

# The 1992 British Senior Powerlifting Championship

To say that this years British was a good one, would sum up what I think anyone who was present, would say. Basingstoke presented us with a good venue, a few minor gripes from different quarters about what 'could have been better', but all in all, due to the effort of a few good old regular hands, plus a few new ones (which was pleasing to see), the weekend was a resounding success, okay so we had to compete with the dreadful noise that came from a monstrous keep fit exercise dance class that was going on in the next hall, but lets face it we would probably only have been bored if everything was perfect, I mean we would have had nothing to moan about, would we?

Anyway lets take a look at the lifting, The first group on the Saturday was 60s through 82½s, at 60 Alan Gutteridge was in good form as ever, comfortably a winner over Paul Rogerson, at 67½ Brian Spice was over the moon to win his first British title, and a good margin over second placed Steve Flower, a good move to 67 by Brian, who had an attempt at the world deadlift record, but it wasn't to be, Steve in second pulled what may be a world masters record when ratified, in the deadlift and Anthony Greenwood placed third.

At 75 there was no living with Adrian Blindt as one might have expected, 700 total and a European record bench 162½, second was Len Adlam 120 kilos behind, but ten ahead of Steve Walsh who took third on lighter bodyweight from Dean Mikosz, at 82½ Dave Oakley was a clear winner, again with a 700 total and that was with only a 125 bench, a nice European record on the Squat, and massive 305 attempt on the deadlift just missed, in second was Nick Miles, who lifted really well setting new marks in the Squat and Bench, World masters records, Mark Lane who lifts for Ireland now, placed 3rd.

Group two was 90s and over, at 90 Terry Jex was the winner on bodyweight over Derek Ambler, both tied at 700 total, Derek setting all new world Masters records, Terry was going to be sure of being light enough because he was to have lifted at 82 but was just over on the day, third was Nick Swain who had a good day and got 667½, at 100, yet another tied class winner, Colin Foulser being the eventual winner on bodyweight over Les Pilling, both totals were 735, Colin got a European record on the deadlift, and Les took the British total record, third was Phil Andrews from Birmingham who is now resident in the U.S.A. and a member of the A.D.F.P.A., Phil lifted well and opened his deadlift with 292½, if his third attempt of 327½ had gone he would have taken the class but he had to be happy with third, we hope to see him again. The ageless John WEST could only get 4th with 695, shows the standard!

At 110 two lifters battled it out, and in the finish Ian Tudor was the winner by 2½ over Paul Waites, and Ian with a new World Masters record on the bench, at 125, two again, Ray Ames was the winner by 20 kilos over Andy Willan, a 735 total for Ray. And at 145 one of the most spectacular lifts of the mens tournament was Howard Thomas, a 350 squat, a European record, and Howard with his best total of 805.

Every class from 75 up won with a total of 700 plus. Third best lifter was Dave Oakley, second was Alan Gutteridge and the winner Adrian Blindt.

The ladies on Sunday saw Suzanne Brooker at 47½ get European records in Squat and Deadlift, and World records in Bench and total, Barbie Lane was at 50½, and lifted well, at 55½ Annette Blindt took the title with World records in Bench and total, Pat Smith was second, setting new World Masters records all through, Kim Detenon coasted in the 58½ class, whilst at 63 Carole Lynch pulled off a victory with new British records in the Squat, Liza Poole fought back hard but had to settle for second, Kate Jones was third with a 330 total.

At 70 Ellie Millington was on form, 400 total, Wendy Samways recovering from a back injury held off Judy Hewlett for second place, Judy though took British and European Masters records throughout, at 80 Susan Tune was the winner with Emma Cundy second in her first ever competition.

Best lifter was Annette Blindt, beating Suzanne Brooker by .28 of a kilo, Ellie Millington was third.

The Juniors saw Luke Gerrard set a new British record at 56 in Squat, at 67½ Warren Johnson was the winner, British record bench, Graham Warren second and Simon Lewis was third, good lifting from all. At 75 Julian Woolf set new British marks at Squat and bench, whilst David Zabrocki took the 90s title. At 110 Tony Russell showed exceptional talent with a 272½ squat, finishing with a 645 total, we should see more of him in the future.

Best lifter was Julian Woolf, Tony Russell was second with Luke Gerrard third. What a great weekend of lifting, hope next years as good.

Steve Gardner

		( including Ladies and Juniors )							
Class	Lifter	B/Wt	Age	Squat	Bench	D/Lift	Total		
60	Alan Gutteridge	58.3	41	185	130	215	530		
	Paul Rogerson	59.6	31	155	85	180	420		
67½	Brian Spice	67.5	35	200	115	260	575		
	Steve Flower	67.5	41	187½	95	232½	515	WMR	
	Anthony Greenwood	64.5	32	190	95	220	505		
75	Phil Murray	63.7	28	170	100	200	480		
	Adrian Blindt	74.5	30	260	162½	BR ER 277½	700		
	Len Adlam	71.6	34	225	122½	232½	580		
	Steve Walsh	73.0	26	220	125	225	570		
	Dean Mikosz	73.7	23	235	135	200	570		
	Robert Hall	74.6	24	200	127½	235	562½		
	Mathew Rowe	74.8	23	222½	125	215	562½		
	Mike Shaw	74.9	50	205	117½	235	557½		
	82½	Dave Oakley	81.0	33	285	BR ER 125	305	700	
		Nick Miles	82.5	40	257½	WMR 150	WMR 260	667½	
Mark Lane		82.3	31	240	130	250	620		
Brian Smith		82.5	28	210	117½	250	577½		
Terry Jex		83.5	36	255	155	290	700		
90	Derek Ambler	90.0	46	265	WMR 157½	WMR 277½	700	WMR	
	Nick Swain	89.9	26	250	145	272½	667½		
	Mark Norton	89.7	27	255	145	252½	652½		
	Mark Beanland	88.5	27	210	147½	260	617½		
	Derek Roast	84.4	23	220	130	220	570		
	Gary Brooker	89.5	29	220	120	215	515		
	Dave Bevan	85.5	27	240	140	---	---		
	100	Colin Foulser	97.5	37	275	155	305	735	BR ER
		Les Pilling	97.7	37	277½	167½	290	735	BR
		Phil Andrews	99.4	37	235	175	292½	702½	
John West		100	50	265	WMR 150	280	WMR 695		
110	Andrew Valesco	94.2	31	245	135	242½	622½		
	Paul Uttley	97.8	26	212½	145	250	607½		
	Ian Tudor	105.3	43	265	182½	(185)W 272½	720		
	Paul Waites	108.3	30	270	147½	305	BR 717½		
125	Ray Ames	121.4	24	270	190	275	735		
	Andy Willan	117.1	42	275	157½	282½	715		
	Howard Thomas	142.8	30	350	BR ER 155	310	805	BR	
Ladies	47½	Suzanne Brooker	47.5	27	125	(130)W 77½	WR 130	BR ER 332½	ER
	50½	Barbie Lane	47.7	28	75	37½	100	212½	
	55½	Annette Blindt	55.0	30	130	87½	WR 157½	375	WR
	58½	Pat Smith	54.9	48	95½	WMR 44	WMR 120	WMR 262½	WMR
		Kim Detenon	57.5	31	100	55	110	285	
	63	Carole Lynch	62.4	26	142½	BR 70	135	347½	
		Liza Poole	62.5	31	125	65	150	340	
		Kate Jones	60.9	32	122½	62½	145	330	
	70	Ellie Millington	68.7	30	145	75	180	400	
		Wendy Samways	63.2	27	97½	50	140	287½	
Judith Hewlett		69.9	40	95	EMR 55	EMR 132½	EMR 282½	EMR	
80	Susan Tune	73.2	32	120	67½	145	332½		
	Emma Cundy	70.5	22	65	35	90	190		
Juniors	56	Luke Gerrard	55.8	19	142½	BJR 80	170	392½	BJR
	67½	Warren Johnson	64.5	20	150	110	(112½)BJR 180	440	
		Graham Warren	62.7	16	165	75	175	415	
	Simon Lewis	61.5	18	150	95	165	410		
	Lee Rosamond	66.2	18	140	75	150	365		
	75	Julian Woolf	73.6	20	210	BJR 127½	BJR 205	542½	
	90	David Zabrocki	82.4	20	192½	90	220	502½	
	110	Tony Russell	107.7	20	250	(272½)BJR 155	BJR 240	645	BJR

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