

Superlifting

1. INTRODUCTION

It is my pleasure to introduce you to Superlifting, an entirely new concept in the evolution of powerlifting. For many years I have witnessed the slow but steady decline in the popularity of powerlifting amongst both athletes and spectators. From its heyday back in the late '80s and early '90s, powerlifting has inexorably dwindled in popularity to where it has now become a small, highly fragmented and politicized sport which draws very few spectators apart from the friends and families of the athletes themselves.

During this same period, the sport of Strongman has become a worldwide phenomenon with a regular international TV audience of many millions and with an athlete base that consists of mainly ex-powerlifters. It became clear to me that powerlifting in its present form (which has hardly evolved at all over the last 40 years, apart from the introduction of ever more supportive gear) was unable to compete with strongman for popularity.

I realised that fundamental changes needed to be made to powerlifting if it was ever going to regain some of its lost popularity or at least start growing in a positive direction again. Slowly but surely the ideas that I'm about to present to you today evolved into what I call Superlifting. But first, let's look at what I believe is wrong with powerlifting in its present form.

2. SO WHAT IS THE MATTER WITH POWERLIFTING?

Before I elaborate, let me make it perfectly clear that it is not my intention to do harm to powerlifting in any way by what is to follow. On the contrary, I'm sure that those of you that know me will have no doubt that nothing could be further from the truth. Powerlifting is truly part of my DNA and I will probably remain involved in this sport for as long as God gives me the health and energy to do so.

2.1 Powerlifting is boring

There's no way that I can sugar coat this fact. Sure, for most of us that are intimately involved in powerlifting, it is highly entertaining to watch. For the general public, however, it soon becomes as exciting as watching paint dry. Unfortunately, if you've got bored spectators or worse, no spectators at all, then you've got a massive problem. It is almost impossible to bring money into a sport if nobody watches it. The only thing that sponsors worry about is maximizing exposure for their products or services. Their return on investment for sponsoring a competition in some obscure school hall with thirty spectators, all of whom are in some way affiliated with the athletes is virtually zero.

To solve the problem of boring powerlifting competitions, two main things must be changed. Firstly, there's the question of selecting a suitable venue for hosting a powerlifting competition. For as long as I can remember, powerlifting competitions have always been hosted in gyms, school halls, obscure sports centers or, if you're lucky, in the conference room of a hotel. These venues might be suitable for the athletes but they are entirely inadequate for spectators. If you've got a sport that is, apart from the odd moment, not very exciting to watch and which is hosted far away from the general public in some remote location, then you can't be surprised if nobody shows up. You've got to take powerlifting to where the people are. Look at strongman. Strongman competitions are almost always hosted at

very public venues like shopping malls and show grounds. Powerlifting needs to do likewise if it wants any chance of bringing the spectators back.

Secondly, powerlifting is long winded, over-complicated and too fragmented into different categories. You cannot hope to keep an audience captivated from 10am to 6pm. Competitions need to finish much sooner than that. Also, by having dozens of different weight divisions and age classes you only create confusion. A spectator does not understand all the different categories and classes, not to mention the highly complicated scoreboard (if a scoreboard is present at all). Even I, as a very experienced athlete, find it almost impossible to interpret a powerlifting scoreboard at a glance without physically walking over to it and then spending a number of minutes figuring out exactly who's who and what's what. An uninformed spectator has got no chance of doing likewise. The result is that your audience has almost no way of following the competition.

2.2 There's too much politics and red tape

I have seen it happen too many times in the past where prospective athletes are burdened with so much red tape that they just don't bother. For instance, I've often had a guy come to me a week before a competition saying that he used to compete a few years ago, saw the meeting flyer on the gym wall and wants to give it another shot. It always saddens me to have to explain to such a guy all the hoops that he needs to jump through before he can compete.

Firstly, he is not affiliated. Technically, he needs to have affiliated before the end of February if he wants any hope of competing for that entire year. If he wants to compete now, later in the year, he's out of luck. At best he can hope to get away with paying a penalty affiliation fee of R400, instead of the normal R200. Furthermore, he needs to also affiliate with a club, which in all probability he isn't currently a member of.

The second hurdle facing this guy is that he needs to have entered two months before the competition and have paid his full entry fee one full month prior the show. Once more, he's out of luck and I have to tell him sorry, but come back next year. Again, look at strongman. If you want to compete at a strongman competition, you show up that morning, pay your R100, put on the sponsor's t-shirt and off you go. Simple as that.

Then, if my hypothetical athlete actually gets this far, I have to tell him sorry, you can't lift with that Crain squat suit because Rickey Dale Crain did not give the IPF a couple of thousand Euros this year to have his gear re-approved. (The exact same gear that was approved last year, might I add). Instead, he needs to buy a Metal or Inzer suit for R1800. Oh, so you don't have R1800 right now? Well, then you need to lift in a singlet. You don't have one? Tough luck, you'll have to find one. And oh yeah, that old pair of wraps are no good. Sorry buddy, but you'll have to get a new pair from Titan for R450. And that t-shirt of yours has got a collar. Sorry, but you can't lift with that. Another thing, you'll have to take that beanie off. You're not allowed on stage with anything apart from hair on your head.

2.3 Drug testing scares away athletes

Let me start by saying that I'm not a proponent of drug use. I believe that it is much better in the long run if one develops one's own potential to its maximum through years of hard work and dedication instead of taking the shortcut of achieving quick, temporary gains through artificial means. But having

said this, I believe that every person should have the right to decide for themselves what they want to put into their bodies. It is none of my business if somebody chooses differently from me. With the current status quo, these people have got no place to compete because the penalty for being caught is quite severe. Instead, most of them end up becoming strongmen or bodybuilders. I have personally seen this happen on scores of occasions. Effectively, most of the best talent is lost to powerlifting forever.

Whichever way you look at it, drug testing remains an invasion of privacy, especially when conducted out of contest. Who gives anybody the right to require of me a detailed breakdown of where I'm going to be for every minute of every day and be available at no prior notice to produce a urine sample to a complete stranger? If I'm relaxing at home on a Sunday night with family and friends and somebody shows up at my front door unannounced with a plastic cup in hand, then that guy is most definitely imposing on my privacy.

Why do we put up with this? The answer lies in that little carrot that the International Olympic Committee holds in front of our noses namely that if we behave, we'll be allowed to compete at the Olympics. Well, I've got news for you: It ain't gonna happen. There are far bigger sports than powerlifting that are trying to get into the Olympics. Also, the IOC is actively reducing the number of sports being hosted at the Olympics, not increasing it. This way, more countries will have the resources to host the Olympics. Even if powerlifting makes it into the Olympics, then what? Will it all of a sudden become popular? Ask yourself this: Weightlifting is an Olympic sport. How many weightlifters do you personally know? Do you see people queuing up to become weightlifters? Likewise, how many synchronized swimmers or badminton players can you name? Olympic status is definitely not all it's made out to be, at least not for all but the very best of athletes.

Powerlifting will never be a mainstream sport that groups of middle aged housewives train for at someone's house between dropping the kids off at school and having their nails done at the mall. That's absolutely fine by me. Powerlifting has always been an extreme sport and, in my humble opinion, should remain just that. If you'll allow me to use the comparison of strongman again: Strongman is as extreme a sport as you're ever likely to find. You don't see many senior citizens skipping on a game of bowls in order to go and train flipping cars onto their roofs or running with two refrigerators on their backs. Heck, strongman is not even trying to get into the Olympics. Not that this is holding back the growth of strongman in any way. On the contrary, it is growing by leaps and bounds. There's a lesson in there...

2.4 Powerlifters get very little recognition

The fact that powerlifting meets are generally held far away from the public with generally very little in the form of media coverage means that athletes get minimal exposure and recognition. Similarly, the only reward offered to powerlifters is a plastic trophy. Again, this contrasts sharply with strongman competitions where athletes can expect to walk away from a Saturday's show with at least a couple of hundred Rand in pocket and a tub or two of supplements. Whilst I'll be the first to admit that the financial reward that strongmen receive does not even come close to covering the not inconsiderable financial investments that athletes need to make, it surely helps. That, together with the fact that strongmen get to compete in front of an appreciative crowd means that they get a far better return on investment, so to speak, than powerlifters do.

3. INTRODUCING SUPERLIFTING

The concept that I'm about to introduce to you has evolved out of my disillusionment with powerlifting in its current state. What I did was to look at all of the things that I believe to be wrong with powerlifting and try and come up with a solution for each of them. I believe these changes present enough of a departure from powerlifting as we know it to warrant being called a different sport. It's like powerlifting, but much improved. I chose the name Superlifting to identify this as a new sport with a new set of rules while still keeping the association with powerlifting, in which this new sport is rooted.

Without further ado, it is my pleasure to introduce you to Superlifting, with the following basic format:

3.1 Athletes will perform six lifts instead of nine

In an effort to reduce the very long time that it takes to perform a powerlifting competition, I've decided to allow lifters only two squats, two bench presses and two deadlifts. This will effectively reduce the length of a competition by a third, making it far more palatable for spectators. I believe that two lifts are enough for any athlete to achieve their full performance potential. At the same time, it would mean that athletes will not have the luxury of opening with a very light weight, making the lifting more exciting for spectators.

3.2 A rising bar principle will not be followed

The rising bar rule originated in weightlifting and was adopted by powerlifting to the detriment of the sport, in my opinion. I see no point in eliminating an athlete from the competition if he happens to have a bad day on the squat or bench press. In Superlifting, athletes that have failed their first attempts will be allowed to take a lighter second attempt should they so wish, effectively giving them the chance of staying in the competition. Likewise, if an athlete fails to produce a legal lift on both attempts of any of the three disciplines, he will be allowed to continue with the competition.

3.3 There will be no weight classes or age categories

The basis of evaluating performance in Superlifting will be an adjusted Wilks formula. For those that do not understand the Wilks formula, it is merely a way of levelling the playing field by factoring in an athlete's bodyweight, making it possible to directly compare athletes of widely differing weights, sort of like a handicap system.

The problem with using the Wilks formula for measuring performance in Superlifting competitions is that, while it does effectively eliminate bodyweight as a variable, it does not do the same for the various age categories namely sub-juniors, juniors, and masters. My solution to this problem was to apply a correction factor to lifters in all age groups apart from senior lifters. What I did was to increase the Wilks formula for all age groups apart from seniors by a few percentage points, again levelling the playing field between lifters of different ages. The end result of this is that athletes of all ages and of very different bodyweights can now be directly compared. I'll be providing you with this updated Wilks table in due course.

Here's an example: Suppose a lifter of 45 years of age (Master 1, according to the IPF) and weighing 80kg squats 200kg. It is easy to calculate a Wilks score from this, making it possible to compare this squat to that of any other athlete. However, we also need to make provision for this athlete's age and the age-adjusted Wilks formula allows us to do exactly that. In practice, this athlete's 200kg squat will

place him ahead of an athlete of 25 years of age squatting the same weight. At the same time, it will place him behind a lifter of 55 years of age that also squats 200kg.

3.4 A rising Wilks formula will be used

Instead of the bar becoming progressively heavier during any of the six rounds of the competition, the bar will be loaded based on Wilks formula, with the athlete with the lowest Wilks formula going first, followed by athletes that have nominated weights of progressively higher Wilks formulas. The last athlete of the round will be the one with the highest attempted Wilks point and not necessarily the athlete with the highest selected weight on the bar. The reason for doing it this way is that you'll be building up to a climax on each round of lifting, with each lifter that goes on stage potentially being capable of beating the athlete that preceded him, irrespective of the actual weight on the bar.

This order of lifting will be applied to the first five rounds of the competition. At the end of round five, however, the lifting order going into the last round will be rearranged based on each athlete's combined Wilks total at that point (best squat Wilks plus best bench press Wilks). The athlete that is placed last overall at this point will be first to attempt his last deadlift, followed by progressively higher ranked lifters until the lifter with the highest overall Wilks ranking will perform his final deadlift. Again, this is aimed at building the competition up to a climax and spectators should be treated to a very exciting last round of deadlifting with athletes jockeying for final positions.

3.5 A proper scoreboard will be provided

I am currently busy developing computer software that will automate the entire process of sorting the lifting order, providing the loading team with rack heights and a loading chart as well as providing both athletes and spectators with a real-time scoreboard. A single person namely the MC will be able to man the entire administrative table due to the automation of all the processes that traditionally required human intervention. No attempt cards will be used as athletes will be able to enter their next attempts directly into a computer provided for that purpose as soon as they come off stage. The computer software will do the rest.

A dedicated screen will be provided behind the stage where athletes can see the lifting order at a glance. Likewise, the loading team will easily be able to see what the rack height and bar weight needs to be for the next lifter. The computer will also provide them with an on-screen loading chart, making it far less likely that the bar would be misloaded. Athletes will at all times know the exact lifting order and loaders will not have to depend on the MC to announce the parameters for setting the rack and loading the bar as they can access all of this information on a computer screen. The result of this is that the MC will no longer make any announcements about the lifting order or how the bar and rack should be adjusted. It is my opinion that this information is of no value to the spectators and the elimination thereof will benefit everybody. Instead, the MC will be able to spend all of his time focusing on the athlete on stage and will constantly be providing the audience with useful information about the athlete and how the competition is progressing. This sort of information is far more interesting and valuable to spectators than having to listen to a constant stream of instructions about lifting orders and rack heights.

The heart of the lifting software will be a real-time scoreboard that will be provided for the benefit of the audience as well as for the athletes backstage. The scoreboard will be extremely simple and easy

to understand, providing only a list of lifters ranked according to their current standings in the competition as well as the current Wilks points for that athlete. As soon as any lifter completes a lift and even before that athlete leaves the stage, the software will automatically indicate to everybody present what position the athlete now ranks in the competition. The audience will instantly be able to react to the athlete's performance.

3.6 Modified IPF rules will be used

The rules of Superlifting will be based on those of the IPF with mostly minor changes where I felt that the IPF rules are obviously outdated or lacking. One major beef that I have with the IPF's rules is that there are too many insignificant reasons for failure on a lift. It often happens where one sees an athlete perform what seems to be a perfect lift, only to have that lift redlighted. This normally leaves both the athletes and the spectators in the dark as to why exactly that lift was failed. This is especially true on the deadlift, where IPF referees are normally very quick to fail any lift where the athlete appeared to have worked hard. It seems to me that as soon as a deadlift looks difficult, the IPF will instantly punish the athlete by failing the lift. I believe that this is wrong. The crowd loves it when an athlete only manages to lock out a deadlift after a heroic struggle. In Superlifting an athlete will not be penalised for moderate hitching of the bar up the legs, provided that the athlete does not start rocking the bar up the legs one side at a time.

The bottom line is that in Superlifting, an athlete will be less likely to be penalised for committing some very minor technical rule infringement. Instead, if a lift appears to look good, it will probably be passed instead of the referees actively looking for even the slightest little reason for failure. I want to emphasise that this will not mean that lifters will get away with bad lifts. Commands and rules will still need to be obeyed, squats will need to be as deep as IPF squats, bench presses will be failed for lifting the buttocks etcetera.

These are the most obvious deviations from the IPF rules:

1. Lifting will be performed on a raised platform

Lifting will be performed on a platform that is raised about 1 meter above floor level. This leads to much better visibility for the audience. The head referee will no longer be seated on the platform but will instead be positioned right in front of the platform on the floor. A big problem with powerlifting is that the head referee obstructs the view for a large percentage of the audience. Nobody attends a powerlifting competition to look at the referee's back. By putting the referee on floor level, the audience gets a far better view of the lifting.

Similarly, the bench press will be performed with the bench rotated through 180 degrees from what is the norm in powerlifting. The reason for this is to put the equipment and the spotters behind the athlete, again providing a much better view for the spectators.

2. Squats will be performed in a monolift

There is in my opinion no valid reason for still requiring of athletes to walk out a squat. A monolift is much safer and much easier to adjust than a traditional squat rack. The monolift will be equipped with two nylon bands that will provide far better lifter safety in the event that the bar is dropped. For interest sake, the monolift will look different from a traditional monolift in that the entry will be through what is currently the back of the monolift. The

result of this is that the monolift will effectively be behind the athlete, eliminating all visual obstructions between the athlete and the audience.

3. *The position of the head is optional on the bench press*

We will revert back to the old IPF rule where a lifter is not penalised for moving his head during a bench press. I believe that being able to watch the bar being lowered makes the lift safer.

4. *The entire foot does not have to remain on the floor during a bench press*

If a lifter decides to plant only his toes while lifting the heels, he'll be allowed to do so, provided that he does not move his feet around during the execution of the movement.

5. *IPF (single ply) gear will be used*

This is one area where I'm still in two minds. Should we lift raw or should we lift equipped? Both methods have their benefits but also their disadvantages. For instance, it is far more expensive for athletes to lift with gear. On the other hand, gear does make the lifts somewhat safer, especially on the bench press. My training partner, for instance, is 52 years old and he can literally no longer bench press without a shirt because otherwise his shoulders pain unbearably. If we decide to lift raw, he for one will no longer be able to perform powerlifting.

On the other hand, I hate it when I see a geared lifter being unable to reach the bar in order to perform a deadlift or being unable to lower the bar more than a couple inches during a bench press. This does not look good in front of an uninformed audience. Likewise, the layman does not understand why powerlifters need to walk around looking like Frankenstein monsters when they are wearing bench shirts. I have a very loose bench shirt that actually allows me to touch my hands behind my back when I'm wearing it. When I wear this shirt, my posture remains completely natural while still giving me a decent carryover from my raw bench. Maybe I should make it a requirement that all athletes should also be able to also touch their hands behind their backs when wearing their shirts or at least be able to stand upright in a natural-looking posture when wearing their shirts? The answer is that I don't know yet. For the time being you'll be allowed to use any IPF style single ply gear in Superlifting but keep in mind that this might change in future.

One thing that I am sure about, though, is that all athletes will be required to wear the competition sponsor's sleeveless t-shirt over their powerlifting gear (but inside their lifting belt) during all three lifts. The reason for this is that Superlifting competitions will generally not be sponsored by the gear suppliers but rather by other companies. A sponsor will get far better mileage out of their investment when literally every picture that gets taken of any athlete performing during the competition will have the sponsor's logo prominently visible instead of the name of Titan or Inzer taking pride of place. This t-shirt will also "hide" the bench shirt somewhat from the spectators, which is an added benefit.

6. *Athletes will be allowed 90 seconds to perform a lift*

Due to the fact that the MC does not need to worry about constantly having to announce rack heights, bar weights and lifting order, he'll have the luxury of devoting all of his time to

promoting each lifter and to commenting on how the competition between the athletes is shaping up. The idea with extending the cut-off to 90 seconds is to allow the MC enough time to do all of this. He will be able to provide background information about each lifter (this will be available on the computer screen right in front of him) as well as to how the lifter's next attempt might influence the competition.

As soon as a lifter clears the platform after performing an attempt, the next athlete's own preferred music will automatically start playing over the sound system. Simultaneously, a live video feed will be provided to the audience as to what's happening backstage. The camera will focus on how the next lifter is being prepared for the lift, including how he is being wrapped, how his suit is being adjusted and how his helpers are psyching him up for the lift. The idea here is to create far more hype than what the IPF allows and to involve the crowd in the preparation that precedes every lift. For instance, the IPF does not condone the visible use of ammonia in front of the audience. In Superlifting, I want quite the opposite. The crowd is the very reason why the athletes are there. It is the crowd that makes sponsors interested in the event in the first place. As such, I want athletes to perform for the audience. Smelling copious amounts of ammonia, jumping up and down, slapping each other and showing emotion after performing a lift will be actively encouraged. Wearing a distinctive bandana or something suchlike will be welcomed as will running around the arena high-fiving spectators after a very good lift. This is the sort of thing that spectators want to see and what keeps them interested. We powerlifters have been conditioned by the IPF not to be entertainers, but that's exactly what we should become if we want to attract spectators. Remember, the more spectators we draw, the more the sport will grow.

7. *The attempt light system will be computerised*

Maybe I'm only speaking for myself here but after decades of powerlifting I still don't fully understand the red, yellow and blue cards that are presented by referees after a bad lift and I would assume that many lifters feel likewise. Worse still, the chances that even a small percentage of the audience understands what these cards mean is remote indeed. The result of this is that there is often a lot of confusion after a lift was failed. My solution to this is to computerise the light scoring system and link it directly into the scoreboard. Simultaneously, I have simplified the different colour cards. If a lifter performs an unsuccessful lift, the scoreboard will automatically and prominently indicate the reason for the failure in plain language for everybody to see.

4. AFFILIATION, ENTRY FEES AND PRIZES

As I mentioned earlier in this document, one of the aims of Superlifting will be to reduce the amount of bureaucracy and politics that characterise powerlifting. As a result, there will be no affiliation fee and anybody will be welcome to enter a Superlifting competition. Needless to say, IPF lifters will be accepted with open arms. IPF lifters should bear in mind, however, that the IPF has got a silly rule that if you compete in any competition where any other lifter that is banned by the IPF also competes, the IPF might also ban you, irrespective of if you've got an impeccable drug testing record or not. That's something that you need to be aware of. If you have plans of ever competing in the IPF again, think carefully before you compete in a Superlifting competition.

Another aim with Superlifting that I mentioned before is to reduce the duration of competitions. However, this means that there will be no other option but to restrict the number of lifters in a competition. I believe that the only fair way of doing this is to have a qualifying competition some time before any major Superlifting competition. The idea is to host a qualifying round that will be open to everybody. Depending on the amount of lifters that enter for this qualifying round, it will probably be necessary to break the lifters up into different flights and sessions. The lifters will be separated into flights based on bodyweight just like in powerlifting. The top 15 Wilks-ranked lifters from the entire qualifying competition will be eligible to compete in the final. The reason for basing the flights on bodyweight instead of Wilks formula is so that not all of the lifters that qualify for the finals will come from the last flight but will instead consist of a spread of athletes from different flights.

I did consider the idea of setting a qualifying standard during the qualifying rounds so that any athlete that attains this standard (based on Wilks) automatically qualifies for the finals. This is similar to what is done in track & field athletics. In shot put, for instance, any athlete that achieves 19.8 meters during the qualifying round of the world championships automatically qualifies for the finals, irrespective of where he places during the qualifying round. In Superlifting, a similar scheme might well be implemented once a basic standard has been established. For the time being, though, only the top 15 athletes will qualify to compete in the finals.

If anyone of these selected athletes cannot for whatever reason compete in the finals, the 16th athlete will be eligible to compete and so forth. The 15 athletes that make the finals will not be required to pay any entry fee for the finals. Instead, all of them will receive a standard appearance fee. This appearance fee will probably be around R500 per athlete, depending on the success of my negotiations with the sponsors. The exact amount will be specified on the entry form before the qualifying round is held and athletes will be paid on the day of the competition.

In addition to the appearance fee, the top 10 lifters at the end of the finals will also receive prize money. Again, the exact amounts will be announced in due course but my budget proposal to prospective sponsors allows more or less for the following:

10th place: R250
9th place : R350
8th place : R450
7th place : R550
6th place : R650
5th place : R750
4th place : R1000
3rd place : R1500
2nd place : R2000
1st place : R2500

As you can see, I have committed to a sum of money that is unheard of in the powerlifting fraternity. Sure, the appearance money plus prize money is probably not enough to cover all of your expenses for preparing for a Superlifting competition but I believe that we do need to treat athletes like professionals by paying

them if we ever want to grow the sport. If the first round of competitions prove to be successful, these amounts might well grow quite a bit for future competitions.

The qualifying round will be hosted during daylight hours, like a normal powerlifting competition. The finals will take place at night, starting around 6 and running until about 10pm. The reason for this is that we'll be making use of strobes and spotlights, stage smoke and projection screens where the visual impact will be far better at night. The chosen venue for the finals will be in a very public space.

5. TV COVERAGE

Right from when I started planning all of this, I realised that TV coverage is crucial to the success of Superlifting. As a result I've made provision in my budget for a professional TV crew to record the competition. The producer that I spoke to says that it should be possible to sell a 30 minute production to Supersport to be aired during prime time. I believe that, once TV coverage is secured, it should prove much easier to obtain sponsorship. At the same time Superlifting will be exposed to a far greater audience than would otherwise be possible.

6. FINAL REMARKS

A lot of water still needs to run under the bridge before any of this will become reality. I've drawn up a project plan and one only realises the magnitude of such an undertaking once you actually start putting pen to paper. Still, if all goes well I'm planning on hosting the first round of competitions within the next four to five months or so. The qualifying round will probably be scheduled for October or November and the finals about a month later. Exact dates are to follow in due course. It will probably be far easier to host the next round of competitions because for the first competitions my biggest expenses will be for infrastructure (monolifts, weights, computer hardware and software, public displays, video cameras and a myriad of other things) whereas for the next round of competitions these will already be in place.

As you might have realised by now, the odds are probably stacked against me pulling this off because there are so many things that can go wrong. The biggest stumbling block is going to be to secure adequate sponsorship. My budget requirement is just shy of R100 000 and raising this amount of cash is going to take some doing. Still, I am very determined and motivated to get this right because I believe that this concept has got the potential to revolutionise and revitalise the sport that we all love so much.

Thanks a lot for humouring me. Please feel free to email me with any comments, criticism or suggestions. I'll be sending out periodic progress updates but if you don't want to remain on this mailing list then please just email me and I'll take your name off and I won't take offence.

Yours truly,
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