

2011 ENGLAND OPEN CHAMPIONSHIPS FOR POWERLIFTING, BENCH-PRESS & DEAD LIFT

This was the first BPO England championship to be held at the Ripped Gym, Harlow on 6th March, thanks to Michelle Meade, Meet Director. This was a first for the BPO and probably the Powerlifting fraternity a whole with a Woman has Meet Director. What a fabulous venue and gym

With lifters from all over the England descending on Harlow they were treated to some spectacular performances with huge support.

Some of the highlights were, Dawn Morrell broke British records on all three lifts. Rob Todd new on platform broke British records on Squat and bench press. Junior Gelsthorpe broke junior British records on squat 300 kg and bench press 260 kg. Both Sebastian Wajncetel and Sean Hayes had near misses on British record attempts on bench press.

The calibre of lifting was excellent, with an array of lifters from juniors to masters breaking British records. .

With all these excellent performances, the England lions will be travelling to Bath to make claim for British titles at the 2011 British Championships on 16th &* 17th April .

Best Overall Powerlifter: Oliver Williamson with 489.72 points.

Best Overall Bench Press: Sebastian Wajncetel with 176.94 points

A VERY BIG THANK YOU TO ALL THOSE WHO GAVE UP THEIR TIME AND TALENT TO HELP IN THESE CHAMPIONSHIPS.

Especially the Platform crew: Mo Green, Nathan Hendy, Deane Hendy and Elvis Meade

Report: Dean Drury, Vice President BPO