

2010 BRITISH CHAMPIONSHIPS FOR POWERLIFTING, BENCH-PRESS & DEAD LIFT

This was again! a very professionally run national championships by Greg Ashford, Meet Director and his excellent platform crew at the University of Bath, Somerset on 24th and 25th April. We witnessed first class adjudication by the Referees and administration of these championships. With athletes from all over the GB, traveling far a field from Dundee, North and South Wales and Lands End, shaping up for selection for the 2010 European and World Championship. The high caliber of lifting was excellent.

There was an array of 90 lifters from aged 16 to 73 traveling from all over the GB, using the best equipment, enabling them to break over fifty records amongst them.

With all these great lifter performances, the British Team will be a formidable force to combat the athletes at the forthcoming 2010 European Championships in Akureyri, Iceland on 24th to 26th June; and the World Championships in University of Bath, Bath, England on the 3rd to 7th November.

Many of the lifters have since e-mailed, text, telephoned and wrote to the BPO to express how "FABULOUS" the BPO 2010 British Championships were run so professionally, 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: Greg Ashford.

Platform Crew: Chris Wall, Tony Hayes, Brendan, Stuart, Alex, Joe, Gary. Wayne Derbyshire.

Master of Ceremony: Allison Seabright, Carlton White, David Carter

Technical Officer: Bob Campbell

Referees: Allison Seabright, Dean Drury, Dave Tickle, Hamish Davidson, Mark Eager.

Marshall's: Jacqui Tickle, Mo Green, Dale Drury

Scoreboard: Justin Read

Photos: Dave & Lee Tuckett

University of Bath: Staff

David Carter

President

BPO