

# BRITISH SINGLE LIFT CHAMPIONSHIPS

## 16 JULY 2000

### Unequipped Squat

Vicky McCann opened up with a British Record of 110 kg in the Open section and finished with a BR of 117.5 having failed a third round choice of 125 kg.

Luke Bailey lifted in the T2 class- this was his very first competition but you would never have guessed it. All day his approach to his lifting was carried out as if he had been lifting for years. I am sure that in Luke, here is definitely a World Champion in the making. If he carries on with the same attitude and dedication with which he has this weekend it will only be a matter of time. All of his squats were British Records. His third was 100 kg and he took a fourth at 105 and made it look easy. Well done Luke. It was a pleasure to see someone so young so dedicated and a joy to referee for.

Heather Hollingsworth gave a really gutsy performance, especially with her last squat of 80 kg. for a new BR. There was real determination in her last lift and all the training in the gym paid off in the end.

Carl Granfelt finished with a BR of 172.5 on his fourth attempt.

Andrew Jones got a BR in T3 with 145

Neil Aberly took a BR and ER with 210- excellent- well done Neil.

David Hollingsworth, in M3, set BRs with all three lifts finishing with 125.

Mark Owens failed 175 on his second attempt but got it with his third.

Les Pilling just keeps going from strength to strength opening with 235 and finishing at 270.

Brian Mitchell lifted as a guest and squatted a 200 kg. BR with his second but missed 220 with his third.

The Fisher twins battled it out all day with Peter always being 2.5 kg. in front finishing on 242.5 for a World Record and Stephen finishing on 240.

Anton Dirkin lifted well and finished on 220 missing his third attempt at 225.

### Equipped Squat

Dean Mikosz squatted as well as I have ever seen him. He was well fuelled up and hungry for that BR that has eluded him for so long. Sunday was his day and he took the record with 265.5 on his third attempt. Well done Dean. Brilliant!!.

Rick Meldon, another quality squatter, didn't seem as comfortable as usual. His first squat of 240 looked very uncomfortable, his second looked excellent at 262.5 but he failed his third at 272.5.

Phil King made a good choice of weights and finished with 230.

Audley Baker, the crowd loves him and he likes the noise and encouragement they give him, squatted an easy 310 and then did 360 for his second and final lift.

### Unequipped Bench

Glenis Tudor took the M2 55.5 kg class with a BR of 47.5 kg.

Georgina Smith and Vicky McCann were up against each other. Georgina finished on 60 but Vicky took the honours with a 75 kg. BR.

Maureen Sage took M5 with 40 kg. but failed her BR attempt of 43 twice.

Ron Cluer, M9, got a BR with his first two lifts of 47.5 and 50 but failed his third attempt at 55.

Luke Bailey established British Records with all three of his lifts finishing with 82.5.

Heather Hollingsworth got 40 with her opener but missed the BR of 45 with her second and third.

Mike Joseph, in the 75's, has had a few injuries so he wasn't quite firing on all cylinders. He got 170 with his third but failed a BR attempt on 175.5. He also failed the same lift in the Equipped section but still didn't wear a bench shirt.

George Passmore, M6, performed three good lifts and took a BR of 90 with his fourth.

Dave Gallagher finished second to Mike Joseph with 92.5.

Andrew Jones, in T3, finished on 105 but missed a BR of 107.5 with his fourth attempt.

Peter Clarke took both Open and M1 in the 82.5's with 145.

Dave Briggs took M5 with 120 and then set a new BR with a fourth of 130.

Laura Doran finished on 80 kg. in the Open class.

Renzo Carullo and Mark Owens battled for the 90 kg. class with Renzo finishing on 152 and Mark on 140.

Dave Franklin set BRs with all three finishing on 170.5.

Les Pilling took M2 with a BR of 165 but failed 170 with his third and final lift.

John Fulton took M7 finishing on 125 and Brian Mitchell lifted as well as ever and his choice of weight went well with him finishing on 160.

Ian Tudor, that technique certainly works well for him, gave a superb Bench Press demonstration taking BR, ER and WR with his last lift of 192.5. Brilliant Ian!!!!

Anton Dirkin pushed his last attempt successfully after failing the same weight for his second, nailing 145 with a big effort.

Sam Donnelly failed 165 for his third but finished with 160 from his second attempt.

MJ Mackey blasted his three attempts to finish with 200.

## **Equipped Bench**

Mike Joseph must have been tired after two at 175.5, once as a fourth attempt in the Unequipped and then as his second in the Equipped but he said he had nothing to lose and went for it again as his third in the Equipped- still with no bench shirt. I'm sure he'll get his WR very soon.

Dean Mikosz got a good 152.5 but failed his 165.

Peter Clarke lifted also in the Equipped as well as the Unequipped. Quite tiring I suspect- he missed a 157.5 BR but 155 went up okay.

Gary King only managed 145 and failed 150 twice.

Andrew Lyng failed 100 with his first attempt but managed it with his second. He didn't make a third visit to the platform.

Audley Baker was delighted with his 230 and made no bones about showing it. Sadly he just couldn't quite lock out for his final attempt of 232.5. NEXT TIME AUDLEY.

Last, and by no means least John Feehan opened with 245 okay and then failed 250.5. This didn't deter him in the least. He came out well wound up after a good slapping from someone, went to the bench and got a good lift. John was pleased to say the least and the crowd went wild. Very entertaining lift John. WELL DONE.

## **Unequipped Deadlift.**

Maureen Sage finished with 92.5 for a BR.

Georgina Smith failed 110 but did well with 100 on her second attempt.

Vicky McCann broke the BR twice with 145 and 152 finishing with a fourth of 155- a good day's lifting from Vicky.

Luke Bailey finished the day with 130 for a BR and then did a fourth of 132.5. I don't think Luke had one red light through the meet- an excellent day's lifting.

Philip Culpin failed 190 but had successfully lifted 185 on his second attempt.

Heather Hollingsworth missed a BR of 115 but got 110 with her second lift.

David Gallagher also failed his third of 200 settling for 190 from his second attempt.  
George Passmore got a BR with his second of 85 and then went on to better that with 100 for his third and then tried a fourth of 110 but was unsuccessful.  
Andrew Jones also set a BR with 180.  
David Briggs got a BR of 200 with his second attempt but failed on his third.  
Mark Owens finished on 240 in the 90 kg. class.  
Wesley King finished on 230 for a BR.  
Alex Dick chose his weights well finishing on 240.  
In the 100's Chris Ward failed 272.5 but got 265 on his second while Les Pilling cruised a WR of 290 and only just missed bettering it with 300. Well done Les- another top class performance.  
Peter Fisher lifted 240 with his first but failed the other two attempts.  
Edward Reid took a BR with 230 but failed to increase it with an attempt at 240 on his fourth.  
I have never seen anyone lift with such intensity as Derek Cope. He showed absolute delight when he got his WR of 275. Pure entertainment Derek and fantastic to see someone so committed for one lift. Brilliant.  
Stephen Fisher looked strong all day and didn't slow down finishing on 262.5.  
Anton Dirkin got a bit confused with his first deadlift but it didn't matter. He finished his last two lifts okay and ended up with 250.  
Brian Mitchell finished on 260 but missed 270.  
David Kemp Taylor broke the BR three times and finished on 221.5.  
Steve Young gave us some excellent deadlifting. His second lift of 252.5 was a BR and then went on to do a WR 262.5. That orange tee shirt must have frightened the bar.  
Matt Saunders just did the first two lifts and did an easy ER of 330. Too easy!!  
Phil King showed true guts and determination. He opened on 210, then failed 225.5 and then went straight to 230 for one of the longest deadlifts I have ever seen finishing the lift and getting three white lights- FANTASTIC.  
Audley Baker was really fired up for his deadlift opening on 320. He then went for 350, he's been after this for THREE YEARS!!!!!! THE crowd roared him on and up it came. There was so much noise I had to shout "DOWN" twice. Nice deadlift Audley.

Special thanks to:-

The loaders- especially Gary King for stepping in and loading for the squat even though he was benching later.

Roy Olsen for M.C.'ing

Helen Pearson for all the hours she puts into these competitions. Without her dedication these events just wouldn't happen. Once again thanks Helen.

Matt Langtree for helping me collect all the equipment and setting up on the Saturday.

Mark Bennett for the loan of equipment and refereeing.

Peter Hudson for refereeing at short notice.

Snoopy's for the food and finally the Lapwing centre for staying open to let us set up and dismantle.

Thanks Bevan, Andy and all the Centre staff for your help and support.

Steve Tonge- Championship Secretary

*I spoke with John Feehan a couple of weeks ago and he wished to express his thanks to Haydn Rowlands for all the encouragement and motivation he gave on the day. John reckons that without Big H's input that 250.5 just wouldn't have happened. Perhaps that's where the big slapping came from!! Damn, the very thought's enough!!!!!!!!!!!!!!!!!!!!*