

# NEWS FLASH!!!

Great Britain Team's for Powerlifting, Bench Press and Dead Lift return from the 2009 European Championships held in Amsterdam, Holland on 26<sup>th</sup> to 28<sup>th</sup> June with hoards of medals.

## POWERLIFTING

Jodi Law	75 kg	W-Open	Silver	
Paul Fishlock	82.5 kg	Open	Bronze	
Dominic Avo	90 kg	M70+	Gold	WR Squat 158 kg WR BP 108kg WR DL 170 kg WR Total 436 kg
Oliver Williamson	100kg	Junior	Gold	WR BP 215kg WR Total 790 kg
Ryan Law	110 kg	T15/19	Silver	
Ken Williams	100 kg	M55+	Gold	
Harry Whale	110 kg	M50_	Gold	
David Carter	125 kg	M60+	Gold	WR Squat 320kg, ER BP 160kg, WR DL 320kg WR Total 800kg.
Andrew Cairney	140 kg	Open	Gold	
Richard Fricker	140+kg	M45+	Gold	WR Squat 332.5 kg

## BENCH PRESS

Robert Truscott	82.15 kg	Open	Bronze	
Ben Tickle	100 kg	T15/19	Gold	
Robert Preston	100 kg	Open	Bombed	
Tony Brown	110 kg	M45+	Silver	
Paul Edmonds	110 kg	M45+	Bronze	
Colin Payne	100 kg	M50+	Gold	
Harry Whale	110kg	M50+	Gold	
Richard Fricker	140+kg	M45+	Gold	

## DEAD LIFT

Richard Fricker	140+kg	M45+	Gold	
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## BEST OF THE BEST

Best Overall Master Male Powerlifter: David Carter GB

## TEAM RESULTS:

Powerlifting: 1<sup>st</sup> Ireland, 2<sup>nd</sup> Holland, 3<sup>rd</sup> Great Britain  
Bench Press: 1<sup>st</sup> Great Britain, 2<sup>nd</sup> Germany, 3<sup>rd</sup> Holland