

3 OF
THE
BEST

WOMEN OF
IRON
PRIZE
MONEY

COOKING
WITH CHRIS
ELDING

IPL
DRUG
TESTED
WORLDS
GB

NEWSLETTER



BPF Family News Digital Newsletter.

Compiled by Nicola Elding.

Nicola.eldingmediaadvisor@yahoo.com

Welcome to our second British Powerlifting Federation Family News.

What a great few months we have had and pleased we have captured the moments. John Cotton is one of our stars this month and supplied our lifters with many super competition photographs.

All our technical info and events can be found on www.bplf.co.uk

Marcus Griffiths our President and Lady Petra Kent our Vice President have organised and run every competition with dedication and love. We all look forward to The Tested World Championship in Coventry October and our competitors competing in The Mr Olympia USA in November this year.

So proud to be a National Referee and the current British Champion in my class in Deadlift and Strict Curl.

Holding the British Records in both and looking forward to The Tested World Championships in October 2023.

I encourage you all to send your stories and photos for publication. This newsletter is for the members by the members.

Best Wishes Nicola.



Meet The Founders

MARCUS GRIFFITHS

Marcus created the BPF. Our President.

A members focused organisation where fairness is the beating heart . He created an organisation that enables qualification for Olympia Powerlifting in the USA. He is the only person ever to have won 5 times.

Two categories—drug tested and non tested. If found to be positive competing in the tested competition there is a £500 fine and a life time 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.



The importance of the 3 great lifts.



The amazing aspect of our sport is that there is no age limit. With so many sports you are forced into retirement at 35. Powerlifting will give you a competitive environment into your nineties as our very own Peter Captain Battle aged 96 is proof - competing in The World Championships this year.

Meet The



Members

Lucy Moore trains at The Academy and is a credit to the British Powerlifting Federation.

After the pandemic I had a lifestyle change and lost 3 stone, however I wanted to take the next step and I have always admired weightlifting sports so I wanted to give it a go myself. After searching endlessly I had come across the BPF academy and after my first visit I knew this was the place for me. I instantly felt welcomed and the academy has a family feel.

I initially started at the academy wanting to learn how to lift heavy but properly and I will always remember saying to Marcus and Petra that I don't think I would like to compete! however once I started training and I truly got the bug I quickly signed up to my first comp in March 2023. I have been fortunate that in my first 9 months of powerlifting I have qualified for the British, euros and the world's.

I grew up in a time where as a girl you were told that you cannot be strong and it's best left to the men. I am wanting to be a part of defying that narrative and showing that women do deserve a place in this sport, and showing that you can do what ever you put your mind to.

For me the sky is the limit and I am enjoying being a part of the BPF family and seeing where it takes me. Next year I would love to qualify for Olympia and longer term I would love to attempt the biggest deadlift a woman has ever done.

Meet The Members

John Cotton

Quick Q&A with John 'Too Smooth' Cotton

[Can I ask your age and where you're from?](#)

I'm 54, but 55 very soon, but that's strictly between me and you ! I'm originally from Belper in Derbyshire, but now live in a small village, just outside of Uttoxeter, in Staffordshire.

[When did you start powerlifting what attracted you to trying it?](#)

In 2017 decided to join a strength and conditioning gym and the owner gave me an induction and suggested I tried competing at powerlifting, as I was stronger than him. I googled all about it, joined a federation and entered three competitions for that year. Then I had a break, did just one comp in 2019, but in 2020 I met Marcus and Petra, joined the BPF and was given the nickname 'Too Smooth' ! I found a passion for the sport with them and have competed with the BPF/IPL 20 times since.

[Where do you train?](#)

I'm trained by Marcus and have been for three years, even before the Academy existed. I now train there twice a week and do some lifting at home in my garage too. With the coaching by Marcus my Total has increased from an average of around 600kg in the early days to getting an all-fed raw record in my category of 777.5kg

What category do you lift in?

I'm Masters 3 at them moment and soon to be Masters 4, in either the under 125kg or under 140kg weight, as my weight is generally around 20 stone, so I can go up or down a few pounds as needed.

Any training secrets and what is your diet like?

No real secrets, but at my age and weight I take decent rest periods between sets and make sure I get recovery days in between the heavy sessions. I don't do any cardio now, apart from walking around Tesco's, but my workouts at the Academy are heavy and hard work, so still leave me knackered !

What motivates you?

I'm quite a competitive person, so like to compete regularly. I also like to improve on what I've done previously whenever I can. Rarely a week goes by without a PB attempt of some sort !

My family and friends also make me want to do well, but mainly my daughter Izzy, who also trains and competes alongside me. I'm very proud of her and particularly how well she's doing at the moment. She is also coached at the Academy and loves everything about the powerlifting life !

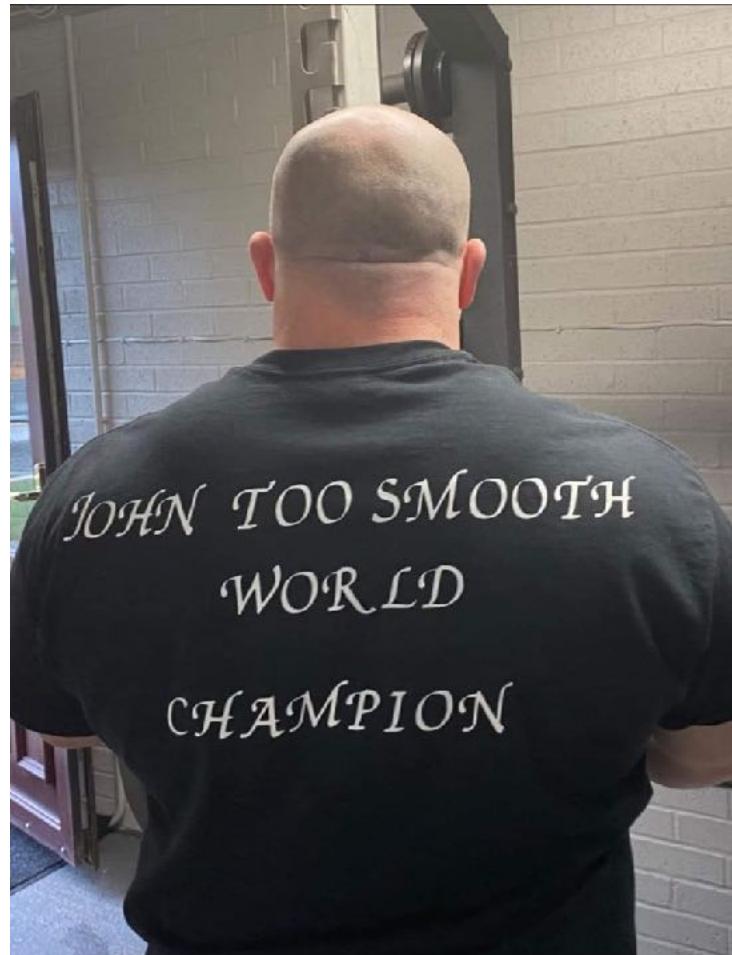
What are your current competition PB's?

Squat 317.5kg in wraps, deadlift 292.5kg and raw benchpress at 201kg.

However, I'm only competing at bench only now, as I have sciatica, and it's a lot better when I don't do any deadlifts.

What are your hopes and plans for your powerlifting future?

I've qualified for Olympia in Florida in November, so I'm training purely to improve my benchpress for that. I hope to get placed, but either way it'll be great to go out there along with others from the BPF team.



John Cotton

What do you do for a living?

I buy land to build large housing developments on and I have some rental properties. I've done the same for years, although I did once buy a Spar shop when there was a housing downturn and was an open all hours shopkeeper for five years.

Any other hobbies?

I don't have a lot of free time, but I love spending time with my family and I like to read – mainly about powerlifting of course, but also property and investment and I've read every fiction book by John Grisham.

Finally, why the BPF and Academy?

I love switching off from work and life's pressures, going to the Academy, where I can't even hear my mobile ring, and the support and friendship of everyone there. We're of differing abilities, but we all help each other. I also like the friendships with other BPF competitors and keep in touch with many people who I now consider as friends.

As well as the friendly banter at the Academy the training is serious, and Marcus is no soft touch when he's getting you to lift something you never thought you could. But, I like it; it brings the best out of me, and I have the confidence in my abilities that he's built into me. I've also seen many quiet and reserved people join the Academy, and within a few months they're shouting encouragement, dancing to the music and itching to compete and show people what they can now do. If you want to really improve your lifting technique, numbers achieved and in your self-confidence I recommend training there to anyone.

I also look forward to watching my daughter Izzy improve and compete in the coming years and achieve her dream of also qualifying for Olympia.

John Cotton In Action.



John Cotton

Amazing

Competition Bench Press.



International Friends From IPL Canada.

Powerlifting: A Journey of Strength, Growth, and Self-Discovery

By Anna Bettles



Powerlifting is more than just a sport to me; it's a way of life, a passion that fuels my physical and mental well-being. It has become an integral part of my identity. In this article, I would like to share what lifting means to me, exploring its profound impact on my life as a stress reliever, a source of physical and mental well-being, and a powerful avenue for personal growth and self-fulfillment. My fitness journey began when my life took an unexpected turn as I began to experience health problems that left me searching for answers. Countless MRIs, CT scans, and blood work were conducted.

embarked on a journey through doctors' appointments, consultations with specialists, and various medical tests. Neurologists, general practitioners, and physiotherapists all became a regular part of my life as I sought relief from the mysterious symptoms that plagued me. However, despite the medical investigations, the underlying cause of my health problems remained elusive. It was a frustrating and disheartening time, and I struggled to find a solution that would alleviate my discomfort and restore my well-being.

Amidst the whirlwind of medical consultations, I came to a realisation that would change my life forever.

Reflecting on my lifestyle, it became apparent that I had been leading a predominantly sedentary life.

Working long hours at a desk job had taken its toll on my body, leaving me physically inactive and devoid of regular exercise. The consequences of this sedentary lifestyle had finally caught up with me, manifesting as health issues that demanded my attention. After I had exhausted all other avenues, a friend suggested I try strength training. Begrudgingly, I agreed. And so began my strength journey. With this newfound understanding, I made a conscious decision to prioritize myself. I embraced the transformative power of lifting weights, recognizing its potential to rebuild my body and revive my spirit.

The act of engaging in resistance training not only provided a much-needed release but also became a source of solace and resilience during a challenging period.

The common thread that seemed to provide any form of relief was the combination of lifting weights and visits to my chiropractor. It was in these moments of physical activity, that I discovered a glimmer of hope and healing. The repetitive motions, combined with proper form and technique, allowed my body Anna Bettles

After experiencing the life-changing benefits of lifting and witnessing the transformative power of physical activity, I decided to share my knowledge and passion with others. Motivated by my own journey, I took the initiative to

open my own private training facility. This allowed me to create a space where individuals could pursue their fitness goals, embrace a healthy lifestyle, and discover their own strengths.

To enhance my knowledge, and better serve my clients, I pursued professional certifications and education, obtaining my ACE personal training certification. This empowered me to design personalized

training programs tailored to individual needs, helping clients unlock their full potential and achieve their fitness aspirations.

Recognizing the vital role nutrition plays in optimizing performance and overall health, I furthered my knowledge by obtaining a diploma in Sports Nutrition. This additional qualification allowed me to offer comprehensive guidance and advice on dietary strategies that complimented my clients' training regimens, helping them achieve optimal results and improve their overall health.

As the owner of a private training facility, I had the privilege of witnessing firsthand the positive impact that exercise and proper nutrition had on my clients' lives. It was incredibly rewarding to see individuals gain confidence, increase strength and mobility, overcome injuries, and experience a new sense of vitality.

However, as time progressed, I realized my own training had taken a backseat. I decided to make a conscious shift in focus and began training primarily for myself. I embraced the joy and fun of powerlifting, relishing the physical and mental benefits it provided. It became an outlet for self expression, a way to challenge myself, and an opportunity for personal growth.

While still offering training services to a select group of clients, I now prioritize my own well-being, training for the sheer enjoyment and health benefits it brings. This shift has allowed me to rekindle my passion for lifting, free from the pressures and demands of owning a training facility. I have the

freedom to explore my own limits, and push myself to new heights without any external expectations.

Anna Bettles

Training for myself has become a sanctuary, a time where I can fully immerse myself in the movements, connect with my body, and revel in the sense of accomplishment that comes with each new personal record. The act of lifting weights has become a form of self-care, providing me with a respite from the daily stresses of life and a means of nurturing my physical and mental health. Through my own training journey, I have learned the importance of finding joy in the pursuit of fitness. It is a reminder that lifting should not be solely focused on external goals or societal expectations but should be a celebration of our bodies' capabilities and a way to prioritize our own health and happiness. My journey from being a competitive lifter to owning a training facility to training for myself has been marked by a profound shift in focus. While I will always cherish the opportunity to guide and support others on their fitness journeys, I now prioritize my own training as a source of joy, personal fulfilment, and improved health. Plus, who doesn't like to be strong. Embracing the fun and health benefits of lifting, I have rediscovered the power of training for oneself and the transformative impact it can have on both physical and mental well-being.

Now I train for me. For fun... and the health benefits.

Anna Bettles



**Meet another International Friend
Donna
Clark, from The USA who will be
competing in The World's in
Coventry - October.**

I have been active all my life. Played sports in every year of my grade school, junior high and high school years. I competed in Volleyball, Basketball and Track. I first experienced lifting weights in high school to help with training for sports. I didn't get really into lifting weights until about 6 years ago when I started working out at a crossfit gym. Several coaches at the gym told me

that I was pretty dang strong. I believed them but I didn't really have anyone else my age to compare with. I lost a lot of weight, approximately 45-50 pounds. I was experiencing pain in both knees. I finally had enough of the pain and went to the doctor. They told me both knees were bone on bone on the insides. I ended up having "partial" knee replacements on both knees at the same time. The right knee replacement came loose and had to be replaced. So I had another partial knee replacement on the right knee. It again came loose so I then had a full knee replacement. During my recovery, I continued to stay active by working out at home and at the gym. Because I had many surgeries on my right knee, I had so much scar tissue. I had several procedures where I was taken back into the OR and was sedated so the dr could manipulate my knee around to try and break up all the scar tissue. I now can not fully bend or straighten my knee

A friend of mine also had knee surgery soon after I had one of mine. Her husband is an elite crossfit athlete. It was recommended to her to lift weights to help with stability and strength in and around the knee replacement. She found a powerlifting coach, trained with her and did her first powerlifting meet. I was so inspired by what she was doing. I contacted her coach and hired her to be my coach. I started working with her late Sept of 2022. I live approximately 3.5 hours from her. I receive my workouts from her via an app on my phone. I send her videos of my lifts. I am quite competitive and needed something to work towards. I looked online at the USPA records for my age and weight. I compared the records to what I was lifting and realized I could break a lot of state and National records. I competed in my first powerlifting meet in November 2022. I had so much fun! I instantly became so addicted to lifting at the meet! I not only broke Oregon state records, National records but I also qualified for DT Nationals in Las Vegas in July and DT Worlds in England in October. I competed in my second DT meet in February 2023. I broke more state and national records. To say I am hooked is to say the least. I love breaking records and my own personal records. It's fun to earn medals too.

I just competed in my third meet yesterday, April 15th. It was my first non-dt meet. Once again I broke more state and nation Best Lifter medals and 6 1st place medals.

My next meet will be Nationals in Vegas in July then to Worlds in Coventry.



Donna Clark

Meet Paul Baines



Paul Baines

Another great article by Paul Baines
My Powerlifting Journey

I first set foot inside a gym at age 15 to try to get stronger for school rugby, shot and discus. In South Africa, rugby was mandatory for boys at school so everyone had to play (unless you had a really, really good excuse).

As a very unathletic person at junior school (my only "ability" was being very hard to push over) it was a bit of an uphill struggle. Luckily, I started training with a kid who instilled in me a strong work ethic. His attitude was that, if you don't feel like training, get there anyway and just go through the motions. It's

better to maintain than lose strength. Some of my best workouts have been when I didn't feel like training.

The hard work paid off. In my final athletics competition I broke the school shot and discus records by some margin. To this day my favourite sporting moment is when they tried to measure my discus throw but the tape was not long enough so they had to fetch the javelin tape. As someone who once struggled to reach the pit in long jump and who was perplexed at the prospect of jumping *over* the high jump bar, this was proof that strength training is a worthwhile pursuit for anybody.

After school I took a detour into a career in fitness. It's a long story but the new aerobics instructor came into the weights room one day and said she was looking for some men to join her class. A few of us accepted the challenge for a laugh. Three years later I won the South African Male Professional aerobics title. It was during this period that I met the woman who would become my first wife.

I kept up with the strength training but could only progress so far. My best bench during that period was about 140kg. I did some leg press but no squats. And I think I tried deadlifting once and never again.

At age 21 I moved back to the UK, continuing with the fitness work and strength training. I entered the UK aerobics champs, winning the North West heat but failing to place in the national finals.

Paul Baines

What followed was seven years of almost no training while I focused on my new career in IT and starting a family. My girlfriend in South Africa joined me in the UK. We got married and had two children.

I lost most of my strength and gained a lot of weight (a snack trolley used to make the rounds at my office twice a day). After about five years of no training I entered the annual work athletics competition and competed in shot and discus. I did okay, winning the discus event, but realised I needed to sort myself out physically. I started cycling to work and shed some pounds. A year later I joined a gym.

At age 30, after about a year of hard training I managed to squeeze out a very untidy 180kg bench. I was elated until a few days later a rather unassuming gentleman came into the gym and, at some point, started doing reps with my new PB. I asked the owner who he was

and was informed that he held the British bench press record. I was amazed that someone could bench that much so easily.

A couple of weeks later I was offered a work contract in Europe. Once again my training was put on hold -- a period that lasted 18 years while I lived and worked in Belgium and then Holland.

I built a basic home gym in Holland and tried to maintain some strength but my bench fell to 90kg. Everyone cycles in Holland so I bought a bike and commuted to work every day. I supplemented this with a daily step routine so my fitness level was quite high during this period.

The years rolled by. My kids moved out. In 2017, about a year after my son left, my wife fell ill and I stopped all training to focus on caring for her while I continued working. At the end of 2017 she was taken into hospital after being diagnosed with advanced cancer. I gave notice at work and our rental house and basically moved into the hospital in Delft to be with her. After seven weeks she requested to return to the UK where she was transferred to the local hospice in Blackpool. Less than a week later I was preparing to return to our home in Holland to fetch all our things when the disease finally got the better of her. I was holding her hand when she took her last breath.

Paul Baines

To say I was lost is an understatement. After 30 years together and 26 years of marriage we were still in love and I suddenly had no idea what to do. I felt like someone lost at sea with no maps or rudder and being smashed by wave after wave of grief. I remember going into a shop to buy something and realized that I had no idea what to look for. I had always gone shopping with my wife in mind. What did *she* want. What did *she* need? Shopping for myself was something I had forgotten how to do.

I continued working remotely for the company in Holland and did the normal daily things, but seldom ventured outside. In the evenings I would sit in front of the television looking for something to watch, but never finished anything. I spoke with my kids on a daily basis and put on a brave face but I don't think they realised how low I was. Those waves of grief just kept on coming and I honestly felt like I was drowning.

One day I saw a new film advertised and decided to try the cinema. My work pattern in Holland meant I finished at 2:30pm each day, so I went to a quiet afternoon screening. For the first time in ages I managed to watch an entire film. It felt good.

On the way out I noticed a health centre, so went in to have a look. The manager showed me around and must have been a good salesman because, before I left, he had me signed up for a rolling monthly contract.

I started on the treadmills towards the back of the main gym, from where I could see the weightlifting area. After a week or two I ventured into the weights section and started lifting.

It didn't take long for the old enjoyment of lifting heavy weights to kick in. Soon my bench was back at 90kg. I did some leg press but no squats or deadlift.

I got talking to people in the gym. One lady in particular caught my eye. I remember thinking that someone that attractive had to be married or, at least, involved so I avoided getting too familiar. Besides which, I was still grieving for my wife. She told me her name was Sarah. We got talking and would often have tea together or in a small group. She challenged me to join her in a Zumba class. I said I would ... one day. She kept asking. Eventually I succumbed and joined a class, standing in the back corner trying to be invisible. I enjoyed it but my feet were all over the place. The instructor was a professionally trained Cuban dancer, and he was expecting my feet, knees, hips and shoulders to do things that were, to be frank, not natural.

I had fulfilled my promise, but Sarah said that anyone can do a single Zumba class. To prove that I could do Zumba, I had to do "at least two" classes. So I reluctantly went to another but this time I remembered a couple of the routines and was able to follow along a bit better. I actually enjoyed the class and started going regularly. It was a good way to supplement my powerlifting with some cardio and conditioning. Also, I got to spend more time with Sarah.

Back in the weights room, I was getting to know someone who stood out for her tendency to lift crazy heavy weights all the time. She always lifted in the corner squat rack, which seemed to be something of a second home to her. She told me her name was Charlotte and that she did competitive powerlifting.

After a year or so I started doing squats and found I actually enjoyed them. I started using the squat cage next to Charlotte. Many times I would finish a lift and turn to see her giving me the thumbs up sign. She would advise me what I was doing wrong and how to improve my lift. At some point she suggested I try deadlifting so I joined her every Friday for "deadlift day".

Paul Baines

I set my bench goal at 180kg. It took a while and a few setbacks slowed me down, but I eventually got that magical number. At age 52 I was as strong as I had been at age 30. It was a good feeling.

Charlotte started hinting at me trying powerlifting competitions. I was reluctant because, in my mind, powerlifting competitions were where the monsters gathered to throw massive weights around. She suggested I try BPF because it was a friendly federation where beginners could learn and grow. I said I would think about it.

She suggested it again a few weeks later. There was a competition coming up and I should enter. That night I checked out the BPF website and signed up. When my membership number arrived I found the next event online and nervously signed up.

My first competition was a major learning experience. I didn't know what "flights" were and had no idea when to warm up. I got changed and did some gentle stretching before joining

Sarah in the viewing area. At some point, she nudged me and pointed at the screen. "You're next!" she said. "You need to get warm!"

I rushed to the warm-up area and stripped down to my singlet to start warming up. I had just got my track pants off when they called my name.

I ran to the platform and got set up to bench 150kg cold. My main concern was not hurting myself. Luckily, the bar moved up with ease. Sarah said I had just broken the British record. At that moment, I was hooked.

In June I competed in the European championships after hurting an intercostal muscle during deadlift training three weeks earlier. If you have never experienced this, it is like having someone stab you between the ribs. Sneezing and coughing hurts like crazy. In fact, any pressure outwards is unbearably painful. Thankfully, I was able to train squat and bench. I was nervous about deadlift but, on the day, was able to equal my personal best in all lifts, breaking three European and two world records in the process.

Had someone told me back in 2017 that in a few years I would find love again and get married, I would have laughed at them. Had they told me I would be setting world powerlifting records, I would have suggested they seek psychiatric help. Back then I was struggling to find a reason to get up in the morning. Now I have a new family, a network of friends, and a whole bunch of powerlifting goals.

This is the joy of powerlifting. There are no vague goals. There are simply numbers you want to achieve and every time you step inside a gym you know what you have to do.

Thanks Charlotte for helping me so much and for pushing me to start competing. Thank you Marcus, Lady-Petra and everyone at BPF for welcoming Sarah and me into your powerlifting family. And thank you Sarah for supporting me 100% in everything I do, following me around the country to watch me lifting silly weights in a singlet.

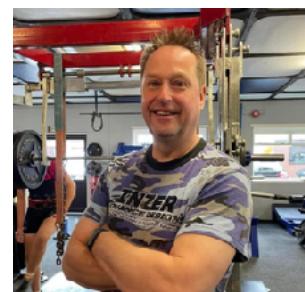
Paul Baines

Monty's News



Exciting developments in Strict Curl. We are joining forces with Raw Power to offer exciting International Competition Opportunities.

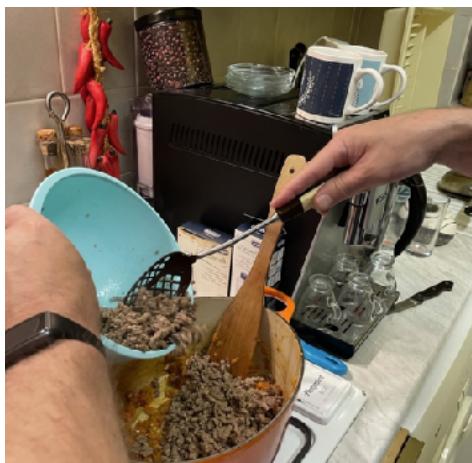
COOKING WITH CHRIS ELDING



Recipe Is bought to you by Chris Elding. Nutritionally perfect for a great workout. Meat can be replaced by quorn if you are do not eat meat. Take half of the mince pork & beef (250g) brown in a pan with a splash of olive oil and tomato puree.



Finely chop the carrot onion garlic &



celery (in a food processor) or by hand if you don't have access to one.

Remove the browned mince and set aside discarding any excess fat. Pop the chopped veg into the same pan and soften, once soft add the mince back into the pan with the veg.

Add the passata, herbs (to taste) and roughly chop the fresh tomato's and season with black pepper, also at this stage add a beef stock pot and splash of balsamic vinegar and Worcester sauce to your taste.

Simmer for at lease 1hour, for a richer flavour 2hours on a very low heat.

Cook pasta in slightly salted boiling water for 8-10 minutes (Tagliatelle is traditional) but use a pasta of you your choice, drain and tip into the sauce mix and serve. Enjo



It's Quiz Time. Your Chance To Win An Amazing British Powerlifting Federation T Shirt.

Send your answers to me to
nicola.eldingmediaadvisor@yahoo.com

I will print them all and the first one picked will win. GOOD LUCK!! Deadline 12th December 2023.

- 1/ Which dog in the British Powerlifting Federation is the only one to have his own British Qualifier Championship?
- 2/ Who is our President?
- 3/ Who is our vice president?
- 4/ Give one reason for failing on squat
- 5/ Give one reason for failing on bench press
- 6/ Give one reason for failing on deadlift
- 7/ How many referees are judging on the platform?
- 8/ What lift are the shoes called slippers?
- 9/ How long has a lifter to commence lift after the command Platform Ready has been called?
- 10/ Which International Organisation is The British Powerlifting Federation affiliated to?

Meet Mother and Daughter Dream Team

Sal Lack and Harriet Lack.

Name: Sal Lack

Age: 46

Years competing: I did my first competition 6 years ago but spent most of the next 2 years on crutches (all I can say is don't play rugby in your 40's!) but I started taking it seriously and got a coach 4 years ago in 2019.

Favourite lift: Bench (there's always more to learn)

How I started lifting: A chap I worked with was an ex-bodybuilder that had moved into powerlifting. He was doing well in the WPC winning world's and breaking WRs. He suggested I should try powerlifting as I was in the gym a lot. I thought he was joking but when he showed me some of the current British Records I realised that I could be competitive so entered a qualifier and set a British Record in the deadlift at my first comp. I spent the next 2 years having a number of knee operations and then got a coach and started training properly in 2019.

Sal holds three British Records with The British Powerlifting Federation in the Bench, Deadlift and Strict Curl.

Goals:

- To get back down to my normal weight category (and preferably the one below that).
- To bench 90kg on the platform. I have lifted 87.5kg in the gym but never got close on platform.

What do you do for a living: I have spent the last 20 years in construction, looking after environment and safety. I also have a pet bakery.

What do you do when you're not at work or lifting? Bake cakes and DIY.

Sum yourself up in a sentence: I prefer dogs to people.

Meet her daughter Harriet,

Harriet Lack secured a guest invitation to the IPL European and Commonwealth Championships in Mansfield which will feature lifters from 14 different countries. She is only 11 and trains with her mum. Lady Petra Kent Vice President of The British

Powerlifting Federation had a T Shirt made for her especially for the event. The IPL is one of the bodies that conduct drug testing on their athletes.

Harriet and Sal Lack



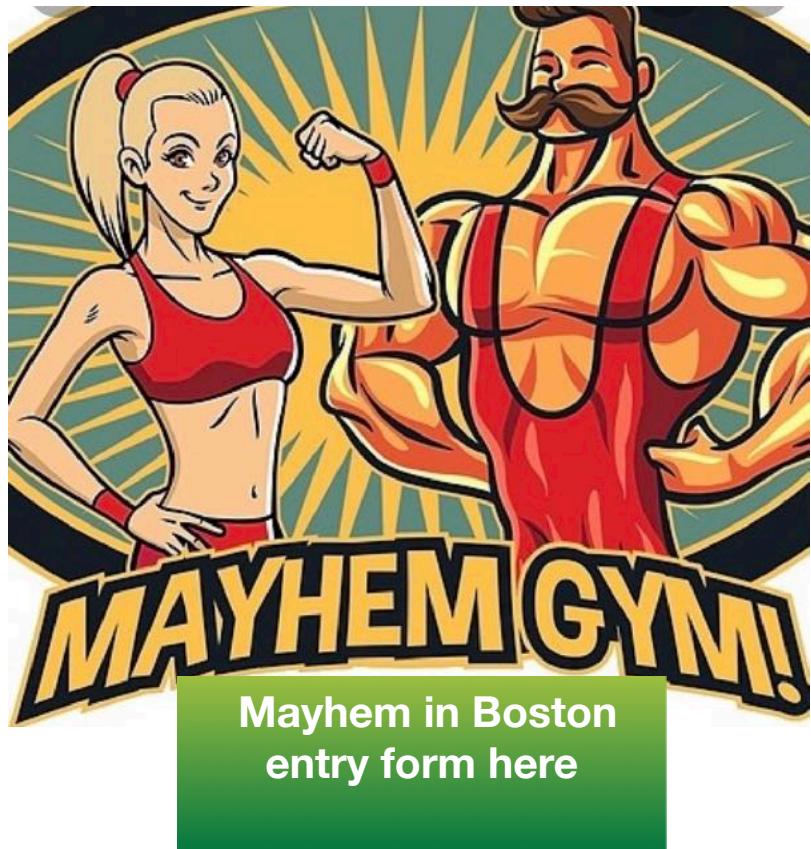
The European and Commonwealth Championships were great.



Marcus with Team India and others at The European and Commonwealth championships



We are so proud of the British Powerlifting Federation who organised this great up and coming events.



Women Of Iron prize money meet Weekend



1st place full power= SONIA ALBANS

1st pace bench = Sue Davise

1st place deadlift = Charlotte Wareing

1st place strict curl = Sue Davise

**A big thank you to all the ladys that took part in this the first ever
womens only pro money meet in the uk.**



Women Of Iron British Powerlifting Federation with our President Marcus Griffiths.

Great photo at The Academy





Dates for the diary



IPL TESTED WORLD CHAMPIONSHIPS
18TH - 22ND OCTOBER 2023

Royal Court Hotel
Tamworth
Kersley
Coventry
CV7 8JG



MR OLYMPIA
2ND - 5TH NOVEMBER 2023

Orlando, USA
By invite only



DAY OF THE DEAD
1ST OCTOBER 2023

Qualifier for 2024
The BPF Academy
Unit 3 Baily Brook Business Park
Langley Mill
NG16 4BE

[Day of the dead entry form](#)



RECORD BREAKERS
26TH NOVEMBER 2023

Qualifier for 2024
The BPF Academy
Unit 3 Baily Brook Business Park
Langley Mill
NG16 4BE

[Record breakers entry form](#)



THE MONTY CROWN
3RD - 4TH FEBRUARY 2024

The BPF Academy
Unit 3 Baily Brook Business Park
Langley Mill
NG16 4BE

[The monty crown entry form](#)

[Mayhem entry form](#)



MAYHEM IN BOSTON
25TH MARCH 2024

This is the last qualifying comp for the 2024 British Championships, which is the only way to qualify for the IPL tested world championships England 2024.

Mayhem Gym
6 Bittern Way
Boston
PE21 7NX

TESTING YOUR STRENGTH

Marcus our president 5 Times Mr Olympia and shares his tips with us so we can grow strong as an organisation.

First, a safety warning. You're more likely to injure yourself doing a maximum single rep than by doing an 8-to-12 rep set to failure. Not only does the greater weight increase the odds of injury, but, whereas in an eight-rep set you have seven reps to access your strength, set your technique, and develop a rhythm, with a single rep your first rep is your last rep. Fail in the squat or bench press and—until the weight is racked again—your spotters become the most important people in your life.

If you still want to test your strength with single reps, do so only occasionally and only in the deadlift, squat, power clean, or bench press. Pyramid your sets with at least three progressively heavier, lower rep sets before your max single. The heavier you lift the more crucial your equipment and spotters become, so make certain at least one experienced spotter (more, if you lift especially heavy) is right next to you for any max squat or bench press. Good luck and great strength!

By Strength Coach : Marcus Griffiths BPF Academy



See you at The World Championships and hope you have enjoyed the newsletter,
Best Wish Nicola.



FULL POWER | BENCH ONLY | DEADLIFT ONLY

IPL
International Powerlifting League

2023 WORLD CHAMPIONSHIP
DRUG TESTED
Oct 18-23
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- » 120 LIFTERS PER DAY
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QUALIFYING INFO:
Class 1 Total required from an
IPL-affiliated drug tested event from
January 1, 2022 to Sept 17, 2023.

STATE, NATIONAL AND IPL WORLD RECORDS

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