

## **2009 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 18<sup>th</sup> and 19<sup>th</sup> April. We witnessed first class adjudication by the Referees and administration of these championships. With athletes from all over the UK, traveling far a field from Dundee and Lands End, shaping up for selection for the 2009 European and World Championship. The high caliber of lifting was excellent.

Jamie Hough on his sixteenth birthday broke 14 European and British records on all his lifts, with 12 attempts. There must be another record there somewhere? Kaiya Buechell eighteen years of age broke World records on all her lifts. This is the first year out for both these young people, what achievements?

Allison Seabright Master class 60 kg broke world record bench press with 87.5kg. Jodi Law took her second year British title with a rocky start on her squats. Father to Jamie, Lee as greatly improved his squat and bench press to win his class.

Oliver Williamson 100 kg junior class was out squatted by Ciaran Murphy's world record of 308 kg came with vengeance on the bench press with 200.5 kg world record and 300 kg dead lift world record to lift the junior title. Arwyn Brain broke British records on squat and Bench press to lift the 75 kg junior class.

An awesome performance by Andras Csiszar, Squatted 260 kg and Bench pressed 175 kg and Dead lift 280 kg for new world records. He also won the new annual Brian Smith Memorial Shield for Champion of Champions title. He is now the number one British powerlifter. My first impressions are, a quite man, technically sound doing the business on platform.

Whilst Paul Murphy had an off day due to bodyweight loss, Stephen Knight is getting closer to an 800 kg total and will do with more bodyweight.

Master lifter David Clements got a world record squat, won his 90 kg Master 65+ class and lifted the Master Champion of Champions title. We were treated to a bag full of World, European and British records in all categories. Barry Evans 67.5 class Master, Dominic Avo both won their respective Master 70+ classes and broke the world records on all lifts. Roy Brown won 90 kg Master 60+ class with European records on all lifts.

Two way tussle in 110 kg classes between Mairbeck Aslakhanov and David Mills both doing big lifts, but Mairbeck gained 50kg on squats and dead lifts to lift title.

There was a three way battle in the 125kg Master 50+ classes which came down to the lightest bodyweight winner Harry Whale who broke a British record bench press.

Another three way battle between 140 kg class which came down to the dead lift for Dave Gladwell taking gold, Duncan Tanner silver and Andrew Cairney bronze. They will meet again for the next tussle.

On the Single lift bench press Tony Brown and Robert Preston treated us to big World record bench presses tussling for the overall best bench presser which went to Tony Brown by 2 kg and lifted the overall best bench presser award.

Sadly, this year at these championships, there were no single lift dead lift records broken, but Andrew Ward's not far off.

So we had an array of lifters from aged 16 to 72 traveling from all over the UK using the best equipment in the world breaking over fifty records amongst them.

With all these great athletes' performances, the British Team will be a formidable force to combat the athletes at the forthcoming 2009 European Championships in Amsterdam, Holland on 26<sup>th</sup> to 28<sup>th</sup> June; and the World Championships in Las Vegas, USA on 9<sup>th</sup> to 14<sup>th</sup> November.

Report: Elmer.