

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

This was the third BPO Scottish championship held at the Antonine Sport Centre, Glasgow on 29th January. They witnessed first class adjudication by the Bob Campbell International referee who flew up from London.

With a greater number of lifters from all over the Scotland descending on Glasgow they were treated to some spectacular performances, causing huge vocal support.

Some of the highlights including Edinburgh University student Alistair Inglis at only 18 squatted a massive 350kg for an unofficial world record. Andy Cairney came back from an horrific injury in 2010 in Ohio to win the 140kg Open class with a 235kg bench and 310 dead lift. New lifter Robert Wiejas created a major stir when he bench pressed 270 kg. He narrowly missed 277.5 kg to try and break the British record. Darren McCarroll won his class by beating off the challenge of 3 lifters in the 110kg Master class.

The calibre of lifting was excellent, with an array of lifters from teenagers to masters breaking British records and an unofficial world records from Alistair Inglis. .

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

Best Overall Powerlifter: Alistair Inglis with 464.78 points.

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

Report: Hamish Davidson, Meet Director