

SOUTH WEST COUNTIES CHAMPIONSHIPS

MAY 7 2000

So Chris and I toddled along to the Red Lion in St. Columb the day before to help set up, let ourselves in and immediately thought, "Oh sod it somebody nicked all Andy's gear." Didn't take us long to realize that the exalted Cominos, being an organizational monster, had not only drafted some guys from the gym to help arrange things but had also managed to blag a function room over the bar for the competition. Now, how exactly he managed to convince the landlord of an ancient coaching inn that the blackened beams of the bar-room ceiling would not suffer under the weight of stuffing great deadlift attempts escapes me but dammit the man did it so there we were with a nice venue site and a gym for the warm ups.

We were anticipating a low turnout so soon after the Brits and with the Europeans and British Single Lifts looming in the near future but we still ended up with ten on the platform competing in both the power and single lift competitions.

Noticeable by their presence were Kim and Adrian Rawling. Now these two relative newcomers seem to be getting pretty damned hungry to me. The fact that they had taken part in the nationals and were due to lift in Galway didn't seem to worry them and along they came, lifted in their own inimitable, laconic style and, as ever, improved on their previous performance. Mind you I think Chris Ward, who had decided to act as loader, came to the conclusion that he'd chosen the worse option by not lifting on the day but then we live and learn. Sharon, on the other hand, wisely decided that it's far less hassle to lift rather than to work the table and managed to break the 60 kg. barrier with her fourth attempt finally getting the 62.5 on the regional record books after banging it out several times in the gym with far less effort but then that's what competition nerves do to her.

We saw a new face in Yiannis Laoutaris from Somerset. It being his first competition he was keen to ensure his technique was up to scratch and he lifted well within his ability going nine for nine with successful fourth lifts in the squat and bench. Plenty more to come there I suspect. Let's hope he keeps at it- a good future prospect.

All in all a pretty good morning with a trip down to the bar afterwards for a couple of lagers served by the landlord with fragments of plaster on his head from the deadlift vibrations.

	Wt Class	Age	Squat	Bench	Deadlift	Total
Kimberly Rawling	90	T2	90.5	43	127.5	260
Yiannis Laoutaris	90	Jnr	180	125	210	515
Steve Head **	100	Open	225	145	220	590
Adrian Rawling	125	T3	180	105.5	220	505
Sharon Ward	70	M1	*	60	*	
Renzo Carullo	90	Open	*	150	*	
Stuart Masters	90	Open	*	125	185	
Simon Masters	100	Open	*	135	220	
Chris Stevens	100	Open	*	132.5	215	
Graham Alway	125	Open	*	150	232.5	

** Steve Head lifted in the Equipped category. All others lifted Unequipped.