

2010 UK OPEN CHAMPIONSHIPS FOR POWERLIFTING, BENCH-PRESS & DEAD LIFT

This was a very well run championships by Ken Williams, Meet Director and his hard working crew. This was a first BPO championship at the Barn Inn, Morrision, Swansea, South Wales on 5th September and was an ideal venue. We witnessed first class adjudication by the Referees and administration of these championships. With athletes from all over the UK, traveling far a field from Sheffield, East Anglia, London and St Ives. The caliber of lifting was excellent.

We had an array of lifters from aged 17 to 72 traveling from all over the UK breaking over 10 British records. Jamie Hough and Domenic Fazzani scoped British records on all lifts and total. Bench British Press records, Chris Phelps 117.5kg, Graham Dowers 170kg, Robert Truscott 210kg. British Dead Lift record Dayle Longford 275kg

With all these great performances, the British Team will be able to form a formidable force to combat the lifters from around the world at the forthcoming 2010 World Championships in Bath England on 3rd to 7th November.

Best Overall Bench Presser: Robert Truscott with 154 points

Best Overall Powerlifter: Scott Heaton with 4883 points

Many of the BPO lifters have since e-mailed, text, telephoned and wrote to express how "GOOD" the Championships were run, with dedication and commitment from all those below involved.

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

Meet Director: Ken Williams.

Platform Crew: William Tinkler, Ken Williams, Chris Donaghue

Technical Officer: Bob Campbell

MC: Allison Seabright

Referees: Dean Drury, Bob Campbell, Mark Eager

Scoreboard: David Carter

Barn Inn: Manager Jordan & Donna

Venue: Barn Inn & Restaurant

Music: Jonathon

Photographs: Jamie

Presentation: William Tinkler

David Carter

President

BPO