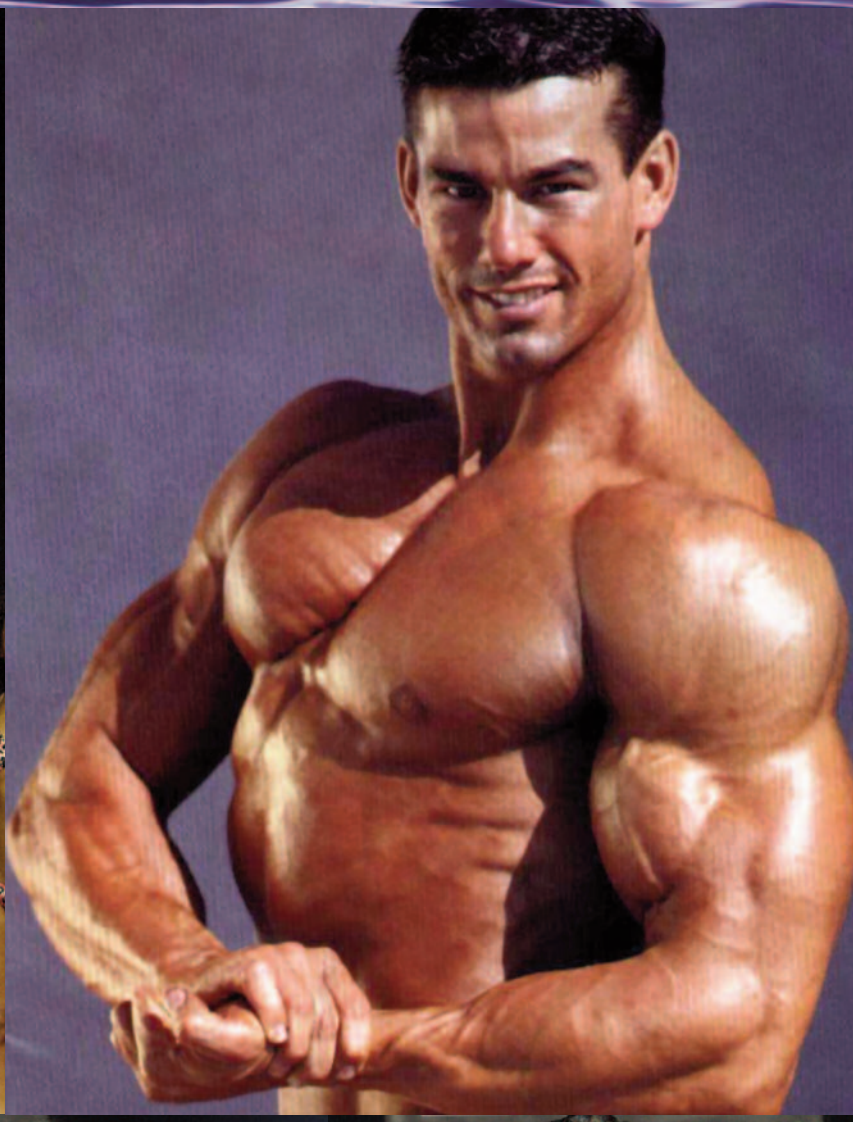
HEALTH & STRENGTH

THE OLDEST PHYSICAL CULTURE JOURNAL IN THE WORLD FOUNDED IN 1898
VOL 142 • JANUARY 2016 • ISSUE NUMBER 1











PHYSIQUE GALLERY
January 2016









PHOTOS ABOVE

1. *A fine and delightful photo Dara Cox, UFE model;* **2.** *Winston Johnson, a bodybuilder from the international organisation, UFE (photo, Simon Lau);* **3.** *The magnificent back study of the legendary Reg Park, who epitomised the ultimate achievement of the naturally trained, muscular athlete;* **4.** *A charming trio of exuberant young beauties displaying lithe, healthy-looking and shapely physiques (names unavailable).*

Photo of Reg Park, courtesy Jon Jon Park.

Editor's note: as I receive many photos anonymously, it would be appreciated if those sending me pictures for publication would kindly supply details for the benefit of all readers.

HEALTH & PHYSIQUE GALLERY STRENGTH

Artists and illustrators wishing to have drawings or paintings published should send examples of their work to the Editor. Please note that for the Physique Gallery, studies should be of recognised physical culturists of the past and present.

SOME THOUGHTS ON THE GALLERY

Readers have written to enquire about the Gallery. It is impossible to satisfy every request, but it would be helpful if readers could contact the Editor with suggestions for inclusion in this regular feature. If possible, good quality photographs should be supplied which would be a great help in producing original drawings. All photographs will of course be returned (please remember to enclose a pre-paid s.a.e.).

Health & Strength PHOTO GALLERY COMPETITION

For all health and fitness enthusiasts who do not necessarily wish to enter bodybuilding competitions, but who would like to have their photo published in the magazine; this is an ideal opportunity for you to achieve a personal ambition! Send your entries to the Editor, address on page 3. Write on the back of your photo: your name, address and category. CATEGORIES are:

1. Under 21 years of age;
2. 21 to 40 years of age;
3. Over 40
4. Over 50 years of age;
5. Over 60 years of age.

Closing date for entries:
First week in March 2016
Results will be published in the
April 2016 issue.



118 YEARS OF CONTINUOUS PUBLICATION

Sacred Thy Body Even As Thy Soul — *Ut Anima Ita Corpus Sacrum*

The original physical fitness journal serving the British Nation for the improvement of health, strength and fitness.

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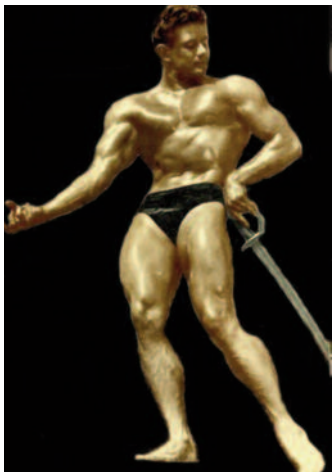
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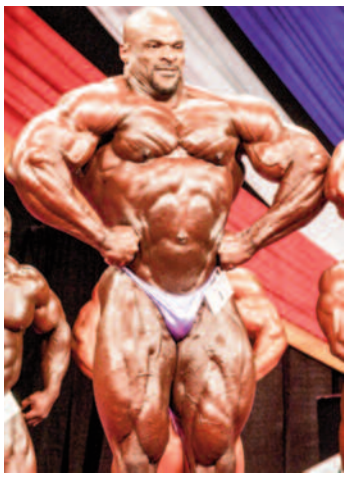
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HEALTH & STRENGTH

THE OLDEST PHYSICAL CULTURE JOURNAL IN THE WORLD
FOUNDED 1898





THE OLD AND THE NEW:
where do we stand on modern bodybuilding aesthetics and morality?
On the left above is Monty Woolford who exemplified the physiques of the late 1940s to the 1960s. On the right is Ronnie Coleman who was a leading Olympia winner for many years. So, who really represents what bodybuilding stands for? Do we accept the concept of the athletic male who embodies symmetry and proportion (Woolford); or are we now cajoled into embracing size for the sake of size (Coleman)? Athletes today are not entirely to blame as they in turn are conditioned into producing physiques which judging panels and commercial interests demand. What does the future hold for bodybuilding and the message this field of physical development sends out to the world at large?

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Stefanie Richard - fitness model

FRONT COVER: *Clockwise from top left: Louisa Spencer; Bill Davey, natural Mr America; Thomas Barrows; Hayley Winning; and Colin Cutcliffe.*
BACK COVER: *Clockwise from top left: Mike O'Hearn; Stephanie Worsfold; David Kaye; Karina Zarkurdadjerva; centre insert Aleksey Yufkin, champion Russian Olympic lifter in the 85kg class.*

Photos courtesy Martin Spence, Michael Phillips, Fixes Aversion, Lau, and archives.

HEALTH & STRENGTH



Resistance Training: what is it really, and why is it important? *PART 2*

The Editor realises that in today's society we have a multi-layered and complex culture.
Pro athletes, for example, have the best back-up teams of all time with trainers, physiotherapist, nutritionists, psychologists and life-style gurus, amongst others, to assist in getting athletes to perform at peak levels.
But what is there for the ordinary keep fit enthusiast?
Well, the penny has finally dropped, not only in the world of sports, that weight training for all has an extremely important function in health conditioning.
But the health benefits far outweigh the narrowly focused strategies employed in sports performance and weight training, or resistance training, can bring enormous benefits for the population as a whole.

This article will be spread over a number of issues in order to deal with the subject in depth. Experienced weight trainers may be aware of points raised in this article. But beginners may find important facts herein.

Resistance training - continued

Up to date thinking by the medical profession recommends that you do things to strengthen your muscles at least two days a week. These activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms).

Starting resistance training

It is important to pay attention to safety and good form to reduce the risk of injury. A registered exercise professional can help you develop a safe, effective program.

To start, a typical beginner's strength training program involves:

- 8 to 10 exercises that work the major muscle groups of the body and are performed two to three times every week
- beginning with one set of each exercise, comprising as few as eight repetitions (reps), no more than twice a week.

Your aim is to gradually increase to two to three sets for each exercise – comprising 8 to 12 reps, every second or third day.

Once you can comfortably do 12 reps of an exercise, you should look at progressing further.

Warming up before resistance training

Before doing your strength training exercises, you need to warm up. Start with light aerobic exercise (such as walking, cycling or rowing) for about five minutes, and a few dynamic stretches. Dynamic stretching involves slow controlled movements through the full range of motion.

Advanced resistance training

To get the most gain from resistance training, you need to progressively increase the intensity of your training, according to your experience and training goals. This may mean increasing the weight, changing the duration of the contraction, reducing rest time or increasing the volume of training.

Once you've been doing resistance training regularly for several weeks, you can progressively increase the intensity of your training as your muscles adapt. Research suggests that expert supervision may improve your results.

Repetitive maximum (RM) and resistance training

The best way to develop muscle strength is for the muscle to contract to its maximum potential at any given time – maximal voluntary contraction (MVC). In resistance training, MVC is measured by the term XRM, where RM is the maximum number of repetitions that can be completed with a given resistance or weight. X is the number of times a certain weight can be lifted before the muscle fatigues.

It is the RM range that determines what type of improvements the muscles will make. The optimal range for improving muscle strength is 8–12 RM for a beginner and 2–6 RM for the more advanced.

For example, the formula 7RM means the person can lift the weight (let's say 50 kg) seven times before the muscles are too fatigued to continue. Higher weights mean lower RM – for example, the same person could possibly lift a 65 kg weight, but less than seven times. Lower weights typically result in a higher RM – for example, the same person could lift a 35 kg weight about 12 times before muscle fatigue sets in.

MVC principles can help you gain the most benefit from your workouts.

Applying MVC to meet advanced resistance training goals

The principles of strength training involve manipulation of the number of repetitions (reps), sets, tempo, exercises and force to overload a group of muscles and produce the desired change in strength, endurance, size or shape.

Specific combinations of reps, sets, exercises, resistance and force will determine the type of muscle development you achieve. General guidelines, using the RM range, include:

- muscle power – one to six RM per set, performed explosively
- muscle strength/power – three to 12 RM per set, fast or controlled
- muscle strength/size – six to 20 RM per set, controlled
- muscle endurance – 15 to 20 or more RM per set, controlled.

Muscle recovery during advanced resistance training

Muscle needs time to repair and grow after a workout. Neglecting to give your muscles enough time to recover means they will not get bigger or stronger. A good rule of thumb is to rest the muscle group for at least 48 hours.

Once you have sufficient experience in resistance training, and with the support of a qualified allied health or exercise professional, you might like to consider a split program. For example, you could work your upper body on Mondays and Fridays, and your lower body on Wednesdays and Sundays.

Gaining strength from advanced resistance training

Most beginners experience a rapid increase in strength, followed by a plateau or levelling-out of strength improvements. After that, gains in muscle strength and size are hard earned.

When you start resistance training, most of your initial increase in strength is due to a phenomenon called 'neural adaptation.' This means that the nerves servicing the muscles change their behaviour. The nerves are thought to 'fire' more frequently (prompting increased muscle contraction) and more motor units are recruited to perform the contraction (a motor unit is the nerve cell and its associated muscle fibres). This means you become stronger, but the muscles remain the same size – you've hit the plateau.

In time, muscle cells will respond to continuous resistance training by increasing in size (hypertrophy), so don't be too discouraged by reaching the plateau – it is actually an encouraging sign that gains in muscle size are soon to follow.

The editor would like to ask all regular readers of the magazine to introduce a new subscriber to ensure the journal will be able to continue well into the future.

Various techniques may help you shorten the plateau period.

Varying your workouts can help you push past a plateau. The theory of variation is that you can coax growth and strength from your muscles by surprising them with a good range of different stresses. The muscles will respond in size and strength as they are forced to adapt.

Be guided by your gym instructor or personal trainer, but suggestions include:

- Increase the number of repetitions.
- Increase your workout by 10 or 15 minutes.
- Increase the frequency of workouts, keeping in mind that each muscle needs at least 48 hours of recovery time. Once you are more experienced, you may like to consider splitting body parts over the different days of the week – for example, chest, shoulders and triceps in session one, back, biceps and abdominal muscles in session two, and legs in session three.
- Switch to different exercises – for example, focus on exercises that use multiple muscle groups and that are functional or specific in nature, meaning that they relate to activities of daily living or sporting requirements.
- Increase the weight by about five to 10 per cent.
- Cross-train with other activities such as swimming or running.
- Change your workout about every four to eight weeks to keep your muscles guessing.

Readers wishing to add to this article with their own training experiences, or to join in with their personal opinions on any subject published in this magazine, should write to the editor, address on page 3.

LETTERS TO THE EDITOR

Readers are invited to send their comments to H&S on any topic related to physical culture, bodybuilding, strength sports, diet, nutrition or any other sports-related subject.

FROM: Peter Yates (USA) via e-mail
Hello Roy,

I trust you are well. The latest magazine arrived this week and I have just finished reading it; another enjoyable and interesting edition.

Things are going well this end and training is coming along nicely. After coming back to squatting following a broken leg I am now up to 310lb for 12 reps and while not an earth shattering performance is not to bad at age 64 and 165lb bodyweight.

Speaking of bodyweight my son went off to university in August and as he does not enjoy training in public gyms we worked out a series of progressive body weight and cable routines he can do in his dorm room. I remember a time while working in the outback in Australia I had to do similar training and not only was I able to maintain strength and muscle size but actually improve upon it. I believe these are underutilized aspects of physical culture in most modern bodybuilding routines.

After a glorious summer the weather is becoming cooler but still sunny although a similar ice age winter has been forecast. Three layers for me in my unheated garage gym!

Wishing you the best in health.

Regards, Peter.



Peter Yates at the age of 17 press overhead

Oh, UPDATE...
Hello again Roy,

I forgot to tell you I will be sending my subscription for next year. I also wish to purchase some back issues.
How much in us dollars for 4 mag?

On another matter, I am writing a few articles and if they sound interesting to you I will let you have the first refusal. As we both know up until the 1960s most bodybuilders used body weight exercises, chest expanders and hand balancing in their training.
Now I believe these methods are as of much value today as they were back then and would enhance the training of anyone, or even stand alone, as a training routine. With that in mind I plan an article on the push up, it's variations and progressions as a first rate bodybuilding exercise. Then another on the chest expander in a similar vein.
I am also planning a trip to the York Barbell Museum soon and will be doing a report on that. So please let me know if any or all may be of interest to you.
wishing you as always good health.
Regards, Peter.



Peter Yates now in his middle 60s completing the barbell overhead press.

FROM: Norman Hibbert (UK) via letter
Dear Roy,

Just a note to thank you for putting the correction to Sylvia's date of birth in the mag and to let you know I am alive and well. Thought you might like this recent photo taken on holiday in Majorca.
I like to kee at it!

I will also take this opportunity to enclose a cheque for renewal of my subscription.

Best Wishes, Norman.



Norman Hibbert - doing what he knows best... and still doing it aged 82.

FROM: Albert Malpass (UK) via -mail
Hi Roy,

Thanks for my October copy of the magazine.

I thought that your Editorial was really interesting and informative, it covered everything one wished to know when starting out in the iron game.

Many thanks to Peter Yates, pleased to hear he used Chi Kung and Tai Chi in his training.



Names of the above, please. Send to the Editor, address on page 3.

I was given the above photograph by the wife of the bodybuilder, on the right (looking at the photograph), before she passed away October last year.

The guy in question is a *Albert (Vinney) Parker* who passed away 21 years ago. Mrs Parker passed away rather quickly after giving me the photograph. I would like to get info on who the two other guys are, and the contest. Albert Parker lived in Wolverhampton.

Nice trophies in the photo: do you think NABBA would have anything to do with it, Roy?

Oh! Can you enclose a subscription form with the next issue of my magazine because I gave my last one away, before I could make a few copies.

All the best, Mal Malpass, South Staffordshire.

FROM: Bill Cook (Bermuda) via e-mail
Hello Roy ,

Just to let you know I received October copy of H&S in mail box this morning.

Always nice to read in my sun room having breakfast! *(Lucky man, Ed.)*

You realise Grimek weighed only 188 lbs in that Mr Universe win photo in Dave Gentle's column and really looked quite unique.

Regarding the Tommy Kono story: he was in my opinion the best; his personal commentary was also interesting.

Many thanks, Bill.

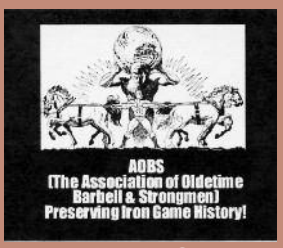
FROM: Rolf Waern (France)
via e-mail
Hello Roy

Nice to get a few lines from you. Well, it's always nice to see and read about the oldtimers as I'm one of them except for the muscles!! I still subscribe to Iron Man but the mag was sold and now completely different so I don't think I will renew; no oldtimers in the mag now and nothing much of interest for me.

Yes (the photos) if you think worth publishing please go ahead....

"LETTERS" continued on page 19

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GETTING STARTED AT THE GYM

Attention all Women who have just started or who are about to start working out

By Hannah Bryant

Congratulations!

Winning Starts with Beginning...

But! Make the right choices to get the results you deserve and have fun at the same time!

Hannah Bryant continues with her thoughtful and informative series of articles for the improvement of the physical body, internal health and the enhancement of mood which individual success can bring.



Hannah Bryant UFE Pro Athlete and UK Event Director UFE European Championships.

So you have decided it is time to do something about the increase in your dress size? That walking up the stairs at work is getting to be an effort, and that how you look is starting to affect how you feel and how you treat the people closest to you?

Making the decision to join a gym and start an exercise program is one of the most positive and empowering decisions you can ever make. Working out is proven to decrease stress and anxiety, reduce body fat and improve body composition as well as give you more energy. Who wouldn't want that?

But starting out at the gym can also bring with it a huge number of unknowns, some nervousness of a new environment and fear that everyone will be looking at you (no one does, they are all far too busy concentrating on what they are doing).

So in this month's article I am going to give you some tips and advice about "Getting Started at the Gym."

Get proper qualified advice

You wouldn't walk into your dentists and ask to borrow his tools to do your own fillings, so don't just walk into the gym and use the machinery without proper guidance and a proper plan. It is not only dangerous, but it is not going to get you any results, and then you will stop attending.

Get some proper qualified advice. Look out for a well qualified and experienced trainer who has a track record of working with people just like you and getting safe, sustainable results. Don't suffer in silence, find someone you trust and ask them for help designing a safe, progressive and effective program.

Use Science not fiction

The growth in the fitness industry has been huge, and in the main been a huge positive in increasing the number of people who exercise each day. However, it has also seen a large increase in Sunday magazine and fitness magazine articles preaching instant results by following a certain plan, or taking a certain supplement. Most of these articles are based on absolutely zero scientific evidence and hence do not provide any results.

There are certain core fundamentals to exercising in a gym; rules to follow to produce sets of results that you can sustain. For example, that resistance training is effective at increasing metabolic rate and hence is a critical component of exercise plan. That interval training will have better long term results for sustainable fat loss than long slow steady state cardiovascular training.

As you get deeper into understanding the science of training plans you will come across things like PEOC (post exercise oxygen consumption) and creating large spikes in circulatory growth hormone levels through training protocols that increase lactic acid production. As a beginner, the key should be to simply learn safe techniques and make training a habit, but as you progress, base the things you do on science, not fiction.



Proper coaching ensures correct exercise posture (how you perform an exercise) and prevents accidents in the gym.



A good understanding between you and your coach is essential for smooth progress,

The exercises you choose should be the most efficient and safe to perform

Exercises that work multiple muscle groups as opposed to isolation movements are a far better choice when you are starting out, provided you can do them safely of course. If you are working with a trainer

they should ensure that things are done safely, but if you are on your own, make sure you are always leaning on the side of safety and never take on more than you can handle.

For the upper body a push up off your knees or against the wall and a heave/inverted row underneath a bar are very safe and simple to perform.

Try to use exercises that work more than 1 muscle group and are functional in design; for example a fit ball squat and lunge for the lower body are 2 great simple to do choices with a very low risk of injury. Longer term, the advantage here is that you develop safe technique which means you can then add more intensity to the exercises as you progress, for example moving up to barbell squats, bench press and bent over rows. Getting the "patterns" and "shapes, positions and movements" correct in the early days should be the target.

You can add to that some simple dumbbell exercises for the shoulders and arms, again safe and easy to complete.

Make your cardiovascular training harder with moderate intensity interval training

Long periods of steady state cardio on a bike, x-trainer or treadmill really do very little in terms of sustainable long term results. They are highly inefficient and the more you do, the less results you actually get from them.

Use an interval style approach to cardiovascular work, perhaps 30 seconds of near maximal effort with 30 seconds of slower pace recovery. This can be done on the bike, treadmill, rowing machine, x trainer or using ropes or medicine balls or bodyweight exercises.

This style of interval training is shown to produce far greater long term results than simply sitting at a slower pace. Plus, if you are only at the gym for 1 hour 3 times per week, it is a real waste of valuable time to spend 30 minutes on your cardio when 10 times the results could be obtained in 10 minutes.

Progress is never linear; so ride the waves and do whatever it takes to make working out "a habit"

For most starting out is hard, and it is easy to find reasons to not go back, or to stop after a few weeks. Even after you overcome the nerves and anxiety, you are not going to always make progress every week, it is never linear. You will have weeks when everything else in your life goes great and you can eat and train perfectly, so you make gains. Other weeks, it will be all you can do to even make it to the gym with all the crisis you have in other areas.



Some exercises may look simple but they must be performed correctly.

But stick with it. The workout that you never do will certainly not improve things. Do whatever it takes to make it a habit to go to the gym, like you would for a night out with friends. Drag a friend along with you if you need to, working out with friends is shown to increase your chances of sticking at it, and hence gives you a better chance to get results. Just stick at it, get it to where it is a habit, and your chances of getting what you want really increase sharply.



Good concentration and determination will yield results.

Do not ever starve yourself

This is really a nutrition topic, but the most common reaction to feeling overweight is to not eat very much and hope you lose weight. Now the key word here is "weight", what are you losing? Because what you want, your "goals" are really to look, feel and perform better, to be able to sustain that without it taking over your life.

With those goals in mind, rather than not eating, focus on removing all the processed rubbish foods and replacing them with quality calories. For example, ditch the bread, pasta, rice, fruit juice, yoghurt and cereal bars. They offer really nothing in terms of nutrition and create huge insulin spikes that result in large amounts of those empty calories being stored as fat. Switch to a quality protein at each meal, plus something green, and if you need to add small amounts of low glycaemic carbohydrates like oats, berries or sweet potato. But small amounts, not the bulk of the meal.

In some cases periods of carbohydrate restriction, say 14-21 days without any carbs other than greens, works very well at "resetting things." It is not a good idea to follow a long term carbohydrate restricted diet, but it does work well in some cases where people have become really insulin resistant and poor at using carbs, really they are storing them all as fat.

Imagine a simple day where breakfast was some scrambled eggs, 1/2 avocado and some fruit. Lunch was some chicken, salad, nuts and fruit, and the evening meal was steak, green veg and sweet potato. If you need to snack, cottage cheese, cooked meats, hard boiled eggs are all simple choices that will produce good results; sustainable energy and support changes in body composition.

How your beginners program could look

Everyone is different and the following program is just one example of how it could be done. I have chosen really simple and safe exercises that develop movement patterns that will allow you to transfer to more advanced exercises safely longer term.

Example program

- X-Trainer, 6-10 minutes, core temperature warm up.



Above: dips on knees. Below: Cool down on bike.

- Mobility and movement preparation (develop flexibility and practice movements you are about to perform).
- Strength Circuit - perform 4 sets of each circuit, moving from one exercise to the next without rest, then rest 2 minutes between circuits:
- Fit ball squats x 15
- Floor Push ups, on knees, 8-15, get as many as you can, touch nose to the floor.
- Lunges, use wall for balance if you need to, 12-24 reps
- Heaves under a bar, touch chest to the bar, 8-15 reps.
- Rower Intervals - sprint 150m, rest 60 seconds and repeat for 8-12 sets.
- Bike, cool down, 6-12 minutes steady pace.

Summary and Closing

Choosing to start an exercise program is one of the best decisions you will ever make. But to get the most from it, get professional reputable advice, use science not fiction to support your program set up, eat sensibly and do whatever it takes to make it a habit long term. It will be worth it, both in how you look and how you feel.

- For more advice or if you have any questions, please email me at: ***hannah@winners2000.co.uk***



Don't forget, contact me if you need advice, Hannah.

2015 NIFMA MR & MISS NORTHERN IRELAND SHOW

Results and photos from Martin Spence



Martin Spence with a stunning group of bikini competitors.



Martin Spence fronting a mixed group of contestants from various classes.

Mr Formal Wear Category
• Brian Kenny 1st

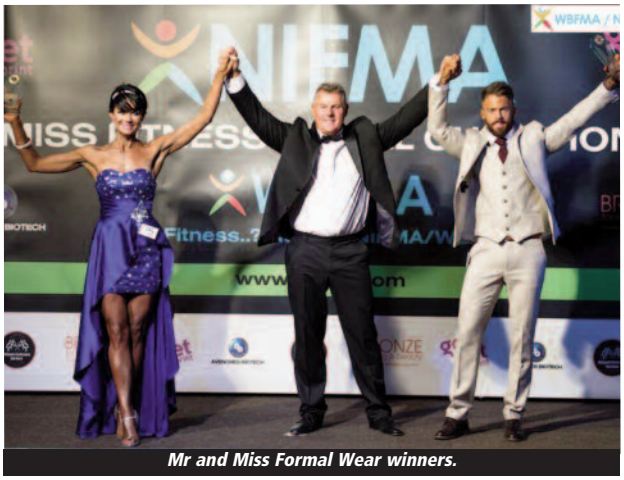
Mr Athletic Category
(Mr Athletic Under 18s)
• Daniel McCullough1st
(Mr Athletic Under 21s)
• Idrian Alvarado 1st
Daniel McCullough 2nd
(Mr Athletic Over 21s)
• Colin Brunnick 1st
Andrius Ribaciauskas 2nd
James Swales 3rd
(Mr Over 30s)
• David Stewart 1st
Renoir Taha 2nd
Gregg Tazzioli 3rd
(Mr Over 40s)
• Felix McAlinden 1st
(Mr Over 50s)
• Gerard Morelli 1st

Overall Mr Athletic Winner
• Idrian Alvarado

Mr Physique Category
(Mr Physique Over 21s)
• Christopher Mo Morelli 1st
Brian Kenny 2nd
Andrius Ribaciauskas 3rd
(Mr Physique Over 30s)
•David Stewart 1st
Renoir Taha 2nd
Gregg Tazzioli 3rd
(Mr Over 40s)
• Felix McAlinden 1st
(Mr Over 50s)
• Gerard Morelli 1st
Mr Physique Overall Winner
• Christopher Mo Morelli

Photos are presented in no particular order and due to space restrictions it was not possible to include all images sent with this report.


Miss Formal Wear winners.



Mr and Miss Formal Wear winners.

Mr Muscle Category
• Aaron Kelly 1st
Gregg Tazzioli 2nd
Peter John McCabe 3rd
(Mr Body Art)
• Brain Kenny 1st
David Stewart 2nd
(Mr Body Transformations)
• John Magee 1st
(Miss Formal Wear)
• Fiona Carew 1st
Tanja Kovacevic 2nd

Miss Bikini Category
(Miss Bikini Over 21s)
• Vanda Lehoczki 1st
Shona Hegarty 2nd
Meabh McNamee 3rd
(Miss Bikini Over 30s)
• Clodagh McGlynn 1st
Tanja Kovacevic 2nd
Fiona Carew 3rd
(Miss Bikini Over 40s)
• Anita Williamson Graham 1st

Miss Bikini Overall Winner
Vanda Lehoczki

Miss Toned Category
(Miss Toned Over 21s)
Karina Zakurdajeva 1st
(Miss Toned Over 30s)
Fiona Carew 1st
Clodagh McGlynn 2nd
(Miss Toned Over 40s)
Michelle Peat 1st

Miss Toned Overall Winner
Michelle Peat

Miss Muscle
Michelle Peat 1st
Karina Zakurdajeva 2nd

Miss Body Art
Shona Hegarty 1st

Miss Yummy Mummy
Karina Zakurdajeva 1st
Anita Williamson Graham 2nd
Shona Hegarty 3rd

Competitors
Vanda Lehoczki
Sarah Boyland
Meabh McNamee
Karina Zakurdajeva
Shona Hegarty
Tanja Kovacevic
Fiona Carew
Helena Tumova
Clodagh McGlynn
Anita Williamson-Graham
Michelle Peat
Daniel McCullough
Idrian Alvarado
Christopher Mo Morelli
Conor lynch
Aaron Kelly
Andrius Ribaciauskas
Colin Brunnick
James Swales
Peter John McCabe
Brian Kenny
Anthony Mills
Renoir Taha
Ciaran Molloy
David Stewart
John Magee
Felix McAlinden
Gerard Morelli

Very well done to all those gracing the stage in 2015 NIFMA Mr & Miss Northern Ireland Show.
Martin Spence, Founder of NIFMA
www.NIFMA.com
info@nifma.com. Tel:07708704331

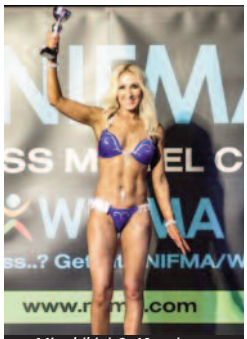

Mr Athletic - Under 21s.


Bikini Models line up.

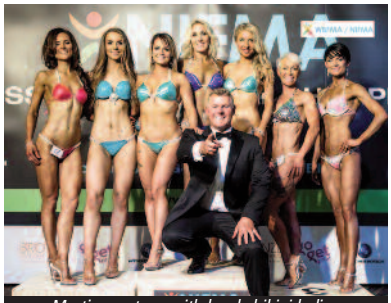

Mr Physique - Over 30s.

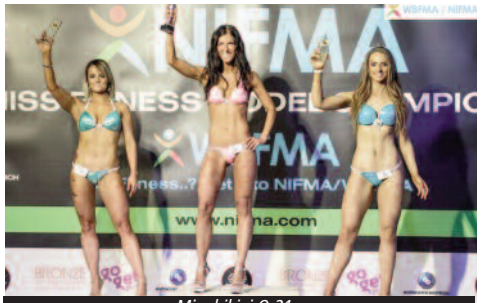

Mr Physique and Miss Toned Overall winners.

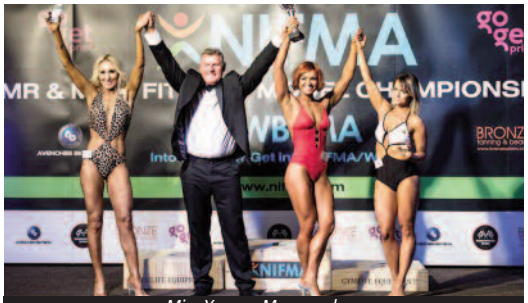

Miss Toned winner.


Miss bikini O-40s winner.


Mr Athletic - Over 21s.


Martin on stage with lovely bikini ladies.


Miss bikini O-21s.


Miss Yummy Mummy class.


Mr Physique and Miss Toned winners.

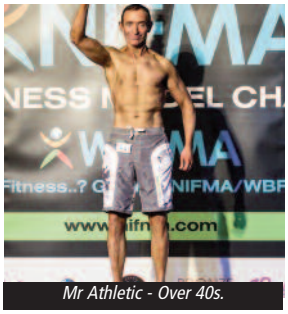

Mr and Miss Muscle winners.


Miss Bikini O-30s.


Mr Body Transformations winner.


Mr Athlrtic and Miss Bikini winners


Miss Toned O-30s.


Mr Athletic - Over 40s.



Gule-Sheikh



Hannah Bryant (in white dress) with the UFE organising team



James Thomas Barrows

UFE Natural Fitness and Bodybuilding events • Report and photos from Hannah Bryant

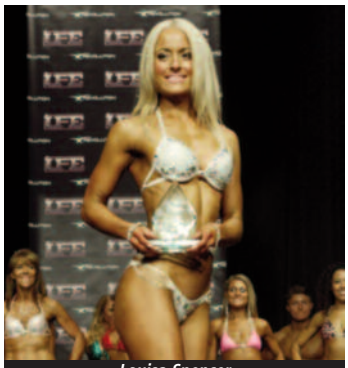
Natural Fitness and Bodybuilding in the UK is About to Get a lot More Exciting!

Ultimate Fitness Events hosted its second Event in Birmingham, UK

Birmingham, UK:
Ultimate Fitness Events the Toronto, Canada-based natural fitness and bodybuilding organization that has been taking the fitness industry by storm, hosted its second event in Birmingham, UK on September 19th at the beautiful Crescent Theatre.

The UFE European Championships featured categories in Women's Physique, Figure, Male and Female Fitness Model and Bikini divisions. This event qualified overall winners in each category to compete as UFE PRO's at the UFE World Championships in Toronto, Canada; an event that will be broadcast live around the world via pay-per-view webcast, features nearly £40,000 in cash and prizes and will bring together the best natural fitness and bodybuilding competitors from all around the world to compete on, what UFE calls, "The Grandest Stage of them All!" The Pro Show date was Nov 8th 2015. The UK event also qualified the top 3 athletes of each division for the Elite Category where they can go ahead and also compete at the Worlds and if they make the top 3 then Pro Status can also be won!

The judges that were present for the day were Jerry Yuko Okoye, Irina Cotton, Robbie Anchant, Jayne Tingle and the Score Judge Magdelena Brace, and the UFE's UK Official Photographer was the splendid Michael Palmer.
Tanning was Spray Tans For You – Caroline O'Leary. Sponsors were La Diva Fitness, QNT Supplements, Protime Supplementers, Saxon Gym – Ryan Alexander, Two Chicks products, clothing company Vain Train, Dragonfly Clothing, NRG Supplements, EC Nutrition and ***Michael Palmer Photography.***



Louisa Spencer

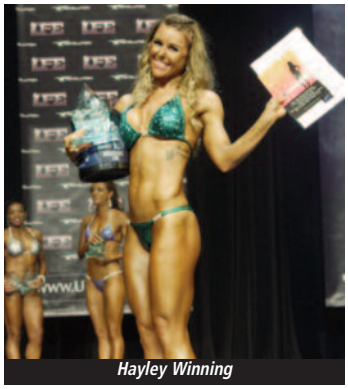


Samantha Hudson

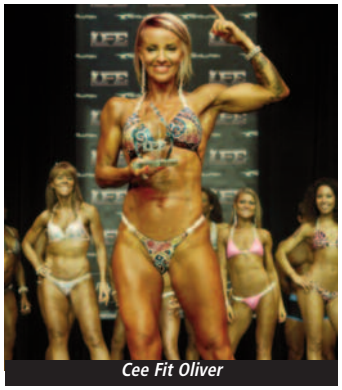
UFE was founded in 2007 by its President, Sean Everingham. "My vision for this organization was to bring to competitors the most highly produced events and to give them the same kinds of opportunities in the industry in terms of magazine exposure, sponsorships and prizes as the top untested competitors," says Sean. Realizing also that not everyone competes to become the next pro or appear in a magazine, UFE also puts a high emphasis on the fun factor of their events.

"From the moment you contact UFE staff, we want you to sense our energy and our excitement to have you compete with us. When you come to a UFE event as a competitor, we want you to feel welcome, excited and comfortable and our staff are incredible at making you feel like you are part of something special – a family, so to speak." UFE also distinguishes itself in the industry as an exciting event for family, friends and fitness fans to attend. From the production of the event itself, to the loose, humorous commentary throughout the show to the prizes thrown out into the audience and the inter-active nature of the event, including audience competitions during breaks in the action, UFE prides itself on producing fun and entertaining events for everyone.

It is this commitment to the production, entertainment value and fun of the events that has drawn competitors from all over the world to attend UFE's events in Canada. One of those competitors who travelled to experience a UFE event in Canada back in 2010 was Hannah Bryant who went on to become the first UFE's UK Dual Pro with UFE in Fitness Model and Figure. Hannah who is now UFE's Event Director in the UK was responsible for making the UFE European Championships happen on September 19th However, on the day of the show was the original Canadian crew, who were there to ensure that the competitors in the UK experienced the same kind of fun and excitement that has made UFE so big overseas.



Hayley Winning



Cee Fit Oliver



Top 3 Male Fitness Models

About Ultimate Fitness Events:
Ultimate Fitness Events is a natural fitness and bodybuilding organization based in Toronto, Canada with events in North America, Australia (through affiliation with the ANB) and the UK. UFE was founded in 2007 by Sean Everingham and has been growing by several events each year. For more information visit the website: www.UFEshows.com, YouTube channel, www.youtube.com/ufeshows and Facebook page, www.facebook.com/UFEshows.
For more information contact Hannah@winners2000.co.uk (same info please that goes into the articles written etc.)

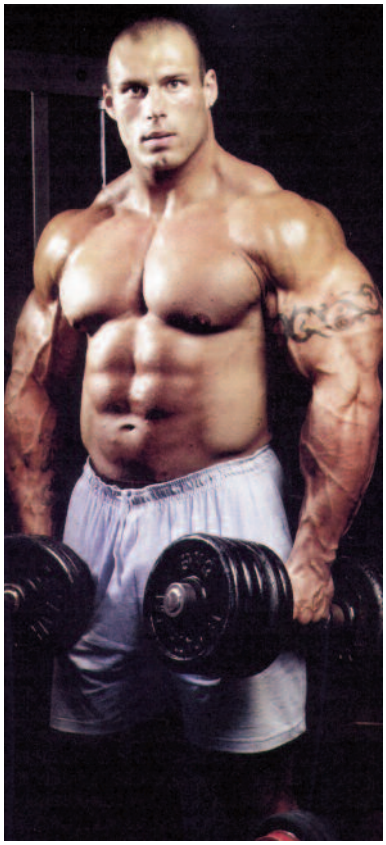
New Profiles

Two brief biogs by John Fearnley

John Fearnley is an author and photographer who has contributed articles and images to this magazine since I took over as Editor and publisher eighteen years ago.
He is a dedicated fan of all strength and fitness sports.
(*If any reader has a story, send it to me. Ed.*)



MORGAN ASTE





1. MORGAN ASTE

A 6'4" 352 lb Goliath and "France's Strongest Man." A very rare big beast indeed who can switch from strongman events to the bodybuilding stage. At the age of 32 and with 24" arms this gentle giant has an incredible torso, with a back that is truly monstrous.

Morgan needs to work on his pecs and quads to truly attain the legendary status of a mass monster.

In 2014 he placed ninth at the Arnold Amateur Europe.

Pumping iron this summer (2015) at California's Muscle Beach, this friendly Leviathan caused quite a stir.



DALLAS McCARVER



2. DALLAS McCARVER

A 6'1" 298 lb Adonis and the world's youngest IFBB Pro.

At age 24 this charismatic stud has the world at his feet.
From Tennessee, he started weight-training while playing college football but decided to make bodybuilding his career.

Dallas has sculpted a physique which is exemplary in its line, symmetry and aesthetics. While his conditioning is incomparable it sometimes comes at the expense of mass. In 2015 he made his debut at the Olympia in Vegas and performed very well placing 13th. out of 24. If Dallas can avoid the many |pitfalls sadly out there then the sky's the limit.



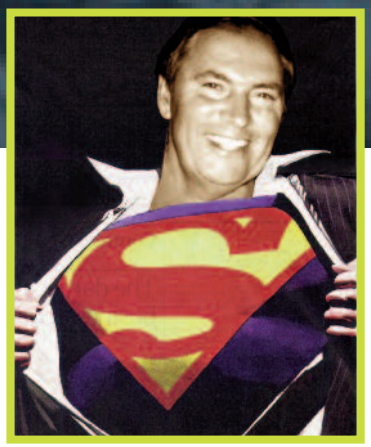


It seems to me that Morgan and Dallas are two sides of the same bodybuilding coin - the former having mass in abundance with freakish, cartoon-like musculature - the latter having symmetry and aesthetics with no roid gut!
Both guys are a massive credit to the magnificent sport of pumping iron but, in the near future, which "look" will the Judges go for?

MUSCLEANEOUS

With DAVID GENTLE
SENIOR FEATURES EDITOR

All photos courtesy David Gentle unless otherwise stated



Our Senior Features Editor, David Gentle, is back in training and with a new typewriter is now refreshed to deliver his inimitable literary skills and immense knowledge for another year. (Apologies for the hyperbolic description, Ed.)

As usual, I have plenty of people to thank for helping me out with information, news and just the friendly gossip which seems to have disappeared nowadays with mobile phones and other technologies of the devil.

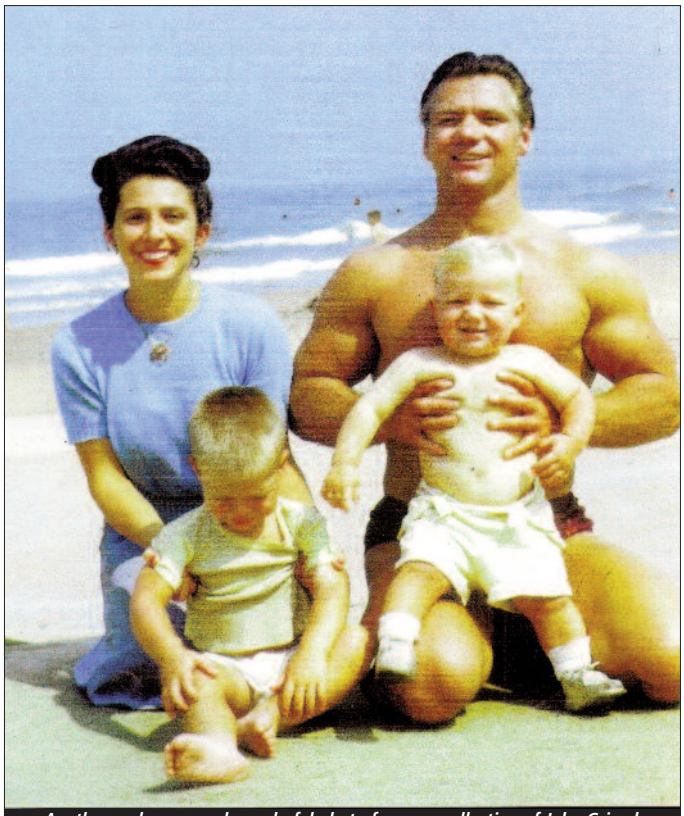
First thanks go to long time H&S supporter Don Cardy from St Ives, the Peterborough one, not the one on the south coast where eating ice cream is compulsory unless the bloody sea gulls don't nick it. Don kindly sent me buckshees in the form of a batch of old muscle magazines which kept me quiet for a while. Don has been buying Health and Strength regularly since 1948 when John Grimek won the Mr Universe.

Incidentally, one reason Grimek won over Reeves in 1948 was his sheer variety of posing, strength stunts and muscle control.

Now I am a great supported of muscle control and did the Maxalding course for many moons, making happy progress and not depleting my nervous system with the then in-vogue, "no pain no gain," and almost torture like routines.



The cover of Maxick's book.



Another early, rare and wonderful photo from my collection of John Grimek and his family. Taken possibly in the late '40s or early '50s.

But I have never claimed like some, usually the advertisers, that muscle control will build you great strength, despite Maxick's book "Great Strength With Muscle Control" which, ironically, hardly mentioned muscle control and instead advised training with weights.



Maxick's physique was impressive for his era.

The most famous muscle controller must always be Maxick, and yes he truly was the master. But long before he did the various alternate tensing and relaxing to make the muscles "wobble" he was a champion weight lifter. Born in 1882, he became a record breaking weightlifter when he made 5 reps with 202lbs: he also pressed 222lbs in strict fashion, and clean and jerked 240lbs, which in "Continental" style he could jerk 251lbs. He actually clean and jerked double bodyweight, lifting 302lbs. At the end of his career he retired and went to live in South Africa.

Thanks to Mark Shaw for his letters and news, mentioning, for example, Phil Heath who won the Mr Olympia for the 5th year running. Even more regular mail comes from Laurie Smith a silent movie fan and Tarzan devotee. Laurie sent us an article on Don Athaldo the Australian king of muscle mail



Don Athaldo.

order which will be used when I can decipher his aboriginal script. He tells me the two wrestlers we could not identify were Andre "The Giant" and "Abdul The Butcher." Sounds like a nice couple to invite to your birthday party. Laurie also gives an example of how movie stars build up their muscles for screen parts, often resorting to the use of steroids as a quick booster for macho roles, only to lose their gains when acting for different role. You might say a sort of "Rent a muscle" business!

Oh how the mighty have fallen. Recently I was making the most of my bus pass, when a load of teenagers invaded the bus I was on. One sensible youngster sat next to me and we engaged in conversation as one does on buses. To impress the accompanying young girls with him I steered the conversation around to, "how I was a reporter (Clark Kent if you will) and how I "knew" Arnold S, showing a photo of the pair of us at some muscle function. But blank faces, no "wows" or similar. "Arnold who?" they said. Then the penny dropped: "Oh, he is that old bloke who advertises with the Meercats on a T.V. ad!" So that was my five minutes of fame gone. It could have been worse as some nutter even put on the "net" the hoax that Arnold had died due to a heart attack. How cruel can you get?



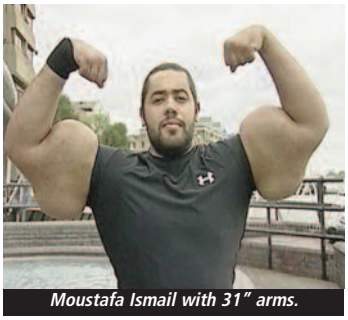
Arnold when he was king of the hill. Now it seems that he is only known by the young as the guy in the Meerkat Ad.

Talking of the after life (as I am) Dave Prowse MBE, the only real Darth Vader, told me a story of when he worked at Fishpond Lido in Bristol. Some guy had committed suicide by drowning, leaving the mighty Dave the lousy job of having to carry and drag the body out of the pool to hand it over to the Police awaiting outside with a ready made coffin. That's variety for you.



Dave Prowse has been a great ambassador for physical culture over the years and is still a very active octogenarian..

I expect by now you have seen that crazy bloke with the oil enhanced arms. It appears the Guinness Book of Records have recognised Moustafa Ismail as having the worlds largest arms at 31 inches. *(Comments to DG at H&S.)*



Moustafa Ismail with 31" arms.



STEVE REEVES
Two photos of Reeves showing him (above) in casual clothes, looking relaxed and walking in the sun; and (right) in the gym around the late 1940s with that great shapely physique.

Here's another short bit I like. At a contest in Mexico one of the discontented contestants leapt off the stage and "duffed up" one of the judges. I like it, this sort of thing would be much more interesting to the audience! Or, would it?

On the scrounge as usual I am writing a book on strand pulling with rubber cables or springs and seek exercise charts like the old Tenby ones. Photo copies would be fine. Thomas Inch sold some super ones, about a metre square on good quality which I once owned but sold them off long ago with regrets.

Usually I get jokes sent to me. This time I had a brief message that made me think for a while. Sorry don't know the author. But here's the joke:

The great Clock

"The clock of life is wound but once,
And no man has the power
To tell just when the hands will stop
At late or early hour
Now is the only time you own
Live, love toil with a will
Place no faith in tomorrow, for
The clock may then be still."

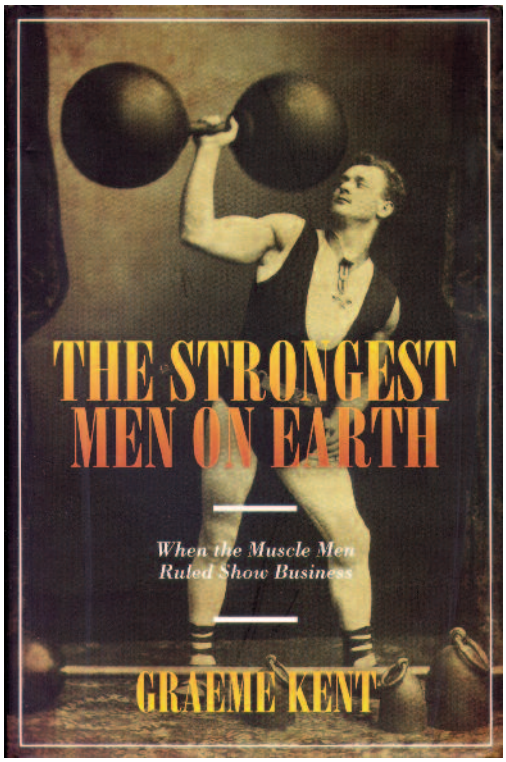
Finally, see photo of NEW book on Sandow, it's a prize for the first individual or club who sends in three new subscriptions for Health & Strength. The book is worth more than a sub, so it's a fair deal. So come on secretaries, hound those guys into taking out a sub, and win yourself a nice collectors book for your library. That's all folks..

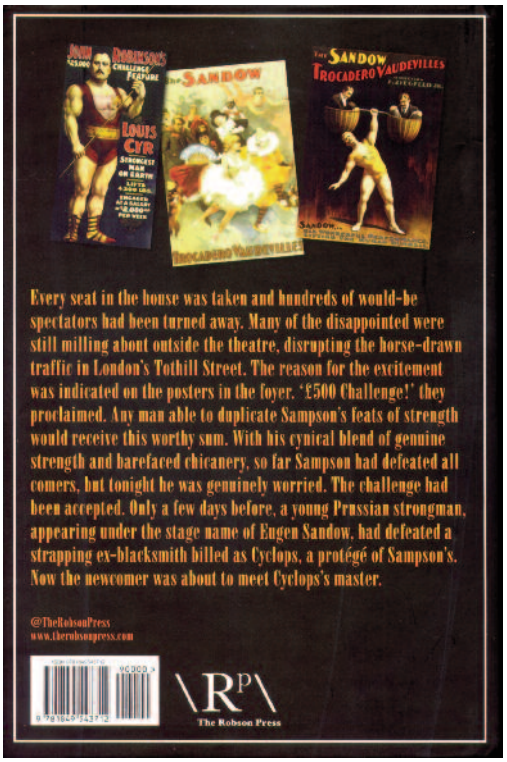
Oh, Have a really great 2016.

© David Gentle for Health & Strength

THE BOOK PRIZE COMPETITION

Conditions: This book will be given to the first individual or club who sends in three new subscriptions for Health & Strength. To enter the prize draw the name and address of the individual (or Club) sponsoring the new subscriptions should be sent to the Editor, address on page 3, together with names and addresses of the three new subscribers and a cheque £60.00 (made payable to Health & Strength). The book winner will be announced in the April issue.

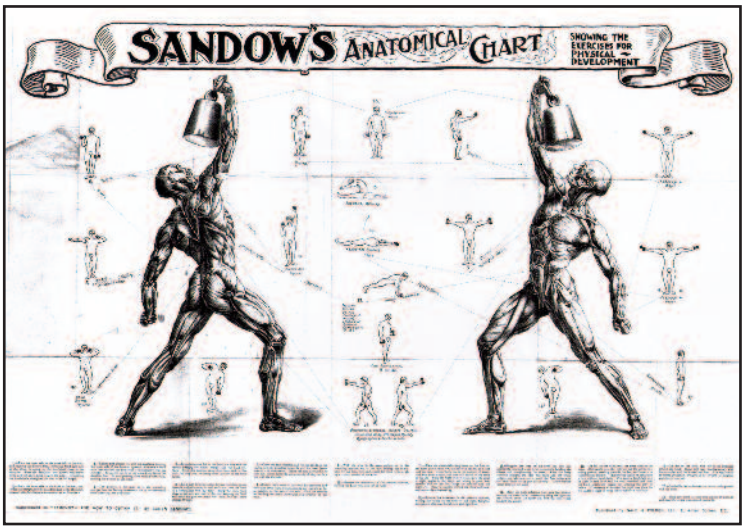




Covers of the new book on offer. The book is illustrated and will be a collector's piece in the future. Also a surprise gift will be included.



Photo courtesy Rob Feesey.



Sandow was undoubtedly the father of modern physical culture and in the late 19th century introduced a system of scientifically based exercises which ultimately developed into the progressive resistance method in use today. He is largely responsible for bringing fitness training into the public domain and the acceptance of this by western society as a whole.

NEWS FROM THE REGIONS

Area Reps:

- **East Midlands: Luke Cotter & Derek Bradshaw;**
- **Lancashire: Bert Copeman & John Smale.**

The Editor would welcome any potential scribe who is sufficiently motivated to send in details of local events. Area which we would like to cover include: Scotland, North-East England, North-West England, West Midlands, Wales, Home Counties West and South England and Northern Ireland.

From Luke Cotter, East Midlands





Physical culture enthusiast, Luke Cotter, our East Midlands rep. Luke continues to send a wide range of news from across the spectrum of weight training and other sports. Photo above shows Luke spreading the message in his new H&S sweatshirt.

Lyas becomes Burton's third national champion



Lyas Smith.

Burton Park ABC had another national champion crowned in Derbyshire when Lyas Smith won the Minors championship.
The 11-year-old won the title with a points win over Dudley Jennings (Moneyfields) in Clowne.
That made him the Burton Latimer-based club's third national champion this season after teenagers Justin Revell and Leo Playford won Schools honours.
Coach Wayne Sharp admitted he couldn't believe how well the season has gone.
He added: "We entered eight lads in championships this season and three of them won.
"With a bit more luck, we could have had five champions.
Billy Revell and Myles Fletcher were both unlucky."

Revell won National Schools honours last season. And, on the club's success, Sharp added: "It is all down to the smart work we do in the gym and the atmosphere we create.

"If you ask kids to train three or four times a week, they have to enjoy it and we try to make it fun for them."

Smith travels from Huntingdon to train at Burton Park and the skills he's learned there were too much for Dudley Jennings (Moneyfields, Portsmouth) in the final of the Minors championship.
Smith (pictured) lasted the pace better in a good fight to win on all three judges' scorecards.
Two of the judges had him winning every round and the other scored it 29-28.

Sharp said: "We expected Jennings to come forward but he sat back and tried to pick Lyas off.
"I told Lyas to do what he does best and keep the pressure on. As the bout went on, his strength started to tell. Jennings couldn't stay with him."

Smith has now won all five bouts and Sharp said: "It was great to end the season with another national champion."

Fourteen-year-old Darram Puncher-Manget is set to be entered in the Junior Development championship, which gets under way in August. The former Schools finalist from Irthlingborough boxed only once this season after breaking his nose.

Gabby-Hanson Hassan



Runner Gaby's cause is close to her heart

A Desborough mum raised hundreds of pounds the Bowel and Cancer Research charity by completing the London Marathon after her friend was diagnosed with colon cancer last year.

Gabby Hanson-Assan, 40, raised sponsorship of £300 for the cause, which she said is very close to her heart.

Her friend Cynthia Omolulu was diagnosed with colon cancer last year and is currently undergoing treatment. Mum of three Gabby said: "Cynthia was in my mind and thoughts throughout the whole experience. It was very emotional."

She crossed the finish line in 3hr 54min, smashing her last marathon time of 4hr 10min achieved last year in Milton Keynes.

Gabby added: "I was pleased and relieved to get to the finish in one piece and felt so strong and proud."

"I enjoyed every single moment. The crowds and the support were phenomenal.

Corby gymnasts secure string of medals in Malta



Members of the dashing Corby Gymnastics Club!

Sixteen Corby gymnasts returned from Malta with a string of medals after a busy weekend of gymnasts.

For many it was their first taste of international gymnastics and they all savoured the experience. Although the standard was especially high this year, Corby managed to return with a team silver as well as various individual medals. The girls, who train up to 16 hours a week with the help of skilful and patient coaches, aim to work even harder for their up and coming competitions this year. Abbie Pedrick, Natalie Quach, Sasha Cahill and Louise Owen battled for second place in their competition.

Pedrick also won herself overall first place in the 13-15 years age group, while Quach jumped into third place overall and took gold on the beam.

Owen also reached third place on beam in the 10-13 years category. Jessica Quach, 15, who was recovering from injury, competed a very high difficulty bar routine for the first time, helping her to place fourth in her category.
Jessica Chambers, 11, has improved drastically since joining the Academy said: "I never thought I would ever get the chance to compete abroad because I never thought I would be good enough to have that opportunity. "I love gymnastics because I can push myself every day to try newer and harder moves.

"I really hope to compete at as high a level as possible nationally. "But my dream would be to get the chance to compete internationally again."

Grace Lyman, the head of squad gymnastics at Corby Gymnastics Academy, added, "It was great for Corby Gymnastics Academy to provide an international experience to so many of the girls.

"The squad is vastly growing and improving and it has been an historically successful year for the club with 12 county champions across all level competitions.

"There has also been a record number of qualifiers for the annual County Championships, which sees the entry of those who have passed the required level of gymnastics.

"It is so great to see the girls being rewarded for all the hard work they put in."

From Derek Bradshaw, East Midlands rep



Deric Bradshaw

One of our East Midlands reps, Deric remains a dedicated advocate of the weight training and healthy lifestyle. As an 80 year-old he maintains a full range of interests outside the gym which keeps him young.

Kamal Magrani



This photos of Kamal taken on stage at a bodybuilding contest in the Middle East.

Kamal Magrani has bought Better Bodies gym located at Northampton. Flex Wheeler was the guest who helped to open the new gym.

Kamal is a former Universe winner and holds a version of a world title. In addition I am reliably informed that he is also a former Overall Asian champion as well.

Vince DeAlessandro's show, the Mr. Apollo and Northants, is on 5th June starting at 2,30 pm. Anyone interested can ring for details on 01536-515766 for more up to date information.

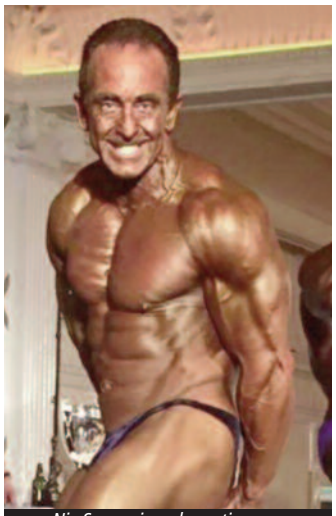
Brandon Marjoram who has been a contributor to H&S has moved to Nic Swann's gym 'Rhinos' at Stamford, where he



Brandon Marjoram in winning form on the posing stage.

hopes to make a better life for his family as, at the time of writing his wife Laura is expecting their second child

By the way, Brandon achieved a world title three years ago.



Nic Swann in a dramatic pose.



A social picture. This photo was taken on 15th October 2015 at a birthday Party held in Bodyshapers gym for invited members. I am sitting with Emma our lovely gym receptionist.

As I mentioned earlier, the date for the Mr Apollo and Northants Physique contest is 5th June 2016, at Wicksteed Park, starting at 2,30 pm. Tickets at £15.

Interestingly, Wicksteed is renowned for it's 60 foot high and 310 metres long zip line. I was challenged to go down this for the Northants radio station which was doing a national day on war vehicles.

My health and strength was called into question, tested and answered for the Call of duty. Before the descent a paramedic took my pulse: I registered 60 beats per minute, but it was somewhat higher at the finish! (Regular readers will know I am in my early 80s now.)

So anybody visiting Wicksteed Park for the show can take a shot at for a really healthy challenge.



Pencil drawing by Charlie Wellington.

This is a brilliant drawing by 17 year-old Charlie Wellington one of our members at Bodyshapers Gym. Charlie is 6ft 5inches tall and weighs 17 stones; he has 20inch calves(!) and good overall potential for the future. His dad, Jason, is a rugged and very strong trainer.

Here are three classic bodybuilders from earlier eras and I admire their shape and symmetry.



Mike O'Hearn



Photo courtesy Rob Feesey

Armand Tanny



Photo courtesy Rob Feesey

Clancy Ross



Editor's note: Apart from being a keen supporter of health and fitness, Derek is also vice chairman of his local Armistice Committee and had a very busy time during the Remembrance Day organisations last November. It is good to know that some bodybuilders contribute to activities outside the gym.

From John Smale, East Lancashire rep



John Smale

John is a regular contributer with news from the Burnley area of Lancashire.

Ex-Burnley student and lifestyle fitness coach takes on England's best



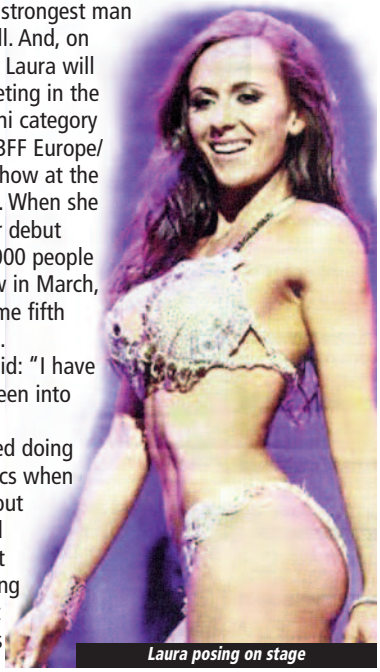
Laura looking elegant in evening dress.

Laura Claire Simpson

A FORMER Burnley student is mixing her brains with her beauty as she flexes her muscles in the same stable as the UK'S strongest man.

Laura Claire Simpson, 28, works as a human resources business partner for Alexander Mann Solutions at the Royal Sun Alliance Insurance company in London. But in her spare time she is a lifestyle fitness coach with around 12,500 followers on Instagram.

The former Habergham High School student is sponsored by ProteinDynamix who also back the UK'S strongest man Eddie Hall. And, on Saturday, Laura will be competing in the Diva Bikini category of the WBFF Europe/ London show at the 02 Arena. When she made her debut before2,000 people at a show in March, Laura came fifth out of 15.



Laura posing on stage

She said: "I have always been into fitness.

"I started doing gymnastics when I was about eight and trained at kick boxing for about five years from the age of 12.

"I studied sports science at Hull University which gave me a massive understanding about diet and how the body works."

Laura, who lives in Horndean, Hampshire, added: "While I was a gym regular and did lots of running, two years ago I decided to get into body-building. Immediately I started seeing changes in my body and in my confidence and I was hooked.

"When my mum Gail passed away last November I decided to set my mind to doing something I hoped would make her proud so I set my sights on competing at the highest level.

"I don't do any fad dieting and I teach my clients how to enjoy favourite foods whilst still losing weight through flexible dieting. "It's important to take care of yourself but it's also important to enjoy life. And that is something I help my clients with. "I have dropped almost 10kg and still eat my chocolate every day!"

To follow Laura on Instagram for health and fitness tips go to: laura_simpson0. And to see a video of Laura and the ProteinDynamix team including Eddie Hall go to: www.lancashiretelegraph.co.uk



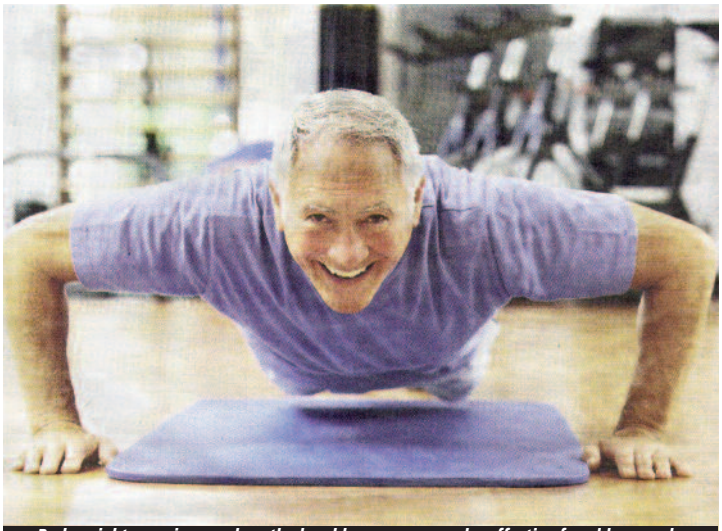
Laura hits the weights in the gym.

Original article by Pete Magill peter.magill@nqnw.co.uk

FIT FOR LIFE
IT'S NEVER TOO LATE TO CHANGE!

We all over-indulge from time to time - whether it's that extra glass of wine, an extra portion of dessert, or too many late nights. And as you get older, it takes a greater toll and it's harder to recover. There' s nothing wrong with a bit of indulgence - but balance is the key! Some of our indulgences become habits and it' s often then difficult to change, yet a few minor lifestyle adjustments can make a world of difference. However, forming habits isn't always a bad thing and it's never too late to introduce the exercise habit into your routine - and the benefits are huge. Studies have shown that regular exercise provides many health benefits and that older adults will gain a lot by staying physically active. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging.

Being physically active can also help you stay strong and fit enough to keep doing the things you like to do as you get older. Making exercise and physical activity a regular part of your life will improve your health and help you maintain your independence as you age.



Bodyweight exercises, such as the humble press-up, can be effective for older people. It is important, however, to do all exercises correctly with proper guidance

I'd like to see people viewing exercise as a normal part of their day, something that you just do as part of your routine. But It shouldn't be seen as a chore to be dreaded, but as a bit of "me time" that you look forward to.

At Crow Wood I see a lot of older people who attend daily with their friends. When they finish their class or workout, they tend to stay in the lounge, making the whole experience much more social and enjoyable

Regular physical activity and exercise are important to the physical and mental health of everyone, especially older people. It will produce long-term health benefits for all and even improve health for some older people.

Despite this, some older adults are reluctant to exercise, fearing that exercise will be too hard or that physical activity could be detrimental.
The truth is that the real risks are associated with "taking it easy".

For the most part, when older people lose their ability to do things on their own, it doesn't happen just because they've aged. It's usually because they're not active. So get up, get exercising and give it a go: *it's never too late!*



Janine Philip.

Original feature by Janine Philip, gym manager at Crow Wood Centre.

PRECIOUS McKENZIE

A short appreciation by Bert Copeman

My personal tribute to a great sportsman

It was nice to her that our old H&S favourite was doing a visit to our shores. In fact not very far from our HQ (in North Yorkshire); part way to the superb Lake District where he stayed with friends in Staveley and trained at a local gym in Kendal.

Precious gained his citizenship in the early 60s and went on to represent England in the Bantamweight Division of Olympic weightlifting in the Commonwealth Games in Jamaica, where he famously won the gold medal.

He then went on to win many titles and found the recognition that was absent for so long. He continued with a career filled with numerous prestigious titles and medals; these were added to with glowing accolades which culminated in his award of the MBE, presented to him by Queen Elizabeth in 1974.

Precious and is family currently live in Auckland, New Zealand, and when he is not lifting or competing he still travels internationally to lecture on correct lifting techniques and the prevention of back injuries in the workplace.



Precious at home in New Zealand.

His achievements include:

• Gold Medals

1966 Bantamweight - Commonwealth Games, Kingston
1970 Bantamweight - Commonwealth Games, Edinburgh
1974 Flyweight - Commonwealth Games, Christchurch
1978 Bantamweight - Commonwealth Games, Edmonton

• Olympic contender for Great Britain

1968 Mexico
1972 Munich
1976 Montreal

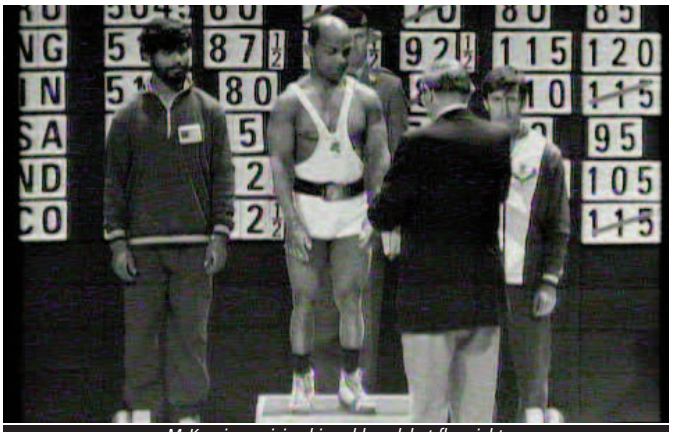


With his coveted MBE award.

• On the Winners rostrum

9 times British Weightlifting Champion
10 times British Powerlifting Champion
5 times World Powerlifting Champion
8 times World Masters Powerlifting Champion
Current World Masters Weightlifting Champion

He was inducted into the World Hall Of Fame for his achievements in Powerlifting.



McKenzie receiving his gold medal at flyweight.



Although not a bodybuilder, Precious was not wanting when asked to throw up a double biceps pose.



The completion of a clean an jerk lift (with possibly Al Murray in the background).



As the very appropriate torch bearer at the opening of a sporting event.



Two truly great personalities in their respective sports: Precious McKenzie supporting Muhammad Ali.



McKenzie in the presence of Royality with Princess Anne.



Precious strove for good technique in all his lifting events, whether as here in the Olympic snatch or in powerlifting.



The weight in this deadlift is not known, but Precious always liked a challenge.



Another five action still of Precious in the jerking phase of the clean and jerk.



Two great champios seen together again.

AN EPIC HISTORY OF HEALTH & STRENGTH MAGAZINE

- PART FOUR -

by Malcolm Whyatt, D.Phy., M.A.I.C., Edn.

Editor's note:
This a major historical review of the origins and development of the magazine since its inception. It is a lengthy article and space only allows for a limited publication of the main aspects of the journal (the oldest of its kind still in publication) to be printed in one issue. Therefore the article will be spread several editions throughout 2105/2016. *Roy Edwards.*

PREAMBLE..

Readers may recall at the end of part three I was referring to the exercises we used to do in the past. The story now continues with this section which concludes the first section.

We did fly-overs over 5 bar gates, upstarts on tree branches forward somersaults over walls and sideway rolls over hedges; swung from trees, swam rivers, hand balancing and acrobatics in swimming pools and sandy bays by the sea. But who could compare with the great act 'Les Trois Des Milles' composed of Reub Martin, Len Talbot, Sammy Perkins and Rusty Sellers.



Reub Martin who all travelled the world enthralling passengers on cruise ship, theatre audiences, and of course at the NABBA Britain, Universe and Area shows.



The impeccable Norman and Sylvia Hibbert: 'The Zeetons.'

Norman and Sylvia performed world wide. They appeared on stage at the NABBA Mr & Miss Britain and the Mr & Miss Universe, and as extras in films, notably in James Bond and Hitchcock movies.



The exemplary Barney and Jack Norman 'The Romano Brothers' (assisted by Oscar Heidenstam).

The Romano Brothers, Les Peters breathtaking act, hand stand climbing one by one, using alternative hands to pick giant domino dice to build a ten foot high stack and then back down again! Amazing! And who remembers Ted and Hilda Aston known as 'The Durantes' a remarkable and highly amusing act. I'm sure there are many readers who remember Ted complete with a skull cap pulled down over his head and mimicking a gorilla wandering across the stage. He had the audiences rolling with laughter, including Oscar, myself and others backstage; then he immediately returned to his professional act. His coup de grace was on a pedestal high up, balancing one handed with just his index finger stuck in a beer bottle!



Ted Aston of the Durantes.

Les Peters' act with giant-sized dice hand balancing while building a 10 foot high giant sized dice pyramid one at time going up and then back down!

Other acts on stage included the The Carsonys Brothers who came from Vienna, and were Top of the Bill in the late 1940 - 1950's.



Carsonys Brothers

Additional acts include Acrobatics, Skipping, Judo, Karate, Chinning and dips Press-ups contests, Strand Pulling, Wrestling, Trick cycling and Roller skating on a circular plinth - PLUS the NABBA Mr. & Miss Britain & Universe bodybuilding Finals.

In 1950 Ken Webster was the first NABBA Secretary:
From 1951 to 1955 Laurie Webb, apart from being the H&S League Organiser, was also appointed NABBA Secretary.

Laurie also arranged the H&S Leaguer's Summer Camps and Rallys for family holidays at Bob Woolger's 'Sunshine Corner' holiday camp, Hayling Island, Portsmouth, in Southern England. The cost including the entertainment was £10 for the fortnight; £5.5s (£5.25p) per week and for children and under 3 years £1,10.0s (£1.50) a week; and for 2-7 years £2.10 (£2.50); those were indeed these were 'The 'Good Old Days'.

The camps were also well equipped for 'out of doors' activities, weight-training, gymnastics, hand-balancing. fencing, tumbling, tennis, swimming, Volley ball etc. Top coaches were on hand Bob Woolger a former WWII PTI of Southsea, Southern England,

1955 Laurie became the Circulation manager for Link House Publications Ltd London, who were the publishers of Health & Strength and also financed the NABBA Mr & Miss Britain and Mr & Miss Universe contests up to 1967.



Laurie Webb was born 16th April 1912 and died, 16th June 2000 aged 86yrs. His friendship, achievements and service on behalf of countless thousands will always be remembered.

They were the publishers of Health & Strength from 1928 to 1967 and published over 20 other titles such as Exchange & Mart, The Bodybuilder, Bodybuilder & Weight lifter, Health & Efficiency, Caravan & Camping, Cycling, etc.

1965 was the final H&SL Display 1967. After The Health & Strength League (H&SL) celebrated it's Diamond Jubilee (60th year) it closed. I kept in touch with Laurie and we shared many memories.

1969 was first time the NABBA emblem was published on the programme front cover.

The Health & Strength League ceased in 1966 after celebrating its Diamond Jubilee 60th year 1906-1966

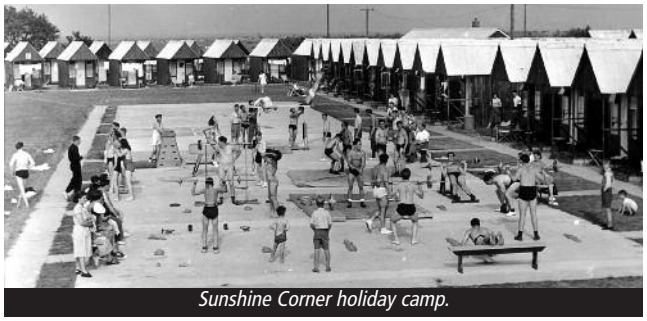
1929 to 1967 was the 36th annual and final Health & Strength League Display

1951 The H&SL listed over 250,000 registered members; 1906 – 1967

The magnificent Health & Strength League (H&SL) in 1951 listed over 250,000 registered members; after which no other figures were published (although I have varying figures from 1906). The largest circulation of H&S was in India! followed by the UK, Malaysia - Singapore, France and other European countries.



Al Murray UK Olympic coach seen with Laurie Webb, Oscar Heidenstam and others above, (plus Reub Martin), were all former WW2 PTI's and also supreme hand balancers.



Sunshine Corner holiday camp.

BRIEF PROFILE: John Magee



The two John Magees: on the left before serious training and on stage with Martin Spence.

My name is John Magee. I have chosen to enter this competition for many reasons *(referring to a recent NIFMA contest, Ed)*.

When I was five years old, I suffered a brain injury after a fall and my parents were given the devastating news that the right side of my body would be paralysed permanently.

Doctors insisted that I would never be able to do what other children my age took for granted, like playing soccer, sports or riding a bike, but I persevered with the help of my mother and late father, determined to live as normal a life as possible despite the physical challenges of everyday life.

Eventually, after physiotherapy, I regained the use of my leg, although there was now a difference of 1 3/4 inches compared to the length of my left leg.
My mother, Jennifer, even bought me a bicycle, which she taught me how to ride by taping my foot to the pedal. Very soon I was able to cycle normally like all the other children my age.

However, despite all the years of physiotherapy, I never regained any use in my right arm or hand, which, as I got older, left me very confused about my situation, as many of the everyday things other people take for granted, were a physical challenge for me to overcome.

Even though I was laughed at, made fun of and called names, I vowed that I would never let my disability hinder me, or stop me trying new things and a few years ago I decided to try out physical strength training through weight lifting and boxing. This was daunting at first - any able bodied person will find it physically and even mentally demanding to lift weights, but I had the use of only one arm. The same applied to boxing, which requires the use of both arms for punching and countering, or good strong legs for footwork.

I worked hard to get through this, training most days in a local club and was soon hooked. Using wrist-straps and a strict training regime, and following the advice of others I have overcome the obstacles I initially faced.

Finally, I decided to challenge myself in a way that took me even further from my comfort zone. I had seen bodybuilding competitions before, but never thought I could enter one. So last March, I started on a programme with my trainer Declan Mount, who devised a strict workout and diet routine for me, and for the last 6 months I have been training every day. I have dropped to 12.5 stone and developed a lean physique, leaving me in what I feel is the best shape physically and mentally, than I have been in years. I set out on this road to prove to my friends, my family and me most importantly, that someone with a disability like mine can do this and do it just as well. Without doubt the path will be harder, and the climb longer, but there is no reason not to try. Hopefully I can prove that the goals are not impossible to achieve and no matter what, I feel I can be proud of myself.

THE BEAUTY OF THE MALE PHYSIQUE

A SHORT PERSONAL REFLECTION BY JOHN FEARNLEY

Can a man be beautiful? After all, it is the female body that is celebrated and worshipped for its sensuality and sexuality in art and popular culture. On celluloid it is the woman who is the' sex bomb' and the man a poor accessory. But could times be changing? Nowadays a man can't be a Hollywood film star without a buff body and shirtless scenes seem to be compulsory and desirous.

Men can be beautiful and nowhere is this more apparent than in the magnificent sport of Bodybuilding. For is not the end result of pumping iron the beautification of the male body and the creation of a sublime work of art. It might be a stretch too far to describe a bulging mass monster as beautiful but amid all that beef there is still a sublime aspect.

Both female and male bodies are miracles of life but the urge to improve and enhance them overflows with artistic merit.

A young man views and takes the raw material and with supreme effort and worship creates and builds something close to perfection; he enhances all the muscle groups - traps, delts, lats, bi's, tri's,pecs, abs, glutes,quads, hams and calves - and creates an overall package that is truly beautiful. He then finishes off with shaving and tanning to present his self-product to the very best advantage.

The young man has tried valiantly to make his shoulder to waist taper as good as it gets and desired to get everything in total balance - a work of art in itself.

The Greeks and Romans celebrated and deified the male form and this continued into The Renaissance - think of Michaelangelo's David - the perfect man. Since then the female form has become the defining object of beauty.

Could we be experiencing another culture change and that it is now the male which is lauded and deified.
I would argue that every bodybuilder is beautiful and has the essence of beauty whatever his dreams and desires. Out of the ordinary he has created the extraordinary.

The Editor believes this concise statement by John Fearnley raises some interesting points about the current thinking underpinning bodybuilding which will be addressed in future issues of the magazine. *REE.*

LETTERS
Continued from page 5.

Letter from Rolf Waern, continued.

... photo taken a few months ago in Narbonne on the coast.

Yes, I remember George Eiferman of course and seem to know the third guy as well but can't put a name on him.

Yes age does things to you, no doubt about it, strength disappears, different health problems arrive, but we do our best to get along even if we don't do everything we know we should - not easy to watch everything when you know you don't have that many years left!
I drink too much wine and eat too many sweets, I know, but at least I'm aware of it! I do try to keep in reasonable shape with light exercises etc., but everything gets more difficult and the weights lighter and lighter!! I turned 80 a month ago so am now getting quite old as David Gentle), he's a couple of years older than me I think and is not in the same shape he used to be either.

Well, we are still here anyway and still manage to take care of most things and hopefully we'll go on like this for a few more years to come.

Anyhow, I hope you can keep up the good work for a long time.
Enjoy your weekend...

Photos: Rolf at Biarritz on his birthday in September (2015), and Betty on the bike in Narbonne.



Rolf, now 80 and still working out.



Rolf's wife Betty likes to keep active.

With Rob Feesey • Natural Bodybuilding Champion and personal trainer

The ANDY HALLAHAN Interview: Part#4



Author Rob Feesey still in great shape, is a former multi-title holder and natural-for-life bodybuilder and personal trainer. He still competes on a regular basis and is also a contest judge.

This is the final part of my long but important article featuring an active Masters bodybuilder (and natural for life physical culturist).



Andy Hallahan one of the best UK llightweight bodybuilders today.

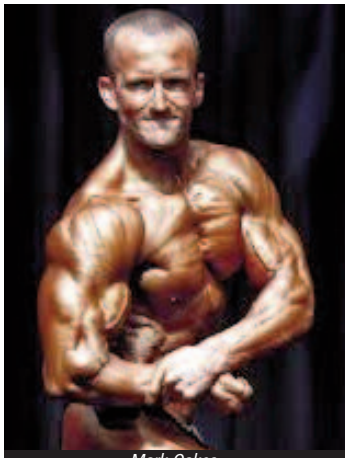
Continuing with my selection of natural bodybuilders, my fourth choice has to be the 'The Ultimate Natural' Andrew Merrifield, 2006 NPA Overall Champion at 70kg and UIBBN World Lightweight Champion. Despite his 70 Kg frame, he owned quads that where exceptionally well developed, his overall conditioning was second to no-one, but it was his



Andrew Merrifield.

dramatic posing that caught everyone's eye, he went on to produce a guest spot 'Predator' routine that literally tore the house down whenever he performed his routine which was a show in itself, perfection personified.

I am cheating a little with my fifth choice, I am torn between Mark Oaks and Andrew Palmer, but I am going to include both, both are seasoned, experienced bodybuilders, with numerous British and World Titles between them, totally professional in their approach to diet and training, notably Mark Oakes



Mark Oakes.



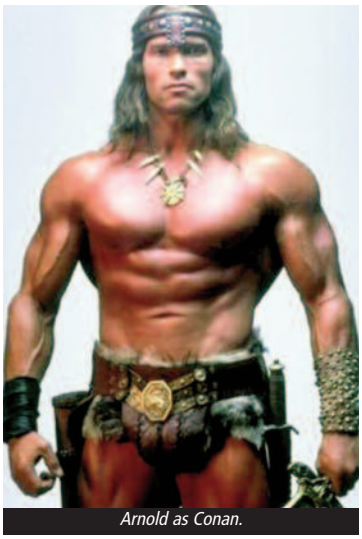
Andrew Palmer.

winning 2013 World Pro WNBF Bantam weight title in America; they both carry hard, dense, granite-like grainy muscle, which takes years of dedicated training to obtain, few bodybuilders achieve this condition, with the exception of Rob Feesey who was one of first bodybuilders to achieve this thick, granite like dense physique.

Q12. Name your top 5 assisted bodybuilders and give reasons why?
AH. It has to be ***Arnold Schwarzenegger:*** he is a bodybuilding legend personified, if it were not for him I do not know if bodybuilding whether assisted or natural would be as popular as it is now, even though it is still regarded

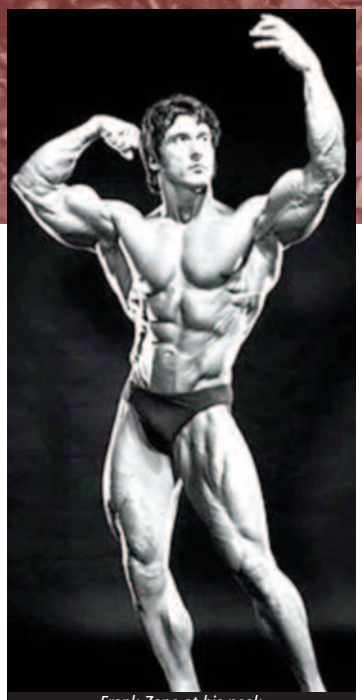


Arnold at the top of his game.



Arnold as Conan.

as a fringe sport. He had the charisma, talent, and personality to promote bodybuilding as a sport/pastime to the masses and went on to achieve success in classic films such as Conan the Barbarian and the Terminator franchise, he even achieved success as a politician, attaining the position of Governor of California for eight years, so a true legend.



Frank Zane at his peak.

I admire ***Frank Zane,*** even though he was thin boned and had a frame not seen as genetically suitable for bodybuilding but achieved an aesthetic, athletic, some say beautiful physique who posed exquisitely, so much so that against all the odds, at less than 200 lbs, won 3 Mr Olympia's 1977-1979, beating the legend Arnold, and had a successful career spanning 20 years.

Franco Columbu, at only 5ft 2' managed to win 2 overall Mr Olympia titles, a truly talented sportsman, Italian Amateur boxing champion, who came 5th in the first World Strongest man competition and despite dislocating his leg, held World records at both Powerlifting and Olympic weightlifting at 87kg with best lifts of 238.35kg Bench, 297kg Squat and 340.5 kg Deadlift, another legend from the pumping iron era of bodybuilding.



Franco Columbu.



Dexter Jackson.

Dexter Jackson 'The Blade' at only 5ft 6' came 3rd at 2007 Mr Olympia and was commented by pundits that he did not have the size to win a Mr Olympia Title, but he proved the doubters wrong by winning the Mr Olympia title the following year beating the massive Jay Cutler, carries great mass and thickness for his size but always nails the conditioning which some assisted bodybuilders fail to achieve, he is still competing today, recently winning the 2015 Arnold Classic.



Ronnie Coleman.

My final assisted bodybuilder has got to be the massive ***Ronnie Coleman,*** holds the record for the most Mr Olympia wins with Lee Haney with 8, but holds the record for the most IFBB Professional wins at 26. Weighs in at a massive 140kg contest weight, no real weaknesses and comes from a normal working background serving as a police officer for 11 years, a real character who attends body-building Expo's all around the world, shook his hand at the 2013 Bodypower Expo at the NEC Birmingham, a great day out for all weight trainers or budding bodybuilders.

Q13. Do you have any more sporting goals?
AH. I am having a year off from competitive bodybuilding after eight straight years and am looking at completing the 3 peaks of Ben Nevis, Scafell Pike and Mount Snowden in 24 hours with prisoners from HMP Hewell to raise vital funds for charity. At 51 years of age I am just so grateful that I still have the physical capacity and drive to hit the gym on a regular basis, as you age your agility and reaction times deteriorate, important components in most sports, but strength and power can still be maintained, that's why older athletes who take up bodybuilding can still achieve creditable results. My main goal now is to remain fit and healthy and free from injury and disease, natural bodybuilding assists me in achieving this aim.



Andy Hallahan.

Q14. Are there any other sports that you wish you had taken up or any unfulfilled ambitions that are not sport related?
AH. The relatively new sport of 'Cross-fit' is an activity that I wish I had taken up, a mixture of strength, fitness and skilled moves, since I have a high aerobic capacity, linked with good core strength and stamina, I think, with training I could of achieved creditable results. Even though I teach Physical Education to Prisoners at HMP Hewell, I would like to specialise in more one to one personal training, helping others achieve their physical goals and ambitions, passing on gained knowledge and experience to students/clients who are willing to listen, change, adapt and ultimately achieve, whether it be running their first 5k, or competing in their first ever bodybuilding competition.



Andy Hallahan in winning contest condition.

Q15. Would you consider becoming a bodybuilding judge?
AH. At 51 I have only a few more years left at competitive bodybuild-ing, we all have a shelf life, once I have hung up the show trunks I would consider becoming a bodybuilding judge, I have the greatest of respect for all the judges at natural shows who give up their free time normally for free, to judge comparisons and the final evening show, without them the sport of Natural Bodybuilding would not exist. It would be an honour to give something back to the sport of Natural Bodybuilding, and by judging, you are promoting and encouraging new raw talent to the sport.

Q16. There is a lot more to having a great physique, than just looking good, what has it given you?
AH. To achieve a physique worthy of winning a World Natural Bodybuilding Title, takes years of total dedication, to put size and mass on naturally you have to follow a high intensity, progressive and punishing training schedule, fuel your body continuously with the correct amount of macro-nutrients day in day out, year in, year out to give you every chance of gaining as much mass that you can genetically attain; no point in training hard on an empty fuel tank, waste of effort and time. Ensure your recovery is sufficient to promote gains, 7/8 hours sleep to ensure maximum growth and recovery. Ensure you monitor and change your training regime depending on goals, time of season and work on your weaknesses. Once you have achieved the physique you have always aspired to, get on the stage and pose like your life depended on it. To achieve a natural, great physique, I have to ensure I keep my metabolic rate high, it keeps me focused both mentally and physically. I also ensure I keep active: I take my dog out every morning, eat healthily, train 4/5 times a week on free weights/ machines, carry out 2/3 CV sessions to ensure general fitness and conditioning - all this gives my life structure and purpose.

Q16. Is there anyone you would like to particularly like to thank who has helped you on your bodybuilding journey?
AH. I would like to thank Michael Phillips, Chairman of the Natural Physique Association, the only Natural governing body which promotes total life-time drug free bodybuilding; both Michael and his wife Diane work tirelessly through-out the year promoting local area shows, culminating in the NPA British Finals, showcasing the best natural physiques in the country. Without the NPA, I would not be writing this article today. I would also like to thank, Lee Kemp, Chairman of the United Kingdom Drug Free Bodybuilding Association who again works tirelessly to promote drug free bodybuilding both nationally and internationally, giving British Bodybuilders the chance to compete in America in either the INBF or WNBF World Championships and gives the top bodybuilders of Britain a chance to gain a Pro Card to compete with the best in the World. Lastly I would like to thank my wife Sue who has put up with eight years of intense training hours, and dieting, and also supports me at all shows; she is a meticulous tanner who also critiques all performances with total honesty whether I want to hear it or not. Always make every day count, don't waste time counting the days.

UIBBN World U/65Kg Open Champion (Italy) 2014

POT POURRI
and other bits...

OH, WHAT A PITY!
NO CORRECT ANSWERS FROM THE "GUESS WHO" QUIZ IN OCTOBER 2015 ISSUE.



The names of the above athletes from left to right are: George Eiferman, Charles Krauser and Joe Gold.



Clancy Ross came to prominence in the mid 1940s. and paved the way (with others) as the 'template' for modern, post war bodybuilding.



Arnold Schwarzenegger, probably the last of the big men who during his contest years maintained his size, shape and symmetry to produce the final statement of male aesthetic. Surprisingly, it would appear that many young bodybuilders only recognise him now for his TV advert with the Meerkats!



Mohammed Makkawy: one of the best of the small men of his era.

NIFMA
Northern Ireland Fitness Model Association

SHOW DATES 2016

NIFMA Mr & Miss Ireland Championships 13th March 2016
Venue: The Devenish Complex 33-37 Finaghy Road North, Belfast BT10 0JB

NIFMA Mr & Miss EUROPE Championships 5th June 2016
Venue: Queens Hall West Street Newtownards BT23 4EN

NIFMA Mr & Miss NORTHERN IRELAND Championships 4th September 2016 - Venue: The Devenish Complex 33-37 Finaghy Road North, Belfast BT10 0JB

NIFMA Mr & Miss Bikini/Swimwear IRELAND Championships 30th October 2016 - Venue: ALSAA Sport & Fitness Social Centre, Old Airport Road, Dublin Airport, Co. Dublin

NIFMA Mr & Miss WORLD Championships 27th November 2016 - Venue: The Devenish Complex 33-37 Finaghy Road North, Belfast BT10 0JB

Martin Spence
Founder Of NIFMA
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Tel:07708704331

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"The only thing in life achieved without effort is failure"

"Do something. Either lead, follow, or get out of the way!"

"It takes a lot of time to really achieve instant success"

"You cannot control the length of your life, but you can control its breadth, depth and height"



WE ARE PASSIONATE ABOUT WHAT WE DO AND WHAT WE REPRESENT



Martin Spence at the microphone.
Martin Spence founded the NIFMA and runs regular competitions for fitness models. Shows take place in Northern Ireland and for further information contact Martin at the address above.

Are youre interested in joining NIFMA?
For more information contact:
Martin Spence, Founder of NIFMA
at: www.NIFMA.com & info@nifma.com
Tel:07708704331
Martin Spence
FOUNDER OF NIFMA
Tel:07708704331

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Martin Spence (centre) with some of the Bikini competitors in a recent NIFMA competition.



Two line-ups from another popular recent NIFMA contest held in Northern Ireland.

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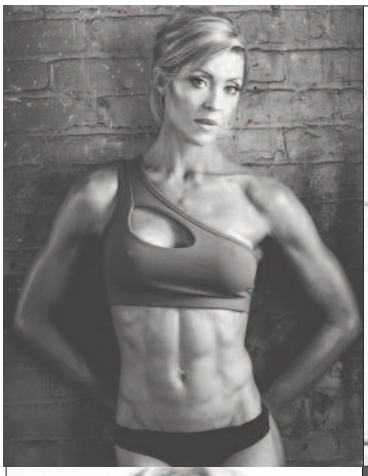
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Below are three brilliant physiques from the 2015 Yorkshire Championships. For the names of the competitors below and details of the NPA go to: npa-bodybuilding.co.uk













FOR THE LADIES

Whatever you want your body to look like, contact Hannah Bryant (above) for professional and realistic advice: hannah@winners2000.co.uk





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