referee



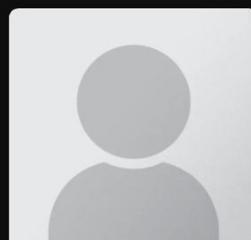
**JAKE HENDERSON**

National Referee



**PETER BATTLE**

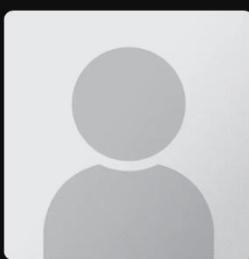
BPF National Referee &  
Complaints Officer



**JANE MANNERING**

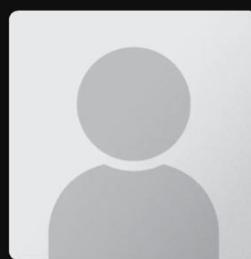
BPF National Referee

## TRAINEE REFEREES



**GLEN SMITH**

Trainee Referee



**ROZ**

Trainee Referee

# STAFF OFFICIALS



**DAMIAN COPELAND**

Staff Official



**IZZY COTTON**

Staff Official



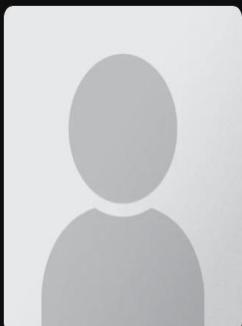
**JODI DUNCAN**

Staff Official



**JULIE CHURM**

Staff Official



**TONI KNOT**

Staff Official



**LUCY MOORE**

Table Team



**BEKKIE ROUGHTON**

Staff Official



**NICKY SHORE**

Table Team

# PLATFORM CREW



**PAUL WARDALLY**

Platform Crew Manager



**SCOTT FREEMAN**

Platform Crew



**IMRAN KHAN**

Platform Crew



**CHARLIE SIMON**

Platform Crew



**FREDDY SIMONS**

Platform Crew

# Dairy for 2024

**MONTY CROWN**

**3RD AND 4TH FEBRUARY 2024**

weigh in on Friday 2nd feb 2024

The BPF Academy, 3 BAILY BROOK BUSINESS PARK, LANGLEY MILL, NG16 4BE

[www.bplf.co.uk](http://www.bplf.co.uk)

**MAYHEM IN BOSTON MARCH 24th, 2024**



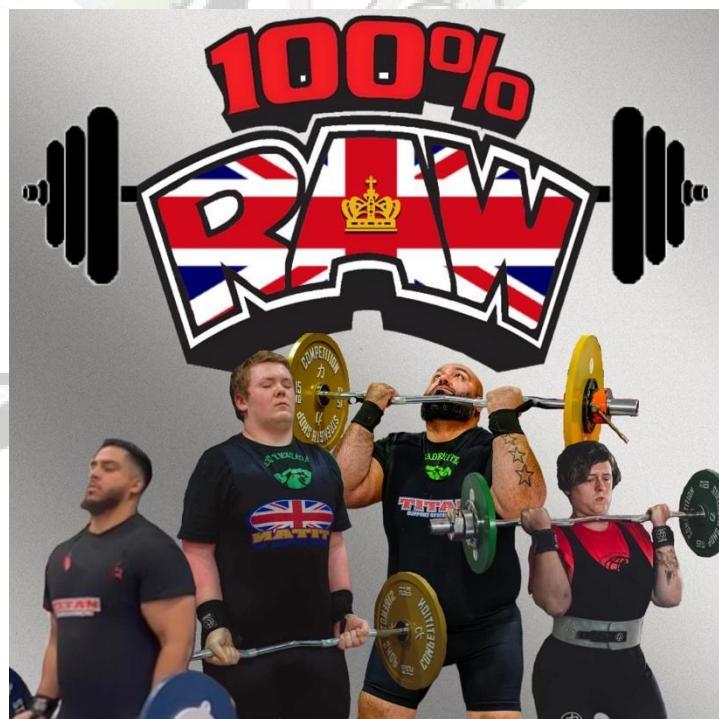
**BRITISH DT CHAMPIONSHIPS 2024 18-19 MAY 2024**



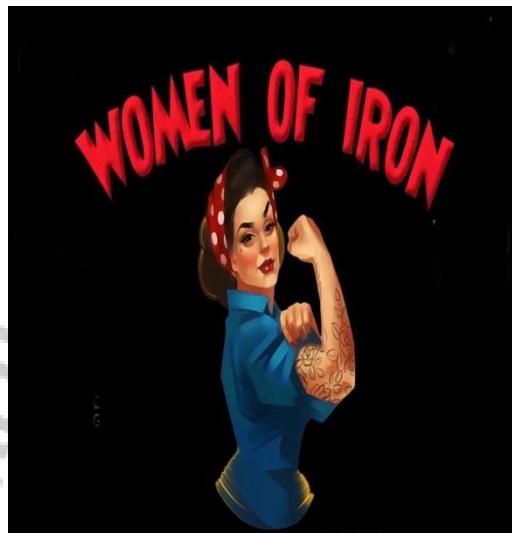
**EXPO WALES 28<sup>TH</sup> & 29<sup>TH</sup> JUNE 2024**  
**100% RAW POWERLIFTING (DRUG TESTED)**  
**MR & MRS UNIVERC, FULL POWER, SINGAUL LIFTS PLATFORM 1**  
**TESTED STRICT CURL PLAT FORM 1**  
**WPU PRO WORLD CUP (NON-TESTED) PLATFORM 2**  
**WPU NON-RAW LIFTING (TESTED) PLATFORM 2\**



**BOSTON STRONG STRICT SURL 13 JULY 2024**



WOMEN OF IRON 20<sup>TH</sup> JULY 2024 PRIZE  
MEN OF STILL 21<sup>ST</sup> JULY 2024 PRIZE MEET



BRITISH N/T CHAMPIONSHIPS AUGUST 3<sup>RD</sup> 4<sup>TH</sup> 2024



DAY OF THE DEAD 31<sup>ST</sup> AUGUST 2024



# DAY OF THE DEAD

RECORD BRACKERS SEPTEMBER 21<sup>ST</sup> 22<sup>ND</sup> 2024



**WPU NON-TESTED WORLD CHAMPIONSHIPS**  
**OCTOBER 25<sup>TH</sup> -27<sup>TH</sup> 2024 ENGLAND**



**WORLD STRICT CURL BENCH PRESS & DEADLIFT 9<sup>TH</sup> NOVEMBER**  
**2024 VIRGINIA GA USA**

**100% RAW POWERLIFTING TESTED WORLD POWERLIFTING**  
**CHAMPIONSHIPS VIRGINIA BEACH VA USA NOVEMBER 21<sup>ST</sup> 24<sup>TH</sup>**  
**2024**

**100% RAW POWERLIFTING DUBAI MARCH 2025**

Please see website for more details. [BPLF.CO.UK](http://BPLF.CO.UK)

# **WELCOME TO THE BRITISH POWERLIFTING FEDERATION**

**THE BPF IS THE ONLY FEDERATION  
WITH ITS OWN ACADEMY FOR  
LIFTERS IN THE UK**

**OBEY THE LAW. TAKE CARE OF THE  
MEMBERS. TAKE CARE OF OUR EMPLOYEES.  
RESPECT OUR SPONSORS. WELCOME  
PEOPLE TO THE BPF/WPU FAMILY AROUND  
THE WORLD.**

**THE LIFTERS FEDERATION**



## The art of squats

Let's start with commands! So, the two commands for squat are "SQUAT" and "RACK". The center ref will wait until the bar and you are completely stable before shouting the squat command. Only once the head ref shouts squat can you start your descent. The lifter will then complete the squat movement. As soon as the lifter demonstrates controlled final position when finishing the squat with knees locked and the bar stationary the head ref will shout rack. Common mistakes here are that lifters will move prior to hearing those two commands which will cause red lights and failed lifts. I recommend lifters practice working to these commands prior to their meet to prevent any mishaps on the platform. Remember the head ref is looking for control and a stationary bar so you need to stop moving to allow the head ref to start those commands.

When stepping onto the platform you want to face the head ref walking into the squat rack, the head ref will tell you when the platform is ready. You have 1 minute to begin your lift after the head ref says "platform ready" so it's important you don't waste time here. When placing the bar on your back you want it to be central and ensure the bar is no more than 3 cm below your shoulders (top of anterior deltoids) as this is also cause for red lights. When placing your hands on the bar to grip, ensure you are not holding onto the outer collars as this is not allowed the most you can come into contact with the outer portion of the bar is that outer side of your hand having contact with the inner surface of the collar. With the above considered you should now have the perfect set up and you can unrack the bar and get into your starting position with knees locked and stationary bar. If you are competing on a monolift, such as at the BPF record breakers meet, you have the option of stepping backwards or staying put where you unrack the bar and the spotters pull the monolift away, however, more commonly you will compete on a rack where stepping back is required. Using less steps and smaller steps will help you conserve energy for your lift so practice this when preparing for your meet.

Finally let's look at the squat movement itself. Following the squat command, you <sup>want</sup> to bend your knees to lower the bar down until you reach full depth classified as when the top surface of the legs at the hip joint surpasses the top surface of the knees, you must then push back up from the floor to your

starting position with knees locked and a stationary bar. Whilst completing the movement referees are looking for double bouncing or downward movement of the bar whilst ascending or at the bottom of the lift, any movement in the feet or bar on your back after commencement of the lift, full lock out at the top of the squat of your knees and that you follow the head referees

Further reasons for disqualification from squat include touching your elbows or upper arm with your legs, spotters having contact with you during the squat at any time after unracking and before re-racking and failure to re-rack the weights. On failing any lift, it is important to ask the referees for an explanation as this will help you avoid the same issue on your next lifts, remember, we are there to help! My recommendation is to ensure you get your first lift, set it as an easily attainable target to ensure you place on the leaderboard, squat is the first lift so you always have the most nerves and if you fail to complete 1 squat you won't be able to continue in the meet!

I hope this helps outline the art of a squat a bit better and I wish you all the luck in your future meets if you are a lifter, who knows I may be reffing on the platform! Happy lifting



BPF. The Academy.

To find out more about how to join and events go to

[Bplf.co.uk](http://Bplf.co.uk)

**As always Monty has the last word**

**'Train hard. Have a goal and surround yourself  
with people who want you to smash it xxxx'**

**British Powerlifting Federation and World  
Powerlifting Union**



**WORLD POWERLIFTING FEDERATION**



