

2006

BRITISH CHAMPIONSHIPS FOR POWERLIFTING & BENCH-PRESS

This was a very slick run national championships run by Greg Ashford, Meet Director and his crew at the University of Bath, Somerset on 22nd and 23rd April. There was plenty of high quality of athlete entries, shaping up for selection for the 2006 European and World Championship. The caliber of lifting was excellent. All champions were presented Magnificent Warrior statues.

Alison Seabright Open class got nine for nine to lift her class title. Helen McCalmon Master class broke world records on all lifts to take the title and Beth Brown Junior class, broke all records on each lift. It was truly good to see these women lifters performing to such a high standard in excelling themselves.

Keith Ellis, Junior lifter broke a world squat record with 325 kg in his class and lifted the Junior Champion of Champions title. Adam Jones aged 17 had a field day breaking teenage world records on all lifts and Chris Donoghue teenager class broke world records on the bench press with 120.5 kg and dead lift 190.5 kg.

Mike King at 75 kg took his first British title: as did Lee Dennis at 100 kg with a new world record dead lift of 331.5 kg. Phil Watkins at last buried his handle, "Lancaster bomber". He focused and performed with a mission with a world record squat 320 kg and totaled 802.5 kg to push Paul Murphy into silver position by some 40 kg. Shaun Davies as matured from last year with a 365 kg squat, 237.5 world record bench in winning his class.

An awesome performance by Justin Hurley, Squatted 355 kg and Bench pressed 185 kg for new world records. He also won the annual best overall Nick Luffman Memorial trophy for the Squat and lifted the Open Champion of Champions title. He is now the number one British powerlifter. My first impressions are, a quite man doing the business on platform. The question he now has to ask himself is can he lift the European and world titles this year?

Master lifter Dean Drury done nine for nine, won his class and lifted the Master Champion of Champions title. We were treated to a bag full of world and British records in all categories Stephen Block 110 kg class Master broke the world dead lift record with 290 kg, as did David Belcher with 260.5 kg in the Master 45 plus class to win their respective classes. Charlie Evans lifted the British Master 140 kg class title breaking the squat British records with 300 kg and Bench press with 190 kg to push Colin Yemm into silver position by 40 kg. Richard Fricker took world master records on all lifts moving into a new age category.

On the bench press Toni Hollis exploited her experience in breaking a world master's record with 87.5 kg and lifted the Champion of Champions title. Phil Beniston also broke a world master's record with 192.5 kg.

With all these great athletes' performances, the British Team will be a formidable force to combat the athletes at the forthcoming 2006 European Championships in Vienna, Austria on June 23rd to 25th.

Report: David Carter