

2011 BRITISH RECORD BREAKERS OPEN CHAMPIONSHIPS FOR BENCH PRESS & DEAD LIFT

This was the second BPO championship to be held at the Ripped Gym, Harlow 4th December, thanks to Michelle Meade, Meet Director.

This is an Ideal venue for these championships and a fabulous gym set up.

With lifters travelling from as far a field has Dundee. Llanelli and St Ives to descend on Harlow, the cultural linguistics was very enlightening. We were treated to some spectacular performances with huge support.

The calibre of lifting was excellent, from an array of lifters; those breaking British records are listed below.

Single Lift British Bench Press Records:

Dawn Morrell 75 kg Women's Master 50+ - 92.5 kg
Robert Wiejas 140+ kg Men's Open – 295 kg.

Single Lift British Dead Lift Records:

Michael Phillips 90 kg Men's Master 55+ - 232.5 kg.

Frank Hendy, Father to Michelle presented all the lifters certificates, trophies and shields below.

Best Overall Bench Press receiving the David Berg Memorial Shield:
Sebastian Wajncetel with 174.52 points.

Best Overall Dead Lift receiving the Eddy Pengelly Memorial Shield:
Andrew Cairney with 185.92 points

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

Especially the Platform crew: Nathan Hendy, Deane Hendy, Sean Linton, Ellis Rolfe and Elvis Meade.

Michelle thanks all who made kind donations in memory of Misty Turner, former staff of the gym who tragically died the day before her 21st birthday, to her surviving eighteen month old daughter.

Report: Elmer