

2011 BRITISH CHAMPIONSHIPS FOR POWERLIFTING, BENCH-PRESS & DEAD LIFT

This was a very well run British Championships by Greg Ashford, Meet Director and his excellent crew at the University of Bath, Somerset on 16th and 17th April. There professional application brings the best out in the lifters with no mishaps. 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 Fort William, North and South Wales and Lands End, shaping up for selection for the 2011 European and World Championship. 8 lifters traveled from Scotland and went home well satisfied with their hoard of titles. With 70 entries, the high caliber of lifting was to be expected.

Dawn Morrell at fifty years of age broke a World records on the Bench Press as did Sue Davies on the Bench Press and Dead Lift. Sue won the Best Women's lifter award with 412 points.

Chris Phelps down to 60 kg junior class broke World records on all three lifts, total and single lift dead lift. Liam Lynch teenager broke a European record on the bench press, Dayle Longford up a bodyweight class broke World records on all lifts with an 811kg total. Doyle also won the best dead lift with 201 points and overall junior best lifter award with 525 points.

Master lifters Maurice Green personal best on squat, had he shed half a kilo in bodyweight, he could have claimed a world record. Dean Drury pulled his best dead lift for many years, with good squat he would have totaled big. Paul Murphy seasoned lifter took the total and dead lifts world records. Harry whale broke the World record bench. Evergreen Dominic Avo came good with World records on squat, dead lift and total. David Clements up a weight class broke world records on Bench Dead Lift and total. New man on the block Rob Todd broke world records and all three lift and total. What an achievement in his first year! David Carter scooped up a World record and the Squat and dead lift. David won the best Master lifter award with 641 points.

Jakob Kristensen was left to battle with Steve Knight in the 100 kg class and he pulled all the stops out for a big total and best overall open lifter award with 551 points to lift the Annual Brian Smith Memorial Shield for Champion of Champions title. Jakob also got the Nick Luffman Annual Memorial Trophy for best squatter award with 211 points.

Probably the most exciting class lifting was with lifters battling for the 125kg and 140 kg Open classes. Scott Heaton returning to platform after a major hamstring tears last November and Andrew Cairney with double patella ruptures a year ago. Both gave admirable performances and will make great strides in the next year. Oliver Williamson won the 125kg class after only being an open lifter for less than 2 year and sound dependable Dave Gladwell won the 140 kg class.

On the Single lift bench press Tony Brown achieved 245 kg for a European record. Robert Wiejas just missed 276 kg for a new British record. Both bench presses were tussling for the overall best bench presser, but Robert Truscott had done enough the day before snatching it with a British record of 215 kg which gave him 159 points against Tony Brown's 153 points to lift the overall best bench presser award.

There were single lift dead lift world records broken by Dayle Longford 310.5, Paul Murphy 290 with 188 points, Geraint Nicholas 283kg gave him 180 points; Dayle lifted the best overall dead lift award with 201 points.

Were we treated to a bag full of World, European and British records in all categories colour coded on the score sheets.

With all these great lifter performances, the British Team will be a formidable force to combat the athletes at the forthcoming 2011 European Championships in Limerick, Ireland on 2nd to 5th June; and the World Championships at the Palm Spring, Florida, USA on 9th to 13th November.

Report: Elmer