

**2004**

**UK OPEN CHAMPIONSHIPS  
FOR  
POWERLIFTING & BENCH-PRESS**

This was a neat well run competition by Greg Ashford and his crew at the Train Station Gym, Frome, Somerset on 19<sup>th</sup> September. Whilst entries were low, due forthcoming World Championships, the quality of lifting was excellent.

We were treated to some tight selection of attempts in the 110 kg class with the Davies's from North and South Wales, with David Squires anchoring right behind them. This was Tim's return to platform after promoting the British and European Championships this year. With these three athletes and current British and Runner-up champions, 2005 British Championships promises to be the big head to head showdown.

AP Gywn 110 kg promising Junior put up a good total and will get in the medals representing GB. It will be show time in 2005 when he meets current Junior World Champion Keith Ellis.

Well done to Ken Irons from the Isle of Wight broke British Masters records on all lifts. David Belcher, also from the Isle of Wight, done 9 for 9 to put up his best ever total, well done.

It was good to see return of John Walker 125 kg Master breaking the British bench press record with 215 kg.

David Tickle, Richard Fricker was using this competition for the forthcoming World Championships.

Look forward to seeing you all on December 19<sup>th</sup>, change of venue for BPO Bench Press and Dead Lift Record Breakers.

Report: Elmer O'Shea

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