

# COMMONWEALTH POWERLIFTING & BENCHPRESS



CHAMPIONSHIPS 2011 sportBU



sportBU



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



[serious-supplements.co.uk](http://serious-supplements.co.uk)

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

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

Best Western Hotel Royale

The Village Hotel

Oakmead College of Technology

Minuteman Press, Poole



BOURNEMOUTH



BARBELL



Home of Bournemouth Weightlifting & Powersports Club

# COMMONWEALTH POWERLIFTING & BENCHPRESS



CHAMPIONSHIPS 2011 sportBU



## PROGRAMME



## COMMONWEALTH POWERLIFTING FEDERATION

**Peter Fiore - President**

**Neville Primich - Vice President**

**Richard Parker - General Secretary**

# 2011 Commonwealth Powerlifting Federation Championships

SportBU, Bournemouth University, England

## ***PRESIDENT'S ADDRESS***

On behalf of the Commonwealth Powerlifting Federation, I welcome all competitors, officials and supporters from each of our CPF affiliated countries. It is fitting, the 4th CPF event is held in England, a country which has been actively involved in the CPF since its conception.

I would like to take this opportunity to thank the English Powerlifting Association and its members for their hard work and effort in promoting our 4th CPF Championship. The CPF will continue to encourage men and women of varying talents to participate in our prestigious championships. We are evolving and in this 2011 event, we offer a choice to our lifters in "equipped" or "unequipped" lifting, both are now established and popular forms of powerlifting and will receive full support and encouragement from the CPF.

Those of you who have taken part in previous events will know; CPF competitions are best performed in an atmosphere of friendship, enjoyment, endeavour and honesty. Equal recognition and encouragement is given to each and every competitor, whether medals have been won or not. We applaud all competitors, officials and helpers, I hope they will leave England in the knowledge they have had an enjoyable experience, given of their best and have proudly represented their country.

This year has been a testing time for the CPF and for several of our founding members. I have to say we were presented with some difficult decisions. On a personal note and as the President of the CPF it would be remiss of me not to make mention by name, several respected officials who have worked tirelessly for the CPF since it began in 2005. They are George Macguiness - Northern Ireland, Alex Richards and Andy Clegg - Scotland, they will be sadly missed at this event, but I am confident, with patience and good fortune, they will be back in the fold very soon and rightfully participating in our 2013 CPF Championships.

Peter Fiore-President Commonwealth Powerlifting Federation.

## **PARTNERSHIP**

Throughout the preparation for this event many people from all over the World have made a personal commitment towards this years COMMONWEALTH CHAMPIONSHIPS. Richard and Carol Parker have worked selflessly to ensure we are prepared. SportBU staff have again been excellent, reassuring and very positive in providing these wonderful facilities. The English Powerlifting Committee has shown leadership and purpose throughout this period. The English Divisions have supported these Championships from the outset. Bournemouth Barbell (South West Powerlifting Division), our local club, were involved in this project from the start and its members deserve much praise.

Thankyou  
Paul Rees Championship Coordinator

Secretary – [www.bournemouthbarbell.co.uk](http://www.bournemouthbarbell.co.uk)

---

## **Notes**





### **Special Thank you**

The Executive Committee of the Commonwealth Powerlifting Federation  
English Powerlifting Association  
South West England Powerlifting

### **Wish to thank the following for their generous donations and support for our Championships**

Mr Harry Turner, President of the English Powerlifting Association and Associates  
[www.bournemouthbarbell.co.uk](http://www.bournemouthbarbell.co.uk) Bournemouth Weightlifting and Powersports Club  
Mr Fred MacKenzie YNE and promoter of the first Championships in 2005 Ashington  
The E.P.A. Divisions who have been most generous and helpful  
SportBU students for their contribution of time and support  
Welsh Power Union for generous support for the raffle  
Minuteman Press, Poole for printing  
A E C C for you active support throughout the championships  
All Officials, Referees and volunteers  
SportBU

Without the support of the above this Championship would not take place



## **WELCOME**

On behalf of the **ENGLISH Powerlifting Association**, **Richard Parker** our hard working Promoter, and **sportBU** I extend to you a hearty welcome to **Bournemouth** and **these Commonwealth Championships**. We wish you all well and hope you have an enjoyable and fulfilling experience while you are with us.

**Paul Rees**, Championship Coordinator

## **Opening Ceremony**

9.30-10a.m Thursday 15<sup>th</sup> December 2011

Opening Address by our President Peter Fiore who will be accompanied by;

- Bournemouth University Vice Chancellor, Professor John Vinney, who will declare the Championships open
- Oakmead College of Technology Executive Headteacher Dr. Annetta C Minard
- SportBU Assistant Head of Sport, Mr Barry Squires
- Secretary of the Commonwealth Powerlifting Federation, Richard Parker – Promoter of this Championship, and
- Representatives of the following National Teams: Australia, Canada, England, India, New Zealand, Nigeria, Pakistan, Papua New Guinea, Trinidad & Tobago, Scotland, South Africa, Wales

Presentation to Championship Weight class winners will be made following the end of each group competition by members, guests and friends of IPF/CPF Powerlifting

Best lifters, team and special awards will be made at the Presentation Banquet and the Village Hotel on Sunday 18<sup>th</sup> at 7.30pm (Tickets from Carol Parker)

## Officials

Commonwealth Powerlifting Federation President	Mr Peter Fiore
Promoter	Richard Parker Sec. C.P.F
Championship Coordinator	Paul Rees Wales
Technical Manager	Doreen Dowsett England
SportBU Championship Officer	Amanda Kevern
Host Nation England President	Mr Harry Turner
Organising/Competition Secretary	Mr Fred Sterry
Drug Control Director IPF/CPF	Professor Robert Wilks, Australia
Equipment Manager	Mr John Halfacre

Administration and Accommodation Officer Carol Parker

## English Powerlifting Association Organising Team

Richard Parker, Fred Sterry, Kevin Jane, John Halfacre

### MC's

Thursday/Friday Martin Flett  
Saturday/Sunday Gavin Walker

### Referees

**England – IPF1** Doreen Dowsett, John Halfacre, Kevin Jane, Janis Kerr, George Leggitt, John Stevenson, Richard Parker, Fred Sterry, Gavin Walker. **IPF2** Ben Banks, John Bevan, Willie Clelland, Ian Kinghorn, Fred MacKenzie, Rodney (Duke) Owers, Adam Reilly, Desi Scott, Rebecca Yeoh

**Canada – IPF2** Ron Delaney. **Australia – IPF1** Robert Wilks, Peter Fiore. **South Africa – IPF1** Andre Ludik. **Pakistan – IPF1** Muhammad Rashed. **India – IPF1** Subrata Dutta, Puran Singh Kadyan. **IPF 2** Amit Paul, Kewal Singh Pathana, Buno P Abraham, Inderjeet.

### Platform Managers

John Porter I/C, Paul Hindle, Simon Armstrong

### Spotters and Loaders

Ian Finch, Alistair Cannings, Nick Spencer, James Leaver, Lewis Ridett, Jason Dare, Adam Bowers, Maxwell Smith, Randy Hayes, Djamel Meddah, Adam Salley, Kevin Yeung, Peter Hayes, Phil Wood, Alex Vivian, Daniel Edwards, Tom Hough, Ben Green, Ashley Woodfall, Andy Vickery, Steven Tyers, Darren Wilkes, Beau Radcliff Thomas, Mark Bistow, Paul Coke

### Music/Anthems

Matthew Parker

### SportBU Student Support Team

Lisa Major, Michael Laming, Emma Thompson, Stefan Ferencz, Jack Mogridge, Peter Ward, Roxy Mills, Dorothy Mooney, Laura Jeffries, Ole Fulljames, Oliver Anjos, Alyssa Piper, Chloe Pearson, Peter Briant, Daniel Sutton, Paul Ashurst, Ben Hollister, Harlequin Chubb.

### Administration/Computer

Adam Reilly, Sha Sha Bowers, Adam Bowers, Carol Parker, Rachel Cork, Darren Wilkes, Kevin Green

## General Timetable

2011 CHAMPIONSHIPS

Venue: Bournemouth University, SportBU, Fern Barrow, Talbot Campus, Poole, BH12 5BB, UK

**Wednesday 14<sup>th</sup> December**

16.00hrs Technical Meeting  
18.00hrs Referees' Clinic  
19.00hrs CPF Congress

**Thursday 15<sup>th</sup> December**

**Day 1 Official Opening Ceremony 09.30hrs**

Commencement of Powerlifting 10.00hrs

**Men (Unequipped)** - All Age Groups, up to and including 74kg Category. Weigh in 08.00hrs - 09.30hrs. Start 10.00hrs

**Women (Equipped)** - All Age Groups, up to and including 63kg Category. Weigh in 11.30hrs -13.00hrs. Start 13.30hrs

**Men (Equipped)** - All Age Groups, up to and including 74kg Category. Weigh in 14.00hrs -15.30hrs. Start 16.00hrs  
Competition Finishes 20.30hrs

**Friday 16<sup>th</sup> December**

**Day 2**

Commencement of Powerlifting 10.00hrs

**Men (Unequipped)** - All Age Groups, 83kg & 93kg Categories. Weigh in 08.00hrs – 09.30hrs. Start 10.00hrs

**Women (Unequipped)** - All Age Groups, Weight Classes Unequipped. Weigh in 11.30hrs – 13.00hrs. Start 13.30hrs

**Men (Equipped)** - All Age Groups, 83 & 93 Categories. Weigh in 14.00hrs -15.30hrs. Start 16.00hrs  
Competition Finishes 20.30hrs

**Saturday 17<sup>th</sup> December**

**Day 3**

Commencement of Powerlifting 10.00hrs

**Men (Unequipped)** - All Age Groups, 105kg to 120kg+ Categories. Weigh in 08.00hrs – 09.30hrs. Start 10.00hrs

**Women (Equipped)** -72kg, 84kg and 84kg+ Categories. Weigh in 11.30hrs – 13.00hrs. Start 13.30hrs

**Men (Equipped)** – All Age Groups, 105kg to 120kg+ Categories. Weigh in 14.00hrs – 15.30hrs. Start 16.00hrs  
Competition Finishes 20.30hrs

**Sunday 18<sup>th</sup> December**

**Day 4 Bench Press**

Commencement of Bench Press Championship 10.00hrs

All Weight Categories and Age Groups Men & Women **(Unequipped)** - Weigh in 08.00hrs – 09.30hrs. Start 10.00hrs

All Weight Categories and Age Groups Men & Women **(Equipped)** – Weigh in 11.00 – 12.30. Start 13.00hrs  
Competition Finishes 17.30hrs

**Sunday 18<sup>th</sup> December**

**19.30hrs Presentations & Buffet Dinner**

International Nominations of lifters are detailed on the copies of the scorecards which are available on request with a programme.