

2000 RAF POWERLIFTING CHAMPIONSHIPS

The 2000 RAF Powerlifting Championships took place at RAF Cosford on Saturday 15 July.

Novice lifter Andrew Betson took part in the squat-only competition where he lifted 75 kg. on the 75 kg. class. He lifted 90 kg. on his third attempt but unfortunately failed on a technicality by walking back to the stands before the referee's signal.

Another novice, Dave Holmes, took part in the 82.5 kg. class of the bench press-only competition where he pressed 90 kg. on his first lift. He made two good attempts at 100 kg. but narrowly missed on both occasions.

In the 82.5 kg. class Andy Martin squatted 140, benched 125 and deadlifted 200 for a creditable 465 kg. total, making up for last year's disappointment where he bombed out on the squat.

In the 90's Lee Spendiff squatted 170, benched 135 and deadlifted 190 for a very good 495 total- beating last year's total by 35 kg.

In the novice section of the 90's Leighton Jones squatted 150, benched 115 and deadlifted 190 for a very good 455 kg. total in his first competition while in the 100's Mark Beanland, lifting for the first time since 1994 (when he lifted in the 90 kg. class), squatted 227.5, benched a personal best 170 and deadlifted 265 for a personal best total of 662.5 kg. easily qualifying for entry into next year's British Championships.

In the 110 kg. class Steve Moore squatted 195, benched 150 and deadlifted 255 increasing his last year's total by 10 kg. at 600 and in the 110 kg. novices section Kirk Stalley broke the RAF record in the squat with his second attempt of 237.5 and then promptly broke it again with 242.5. He was just as impressive in the bench press where he, again, broke the RAF record twice, first with 162.5 and then 170 kg. In the deadlift he pulled a strong 262.5 making an excellent 675 kg. total (another RAF record) which easily qualified him for next year's Nationals.

Finally in the 125's the Army's Duncan Tanner squatted 190, benched 152.5 and deadlifted 230 for a solid 572.5 total.

The trophy for Best Squat was won by Kirk Stalley while Best Bench Press, Best Deadlift and Best Lifter went to Mark Beanland. The RAF v Army match was won by the RAF.

Many thanks to all those who made the competition such a success. Particularly referee Matt Saunders, loaders and spotters, Phil Lindsey, Dave Ball, Sandra Bentham, Peter Jones. Martin Glashan, scoreboard operator Claire Saunders, CCG Accommodation Manager Mr. Taylor, staff from the school of PT, the typing pool RPC, Passes and Permits, the Guardroom and last, but by no means least, Dee Shimmons from the NAAFI who provided refreshments all day.

RESULTS

	WT	SQUAT	BENCH	DEADLIFT	TOTAL
Andrew Betson (Novice)	75	75	-	-	-
Dave Holmes (Novice)	82.5	-	90	-	-
Andy Martin	82.5	140	125	200	465
Lee Spendiff	90	170	135	190	495
Leighton Jones (Novice)	90	150	115	190	455
Mark Beanland	100	227.5	170	265	662.5
Steve Moore	110	195	150	255	600
Kirk Stalley (Novice)	110	242.5	170	262.5	675
Duncan Tanner (Army)	125	190	152.5	230	572.5

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