

## **2010 BRITISH CHAMPIONSHIPS FOR POWERLIFTING, BENCH-PRESS & DEAD LIFT**

This was again, a very slick run national championships run by Greg Ashford, Meet Director and his excellent crew at the University of Bath, Somerset on 24<sup>th</sup> and 25<sup>th</sup> April. We witnessed first class adjudication by the Referees and administration of these championships. With lifters from all over the UK, traveling far a field from Dundee, North and South Wales and Lands End, shaping up for selection for the 2010 European and World Championship. With 90 entries, the high caliber of lifting was to be expected.

Kaiya Buechel nineteen years of age broke World records on all her lifts. She now has a collection of records. In this is only her second year out, what an achievement?

Allison Seabright Master class 60 kg broke world record bench press and dead lift and lifted the best female lifter award with 423 points, besides refereeing and MC the next day. Deb Hickman came through with European records and Sue Davies got a British record bench press.

Arwyn Brain broke European and British records on Bench press to lift the 82.5 kg junior class; and won overall best junior lifter award. Joe Phiippard, Frankie Vaughan and Jack John all got junior world record dead lifts; and Junior Gellsthorpe and Jack Gellately broke junior world bench press records.

Master lifters Phil Beniston, Dean Drury and Ken Williams scooped up many individual records, but Ken got the best Master lifter award with 518 points over Dean's 512 points. We were treated to a bag full of World, European and British records in all categories. Ever-green Barry Evans now aged 73 won the 67.5 class Master class in his now fiftieth year of lifting. Sam Sandhu at 69 broke British and European record with greatly improved style

Jakob Kristensen's was left to battle against himself in the 100kg class. He pushed for record attempts on each lift and was just to be edged for the best lifter award by Mairbek with 526 points.

Probably the most exciting class lifting was with 5 lifters battling for the 125kg Open class, but Maibek Aslakhonov 370 kg squat clearly won him the title. He also won the Annual Brian Smith Memorial Shield for Champion of Champions title with 538 points to Jacob. Maibek also won the Nick Luffman Annual Memorial Trophy for best squatter with 214 points over Dean Drury 192 points.

A two way battle in 140 kg class between Dave Evans unequipped and Duncan Tanner equipped big bench proved that his application on squats and dead lift made Dave champion.

On the Single lift bench press Robert Preston 215 kg and Sebastian Wajncetel 290 kg treated us to big World record bench presses tussling for the overall best bench presser which went to Sebastian with 170 points against Tony Brown's 144 points and lifted the overall best bench presser award.

There were single lift dead lift records broken by Paul Murphy 282.5 with 180 points, Geraint Nicholas 262.5kg, Jack John 298 kg, Richard Fricker and Artur Chrszacz 320.5kg. Artur lifted the best overall dead lift award with his dead lift with 189 points.

With all these great athletes' performances, the British Team will be a formidable force to combat the athletes at the forthcoming 2010 European Championships in Akureyri, Iceland on 22<sup>nd</sup> to 26<sup>th</sup> June; and the World Championships at the University of Bath, England on 3<sup>rd</sup> to 7<sup>th</sup> November.

Report: Elmer