

BRITISH POWERLIFTING ORGANISATION

EST. 1994

“Lavieville”, Field Way, Tongham, Farnham, Surrey. GU10 1BQ Great Britain

Tel: 07770 757321

Fax: 01252 334800

E-mail: D-CARTER5@sky.com

Web: britishpowerliftingorganisation.co.uk

Web: www.wfpowerlifting.com

2008 WELSH & ENGLAND CHAMPIONSHIPS FOR POWERLIFTING, BENCH-PRESS & DEAD LIFT LLANSMLETT, SWANSEA, SOUTH WALES March 16th

Athletes as far North as Cleveland descended on South Wales for with over 40 entries.

This was a new venue for the BPO thanks to our Meet Director Ken Williams and we were not disappointed with large comfortable hall, with bar and refreshments and two warm up platforms.

The Women and Master lifters had a field day at these championships by breaking over 35 British records.

There were ample athletes from the Midlands for championships alone to be held there. The Midlands was a stronghold for powerlifters in the seventies. Don't we need those days backing holding championships in the Midlands?

Most athletes qualified for the 2008 British Championship, so they will be back in training soon!

BPO have two further championships in Llansamlett, UK Open on September 14th and British Bench and Dead Lift record breakers on December 7th.

Yours in our sport of powerlifting,

David Carter
For BPO

Fortis Est Potentia

Affiliated to the World Powerlifting Federation and the European Powerlifting Congress