



WEIGHT LIFTING FOUNDATION

Views expressed here may not represent those of BWL

WEIGHT LIFTING FOUNDATION

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EDITORIAL

Notice our new name? No, it is not that we are looking to replace squats as our base for Weightlifting strength. Rather it seems that many other sports have found that raising money is more successful if donations go to a Foundation rather than direct to the relevant Federation, in this case British Weight Lifting. Usually I describe the sport as Weightlifting – one word—but on reflection this seemed to cut out our very successful Paralympians. Maybe, eventually, BWL will look back and re-integrate the All Round Lifting schemes, currently followed by about 100 strong devotees. Successive BWLA administrations have not promoted this branch of our sport. I do not understand why. Some of the lifts are ideal for wheelchair bound athletes and I have seen them using such lifts in their squad meetings.

We need more money, via the Foundation, in order to continue giving money to BWL for under 19s to be able to attend far away comps. This year we already gave away £20,000 for this reason and in addition around £600 to clubs and young lifters who made PBs in International events or broke British records in UK national championship events. We have decided to increase the rewards as follows which are for BWL members only:

Able Bodied: for 3 PBs (Snatch; C and J; Total) in any one International: £150; for 2 PBs: £105 and for 1 PB: £45. For breaking British records in a British championship; the same.

Paralympic Powerlifters getting a new PB in the Bench Press in an International: £60. For breaking a British Record in a British Championship: the same.

We do not offer multiples so, for example, a new PB or British record three times on the same lift and occasion gets the reward only once! This new tariff could be a considerable strain on our resources but if it stimulates lifters to improve it will be worth it. **The change will take place on Oct 1 016**

Claim forms are available from **Caroline Charles** and will be on the BWL web site: <http://britishweightlifting.org/downloads/WLSF-ApplicationFor-PB.PDF> Conditions apply and are detailed on the entry forms which must be submitted to Caroline not more than 6 weeks after the event. We hope this increase will attract more claims. We have been astonished to receive so few.

TECHNICAL TIT BITS

Bloody bars. At various events I see attempts to 'kill' HIV infected bloody bars. One method involves vigorous scratching of the coagulating blood with a wire brush. I cannot think of a better way to create an aerosol for the 'cleaners' to breathe in the infected particles!

Here are some opinions from **Jim Smith**, leader of the LIFT OF THE QUARTER SCHEME. Jim is a Fellow of the Institute of Medical laboratory Technicians, a very senior position in the health service. His opinion is worth a listen!

"I was at a lifting comp in Canada coaching **Robert Shepherd**. Just as he was about to go onto the platform the Frenchman who had preceded him called out "blood on the bar" So the loaders began a long period of cleaning like all of us have seen. The procedure was certainly enough for Rob to come off the boil.

A USA doctor remarked that the cleaning was a waste of time and that he had not seen any blood in any case! He thought it was a ruse to ensure a less than adequate attempt by Rob." So there you are readers; a new tactic to use in addition to "sweep the platform!"

What do we know of the science to justify the US medic's observation? Here is Jim's opinion:

"The only one at risk is a lifter following an HIV positive lifter with a bleeding wound: hardly likely to happen! If the sight of blood affects someone, meth will wipe it off the bar easily and it will soon evaporate. Bleach or 70% alcohol may take 20 minutes to "kill all known germs". Bleach can harm your eyes. Do we issue goggles? Likewise non porous gloves, Do we need disposable materials and precautions like sharps bins in hospitals?"

What are Jim's alternatives? He argues as do I (but for different reasons) that the bar should not scrape up the shins and cause bleeding. Another authority, Prof A Vorobjev, also for different reasons, says the same and that the taller the lifter the further away from the shins it should be to allow the ideal shallow S bar path to be utilised. Jim also, tongue in cheek, proposes long socks or tights as potentially useful.

For sure, if we were not held up by bloody bars we would have more action and shorter competitions, an aim close to the heart of the IWF and new audiences.

Knees. The last issue of Science, the EWF journal, presented information on the subject of sore knees in weightlifters. They reviewed diverse sources of information and concluded that 'our' problem is less worrying than that of many other sports. I am sure however that we would all like it to be even less. I chatted to John Walton about this. He lifted actively in training and competing for many years and was rarely bothered by injury. He theorised that lifters who start their career with poor knee mobility may have a propensity to knee injury later on. Naturally as the weights increase the knees will be forced into super-flexion and here lies what John thinks is the problem. Greater attention to mobilising the knees might reduce their tightness. On the other hand having too great a hyper flexion when in the high force knee bends in the low receive positions with consequent soft tissue opposition is another explanation. So there are two possible explanations: John's and mine (but really I have no clue!)

Have readers any comments? **Dave Morgan**, twice fourth in Olympic Games has no problem and says he once had one that went away following aspiration of fluid from his knees and physio. Or were they injections: I forget. We are all ears Dave!

Leg action in weightlifting. There are paradoxes involving the Quads and the Hams with, in my view, too much emphasis on the quads and too little on the hams. Maybe I have not really grasped the subject but I offer my opinion in the hope one of you: a medic or a physio will look at the matter sympathetically and send me a page for the next bulletin.

All 4 quad muscles extend the leg i.e. they reduce the angle between the thighs and the trunk. The Rectus femoris adds a little extra as it can also flex the thigh i.e. move the knee toward the hip as in a kick. This flexion opposes the extension of the knee joint so that if lifters 'box jump' at the transition after the first pull, with their feet leaving the floor in an exaggerated way, the R.femoris is doing the opposite of what we need, which is to extend the hip complex. Watch someone kick a ball and notice that it involves the trunk rotating downwards. However this conflict has the benefit that a well coordinated action of the Hams and Quads at the right times invokes a stretch reflex, which is a mechanism that allows greater force to be developed. This extra force is only possible as a reactive phenomenon, when the hams are put on sudden stretch. The long departed first

National coach Al Murray was a physio and in his vivid way drew attention to this apparent paradox. I paraphrase his words as follows. "If I stand with my back to a lifter doing Cleans and I hear a loud noise as his/her feet slam down onto the platform I can be sure that at some point his feet have been too high off the platform due to excess R. femoris action."

Al's actual words were : "Lifters should pull like a carthorse and land like a belly dancer. Unfortunately too many are pulling like a ballet dancer and landing like a carthorse!"

NEW MAGAZINE

It's being produced by Josh Cox of the Didcot club. It is well illustrated and will be a great help to readers who seek to improve. It is in glorious technicolour. I suggest you ask for a trial copy from Josh at: josh@liftingtimes.co.uk . The content features the Didcot lifters and is a really good manual. The latest issue is for August and has a feature on the importance of the Glutes.

YOUTH PARTICIPATION AND HOW WE ARE NOW FAVOURED BY THE NHS AND OTHER INFLUENTIAL BODIES

A recent survey showed that 57% of schoolchildren say that the 2012 games encouraged them to play sport. This survey was by the Sport and Recreation Alliance and aimed to show the benefit from the 2012 Games in the sport and recreation sector. However the survey showed little or no growth from pre games levels. Strong efforts are already being made to do better! Clubs are being approached to do more recruiting.

A prominent and successful UK coach tells me that his gym is too small to recruit many young tryers especially as most of them give up after a few weeks once they see what hard work really means in the gym. He is currently seeking funds to fund more space. It should be a BWL policy and surely it is, to assist clubs to grow. There are good examples and I will try in future Bulletins to highlight them. A great deal is happening in the North region and I hope I can cover this in more detail at some time.

The NHS advocates three types of exercise for healthy childhoods (i.e. 5 to 18 yrs): aerobics; muscle strengthening; bone strengthening: some of each every week. They list free weights and resistance machines for muscles and weight training for bones. Yes it is not very clear but I think we get the idea.

Our Development Director David Gent is happy to see their inclusion and we all need to take advantage of this positivity. They also advocate Hand Held Weights. Personally I worry about machine weights for tots! Machines are designed for big men, often USA Football players, and they neglect postural, so- called core muscles and multi-joint coordinated exercises. However let me not be too choosy: we are beginning to be listened to when we discuss good exercise processes and the importance of strength and power for other sports. Nowhere do we now hear that our sport and all weight training is going to stunt growth!

This topic reminds me that a TV documentary in July featured Tom Daley and his coach. He was doing Power Snatches plus posterior chain prone extensions (bridges) with a 50k barbell across his abdomen. It was a fleeting exposure but I think **Keith Morgan** was helping Tom and his diving coach with this excellent exercise. I remember that pole vaulter **Ellie Spain** used the exercise some years ago. You can see a photo of it, but without added weight, in the August issue of Lifting Times (josh@liftingtimes.co.uk). **Josh Cox** has suggested I write a contrarian article but I have a feeling most of my challenges to BWL orthodoxy are well known and not accepted! Well I never lifted much over 112 k so they could be right!

Josh and I believe a little controversy is a good thing! I have one or two controversial questions somewhat tongue in cheek! Nowadays it seems fashionable to use a long extended stretching routine before touching the bar in spite of the well established knowledge that there is weakening of the stretched muscles lasting for several hours after such a warm up. The benefit, if any, may be psychological. Can anyone enlighten me?

Another semi magic routine involves removing knots from the muscles. What are these knots? How can a length of muscle or tendon tissue, fixed at both ends, get itself tied in a knot?! I guess the knot is just a short- cut way of describing tightness in the muscles concerned. Help me to see the light!

What about 'bracing the core'? I am a fan of **Professor E Lederman**, an Osteopath at a London Uni. His paper on the role of the abs and special exercises for the core is very stimulating. Basically he says that the abs will do what they have to do, without special exercises on rubber balls etc.. So as soon as you start to pull they do whatever is needed. Of course if a novice lifter cannot maintain or even adopt the

correct spinal curves, then we do need to prescribe basic exercises to strengthen the muscles involved. If you would like a copy I will photocopy the 30 pages and send them. P and P, photo copying and a big envelope will cost you £1.50, enough for this issue!

Yet another critic of my admittedly rough IT ability!

The Hon. **Tony Cook**, Earl of Cleethorpes, tells me I ought to do my Bulletin in columns. I tried... and I failed. It is possible that BWL's excellent PR company will sort this out for me as they have, so far, been admirably tolerant! If so I prefer only the Editorial to be free from columns. Thank you to **100AND10PERCENT**. I am also hoping they will put the Foundation details and the new logo in sensible places, not forgetting the page numbering! You will know who to credit as you read this! Certainly not me. In the meantime I am seeking lessons from a nearby 5 year old.

GROWING WEIGHT LIFTING

The agency will shortly discuss with me and **David Gent** the introduction of a **photo competition** featuring under 19s, boys, girls, big, small and the rich variety of races we enjoy in our sport.. The sport is growing alright but can we speed up the process? With South East friends I tried a new format: no Snatch, but 4 attempts at the Clean and Jerk, the best lift converted to Sinclair points. Clubs, including Cross Fit, were drawn only from Surrey. Men's teams were 3 per club and women's limited to 1, though if this format grows, these numbers can be increased. It was quick to run and removed the Snatch which makes, for many novices, the off putting barrier to participation. Refereeing was a la BWL rules. Believe it or not I found 12 Surrey clubs doing Olympic lifting. We added a demo of the two lifts by two young girls, one aged 9 and the other 11. Both displayed excellent skills. Though they were not pushed to lift BIG they both got PBs and continue to do so. I am hoping this demo will inspire the mature women who were lifting the C and J only, to test themselves on the Snatch. One club has assured me they will run a similar event at their place, a first for them. We charged no fee and gave no trophies. Have any readers other ideas on how to grow more lifters?

ODDS AND SODS

BWL's future planning has not been neglected whilst the euphoria around preparation and performance at Rio has been in the forefront of all concerned. The appointment of Shaun Joffe, a sport science graduate with a Masters degree, should bear fruit. He has also had a background as a competitor in the SE region so his personal experience will be a prominent feature of his work. One aspect he revealed to me is that Weight Lifting plans are no longer based on the 4 year Olympic cycle but involve two cycles. No doubt the executive will be pressing UK Sport to take this into account when considering the sport's future plans, based upon which BWL will hope to gain increased grants for Weight Lifting over the next 8 years. Maybe it will also be able to get further support from Sport England as we continue to show growth of the base with more and more participants in the Iron game!

SECOND HAND BARS AND WEIGHTS

Occasionally I am asked if I can find any kit for developing clubs. I am seeking rubber bumpers and squat stands for some members of the Addlestone club, Locker 27. No it is not my club though it is in my town! Has any reader an offer? I will not add any profit for the fund. If asked I will advise if I am happy or not about the credit of the buyer but you will be in direct contact and it is up to you.



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