

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

This was the second BPO Welsh championship held at the Old Barn Inn, Swansea on 27th February, thanks to Ken Williams, Meet Director.

With lifters from all over the UK descending on Swansea they were treated to some spectacular performances, causing huge vocal support.

Some of the highlights, Liam Lynch aged only 17 breaking British records on Squat, Bench Press and total. Robert Wiejas created a major stir when he bench pressed 270 kg. He narrowly missed 276 kg in trying to break a very old the British record. Dominic Avo, Jamie Peters and Geraint Nicholas all broke British dead lift records. Scott Heaton has made a remarkable return to the platform after tearing his hamstring last November with a 330kg dead lift.

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

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

Best Overall Powerlifter: Scott Heaton with 469.78 points.

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

Report: Dean Drury, Vice President BPO