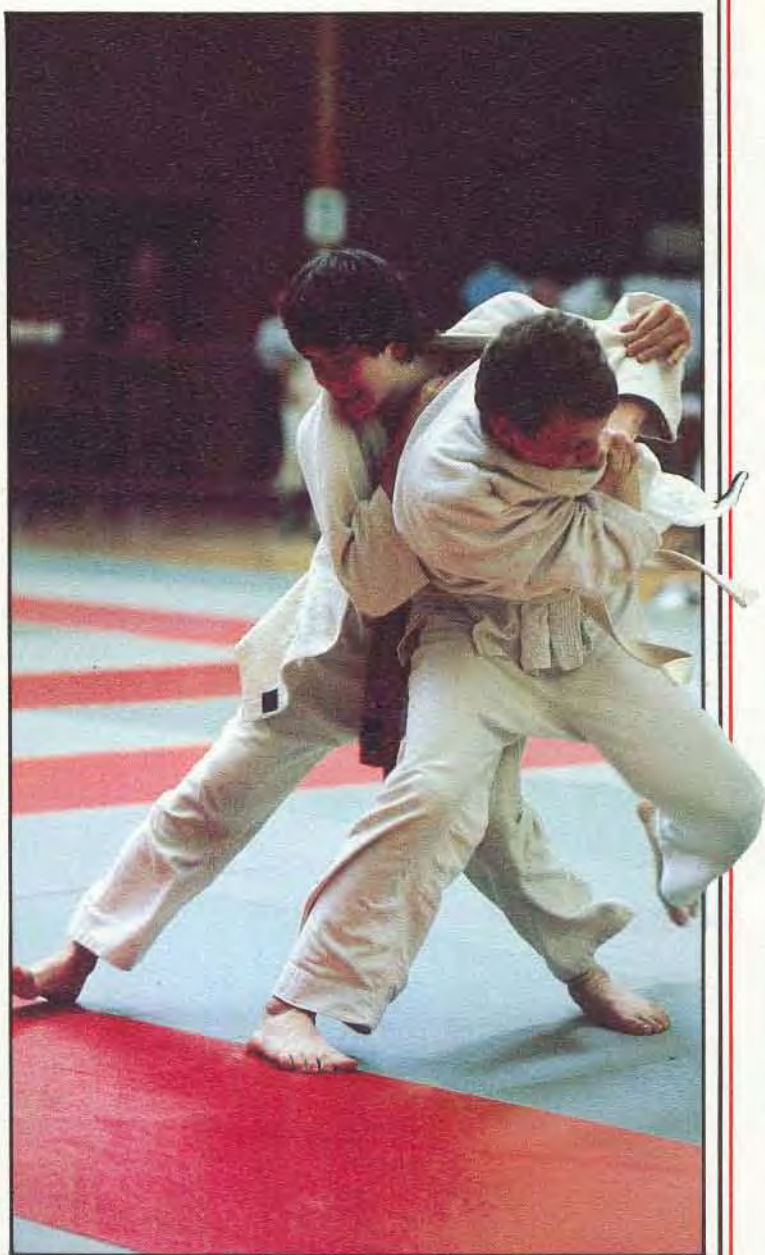
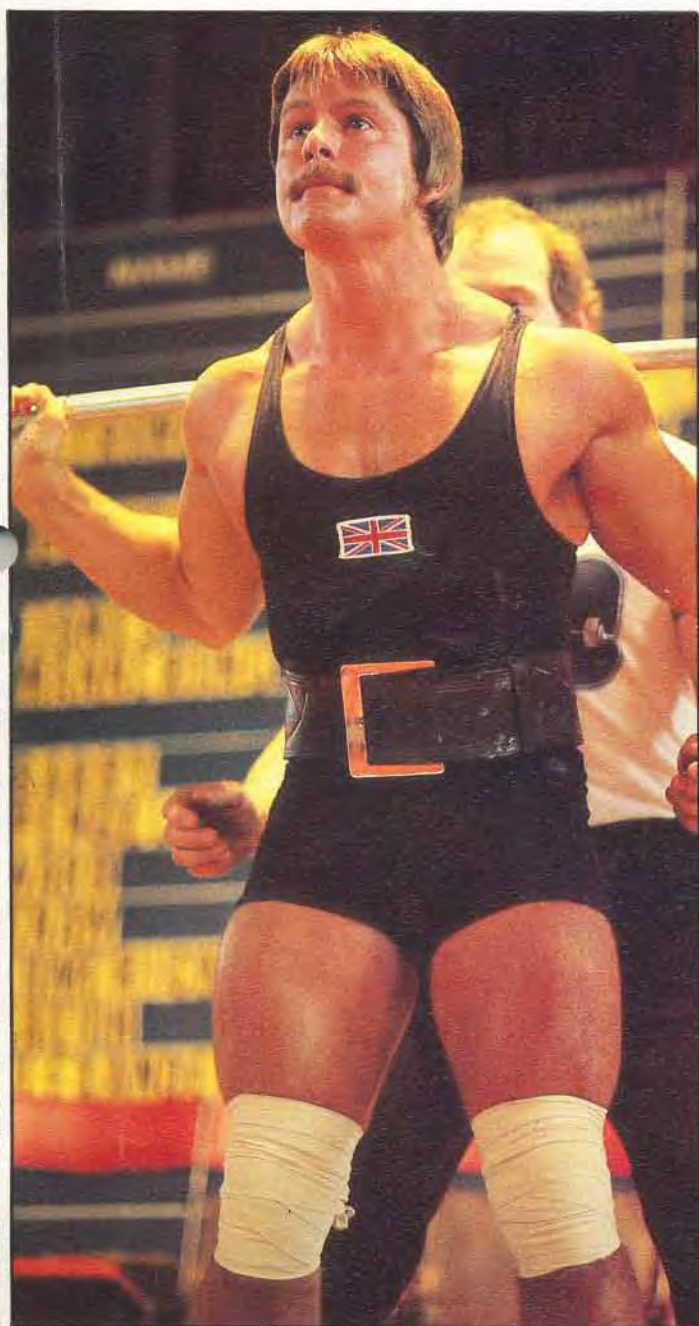


JUDO



AUGUST
1982
Number 25
85p

& OLYMPIC SPORTS SCENE



A 'Judo' special feature...
Dennis Unitt...Editor of *International Powerlifter Magazine* reports on the British Powerlifting Championships.

In this issue: National Team Judo Event for Women *plus* The British 'Closed' Championships for Women from Worthing
Judo Technique...Colin McIver
Tony Matthews on Gymnastics
and...Eric Woodward.

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This month we depart slightly from our 'Olympic Sports Scene' to feature a non-Olympic sport in 'Powerlifting' with a special report on the British Powerlifting Championships. This report, in contrast to the Olympic Weightlifting section in last month's edition highlights the popular side of the sport and inevitably the most commercial, best presented and most competitive section.

That both Powerlifting and Weightlifting are administered by the same governing body whilst one is strictly amateur and the other borders on professionalism and cannot get into the Olympics, magnifies the internal problems obviously resulting and provides an interesting comparison.

It is odd that well established sports like Powerlifting and (closer to home) Women's Judo, fail in successive applications for Olympic status whilst leisure pursuits such as Windsurfing make it at the first attempt.

Women's Judo has prime interest in August's 'Judo & Olympic Sports Scene' with reports on National Team Championships, the British National Championships from Worthing and a 'Focus' on Loretta Doyle, World Bronze Medal-



COVER PICTURE...

Powerlifting: Steve Alexander, World 75 kilo Champion. Judo: Junior Action from the Midland Area Team Championships.

JUDO Contents

& OLYMPIC SPORTS SCENE

list and five times National Champion.

Colin McIver makes a reappearance with a two page feature on Hiza-guruma—and Eric Woodward casts his eagle eye and pen over the British Judo Association's Medical back-up and Doctor Ken Kingsbury.

Our Sports researcher Tony Matthews, delves into the World of Gymnastics which grows younger by the day and his in-depth report is really informative for those interested in the sport. Naturally, we also have all the local Judo news and our popular 'Sports Shorts' column and John Beard's caustic report on the AGM.

In September's 'Judo & Olympic Scene,' Phyllis Elliott reports on the World University Judo Championships from Finland, there is a feature on the Women's National Squad in training. Dave Anderson, Press Officer of the Midland Area reports on their major Junior events in August and Tony Matthews researches Olympic training. There is also a preview of the British National Championships at Stretford and an interview with the new British Judo Team Managers. Don't miss it. We regret that the Southern Area Championships report has not been received and therefore cannot be included in this edition as advertised.



JUDO

& OLYMPIC SPORTS SCENE



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JUDO

DIARY

NATIONAL AND INTERNATIONAL EVENTS

3rd to 7th August

World University Judo Championships, Finland

21st August

British Closed Championships for Men, Stretford

21st to 22nd August

National Squad Training (Women)

11th to 12th September

Dutch Open Championships for Women, Holland

25th to 26th September

Paris Invitation Tournament, for Women

25th to 26th September

Swedish Open Championships, Lund

AREA EVENTS

1st August

Dan Grading, Ryecroft Judokwai-Beeston, Nottingham
(1st Kyu to 3rd Dan—10.00am)

3rd to 9th September

B.U.J.A. Summer School, Manchester

5th September

North West Boys Under-18 Closed Championships,
Kirkby Sports Centre, Valley Road, Kirkby, Liverpool
(no lower weight group below 31 Kilos)

12th September

London Area Mens Championships, Eastways S.C.
(Open to Southern and N.H.C. Competitors)

19th September

North West, Girls Under-18 Closed Championships, Kirkby, Liverpool.

19th September

Western Area, Dan Grade P.E., Dowty Rotal J.C. Gloucester.

Midland Area Promotional Examinations

Sunday 8th August

Girls up to 9th Mon, Hinckley Judo Club—9.30am

Boys, Beginners to 4th Mon, Alfreton Judo Club—9.30am
Boys, 5th Mon and above, Alfreton Judo Club—12.30pm

Sunday 15th August

Boys all grades, Worcester, St. Pauls—9.30am

Sunday 22nd August

Men Beginners to 6th Kyu, Scunthorpe—1.00pm

Men, 7th Kyu and above, Scunthorpe—2.00pm

Men, Kyu Grades, Leicester—9.30am

Sunday 5th September

Women, Beginners to 3rd Kyu, Scunthorpe—10.30am

Women, 4th Kyu and above, Scunthorpe—11.30am

Girls, All Grades, Scunthorpe—2.00pm,

Boys, All Grades, Chapelhouse—9.30am

Sunday September 12th

Boys Beginners to 1st Mon, Derby—9.30am

Boys 2nd Mon to 3rd Mon, Drby—9.30am

18th September

Midland Area Girls (Elimination) Championships.

(Closed to Midland Area)

Sunday September 19th

Boys 4th to 6th Kyu, Derby—9.30am

Boys 7th Mon and above, Derby—12.30pm

Boys Beginner to 3rd Mon, Scunthorpe—9.30am

Boys 4th Mon to 6th Mon, Scunthorpe—11.30am

Boys 7th Mon and above, Scunthorpe—2.30pm

Men Kyu Grades, Wellingborough—9.30am

Women Kyu Grades, Wellingborough—12.00noon

Boys All Grades, Bingham. 9.30am

Ron Knight and Dave Walker are giving a weekend Judo course on 21st and 22nd August at Birmingham University. All senior grades welcome. Fees-£5.00 send S.A.E. for full details to: M. Simpson, 13 Goodison Rise, Sheffield S6 5HW. Tel: 0742 3444480

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National Team Championships for Women 1982

CRYSTAL PALACE N.S.C. 13th JUNE.

Holding a domestic Womens Judo Event in Crystal Palace is a bit like holding a bible class in Westminster Abbey...and the spectator attendance is about as big. At times it is almost an embarrassment to speak or clap and break the silence so rigidly observed and all this despite a record entry of 16 teams and an event well organised by the Southern Area.

On reflection, it was slightly absurd to have a parade of the teams as this left virtually no-one to applaud them, though the echoes of the limited applause did make it sound more full than it was. However, the girls seemed to enjoy it which I suppose is half the battle.

There was also a 'new look' about several teams with the Northern Counties 'A' Team being substantially changed with the inclusion of imports Ann Hughes (from NW) and Dawn Netherwood (from Y&H). Wales and the Midlands once again new young teams and both performed creditably though obviously will not be a match for the Gold or Silver medallists for a year or two.

Carol Sloan (Mids) at over 72 kilos made an impressive debut for the Midlands winning all her fights by Ippon in what was a very difficult section. The Army put in a team for the first time ever, in my experience, as did the West, and the London Area produced two teams as did NHC, Y&H and the South.

The draw was as follows...

Pool 1	Pool 2	Pool 3	Pool 4
Y&H (A)	Northern Ireland	South (A)	North West
N.H.C. (A)	South (B)	N.H.C. (B)	Scotland
Midlands	London (A)	West	Army
Wales	Y&H (B)	London (B)	North

Pools 1 and 4 seemed the most difficult with all the Areas having first-teams in the groups with three previous medallists in Pool 1 and two in Pool 4, plus the developing Northern Area team and the un-tried Army Squad. Yorkshire & Humberside started favourites again with the added depth of their second-team to call upon and N.H.C. (A) and South (A) looked as if they would be in at the finish.

RESULTS - POOL ONE

Y&H (A) (2 wins/2nd place) ..	6W	4W	1
N.H.C. (A) (3 wins/1st place)	4W	5W	3W
Midlands	2	2	5W
Wales	1	-	1

Quarter-finals A - N.H.C. v Scotland

Result: 4W - 1W

RESULTS - POOL TWO

N Ireland (2 wins/1st place)...	3	5W	4W
London	4W	2	2
Y&H (B)	2	5W	2
South (B) (2 wins/2nd place) .	4W	2	4

Quarter-final - North v Yorks & Humb (A)

Result: 3W - 4W



Sandy Fry fights for grips.



Karen Briggs (Y&H) holding.



Maureen Bennett scoring in the Pool fights.

RESULTS—POOL THREE

South (A) (3 wins/1st place)...	7W	6W	5W
London (B)	—	1	3
N.H.C. (B) (2 wins/2nd place)	4W	6W	2
West.....	3	—	3

Quarter-final—South (A) v South (B)

RESULTS—POOL FOUR

North West.....	6W	3	2
Army.....	1	1	1
North (3 wins/1st place).....	4W	6W	4W
Scotland (2 wins/2nd place)...	3	6W	4W

Quarter-final—Northern Ireland v NHC (B)

SEMI-FINALS

There was a tremendous performance in Pool 4 by the young Northern Area team, managed by Winn Bolton, which rather stunned Scotland beating them 4-3, then overwhelmed the girls from the Army 6-1, and then convincingly beat the 1981 medallists from the North West 4-2 to go into the Quarter-finals for the first time. Unfortunately, they drew Yorks & Humberside (A), the favourites for the title and in a smashing contest were edged out 4-3, with Karen Briggs being Yorkshire's saviour in the last fight of the contest.



NORTHERN HOME COUNTIES (A)

SOUTH (A)

+72	S. Croton	L	10	L	H. Ford	3D
-72	D. Netherwood	4	10	L	S. Cohen	1D
-66	A. Hughes	KG	10	L	S. Selling	1D
-61	L. Bradley	T	10	L	M. Jones	1D
-56	S. Ripsher	L	10	H	K. Chamberlain	2D
-52	D. Jackson	L	10	DT	L. Doyle	2D
-48	J. Murphy	L	3	S	L. Wood	2D
			3	4		
			30	33		

NORTHERN HOME COUNTIES (B)

YORKS & HUMBERSIDE (A)

+72	1K	K. Self	L	—	10	H	M. Dew	1D
-72	1K	C. Greenaway	D	—	—	D	A. Lucitt	1D
-66	1K	J. Sore	L	10	TH	M. Bennett	3D	
-61	1K	T. Finch	L	10	H	M. Haywood	1K	
-56	SK	S. Merccica	L	10	H	B. Alltoft	2D	
-52	1D	E. Jackson	L	3	S	S. Fry	1D	
-48	1K	K. Elliot	L	7	H	K. Briggs	2D	
					6			
					—	50		



SOUTH (A)—Red team

White team—YORKSHIRE & HUMBERSIDE (A)

Weight	Grade	NAME	Legend	Points Value	Points Value	Legend	NAME	Grade
+72	3D	Heather Ford	H	10	—	L	Maxine Dew	1D
-72	1D	Sally Cohen	L	—	3	S	Anne Lucitt	1D
-66	1D	Susan Selling	L	—	10	H	Maureen Bennett	3D
-61	1D	Margaret Jones	L	—	5	▲	Melony Haywood	1K
-56	2D	Kerry Chamberlain	L	—	10	H	Bernie Alltoft	2D
-52	2D	Loretta Doyle	S	3	—	L	Sandra Fry	1L
-48	2D	Lesley Wood	L	—	10	KG	Karen Briggs	2D
				2		5		
				13	38			



Maureen Bennett scores with Harai-makekomi.

There were no real surprises in the remaining Pools though the Midlands made a fair go of it in Pool 1, with Northern Home Counties (A) putting the championship favourites (Y&H) into second place after beating them 3-1.

The Quarter-finals had also an air of predicatability about them with the N.H.C. (A) beating Scotland 4-1, the Southern Area (A) team putting out their second-team 5-1 and N.H.C. (B) eliminating Northern Ireland 4-3.

This set of wins had the unfortunate result of putting the N.H.C. (A) team against the South (A) which was a very close battle with the South winning 4-3 and the N.H.C. (B) team meeting Y&H (A) and losing 6-0. It was unfortunate that after getting two teams into the Semi-finals and beating the 1981 Champions they still only managed Bronze medals. Any other pairing would almost undoubtedly have given them a Final place.

FRENCH TWIN TOWN VISITS MIDLANDS



9th HALLOW JUDO CLUB

The 9th Hallow Judo Club staged a week-end of Judo and Aikido when visited by Judoka from their twin town of Villeneuve-La-Roi in France. The visitors arrived early on Saturday morning 29th May and after breakfast the day was spent taking the French visitors out and about sightseeing. On Saturday evening, a disco had been arranged plus a buffet which was a huge success and held once again at the 'Old Anchor,' Stourport. Food and music were excellent as usual. On the Sunday morning at the club there was a superb display of Self Defence by two Hallow club members namely Sara Hudson and Ron Cook, and next came a display of Aikido by the French Aikido team which was a display they carry out with Samurai Swords, the spectators were enthralled by the whole thing. Before the next and final event gifts were exchanged between Claude the French Professor of Judo and the Hallow club coach Ron Cook. Last but by no means least there was a competition between French and English Judokas which produced a very good result, being a draw. At the end of the morning Ron Cook presented Gold medals to all the French Judoka and Aikidoka, and to the Professor of Judo a lovely trophy. Everything was finally sealed with a bottle of Champagne with a taste for everyone. Club members acting as hosts entertained their respective boarders until they left on Monday morning.

Report: RON COOK

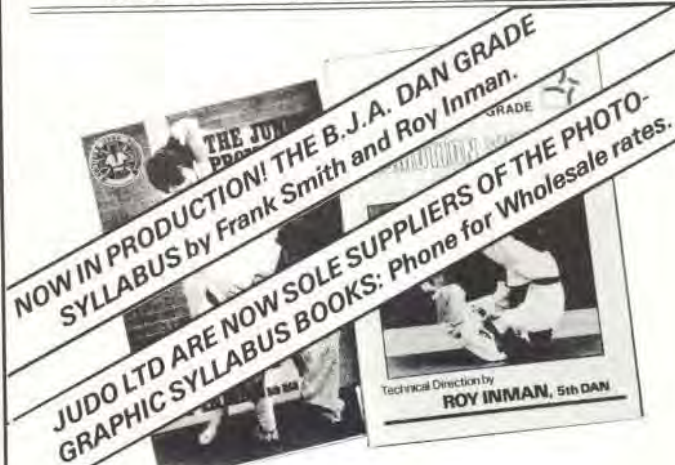


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British International, Heather Ford, long-time British Squad Member complained (at the British National Championships) that editor Frank Smith only took pictures of her with her mouth open. Just to prove that it was possible to get a picture of the irrepressible and amusing Heather with her mouth shut he arranged for her to pose especially for a serious portrait shot which we reproduce here. Unfortunately, Heather could not contain herself long enough for the shot...but, Frank says that it is not an impossible task...difficult yes...but not impossible. Another thing, did you know that Heather and Avril Malley have got very rare wobbling eye balls? Seriously, they have! Ask to see them if you don't believe it.

Talking of British Internationals, Bernie Alltoft (Grimsby & Yorkshire & Humber-side) recently made a sudden move...to the altar. Her groom was Mark Earle of Camberley Budokan and like Bernie is a 2nd Dan and by trade is a lumber jack. Really...you know one of those men that chops trees down and sings.

True to form, the last day of their Welsh honeymoon coincided with the Y & H Championships so they made a dash back for Bernie to enter and win the Under-56 kilo Gold medal. In the seemingly incongruous picture, (I can't get used to seeing those women judo players in frocks)

Bernie is wearing a garter made from Mark's belt trimmed up with lace and flowers and it was said in the local paper (though I wouldn't use it here) that it was "love at first sight." (Ugh!). Good luck to them both.

Further to our report about Sharon Davies' efforts to earn reinstatement in order to swim in the Commonwealth Games, you may have missed that Sharon managed to get a temporary injunction which allowed her to compete in a hashy arranged time trial at Crystal Palace where she easily made the qualifying time for the British Championships.

Legal moves continue to verify Sharon's amateur status, which will be a welcome relief for all as she is obviously still the fastest swimmer around.

The Yamakwai Judo Club of Belfast recently embarked upon a tour of Britain and a series of Inter-Club Matches, their most recent being with the St. Ninians Judo Club at Greenock, Inverclyde. The photograph shows The Lord Provost of Inverclyde, Harry Mulholland, Brian Draine, Yamakwai Coach, Joe Doherty, Inverclyde Region Chairman and St. Ninians Coach and Jim Ward, Northern Ireland Junior Squad Coach.



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GYMNASTICS

In the history of the Olympic Games no woman has won more, or as many individual Gold medals as the great Czech gymnast, Vera Caslavka.

She collected a record number of seven Golds—three in 1964 and four (one shared) in 1968—and also gained an individual Silver medal and three Silvers in team competitions.

Vera started her 'collection' in Rome, 1960, and she re-appeared at Tokyo four years later and at Mexico City in 1968.

The Mexican Games were marred by the infamous Black Power Protests of several coloured athletes. Vera made a protest all of her own?

She arrived at the Games reluctantly as her beloved country, Czechoslovakia, had been invaded just six weeks before she left, by the Russians. Her anger and her sorrow shone through her handsome face as she gave her all in every event, and instead of appearing in the official leotard of the Czechoslovakian team, she wore a black leotard instead, it being a sign of mourning for her country's freedom. She went up to collect medals on six occasions in Mexico City and each time she never looked at the opposing Russians who went with her to the presentation ceremonies. She did, however, congratulate them afterwards.

On returning 'home' Vera, a blond and beautiful woman, presented her six medals to Mr Evic Svoboda and two other leaders as a gesture of defiance against Russian authority.

Vera used every art of grace, movement and appeal to conjure marks out of the stone-faced adjudicators at each event she competed in, whether it be at Olympic level or in the World championships, and her greatest moment of triumph was in her floor exercises in those '68 Games. She chose the 'Mexican Hat Dance' to perform to, and the whole stadium went wild as she put in a faultless display. The judges, however, tended to favour the Russian—Larissa Retrich, and marked her higher than Vera, much to the crowd's annoyance and anger. Vera was not to be outdone, and she bounced back with powerful aggression coupled with some stupendous, disciplined exercises and in the end 'shared' the Gold medal with Retrich.

Vera Caslavka, surely the greatest female gymnast yet to perform was married during those Mexico Olympics to the Czech runner, Odlezil, and immediately she announced her retirement.

She is one of those meteors who occasionally shoot across the Olympic sky—once seen, never forgotten.

The record number of Olympic Gold medals won by a female gymnast is nine, by the Russian ace, Larissa Semyonovna Latynina. This tally included three team events. Miss Latynina also holds the record number of medals won in any sport, her Golds being augmented by five Silver and three Bronze, making a total of 17 in all.

In the World Championships, Latynina won eight Gold, one Silver and four Bronze medals, placing the great Caslavka in second spot with four Gold, four Silver and four Bronze in the same championships.

The record number of Olympic Gold medals for men is seven: Victor Chugarin (Russia) won five individual and two team; Boris Shakhlin (Russia) collected six individual and one team, and Sawao Kato (Japan) gained five individual and two team.

Arthur Whitford has been the most successful British Gymnast winning the British Championship a record ten times between 1928 and 1939. Arthur also won medals in four Championship-winning teams. The women's record is five wins, by Miss Margaret Bell, 1965-69.



GYMNASTICS... a brief history

Gymnastics, involving bodily exercises and disciplines were originally developed by the Greeks, and were featured prominently in the Ancient Olympic Games from the year 776 B.C. to A.D. 393.

But with the deterioration of the Olympic movement into Gladiator spectacles, competitive gymnastics virtually became non-existent until a revival of the sport was made during the year 1780.

Gymnastics were then included among the original nine sports of the new Olympic Games era which commenced in Athens in 1896.

The events which the gymnasts entered back in 1896, were parallel bars (both individual and team), horizontal bar (individual and team), pommel horse, rings, vaulting horse and a rope climb.

In 1900 a combined competition was introduced which comprised also a high jump, pole vault, long jump, and tug-of-war.

Four years later the Americans again revised the rules of the gymnastics programme, and in St Louis, they and the Germans, who had dominated the Athens Games, came out tops in virtually every event.

At the London Olympics in 1908 the team competition involved extra large teams of over 50 gymnasts performing a heptathlon, and it was Sweden who took the honours this time round.

In Stockholm, in 1912 Sweden again won the overall competition, and the famous Italian, Alberto Braglia, retained his individual title.

The Swedish system was 'dropped' in 1924 and the initial disciplines of 1896 were largely restored to the scheduled programme.

At the Los Angeles Olympics of 1932, the Americans introduced tumbling and Indian Club swinging, but these were omitted by the host country Germany for the Berlin Games four years later, when women's events were first included, on an individual basis.

After World War Two, the gymnastics programme was finally stabilised with parallel bars, horizontal bar, pommel horse, rings, vaulting horse and free standing exercises being the main featured events.

The world's largest Gymnasium is situated at New Haven, Connecticut, U.S.A. It is the Payne Whitney Gym inside Yale University. Completed in 1932, and valued at £7.5 million, the building, known as the 'Cathedral of Muscle' has nine storeys with wings of five storeys each. It is equipped with four basketball courts, 28 squash courts, three rowing tanks, 12 hand-ball courts, a roof jogging track and a super 25 yard by 42 foot swimming pool on the first floor, and a 55 yard swimming pool on the third floor.

American Dick Browning, using a one-footed take-off, performed the greatest backward somersault ever recorded when he cleared 7ft 4in at Santa Barbara, California in April, 1954.

Midlanders Jackie Box, aged 13, who trains at the Park Gymnastic Club, Telford, and Sally Larner, also 13, from the Redditch and Bromsgrove Club, are two likely medal winners for Great Britain in the 1984 Olympic Games in Los Angeles.

And two more local lassies, Lisa Young, third in the last National Championships, who is a member of the Telford Club, and Hayley Price, the Wolverhampton-born member of the Redditch and Bromsgrove Gymnastics Club, look capable of winning medals in the forthcoming World Championships.

These tips come from the mouth of the former Women's National Gymnastics Champion, Barbara Slater, who represented Great Britain in the 1976 Olympics and the European Championships, collecting a F.I.G. award for an average score of 9.00 marks in the Olympics.

Barbara is one of the few people qualified who can 'spot' an up and coming gymnast, and she, quite seriously, believes that Jackie, Sally, Lisa and Hayley will collect an above average number of medals in the next three or four years.

Said Barbara: "These girls are now reaching their peak in their respective age groups and categories. Sally and Jackie are, by far, the best young gymnasts anywhere in Great Britain in the Junior section, while Lisa and Hayley are easily in the top half-dozen of their field. On current form they can't fail to pick up a medal or two in the World Championships."

I asked Barbara what was the best—or right—age to start training to become a successful gymnast. She answered: "I started when I was 11, and took up the sport seriously when I touched 13. But today children are tending to go forward to gym clubs at the early age of five or six. I suppose this is fine if you are dedicated, but in your childhood a lot of things change so quickly, and honestly speaking I would say that around eight or nine would be a good time to start.

"Don't let me put people off from taking their children to gym classes at an early age. This is obviously good for the child concerned. But don't get carried away. A few bad falls might put that child off for good. And children of young age-groups DO remember a lot of things that happen, especially if they are frightened in any way.

"They say the younger the better for anything, but I have certain reservations concerning gymnastics, and I'll stick to my original statement of saying that eight or nine is a very good starting age for anyone keen on gymnastics."

Take a careful note of 15 year old Maxine Francis... She will be a future gymnastic champion and, if everything runs smoothly, will represent Great Britain in the 1984 Olympic Games.

Maxine, from Lichfield, Staffordshire, is a member of the Lichfield Olympic Club, and recently won the girl's top prize in the *DAILY MIRROR*-U.S.S.R. gymnastics scholarships for her performance on the beam at the Royal Albert Hall in London.



Maxine's winning prize is the trip of her life—one month in Moscow training at the famous Central School of Gymnastics with some of Russia's finest-ever gymnasts and the Soviet Union's expert coaches.

Said Maxine: "It's a dream come true, I just couldn't believe it when I was placed first. I feel over the moon."

The sport of gymnastics takes a welcome breather around June-July-August time, and during a ten week period in mid-summer there are very few top events staged. Obviously the gymnasts themselves keep in trim with their daily training schedules, but generally speaking they take a 'break' when most of us are enjoying a break ourselves at the seaside.

A gymnast—male or female—will put in up to four or five hours work per day when in tip-top condition and lining up a major event or championship. That works out to around 35 hours training a week—on beams, floor, bars and so forth.

Information about the sport of gymnastics can be found in all Public Libraries, Sports Centres and in a lot of schools. But the three main clubs around the Midland area are those mentioned earlier in this article: at the Park Gymnastic Club, Telford, Salop; the Wolverhampton Gymnastics Club in the West Midlands, and the Redditch and Bromsgrove Gym Club.

All these organisations are keen to have 'new blood' fed into their system and anyone wishing to become a gymnast can apply immediately to one of these Clubs.

Good leaping.

Tony Matthews



FOCUS ON

LORETTA DOYLE 3rd Dan

Great Britain

Don't suppose that All-Ireland Dance Champion Mrs Doyle ever thought that her eight year old daughter Loretta would ever get involved in anything as rough as Judo let alone become a World Bronze Medallist, especially when she entered her in the 'Miss Pears' (soap) child's beauty contest and gained second place and a course at a modelling school.

Since then, Loretta has won further beauty contests including Miss 'Dovecourt' which she accidentally entered on her way to the toilet!

Now 20, Loretta left school at 17 after the authorities became unhappy about her spending more time training than on her 'O' level studies. Similarly, her first employers in her



office job didn't like the amount of time she had off for judo and as a consequence, several jobs followed in shops, banks and even helping her father as a part-time mechanic...but, as always, there is the problem of getting time off for training.

Loretta's love of sport led her to run for her school which she has tried to keep up to help with her training and she tries to run five miles a day with her brother for company. Loretta also swims and does a spot of weight training and has even played for a boys football team. She was sacked from this post also, for being too rough!

Loretta Doyle now holds a remarkable judo record. It includes two European Silver medals, a British Open Silver, World Championships Bronze, Dutch Open Silver, Paris Tournament Gold, Canadian Cup Bronze, Young Womens German Open Gold and Norwegian Championships Gold. She has also won a British National title every year since the inception of the 'Closed' Championships albeit in different weight categories and National Coach Roy Inman considers that she is still improving.

Last year Loretta met Norwegian National Squad member Arne Henrikson on a visit to the Tokei Judo Club and after a few return visits plan on a 1983 engagement.

Arne is a watchmaker and lives in Oslo and Loretta expects to move there when they marry. Her judo ambitions are, a World title, an Olympic medal in 1988 and in pursuance of these aims she now trains full-time, each afternoon and evening with three of the days reserved for technical coaching at Fairholme Judo Club with Roy Inman. All this is a long way from her start at 10 years of age at Highbury Judo Club with Coaches John and Shirley Ward and with the practice she is putting in to improve her range of techniques (favourites O-ouchi-gari and Seoi-nage) should mean that Loretta Doyle has many more records and medals to come.

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BRITISH NATIONAL WOMEN'S JUDO CHAMPIONSHIPS 1982... Worthing Sports Centre, 10th July 1982

Half-way through the British 'Closed' Championships, photographer Karl Bacon suggested that it might be better to nip down the road to the nudist Beach at Brighton where he thought that at least he might be able to finish a couple of rolls of films. Who knows, the action might have been better!

In truth, it wasn't that bad. The problems now is that Roy Inman and one or two other dedicated Women's Coaches have created a sort of 'top fifty' of contest players which in a limited entry, means that they virtually turn Championships into National Squad sessions. Of course, the South Coast location and the rail strike helped restrict entries which were just below the hundred mark and even the organisation of the Southern Area and the hospitality of the Worthing Amenities Department couldn't make this event any sort of public spectacle.

Technically, there were some very interesting confrontations and obvious signs that the Squad work on variation and technique is paying dividends, and, there was Jane Bridge, back to Gold Medal form and only short of a few contests to help sharpen her up a bit. I had been looking forward to see how Jane coped with the effervescent Karen Briggs but unfortunately Karen had to withdraw due to a hand injury sustained in training, so the big question of selection remains unanswered. Perhaps it highlights the progress that our first and second string women fighters have made even when the World Champion cannot be sure of a place in the team.

There were some other interesting aspects to consider. Such as, could Loretta Doyle ward off the determined challenge of Bernie Earle (Alltoft), would Debbie Rogers come good again and could Ann Hughes put her trials slip behind her and take a third National Title. Dawn Netherwood was likely to cope with the evergreen Maureen Bennett and Teresa Hayden could prove a threat to Senior International Heather Ford if she could beat her in this event. Avril Malley was likely to prove far too strong for any likely opposition over 72 kilos as Sandra Bradshaw has not attained the level her earlier promise suggested, and Ruth Vondy does not have the standard of fitness to make important wins at this level though her progress is impressive.



Loretta Doyle scores on Bernie Earle to take her fifth British National Title — Under-52 kilo category.

I did not think that it was sensible to use the new 'double' knockout system for such a small event as with a limited entry it frequently happened that National entries were won with just three fights when with a pool, knockout and repechage it might have produced a sterner test more suited to this status of event.

At over 72 kilos there were only nine entries and this was one such case in point where Avril Malley won the title in three fights and about six minutes on the mat. With two pools and good seeding Avril could have been tested as there was no pressure on time.

As it was Avril strangled Ruth Vondy (Isle of Man) and armlocked Carol Sloan (Midlands) and M. Ainsworth (Scotland) for her second National Title at this weight. To my eye, Avril looks fitter and certainly much stronger, even compared with when she competed in the World Championships and there was a hint of increased mobility which would be welcome reward for all her hard work. She certainly lost no opportunity to terminate her contests quickly. Sandra Bradshaw surprisingly lost on decision



nett, Susan Selling, and Sally Cohen and really could not afford to slip up. Her draw was not unfavourable, but there again, neither was it easy. Her first fight was against Sheila Hearsey (S) which she won by Ippon Kesagatame to meet Susan Selling whom she armlocked (Jujigatame). Next was Jennifer Mather who fell to the inevitable hold-down to put Dawn into the final, predictably against Maureen Bennett who had some excellent wins against Malley (Joyce), Hutchins and Sally Cohen who was held with Ushirokesagatame. The final was one of the best contests in this category with both girls knowing each other's styles so well it was obvious that the first score would win it. This went to Dawn (Koka from Tai-otoshi) to give her a second National title and confirm the trial rankings. The loser's table had Jennifer Mather and Sally Cohen beating some respectable opposition to finish as well deserved Bronze medallists in almost National Squad order.

At 61 kilos, Ann Hughes was hoping to go one better and take her third British title in a row and reaffirm her status after her trials upset and the 1981 European Champion wasted no

Left: Avril Malley, Over-72 kilo Champion
Right: Theresa Hayden, Under-72 kilo Gold Medallist.

time in getting to the final in just two fights. Her first was against Celine Dufficy (1980 and 1981 Junior National Champion) who has been training with the National Squad and seemed well able to cope with most of Ann's attack though the Senior International was awarded the decision to earn a bout with Theresa Griffin in her second fight. Theresa really couldn't cope, though a very good player, and soon succumbed to a nice Juji-gatame. Kay Greenhalgh, Ann's former team-mate in the North



to Ann Newton but came back through the loser's knockout to share the Bronze medals with Ruth Vondy.

Second Kyu Jennie Glazebrook (RAF) had a remarkable start to her first National competition when meeting Heather Ford in her first fight she strangled her in just 1 minute 20 seconds and went on to repeat the performance against the experienced Loren Gunn (2 minutes 30 seconds) which put her straight into the final at 10 o'clock in the morning with nothing to do for the rest of the day! Theresa Hayden spent just about as long in choking Caroline Greenaway and holding Dorothy Winter to become the other finalist.

The extent of Jennie's successes became evident when Heather and Loren both steamed through the loser's group to take a Bronze medal each in fine form. In the final Theresa was much more cautious and proved too much of a handful for the girl from RAF Cosford and turned the tables with an efficient strangle in a contest which she totally dominated. A good performance by Theresa but, without the match which was expected against Heather Ford, the selection question remains unanswered.

Dawn Netherwood was the outright favourite at 66 kilos though she had strong opposition from Maureen Ben-



West Squad and long-time adversary again did well to make the other final place though unable to handle Ann's superior fitness and aggression which won the title for her by a Yuko. Margaret Jones (S) and Theresa Griffin were deserved Bronze medallists with Dufficy showing great promise in fourth place.

This was a welcome win for Ann in what must feel like a lean year for her after all her major successes in 1981 and should put her into the World Championships team once again. It would be nice if she could add a world title to her collection of European, British Open and National awards.

With the retirement (temporary I hope) of Bridget McCarthy, the 52 kilos category in Women's judo is the most open of all for would-be Internationals. Diane Bell is currently laying claim to the number one position and has more than justified her inclusion in every International team. Perhaps however, there is still room for other players to come into World Championships reckoning and the co-option of Debbie Rogers should keep everyone on their toes. Diane White (Midlands) is also quietly pro-



Top: Dawn Netherwood, Under-66 kilo Gold Medallist.
Bottom: Ann Hughes, Champion at 61 kilos.

gressing and features in the medal positions quite frequently these days, and convincingly won a Bronze medal in this event losing only to Jackie Healy (London) on a penalty of a Shido.

It was Diane Bell who, however, established her current superiority by taking the title from Laura Noble with Kim Duston (Wales) coming close to beating her by taking Diane to a decision. Gail Entwistle (Wales) beat Debbie Rogers in the first round and then lost on a penalty to Noble and



Top—Lorretta Doyle
Middle—Diane Bell 56 Kilos
Bottom—Jane Bridge 48 Kilos

eventually met Diane White losing out on a nice Juji-gatame.

for the title as the entry in this group was really of high quality with Bernie Earle (Alltoft), Denise Jackson, Sandy Fry, Debbie Paton, Loretta Doyle, Kim Jackson, Susan Shaw, Clair Shiach, Elizabeth Jackson and Teresa Ellement



all in with a chance of a medal. Loretta was the obvious favourite but she had a really tough draw against players who know her style well and would obviously prove difficult to get scores against. Bernie Earle did slightly better on her side of the knockout but not a lot as every fight was against an experienced player. Denise Jackson also had a tough start first strangling Andrea Wilus (Wales) and the aggressive Clair Shiach (Scotland) but then losing by the same one point margin to Mrs Earle who then strangled Debbie Paton for a place in the final. Loretta's wins were a little more clear-cut with only Sandy Fry pushing her to Hantei and she earned her fifth title by a Koka from Ko-ouchi-gari at the expense of Mrs. Earle. Susan Shaw (North West) and Denise Jackson contested one Bronze place whilst Debbie Paton (North West) fought Sandy Fry for the other. In both fights, the North West girls won by a Koka.

With a bit of good timing the Mayor of Worthing was ushered to his place just in time to see World Champion Jane Bridge take to the mat at 48 kilos for her first contest against Lesley Ward. Though not quite as sharp as when in World Championship form Jane looked in good condition and despite valiant defensive efforts by Lesley Ward soon secured a strangle for Ippon. She repeated the move in her next fight against Stephanie Madge and then got into the final with a Yuko win against Deborah Snowdon. Joanne Murphy (Northern Home Counties) was her opponent in the final with good wins over Kerry Elliot and Sharon Randell but suffered a fairly rapid defeat to the World Champion when Jane applied Juji-gatame in fine form.

The two girls to lose last to the finalists, Sharon Randell and Deborah Snowdon justifiably won the Bronze medals though on the whole the category did not create any enthusiasm as most of the girls seemed to prefer to fight it out in groundwork and it all became a bit of a grovel. There were, of course, exceptions but fast lightweights at this level should be adept at Tachi-waza.

The 'Open' category had an entry of twenty-one girls which is really quite remarkable and can be attributed to perhaps two reasons. One, that the entry was free, and two, that the compound repechage system did not give some players very many fights and they were all feeling a bit under-exposed (so to speak). There was not much doubt as to the result with the expected final between Avril Malley and Heather Ford giving Avril the title in what was probably the best battle of the category.



The National Squad girls are now becoming a 'race-apart' from most of the other women judoka and there is every sign that the gulf is getting larger and reaching the standards difference that always used to exist between the International Mens players and the usual Club level contestant. Ironically this gulf has closed somewhat in recent years which means that either the Club standard is improving or the National standard is not as high.

Women's coaches should take every opportunity to attend leading Area Women's Squads and National Squad sessions to see just what work is being done to achieve such standards. I guarantee you will be surprised. (Contact Arthur Mapp, General Squads Manager at Head Office of the BJA for permission).

RESULTS- BRITISH WOMENS CLOSED

<i>Under-48 kilos</i>	
1—Jane Bridge	(North West)
2—Joanne Murphy	(Northern Home Counties)
3—Sharon Randell	(Yorkshire & Humberside)
3—Deborah Snowdon	(North)
<i>Under-52 kilos</i>	
1—Loretta Doyle	(South)
2—B. Alltoft-Earle	(Yorkshire & Humberside)
3—Susan Shaw	(North West)
3—Debbie Paton	(North West)
<i>Under-56 kilos</i>	
1—Dianne Bell	(North)
2—Laurie Noble	(South)
3—Diane White	(Midlands)
3—Debbie Rogers	(North West)
<i>Under-61 kilos</i>	
1—Ann Hughes	(Northern Home Counties)
2—Kay Graenhalgh	(North West)
3—Teresa Griffin	(West)
3—Margaret Jones	(South)
<i>Under-66 kilos</i>	
1—Dawn Netherwood	(N. Home Counties)
2—Maureen Bennett	(Yorkshire & Humberside)
3—Jennifer Mather	(North West)
3—Sally Cohen	(South)
<i>Under-72 kilos</i>	
1—Teresa Hayden	(London)
2—Jennie Glazebrook	(RAF)
3—Loren Gunn	(Scotland)
3—Heather Ford	(South)
<i>Over-72 kilos</i>	
1—Avril Malley	(Northern Ireland)
2—M. Ainsworth	(Scotland)
3—Sandra Bradshaw	(London)
3—Ruth Vondy	(North West)
<i>Open</i>	
1—Avril Malley	(Northern Ireland)
2—Heather Ford	(South)
3—Theresa Hayden	(London)
3—Ruth Vondy	(North West)



1



5

Photos 1 to 4—Northern Horn encouragement to their Team Championships. Photo 5—Carol Earle (nee Alltoft). Photo 7—Me final of the 66 kilos. Photo 8—10—Dawnetherwood scores final of the British 'Closed' Ever 12 and 13—Heather Ford and British 'Closed' Championships with Seoi-toshi. Photo 1



7



2



9

WOMEN JULY



11



12



15

PHOTO-PAGE NATIONAL TEAM CLOSED CHAMPIONSHIPS 19

Counties Team Members offering Members at the National Team (Midlands). Photo 6—Bernice Bennett wins through to the final with the pain of it all!" Photos 9 and 10—Maureen Bennett in the 66 kilo Photo 11—Linda Bradley. Photos 12 and 13—Linda Bradley and Maureen Malley after their Open Final, Photo 14—Ann Hughes attacking Humberside, National



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JUDOKA MEN'S DO



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FROM THE JUDOKA AND BRITISH CHAMPIONSHIPS, 1982



13

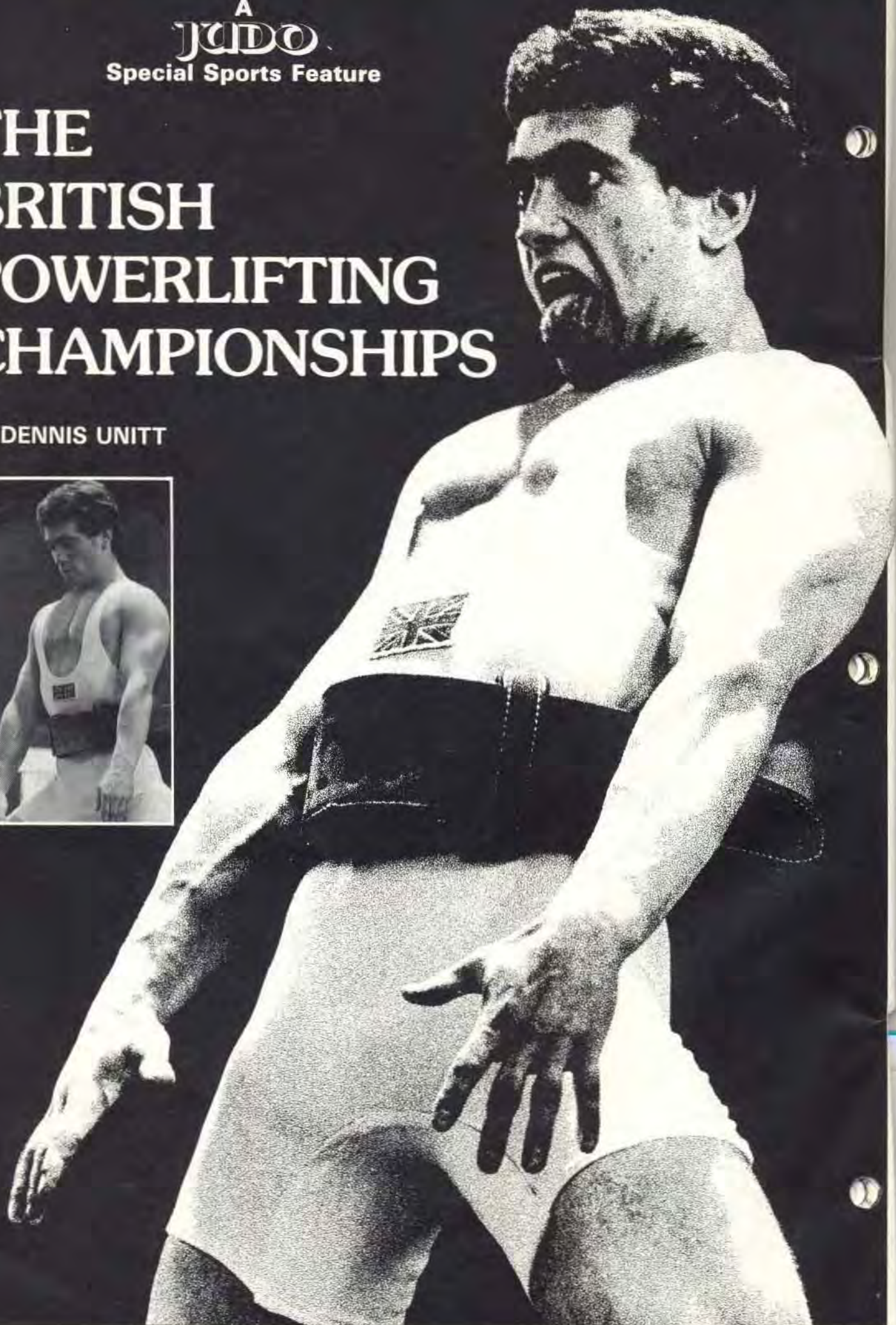


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Special Sports Feature

THE BRITISH POWERLIFTING CHAMPIONSHIPS

BY DENNIS UNITT



The Mens Senior Powerlifting Championships is the main event in this country for the cream of British Powerlifters and on Sunday 27th June the Digbeth Civic Hall was again packed with enthusiastic powerlifting fans from the four corners of the U.K.

Most of the audience were powerlifters who appreciated the time, dedication and effort required to be able to even attempt the heavy weights handled. Every gallant attempt was cheered to the full to encourage the lifter to complete the lift. To those not familiar with Powerlifting, a short explanation will help the reader to follow my report.

A powerlifting contest is decided on the total of the best poundages lifted out of three attempts on each of the three power lifts, which are the Squat, Bench Press and Dead Lift.

THE SQUAT

Always performed first, heavy poundages are recorded on this lift. The bar is placed on two stands and the lifter takes the bar off the stands with the bar across the back of his shoulders. From this position, the lifter squats down until the tops of the thighs are parallel with the platform, then returns to the upright position.

THE BENCH PRESS


With the lifter lying on the bench, the bar is lifted off two stands and handed to the lifter at arms length. The bar is then lowered to the chest and after the referee's signal, pressed up to arms length again.

THE DEAD LIFT

The simplest yet most demanding of the three lifts. With the bar in front of the lifter on the platform, the lifter grips the bar with both hands and steadily pulls the bar up until he is standing upright with shoulders held back.

The championships today involved 11 bodyweight classes from the smallest men weighing under 52 kilos (8st 2 lb) to the giants over 125 kilos (19st 6lb).

Dennis Unit is the Editor of **INTERNATIONAL POWERLIFTER** the official journal of the International Powerlifting Federation, responsible for promoting and organising Powerlifting throughout the world. A powerlifter himself he has travelled extensively across the world with the British team to European and World Championships. He has a thorough knowledge of the sport and the lifters and works to promote powerlifting now enjoyed by Juniors under 20, Under-23, Senior, Veterans and Women. Copies of the **INTERNATIONAL POWERLIFTER** are available from Dennis at 21 Grenville Smith Avenue, Whitnash, Leamington Spa CV31 2HQ for £1.00 post paid.



At 52 kilos last year's champion Phil Stringer from Leeds had no opposition, as to be in these Championships, the lifters had to be either the current champion or to have reached the qualifying total during the past 12 months. With World standards so high, the British Championship qualifying standard is also high, so that only the best lifters in the country actually lift. Phil is also the current European champion and record holder and befitting a champion squatted 202½ kilos, bench pressed 127½ kilos and deadlifted 185 kilos for a 515 total. To appreciate Phil's lifting, compare this total in relation to his bodyweight. A World class lifter makes a total on the three lifts equivalent to ten times his bodyweight. Phil made a 515 total weighing 51.9 kilos, and with no opposition.

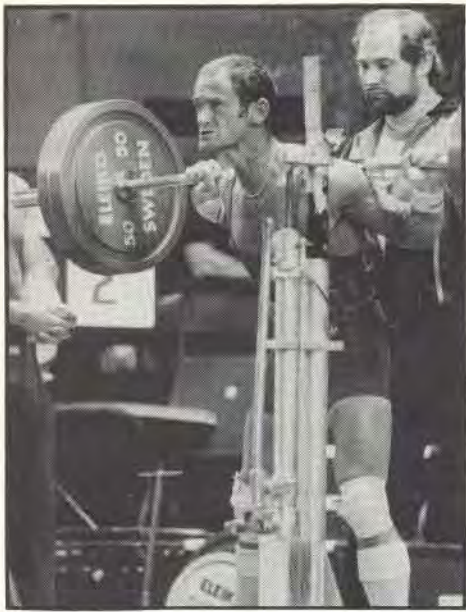
In the 56 kilo class another lifter was unopposed, Guyanan born Narendra Bhairo who is the European champion and record holder in this class and who finished second in last year's World Championships in Calcutta. An excellent lifter, Narendra selects his poundages with care and self motivation he tried to break his own European record total of 567½ kilos with a final Dead Lift of 225 kilos, but it was too heavy this time. Nevertheless, Narendra totalled over ten times bodyweight with 560 kilos, a regular feat for him, and won his 11th British Championship title.

The 60 kilo class saw a clash between two Clubmates from Sittingbourne, Dave Mannering and Julian Jones. Dave has been a successful Junior and Under-23 champion moving up through the bodyweight classes from 52 kilos to 60 kilos. Julian Jones, also a Junior and Under-23 champion, has always been just behind Dave and today was no different with Dave finishing on 540 just outlifting Julian on 505.

The Lightweight or 67½ kilo class brought the first excitement with the appearance of many times World champion, Eddie Pengelly from London.

LIFTER	B/W	SQUAT		BENCH PRESS			S/T	DEAD LIFT			TOTAL
52 kilos P. STRINGER	51.9	202%	212% 212% 212%	122%	127%	132% 132%	330	175	185	190 190	515
56 kilos N. BHAIRO	56.5	225	235 235 235	120	125 125	125 125	340	207½	215	225 225	560
60 kilos D. MANNERING J. JONES	59.4 59.1	205 185	215 195	220 220 205 205	115 100	120 105	125 140	340 300	200 190	215 215 210 210	540 505
67½ kilos E. PENGELLY G. WARD M. BARRY	67.5 66.6 66.9	250 245 220	265 265 215 215 227% 227%	145 135 135	150 140 137% 137%	155 155 148 148 —	415 350 355	250 232½ 225 225	280 — 225	295* — 232% 232%	710* 582½ 580
75 kilos S. ALEXANDER H. SALIH R. LIMERICK M. SHAW	75.0 71.9 73.9 74.5	265 270 230 180	277½ 280 242½ 180	282% 282% — 252% 252% —	170 170 130 127%	175 175 177% 177% 140 142½ 147%	447½ 440 385 307%	272½ 250 275 205	290 270 285 220	307% 307% — 295 295 240 240	737½ 710 670 627½
82½ kilos M. DUFFY P. LONGLEY D. ANDERSON	82.3 81.5 82.5	295 282½ 255	320 292½ 270 270	332% 332% 300 300 240 240	192½ 147½ 155	200 152½ 160	205 205 157½ 162% 162%	520 457½ 415	280 280 277½ 280	280 287½ 302% 302%	800 737½ 695
90 kilos W. WEST J. NEIGHBOUR C. BUCHANAN	89.7 89.9 89.6	310 270 275	327½ 290 285	340 340 315 —	170 170 175	177½ 177½ 175	— 182% 182% 175	505 492½ —	305 270 —	325 325 300 —	810 792½ —
100 kilos T. STEVENS R. FARQUHARSON	91.1 98.5	320 270	340 285 285	350 285	190 170	202½ 177%	207% 207% 180 180	552½ 462%	320 275	325 325 300 300	872½ 752½
105 kilos A. WHITE M. SAVAGE G. POOLE	105.4 109.1 108.8	300 290 355	320 305 305 355	320 320 305 305 355	182½ 172½ —	190 190 177½ 177% —	— 177% 177% —	502½ 462% —	340 327½ —	382% 382% 345 345 —	842½ 807½ —
125 kilos D. CARTER	116.9	322½	342½	352% 352%	180	187½	192% 192%	530	360	387% 387% 387% 387%	890
+ 125 kilos A. KERR	127.8	292½	305	315	195	205	240 240	520	330	345 345 345 345	850

RESULTS TABLE
The clear figures are the number of kilograms lifted at each attempt. The crossed figures are where the lift attempt failed.



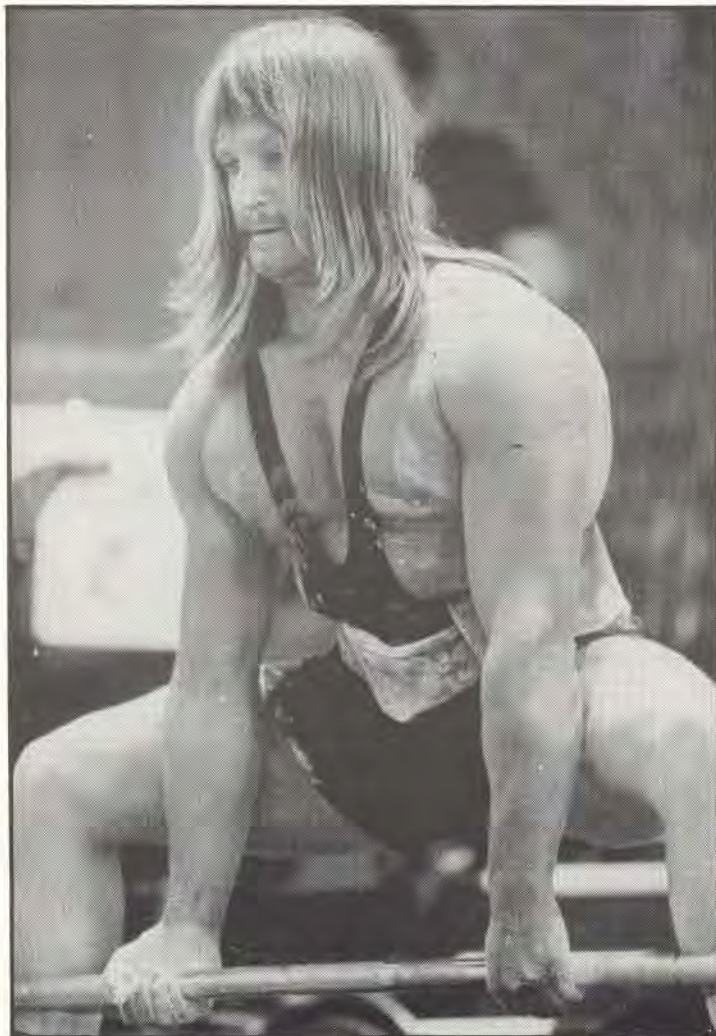
With his superior lifting, Eddie is far above any challengers today, but continues to improve his lifting with self imposed targets. His targets today were a new European Dead Lift and Total record. After squatting 265 kilos and benchpressing 150 kilos, he needed a 295 kilo Dead Lift to meet his goal. When Eddie deadlifts, the audience is enthralled. A few year's ago he developed the wide legged or 'Sumo' style of deadlifting, which relies on tremendous leg and hip strength.

Eddie pulled up his first attempt of 250 kilos like a broomstick. Second attempt with 280 kilos was similar though slower. His target weight of 295 kilos was hauled up and held for the white lights from the three referees amid

cheers and tumultuous applause from the crowd of fans and lifters. He tried 302½ kilos on an extra attempt but he couldn't budge it.

Lifting in the shadow of Eddie Pengelly were Mick Barry, a 40+ lifter still improving, who had to be content with third place behind Graham Ward. Graham had the crowd worried when he had to take three tries to make his opening Squat of 215 kilos—his first did not appear to be below parallel and drew red lights from the referees. His first and only Dead Lift of 232½ kilos was enough to place him second.

At 75 kilos the favourite to win was Steve Alexander from Swansea University a B.Sc. doing a post graduate course. Steve is the current British, European and World



champion and would not be likely to give up his British title easily. Steve was matched in the Squat and Bench Press by Londoner, Hassan Salih. At the sub total of the Squat and Bench Press, Steve was only 7½ kilos ahead but his superior deadlifting with 290 kilos brought him his second British title. Hassan, a former European champion was 3 kilos lighter, a significant bodyweight disadvantage, as although he squatted 270 kilos and benched 170 kilos, his low Dead Lift of 270 kilos left Steve a comfortable poundage to win. After winning, Steve went for a British record of 307½ kilos, but the fizz had gone and he couldn't move it.

Mike Shaw of London did well to compete at all suffering with an injured thigh and made only token Squats and Dead Lift being comparable on the Bench Press. Third in his class was the Scottish champion, Bob Limerick. Bob is in his mid forties and for 20 years was a keen Judo man. Those years on the mat had cultivated a determination essential to a successful powerlifter. He squatted 232½ kilos and benched 142½ kilos. Bob was impressive on the Dead Lift and he went for a new Scottish record of 295 kilos and although he couldn't pull it all the way up, his display of guts in dragging it up to his knees was admired by all.

Up to the 82½ kilo class, that's 12st 13lb and another Scotsman took the platform in the shape of Mike Duffy. I say shape as Mike was six times Mr Scotland before he took up powerlifting and in search of bodybuilding fame went to the Mr Universe contest where he finished third in his height class. With 15 times British champion Ron Collins living abroad Mike was after a big total. In some contests, a top powerlifter competes where there is little opposition and to keep on the boil, he attempts personal bests or try to break records. In this way he strives to continually improve his performance, rather than take the easy way out and win with a total well within his capabilities.

Mike was in a determined frame of mind, but third attempt failures on his Squat with 332½ kilos, Bench Press 205 kilos and Dead Lift 295 kilos gave him a satisfactory total of 810 kilos but robbed him of a chance to make his best ever total.

Second was Paul Longley, the current British Under-23 champion at this weight, made a personal best of 737½ kilos. Lifting along with better lifters brings out the best in lifters and Paul was in good form. He squats with his feet together, an unusual and awkward style, but one which Paul uses to good effect, just failing with 300 kilos. A future champion here though I can see him developing into a 90 kilo man. Anderson from Yorkshire was third. He lifted with determination and would have been trouble for Paul Longley had he made his second and third attempts on the Squat and Dead Lift.

The 90 kilo class on paper promised to be the closest finish of the day but the current British champion Eamon Toal and Scottish champion Dave Caldwell didn't turn up. Runner-up last year ex-World champion Bill West was left with an easy task of winning just by making successful attempts on the three lifts. Squatted 327½ kilos, missing a personal best of 340 kilos, Benched 177½ kilos but made only his opening Dead Lift of 305 kilos. His two attempts at 325 kilos were pulled high enough but both attempts slipped from his grasp when he was standing upright in the finishing position.

Frustrating for the lifter, who after using all his leg and back strength to pull the bar up, feels his grip weaken and the bar fall away. Holding over 700lb at thigh level requires a very strong grip and to help this lifters train on the Dead Lift with straps wrapped around the bar and wrists enabling them to pull heavier weights. Grip can be developed by using a thicker diameter bar, reverse curling for the arms and holding heavy steel discs by pinch gripping the edge.

A worthy second was John Neighbour who finished with a best ever of 792½ kilos. John had the distinction of being timed out on his first Squat. Lifters are allowed one minute to start the lift after the M.C. has announced that the bar is loaded ready. Great performance from John who improves his total every time out. The third lifter in this class was



Top—Steve Alexander

Bottom—Hassan Salih successfully squats.



**Powerlifting consists of three disciplines...
The Squat (as shown above). The Bench Press and The Dead Lift.
total weights are accumulative.**

Charlie Buchanon from Liverpool. He was the first 'bomber' of the Champs, i.e. he failed to make a successful lift from three attempts. After making a 285 kilo Squat, he started on the Bench Press with 175 kilos, but each time he tried to press the bar off his chest, he could only manage to get part of the way up, the bar stopped (a cause for failure) and the watchful loaders immediately took the bar from him onto the stands.

Tony Stevens is the British and European 100 kilo champion and came to confirm his position as Britain's No. 1, as looking forward to November, he hopes to keep his place in the British team going to Munich. His three Squats were perfect finishing on 350 kilos and with a Bench Press of 202½ kilos and Dead Lift of 320 kilos made a safe 872½ kilos for the title. The other 100 kilo lifter, Ralph Farquharson who as 98·8 kilos was the heaviest he has been in this class. On the comeback trail after a back injury, his 782½ kilo total was creditable.

In the heavyweight class, the defending champion Arthur White was up against Mark Savage from Liverpool and Geoff Poole from Devon. Geoff Poole holds the British record in the Squat with 355 kilos. Today he took 350 kilos for a ride. Three times he went down, three times he came up and three times he got three red lights. Not low enough. Another bomber! Mark Savage had to be content with a 290 kilo Squat, being buried twice by 305 kilos. With Geoff Poole out, victory looked certain for Big Arthur when he squatted 320 kilos and benched 182½ kilos to get well ahead of Mark Savage. On the Dead Lift Arthur made 340 kilos, but Mark beat him with 345 kilos. But Arthur was not finished and called for 382½ kilos (841lb) for a new European record. With much shouting, stamping of feet from the enthused crowd, Arthur started his pull but 382½ kilos is a lot of iron and it only just came off the floor.

Moving up to the next class, we had Dave Carter from Kidderminster weighing 116 kilos. Dave was out to break records as he was lifting on his own. A hard fought Squat of 342½ kilos, plus a best ever Bench Press of 187½ kilos, his 192½ kilo attempt was turned down by two red lights to one white. But it is in the Dead Lift that Dave excels. He has held the British Dead Lift record many times. With his long legs—he stands 6' 5"—he can get tremendous leverage once he gets his pull going and his first attempt with 360 kilos for a new European record just whistled up.

Having totalled and won, Dave went for the big one, 387½ kilos—World record. He took two attempts at this enormous weight, but though he strained with all his might, the weight would not come up.

Up another weight class to the biggest man of all. Andy Kerr at 127·8 kilos or 20 stones. Andy is the British and European champion and also winner of the Strongbow Superman contest last year. He made three perfect Squats, made the biggest Bench Press of the day with 205 kilos and rounded off his performance with a testing 330 kilos.

So ended an exciting day's lifting and an important one as the Great Britain team for the World Championships in Munich next November will be selected from today's performances. British powerlifters are amongst the best in the World and many of them are already European champions, but how many of today's winners will be good enough to beat the best in the world and win a medal. Powerlifting is a tough sport and you are only as good as your last total.

DENNIS UNITT

"In some contests, a top powerlifter competes where there's little opposition and to keep on the boil, he attempts personal bests or try to break records. In this way he strives to continually improve his performance..."

AREA JUDO CALENDAR

Scottish Judo Federation Events for 1982...

Sunday 19th September...

SCOTTISH GIRLS CHAMPIONSHIPS

Saturday 16th / Sunday 17th October...

SCOTTISH BOYS CHAMPIONSHIPS

Sunday 7th November...

SCOTTISH SENIOR WOMENS CHAMPIONSHIPS

Sunday 21st November...

SCOTTISH UNDER-18 and UNDER-21 CHAMPIONSHIPS

Sunday 5th December...

SCOTTISH SENIOR MENS CHAMPIONSHIPS

**This event is open to non-Scottish Judo Federation members*

For further details please contact
THE SCOTTISH JUDO FEDERATION
8 FREDERICK STREET, EDINBURGH, SCOTLAND

Revised Programme of Midland Area Events 1982 at Haden Hill Leisure Centre

Saturday 18th September

Midland Area Girls (Eliminations) Championships
(Closed to Midland Area)

Saturday 23rd October

Midland Area Boys (Eliminations) Championships
(Closed to Midland Area)

Saturday 20th November

Midland Area Mens Championships (Open to all Areas)

Saturday 11th December

Inter-County Team Championships (Closed to Midland Area)

For further details of events, send a Stamped Addressed envelope to
Rowland Lee, 7 Ash Grove, Wem, Shropshire SY4 5RW

THE NORTHERN IRELAND JUDO FEDERATION

PROGRAMME OF EVENTS UP TO DECEMBER 1982

SEPTEMBER

11th Mon P.E. Maysfield
18th Kyu/Dan P.E. Maysfield
25th Womens and Juniors Squads Maysfield

OCTOBER

9th Under-18 Boys and Girls Maysfield
16th Q.U.B. Open Queens University
23rd Squads Maysfield

NOVEMBER

6th N.I. Weights and Grades Maysfield
13th N.I. Referees Course Valley Leisure Centre
20th Kyu/Dan P.E. Maysfield
27/28th Club Coach Course Maysfield

DECEMBER

4th North West Championships Lakeland Forum
11th Mon P.E. Maysfield

Details from: Northern Ireland Judo Federation, House of Sport
2a Upper Malone Road, Belfast BT9 5LA—Tel: 0232-661222 and 216



JUDO TECHNIQUE

In 1980 only two of the eight European Olympic Champions entered the European Team Championships held in the Hague, Holland: Shota Harbarelli of the Soviet Union and the Belgian Robert Van de Walle. Neither player seemed to be on their best form which was I suppose to be expected, this event being so close to the Olympic Games. Even on this form however, both these players are a force to be reckoned with, and in the Belgium versus Spain match Van de Walle used a spectacular variation of Hizaguruma to give Belgium their only win against the Spanish side who were displaying an unusually high level of skill. You can see from the two contest photographs that Van de Walle has grabbed his opponent's right leg with his left hand and has used his right leg to block his opponent's left leg. It is this type of blocking Ashiwaza that I would like to examine in this article. I find in practise there is little difference between the throwing actions of Hizaguruma and Tsuru-komi-ashi, or for that matter Harai Tsuru-komi-ashi, a great deal depending on the reactions of your opponent. Don't worry too much about having the precise name to your techniques, these are after all simple leg trips.

The first sequence of photographs (1-4) show a straightforward attack. In this instance the attacker has chosen to throw his opponent using his right leg to block and his right (collar) hand to do most of the pulling. Notice how he jumps into the attack, placing his left (driving) leg into a position outside his opponent's right leg. The throw must be executed in one continuous, dynamic action and preferably, in my opinion, when your opponent's leg (the one you are attacking—in the illustration the defender's left leg) is back.

In the next two sequences (1A-4A) and (1B-6B) the Ashi-waza attack has been combined with Ouchigari. In the first sequence the attacker feints with Ouchigari as he places his left (driving) leg in position. Again he has used his right leg to block his opponent's left leg and his right (collar) hand to do most of the pulling. As with the straightforward attack the complete movement must be continuous, don't wait for a reaction from the feint Ouchigari attack or you will give your opponent time to recover his balance and regain control.

In the second sequence the attacker again makes a fake Ouchigari attack, this time however he uses the Ashi-waza attack on the other side using his left leg to block his opponent's right leg. The opponent is allowed to step off the fake attack and as he tries to recover, the attacker pivots on his left leg and moves his right leg into position outside his opponent's left leg. As with the first example the attack must be continuous. Once you have committed yourself, there is no turning back.

Finally, in sequence 1C-4C you can see how the same type of attack can be used as a counter. Here the defender anticipates the attacker's Kouchigari attack and quickly moves his left leg into position for the throw using his right leg to block/sweep his opponent's left leg. The most important thing in this instance is anticipating your opponent's attack.

Have care as you try these techniques don't kick. You will find it most helpful in the early stages of learning if the partner you are working with co-operates with you fully, anticipates your attack and does not resist. Till next time, good luck.

TEXT
COLIN McIVER
PHOTOS
COLIN McIVER
ULRICH KLOCKE







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ROUND & ABOUT

Competition Reports, News and Judo Information

7th BUCKS FREE PRESS TEAM COMPETITION



PINEWOOD JUDO CLUB

Runners-up in the Bucks Free Press Competition

Ian Carter, Graeme Piper, Nicholas Swindells, Mark French, Graeme Bateman again with John Oke, Bucks County Chairman.



BEXLEY JUDOKWAI

Winners of the Bucks Free Press Trophy
Garry Vaughan, Colin Gibbons, Stephen Steele, Tony Smith, Tim Fisher and John Oke (Bucks County Chairman who presented the Trophy).

7th BUCKS FREE PRESS TEAM COMPETITION

Report by John O'Brien

On Saturday 29th May, the majority of the top junior judo clubs in the country took part in the 7th Bucks Free Press team competition.

This annual event, organised by the Veraloy Judo Club, is for boys aged fourteen to seventeen years inclusive and each team consists of five players; one at u50kg, u55kg, u60kg, u65kg, and u71kg. Arm locks and strangles have been used for the last three years with complete success and not a single serious injury has occurred as can be proved by the Red Cross records. Maybe the BJA could examine these results and introduce Shimi wazas and Kensetsu at this weight and age, or even better still, organise a national individual event for fourteen to under eighteen years but extend the weight categories to take in all senior weights—i.e. reintroduce the Espoir competition.

The competition was fought in pools with knockout and repechage with the last eight teams being Samurai, Bexley 'B', Bexley 'A', Jubilee Judokwai, Pinewood, Veraloy Judo Club and Judo Club Brugge from Belgium.

Bexley 'A' reached the final, defeating Jubilee Judokwai five contests to nil and Samurai by three contests to two. Pinewood Judo Club reached their final place by defeating Tokai three contests to two and Veraloy by the same margin.

The final between Bexley 'A' and Pinewood was a fast and exciting contest with Bexley emerging the winners by three contests to two. The three Bexley players who won were Gibbons, Smith and Fisher and the two Pinewood players who won were Carter and Swindells.

The Hard Alloy Style award went to Garry Arnold of Veraloy Judo Club and the Wilkinson Sword Trophy for fighting spirit went to Nicholas Swindells from Pinewood Judo Club. The trophies were presented by Mr John Oke, the Bucks County Chairman.

REFEREEING SUCCESSES

At the recent Midland Area Boys Team Championships the following Referees were successful in gaining the Area award:

RAY LEWIS, CHRIS AMPLETT, ROY HARRIES, MIKE MATCH, BRIAN LLEWELLYN, MARTIN NOCK, TERRY DUFF.

The Area Committee wish them every success in future events and hope they enjoy their new roles.

STOP PRESS

At a meeting of the Interview and Selection Panel on 20th July it was agreed to recommend to the Management Committee Meeting on 21st July that the following appointments should be made:

Arthur Mapp, General Manager, National Squads. Colin McIver, National Team Coach (Men). Roy Inman, National Team Coach (Women).

The Management Committee accepted the recommendation and confirmed the appointments with the candidates concerned, who have all accepted their appointments.

A FEW UPSETS IN FIFE...

The Fife Under-18 Open Championships were held in Balwearie Sports Centre on the 20th June. There were seven clubs represented, from Kennoway, Exit Glenrothes, Lochgelly Centre, Sailors Rest Methil, Tora Kita Dunfermline, Kirkcaldy YMCA, and Kirkcaldy Judo Club, who were the host club. Approximately 60 entrants participated, with ten events, all but two in weight categories. The preliminary rounds were fought out in the morning session with some really stylish fights. In the limelight were J. Vittrino, Sailors Rest, J. Warburton, Kirkcaldy JC, and Ian Blower, YMCA, to name but a few. There was a very hard fought first-half, with a few upsets into the bargain.

Under 28 kilos...

Graham from Exit J.C. Glenrothes, won with a hold down, beating P. Callahan, Sailors Rest, Methil, runner-up.

fine win over Gordon Latto for Ippon (full point). Andrew Linton, one of the more experienced of Kirkcaldy JC fared well with a win over W. Morrice, Exit JC. Stuart Penman won his fight by a Koka (3 points) over G. Latto.

The final placings were quite unique, with Lipton with 30 points and Penman 29 points. However, Penman had more victories i.e. 4 to 3 over Lipton, so taking the title.

Over 65 kilos...

N. Stewart, Kirkcaldy, dominated this event with a total of 30 points, 20 more than his nearest rival, J. Rhinds, Sailors Rest, next with 10 points and joint 3rd were T. Wallace, Kirkcaldy JC and J. Reilly, Exit JC, with 5 points.

Under 50 kilos...

16 players entered for this event with Bradley, Exit; Black, Sailors Rest; Blower, YMCA and Connelly YMCA reaching the



Under 31 kilos...

A very close fought event, with J. C. Warburton, Kirkcaldy JC and M. McKinley, Kennoway, level on total points, with Warburton the overall winner, with four victories to McKinley's three.

Under 34 kilos...

The semi-final brought together J. Vittrino, Sailors Rest, Methil, and Proudfoot, Tora Kita, with the former getting the upper hand in this fight. In the other 'semi', R. McCormack, YMCA, and M. Macnamara put on an equally good contest, with McCormack holding on to win. The final was a classic, with Vittrino putting up a very good fight, only to be put to flight by Ray McCormack's Harai Goshi, a worthy winner. Three players from this weight category were put forward for the most outstanding player of the day, namely J. Vittrino, R. McCormack and M. Macnamara.

Under 37 kilos...

Steven Thompson, Kirkcaldy YMCA dominated play and beat A. Murray, Kennoway with Ippon in an excellent final, 3rd and 4th places going to M. Gourlay, Kirkcaldy JC and G. Cairns, Exit JC Glenrothes.

Under 41 kilos...

Ian Blower, Kirkcaldy YMCA, who is quite a recent newcomer to Judo, is one of my picks for the future. His natural fighting style of judo will, with the help of his coach Terry Gilhouly, YMCA, take him on to greater triumphs in time to come. He won this event with style, beating P. Reilly, Kennoway, with a hold down.

Under 50 kilos...

Steven Black, Sailors Rest, Methil, was just not on form for this event, again one of my picks for the future. His style and elegance was missing when Alan Finlayson, YMCA held him for a full point. In the other semi, J. Connelly, YMCA and Craig Pryor, Kirkcaldy JC had a very good fight with Connelly coming out clear winner. In the final, a tactical battle was had, with A. Finlayson putting up a very good show, only to be beaten by Connelly by a Yuko (5 points).

Under 65 kilos...

There were only five entries for this event: W. Morrice, Exit; A. Linton, Kirkcaldy; S. Penman, Kirkcaldy; G. Latto, Kirkcaldy; P. Lipton, Kirkcaldy.

Paul Lipton opened this event with a

semi-finals. Bradley and Black fought first, with Black turning on the style this time for a fine win with Maki Komi. Blower and Connelly had a head-on collision with Connelly coming out on top, holding for Ippon.

So to the final with a fine contest, with Black and Connelly giving their all. Both showed respect for each other, attacking again and again, with Connelly coming out on top to take the title with a Yuko.

Over 50 kilos Open...

N. Stewart, Kirkcaldy, again dominated this event, with fine wins over Andrew Linton and T. Wallace, the latter taking the Silver and Lipton taking the Bronze, Kirkcaldy taking all four places.

MAIN PRIZE WINNERS...

- Under
 - 1-28 kilos—Ensign Kitchen Shield
P. Graham, Exit JC
 - 2-31 kilos—Anthonys Hotel Shield
J. C. Warburton, Kirkcaldy JC
 - 3-34 kilos—Cullen Engineering Shield
R. McCormack, Kirkcaldy YMCA
 - 4-37 kilos—Douglas G. Grant Shield
Steven Thompson Kirkcaldy YMCA
 - 5-41 kilos—Sailors Rest Trophy
Ian Blower, Kirkcaldy YMCA
 - 6-50 kilos—B.J. Disco Trophy
J. Connelly, Kirkcaldy YMCA
 - 7-65 kilos—Kirkcaldy JC Trophy
S. Penman, Kirkcaldy JC
- Over
 - 8-65 kilos—Kirkcaldy JC Trophy
N. Stewart, Kirkcaldy JC
- Under
 - 9-50 kilos Open—Kirkcaldy JC Trophy
J. Connelly, Kirkcaldy YMCA
- Over
 - 10-50 kilos Open—Kirkcaldy JC Trophy
N. Stewart, Kirkcaldy JC

MEDAL TABLE—

	Gold	Silver	Bronze	Total
Kirkcaldy JC	4	2	9	15
YMCA Kdy.	5	1	1	7
Exit Glen.	1	1	4	6
Sailors Rest		3	2	5
Kennoway		3	2	5
Tora Kita			1	1
Lochgelly			1	1

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KEN KINGSBURY

I can have your attention for a minute—or even two, if you intend to read the entire contents of this month's sermon. Those of you old enough to remember the Second World War, or even brave enough to coyly admit your mother might have mentioned it to you, like a bit of passing gossip, may have heard of a song much sung by servicemen during those turbulent times.

It was called "'Taint what you do, it's the way that you do it." Not the kind of colloquial rhetoric that is heard these days, and clearly North American in its concept, if not implementation. Not one of Bill Shakespeare's, methinks.

It owed its considerable success to the very vagueness of its words. In other words, if you will pardon the expression, it could mean all kinds of things to all sorts of people—and very often did.

However, let's stick to the present in general, and Dr Ken Kingsbury in particular. Dr Kingsbury has been the saviour, in the real sense of the word, to so many judo fighters, of both sexes, that he has now reached a popularity of epidemic proportions.

In short, the amiable Doc is a good sort. He knows his job, he knows his subject, and carries it off with a kind of soothing yet no-nonsense authority that makes him a man to be respected; someone reassuring to have around.

Ken Kingsbury's greatest asset, however, is not so much his abundant skill and learning, but an absolute love—and I use the word with great care—of judo. We spoke for the first time at the British Women's Open at Crystal Palace, in between his patching up the walking wounded.

The time, I was trying to get some feel for the mortality rate in judo. Some of the fights seemed pretty ferocious, all very competitive, yet there was Dr Kingsbury urbanely insisting that the incidence of injury in judo was extremely low. What made it so difficult to accept was the fact that our conversation was constantly interrupted by shouts of pain, calls for help from the admirable St. John's contingent, and Dr Kingsbury's "Excuse me, I'll be back in a minute."

ERIC WOODWARD



*On judo injuries, or...
the lack of them and how
the BJA deals with the problem...if
there is one, and how it relates to
other sports in this context, etc. etc.
or...for short...*

DOCTOR WHO?

It was not the best background to state his case, but Ken Kingsbury was totally unwavering in stating that judo's personal risk factor was low in comparison to many other sports, and that most of the problems, especially with women's events (but not solely confined to the fair sex, or even the dark fair sex) was the trauma (the shock) of being in battle. If you feel pain, you get shock, in other words. And women respond to shock more than men.

So far so bad. What the real message of our conversation became lies in the title of that song: "'Taint what you do, it's the way that you do it." In other words, you might be as strong as a bull, with whipcord muscles and bulging biceps, but no matter how many hours spent of the treadmill on the body-building courses, if you don't have the technique, you run a greater risk of getting hurt...and to hell with Charles Atlas.

The greater the skill in playing judo, the less often you will get hurt. That's Dr Kingsbury's lesson, to put it in the shortest possible context. Plus one other opinion which should be heeded: you NEVER stop learning.

The depth of Ken Kingsbury's belief in judo—all that it stands for, the sheer concept of the sport—is very deep indeed. It is a force for good, a strength that incites discipline—not violence. A feeling of inner good which is so rarely abused that even the most pessimistic doubters must see that it's not just coincidence.

In fact the eminent Dr Kingsbury found himself in great difficulty earlier this year when an equally eminent sports body wanted to zero in on the injury aspects of judo and, as the Medical Officer for the British Judo Association, sought his help. He had to tell them—as he told me—that he couldn't help the post-mortem because he couldn't find the body.

I quote in part from Dr Kingsbury's letter to this medical group, and with his permission, because it is something which bears repeating to a larger audience.

"I would say that 99% of the sport is learning how to do it, and how to cope with your partners. This learning process can

go on throughout one's physically active life—there is no end to it. It is an absorbing pastime, a sort of mental-physical chess, which gets into the blood. Virtually all the attention, and the success of competitive players, goes into and depends on the years of learning the arts and experience.

"Simple physiological considerations are therefore rather unimportant. In fact, over-concentration on the physiology-fitness side can be detrimental in reaching a high level of judo, especially if it is not designed to improve the skills. Of course one cannot perform judo at advanced competitive levels without being fit, but the practice of judo at these levels produces a high all-round fitness which can be supplemented by other varied training.

"Judo is practised by the young and old of all grades of health and fitness. We have our Over 35- and Over-45-year-old competitions, and there are no medical problems, and very few injuries.



"The variety or practice and the ability to choose its type, pace and hardness make it marvellously adaptable to the age, fitness and feelings of the players. It seems to produce relaxed, well-balanced and mature people so that psychological problems are thankfully uncommon. In fact I find it a privilege to be part of such a fulfilling, healthy and medically normal sport. The only assessments which are required is to confirm fitness for some teams taking part in events abroad."

Not the least of my reasons for quoting the good Doctor in these columns is to re-assure those who have doubts that judo is not a kind of legalised gang-bashing, some sort of organised hooliganism.

We need greater sponsorship and community involvement in judo and there is no doubt, in my mind, that up to now, some have pulled back from investing in contact sports of all kinds for fear of being involved in unpleasant publicity. The idiot minority who have crept into professional football have done more than any other single factor—the threat of TV, other sports, unemployment, all of them—to turn the media and the families away from the game in great droves.

It is up to us all to ensure that no such misconceptions occur about judo, its aims, its place in society and its achievements. For instance, during my time with Aston Villa as their Commercial Manager, Press and PRO, we started a scheme where the unemployed were invited to special training sessions set up specifically for them. The West Midlands Transport Authority even provided free buses to the training ground some miles away from Villa Park.

Similar free introductions to judo might take the lads off the streets, and give them an outlet for their frustrations. It might even prove to others just how useful judo can be in society.

Meantime, the Dr Kingsbury's of this world talk about the privilege of serving judo.

The privilege is ours, sir. And thank you.

John Beard

AT THE A.G.M. OF THE B.J.A.



For those people who could not stand the excitement and stayed away from the Association's Annual General Meeting, which took place at the Wembley Crest Hotel on 18th June 1982, here is a brief summary of the meeting:—

The President, Mr Charles Palmer, who also chaired the meeting, opened the meeting with his customary address, and reported on some of the things which had happened since last year, such as Karen Briggs becoming European Champion, Neil Adams becoming World Champion and Kerrith Brown becoming Junior European Champion.

The BJA had moved into new premises, a computer had been installed and Ray Topple had qualified as an IJF 'A' referee, and Martin Lewis had been elected third Vice President of the EJU.

He asked the meeting to pay respect to Corporal Hunt, one of our members who had sadly lost his life during the battle for the Falklands and the meeting suggested a donation to be made to the South Atlantic Fund.

We then came to the items of the Annual Report and the Annual Accounts.

Mr Arthur Tomkinson (a member of the last and now defunct Finance Sub-Committee) rose from his seat with a sheet in his hand and proceeded to ask a long series of questions. He wanted to know if we had a tender procedure, and if so was it secret. (Yes we have and no it isn't!)

He asked if FJR Publishing, owned by Frank Smith, had tendered for the production and distribution of *British Judo*.

(No, he had not, because he did it as a favour for the Association, passing on only the costs incurred, and taking no profit.)

He said he had noted from the Management Committee Minutes of December 1981 that Frank Smith had informed the Association of his business interests and that he was prepared to undertake the job and wondered if all precautions were being taken to ensure that the Association was getting the best deal and that Management Committee Members were being protected from this sort of thing. He added, "Quite frankly, Mr Chairman, I was suspicious."

(I then became suspicious, too. I was suspicious as to why Mr Tomkinson (former Finance Sub-Committee) had waited six months to air his suspicions. It is also a puzzle as to why Mr Tomkinson should query a job which is being done far better for less money than he had been authorising when on the Finance Sub-Committee.)

Mr John Perrins (former member of the now defunct Finance Sub-Committee) rose from his seat with a sheet in his hand and proceeded to inform the meeting of the figures relating to the amount of cash the Association had in May 1981. He was concerned to note, he said, that at the end of December 1981, we had £14,000 less and he wanted to know where it had gone.

(He did not tell the meeting why he wanted to compare the balance in the 5th month of the year with the balance in the last month, nor did he bother to compare the balance in the 5th month of 1981 with the 5th month of 1980.)

The Finance Officer, Ken Eales, pointed out that we had spent £15,000 on a computer and that we had met expenditure on office removal and there was a considerable sum of money owing to us. I am puzzled why Mr Perrins (former Finance Sub-Committee member) should not expect us to spend money in the last seven months and why he had not noticed these rather obvious transactions.

Mr John Bricknell (former financial adviser who used to attend every meeting of the now defunct Finance Sub-Committee) did not rise from his seat, but he did have a sheet in his hand.

(I wonder why they all had the sheets.)

Mr Bricknell said that detailed minutes were circulated in the days of the now defunct Finance Sub-Committee in order to inform everyone of the exact financial position of the Association; and he wanted to propose a resolution that the deliberations of the Finance Advisory Group now operating, should be circulated.

(That's a laugh! I was a member of that F.S.C. and I defy ANYONE who was not present at the meetings to make any sense of the minutes.)

He said if we were going to spend vast sums of money (which we are not) or buy premises in the Midlands (which we are not) or enter into marketing activities (which we have considered for the future) the Council should be informed and their wishes known.

(I can't remember any financial matters ever having been referred to the Council by the now defunct Finance Sub-Committee. Mr Bricknell also seems to have forgotten the six month rule (which the present Management Committee supported) where Members are informed six months in advance of any major policy changes in order to express opinions. Council Members are Members of the Association aren't they?)

Some people then spoke from the floor saying that they thought things had been handled satisfactorily over the last twelve months and the matter was closed.

The President was re-elected, a motion calling for the appointment of a full-time Director of Technical Services was shelved until more Sports Council Grant Aid could be made available, the auditors were re-appointed and the meeting closed.

Apart from a few bits and pieces, that's what you missed.

However, just for your information this is how the Old Finance Sub-Committee used to operate:

Each month, a meeting took place in a hotel in Exeter, Devon. The Chairman, John Perrins used to travel from Wales, the other members, Arthur Tomkinson and I, used to travel from Cheshire and Midlands respectively, the President, General Secretary, Finance Officer and Book-keeper used to travel from London, and the Financial Adviser used to travel from Bideford, Devon.

The meetings usually used to commence Friday afternoons, and usually finished Sunday afternoons. Eight people, travelling many miles, occupying eight rooms for two nights, eating three sometimes four meals each, all had to be paid for by the Association. (It cost many thousands of pounds!)

We have changed that. What happens now is this—when necessary, the President, the General Secretary and the Finance Officer, all of whom operate from London and me, (I have to travel to the H.O. quite often) get together for a couple of hours or so, and make recommendations which are passed to the Management Committee for approval or otherwise.

It's much quicker, quite effective and saves eight hotel bills, eight lots of travelling expenses and—well I'm sure you know what I mean.





British Judo Association...Midland Area

presents

GIRLS INDIVIDUAL AND TEAM CHAMPIONSHIPS

HADEN HILL LEISURE CENTRE, BARRS ROAD, CRADLEY HEATH, WARLEY, WEST MIDLANDS

SATURDAY 18th SEPTEMBER 1982

The Midland Area Girls Championships is a 'Closed Area' Event which once again includes a Team Event in which everyone can have a fight and the Individual Events are in the National weight categories, so try and enter all your Under-18 girls. This is the qualifying Individual Event for the National Championships with all Medallists receiving authority to enter.

This is a BJA Three Star Tournament. All entrants must be members of the BJA and Licences must be produced or a fine of that equal to the BJA Licence fee, i.e. Juniors £3 and Seniors £6 will be imposed, which is non-returnable. Armlocks and strangles will be permitted above 40 kilos. Telephone or late entries will not be permitted and weight changes on the day may not be allowed.

Team members need not necessarily be from the same Club but may not fight in more than one Team. Entry fees: Per Individual Event £2.50, Team Events £7.50 per Team. Fees are non-returnable. Closing date for entries Tuesday 14th September 1982. Make Cheques/Postal Orders payable to BJA Midland Area, c/o Rowland Lee, 7 Ash Grove, Wem, Shropshire SY4 5RW. For Booking in times, see below left.

★ ENTRY FORM ★

Club Team Manager
 Only the named Team Manager will be allowed into the Competition Area

EVENT 1—UNDER 30 KILOS	EVENT 5—OVER 40 KILOS UP TO 44 KILOS	EVENT 9—OVER 56 KILOS UP TO 60 KILOS
EVENT 2—OVER 30 KILOS UP TO 33 KILOS	EVENT 6—OVER 44 KILOS UP TO 48 KILOS	EVENT 10—OVER 60 KILOS
EVENT 3—OVER 32 KILOS UP TO 36 KILOS	EVENT 7—OVER 48 KILOS UP TO 52 KILOS	EVENT 11—GIRLS LIGHTWEIGHT TEAMS Under 30k 30k/33k 33k/36k 36k/40k
EVENT 4—OVER 36 KILOS UP TO 40 KILOS	EVENT 8—OVER 52 KILOS UP TO 56 KILOS	EVENT 12—GIRLS MIDDLEWEIGHT TEAMS 40k/44k 44k/48k 48k/52k
★ BOOKING IN... Events 1 to 4 ... 9-00am to 9-30am	Events 5 to 10 ... 9-30am to 10-00am	EVENT 13—GIRLS HEAVYWEIGHT TEAMS 52k/56k 56k/60k Over 60k
Events 11 to 13 ... 2-00pm to 2-30pm		



British Judo Association...Midland Area

BOYS INDIVIDUAL CHAMPIONSHIPS

CLOSED TO THE MIDLAND AREA

SATURDAY 23rd OCTOBER 1982

HADEN HILL LEISURE CENTRE, BARRS ROAD, CRADLEY HEATH, WARLEY, WEST MIDLANDS

The Midlands Boys Championships are 'Closed' to the Midland Area, and are the qualifying Championships for the National Under 18 Championships in November—all Medallists will receive authority to enter. Make sure that the weight category you enter can be maintained through November, and that you will be under 18 years on 31st December 1982.

This is a Three-Star BJA Event, rules as per Tournament Handbook. All entrants must be members of the BJA and Licences must be produced or a fine of that equal to the BJA Licence fee, i.e. Juniors £3 and Seniors £6 will be imposed which is non-returnable. Armlocks and strangles will be permitted above 50 kilos. Telephone or late entries will NOT be accepted, and weight changes on the day may not be allowed. Be sure you are entered in the correct category. Contests will be a First Round Pool into Knock-out and repechage basis.

Booking-in: Events 1 to 4 ... 9-00—9-30am, 5 to 8 ... 9-30—10-00am, 9 to 12 ... 10-00—10-30am. Entry fees £2.50 per competitor. Fees are non-returnable. Closing date for entries Tuesday 19th October 1982. Please make Cheques/Postal Orders payable to BJA Midland Area, c/o Rowland Lee, 7 Ash Grove, Wem, Shropshire SY4 5RW.

★ ENTRY FORM ★


Club Team Manager
 (Only the named Team Manager will be allowed into Competition Area)

Event 1—Up to and including 28 kilos	Event 5—Over 37 kilos up to 41 kilos	Event 9—Over 55 kilos up to 60 kilos
Event 2—Over 28 kilos up to 31 kilos	Event 6—Over 41 kilos up to 45 kilos	Event 10—Over 60 kilos up to 65 kilos
Event 3—Over 31 kilos up to 34 kilos	Event 7—Over 45 kilos up to 50 kilos	Event 11—Over 65 kilos up to 71 kilos
Event 4—Over 34 kilos up to 37 kilos	Event 8—Over 50 kilos up to 55 kilos	Event 12—Over 71 kilos

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