

2011 ALL COMER OPEN BENCH PRESS CHAMPIONSHIPS

This was the first BPO England championship to be held at the Ripped Gym, Alfreton on 10th July, thanks to David Sawyer, Meet Director. What a lovely venue and gym

With lifters from all over the UK descending on Alfreton they were treated to some spectacular performances with good support.

Some of the highlights were the British records broken by Gurnaik Birring 155kg on his 4th attempt; Gerrard Hart new junior competitor with 162.5 kg; Kevin Maher, Master breaking Harry Whales record with 210.5 kg and Robert Wiejas breaking his own record with 292.5 kg and just missing 300 kg.

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

With all these excellent performances, we expect to see more and better at the UK Open Championships at Swansea on 11th September.

Best Overall Bench Press: Robert Wiejas with 165.29 points

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

Especially the Platform crew:

Report: David Carter