**SP NEWSLETTER FEBRUARY 2015**

**Competition Entry Priority**

Please read the Chairman Statement regarding how we will prioritise entries for competitions this year. This is a result of increased demand and we have taken steps to ensure this demand is met.

Statement can be found at <http://www.scottishpowerlifting.com/statement-from-sp-chairman/>.

**Discovery Games – Invercarse Hotel, 371 Perth Road, Dundee, DD2 1PG**

The next event on our calendar will be the Discovery Games hosted by the Special Olympics, details of this event can be found at <http://www.scottishpowerlifting.com/special-olympic-calendar/>.

This promises to be a great competition and if you are in Dundee on the 28th February it is well worth dropping by.

**Scottish University & College Championships – Ardler Complex, Dundee, 12th April 2015**

This competition is aimed at current students of Scottish Universities and Colleges Powerlifting teams, information can be found at <http://www.scottishpowerlifting.com/scottish-university-colleges-powerlifting-championships/>.

Entries will be capped at 40 lifters, we will prioritise entries as explained above.

**Caledonia Championship – Ardler Complex, Dundee, 19th April 2015**

This competition has already seen great demand, entries will be capped at 40 and will be a great day of lifting. Further information can be found at <http://www.scottishpowerlifting.com/event/caledonia_championship/>

Entries are currently closed and will re-open on Wednesday 25th February 2015 at 3pm. We will prioritise entries as explained above.

**Southern Open**

Our Southern Open event was held on 15th February 2015 at Burns Gym in Dumfries, it was a great event that reached its cap of 50 lifters. The day saw some very good lifting from both male and female lifters. Marcelle Brown stole the show for the females by taking Best Lifter after a good battle with Ruth Pottinger, taking it down to the final deadlift where they both pulled 150kg to finish off a good days lifting.

The men saw Brian Currie take Best Lifter with some impressive lifting, he took the Open record in squat and deadlift with lifts of 263kg and 287.5kg respectively in the 105kg class.

We also saw Callum Crozier break the British Benchpress with a press of 158kg, well done Callum.

This was another excellent event with an excellent atmosphere and a superb range of lifters.

We would also like to thank all the officials on the day for their hard work, well done.

Full results can be found at the following link <http://www.scottishpowerlifting.com/southern-open-2015-results/>

**Proposed Constitution Consultation**

We currently have a proposed constitution out for consultation with members, full information on this consultation can be found on our website at <http://www.scottishpowerlifting.com/new-scottish-powerlifting-constitution-consultation/>.

The consultation closes on 13th March 2015.

**GBPF Divisional Referee Course & Examination**

Information for anyone interested in becoming a referee can be found here <http://www.scottishpowerlifting.com/proposed-referees-seminar-and-exam-2015/>

**Qualifying Totals**

Please keep qualifying totals in mind when you are entering competitions, qualifying totals are put in place for the Scottish Seniors and all GB competitions (except for the 4 Nations).

Qualifying totals can be found here <http://www.scottishpowerlifting.com/qualifying-procedures/>.

**And finally ………**

As always we are in need of our members to help us out a little, if you find yourself free on competition day when you are not lifting it would be great to have your help.

We are constantly looking for referees to attend competitions, table staff and people to help on the platform. Even if you are not sure what role you could do please speak to one of the committee can help you decide what is the best help you can offer, remember that when we lift we rely on these people to make our day a successful one.