

Event: East Midlands Champs      **Technical Officer:** J. West  
 Venue: St Albans                      **Date:** 22/11/92  
 MC: Derek Ambler                      **Recorder:** M Dinneage  
 Referees: Barry Burton, Derek Roast, Ellie Millington, Howard Thomas  
 Loaders: J. West, K. Smith, P. Woodage

**By Derek Ambler (Promoter)**

This championship was one of the best turnouts I have had for quite a long time, indeed the hall was packed out and it was a pleasure to have plenty of people willing to help (I thank you all). The standard of lifting was excellent and quite a few of the lifters reached the British Qualifying totals - congratulations to you all.

We started with a group of 13 lifters including 3 ladies, Zoe Davies lifting in her first contest and feeling very nervous managed a total of 260 Kilos. With a bit of coaching she is capable of much much more (well done Zoe). Mari Hill took her title, lifting very consistently making a 310 Kilo total and will be knocking on the door for the British very soon. Suzanne Brooker going up to 51.3 Kilos and looking good at that weight actually broke an unofficial World Record of 88 Kilos on the Bench, claiming a new British Record. She managed 9 for 9 reaching a total of 360 Kilos confirming herself as a world class lifter.

A very close contest in the 67½ class, with Alan Ottolangui winning by 5 Kilos from Garry Watts, who was a very clean and impressive lifter. Third place was Simon Lewis with 450 Kilos beating Jeff Claridge on lighter bodyweight. Jeff was suffering two cracked ribs! Paul Rogerson is a regular guest at my club and lifted very well pulling a great 187½ Deadlift to finish with a 437½ total. What can I say about Tom Johnson, who at 60 years old still seems to get better with age (what's all this rubbish about retiring, Tom?)

Next was a group of 14 lifters. In the 75 Kilo class I think we have another Adrian Blindt type of lifter in Toby Swallow. At 17 years of age he set all new British Junior and Under 23 records and qualified for the British Seniors with a massive 552½ Kilo total, improving his total by over 50 Kilos in one year. Toby also won the overall best Lifter Trophy.

Julian Woolf took the 82½K title with a steady 580 Kilo total, enough to qualify him for the British, even though he was down on his best. Kevin Collins finished second, also a bit down on his best, with 535 Kilos. Third place was Steve Parsons and fourth, "lifting in his first ever contest", was 14 year old Lee Pye getting 8 out of 9 lifts (well done Lee). Well done to regular guest lifter Eric (the Viking) West, who after a dodgy start still managed a 490Kilo total, and he put himself out to help other lifters as he always does.

Graham Easthope reaching a 500 Kilo total took the 90K class, with novice lifter Dan Cooper in second place.

The 100k class went to St Alban's Man Mark Norton with 630 Kilos and plenty to come. Guest lifters Paul Uttly, Kevin Livermore and Mick Bradford all showed bags of talent and all have much more in them. Paul was delighted with his 255K deadlift, Kevin will easily qualify for the British once he gets over injury and Mick lifted very well in his first ever contest.

Best guest lifter of the day was without a doubt Alan Simpson, whom I haven't seem for a number of years. He made an easy 702½ total and looks capable of big things in the British. Alan is also a master lifter and can go onto great things in the Europeans and Worlds.

It was a pleasure to see Chris Roblett back on the platform taking the 110K class with 715 Kilos and qualifying for the British. Guest lifter Simon Rowlands had a great day with a personal best on the Bench and Total and as a compliment told me afterwards that this was the best contest he had ever lifted in. Thanks Simon, it makes it all worth while.

Thanks again to all the refs, loaders, Jo for doing the raffle and Kim for helping me keep track of things, Ken Smith for the equipment and anyone I have left out. Special thanks to the Youth Club Committee for doing the food and drinks all day.

Derek Ambler.

Class	LIFTER	B/W	Schwartz or Malone	Age	SQUAT			BENCH PRESS			Sub-Total	DEADLIFT			TOTAL	Place
Guest	Suzanne Brooker	51.3			125	135	140	77.5	82.5	85	225	120	132.5	135	360	G
	Mari Hill	63			100	110	115	55	60	60	170	120	130	140	310	1st
	Zoe Davies	79.4			90	100	105	50	57.5	57.5	150	100	110	-----	260	1st
67.5	Allen Ottolangui	67.5			200	200	200	100	105	107.5	305	205	210	210	515	1st
	Gary Watts	67.1			170	180	190	115	120	125	300	200	205	210	510	2nd
	Simon Lewis	61	19		155	162.5	162.5	92.5	100	107.5	270	170	180	180	450	3rd
	Jeff Claridge	67.25			160	170	175	100	110	110	270	180	200	200	450	4th
Guest	Paul Rogerson	65.4			155	160	160	87.5	92.5	95	250	180	185	187.5	437.5	G
Guest	Tom Johnson	66.7			100	110	120	75	77.5	80	197.5	150	160	165	357.5	G
75	Toby Swallow	68.7		17	195	205	205	100	105	107.5	312.5	230	240	240	552.5	1st
	Chris Anderson	73.8			150	160	170	120	125	132.5	295	200	212.5	215	507.5	2nd
Guest	Neil Heath	74			145	145	125	90	100	102.5	225	180	200	210	425	G
82.5	Julian Woolf	80		21	215	215	220	127.5	135	140	350	230	237.5	237.5	580	1st
	Kevin Collins	81.7			185	200	210	100	105	110	305	215	230	245	535	2nd
	Steve Parson	77.7			170	170	185	80	85	85	250	170	180	180	430	3rd
	Lee Pye	80.2		14	97.5	105	110	47.5	52.5	55	165	125	135	140	300	4th
Guest	Eric West	80.7			180	190	190	115	120	125	300	180	190	200	490	G
Guest	Gavin Nutkins	76.5		15	120	125	130	80	85	85	-----	160	165	170	-----	G
90	Graham Easthope	84.5			180	185	190	90	100	100	285	200	210	215	500	1st
	Dan Cooper	87.9			80	100	120	70	77.5	80	177.5	110	130	142.5	307.5	2nd
100	Mark Norton	91.8			245	255	262.5	140	145	150	395	225	235	255	630	1st
Guest	Alan Simpson	98.3			240	260	272.5	165	175	180	447.5	240	255	-----	702.5	1st G
Guest	Paul Uttley	97.5			200	210	215	140	145	150	365	245	255	255	620	2nd G
Guest	Mick Bradford	98.4			160	170	180	110	120	120	300	210	222.5	225	510	3rd G
110	Chris Roblett	106.7			260	275	280	175	182.5	182.5	455	260	275	-----	715	1st
Guest	Kevin Livermore	106			210	220	225	160	167.5	172.5	387.5	230	240	255	617.5	G
125+ Guest	Simon Rowland	125.5			260	272.5	277.5	155	160	167.5	445	285	302.5	302.5	747.5	1st G