

**BRITISH DRUG FREE POWERLIFTING ASSOCIATION  
NORTH WEST CHAMPIONSHIPS February 25th 2001**

The day began in the freezing cold up in Marple near Stockport, we climbed up five flights of steps inside this building, I was hesitant and wary about what sort of back street gym I was to find. Turned out to be one of the best-equipped and laid out gyms, especially from a powerlifter's viewpoint that I had been to. Despite the weather the meet started almost on time and it was decided that we would just use one flight for all lifters. I prefer this method, as I like slightly more time between lifts.

A large number of novices were there on the day, not that it showed, everyone put in great efforts, which is something not often seen at divisional championships.

There were a number of lifters which deserved special mention on the day (there are others, but without the results I can only remember some of the names - sorry!)

To start with, one outstanding new lifter to the federation was Alan Pearson totalling 670 including a great 185 bench! Alan also won the best-equipped lifter. He was a thoroughly great guy and was keen to help out - especially when I needed someone to try and fit me into my bench shirt - cheers Alan, you are a true asset to the BDFPA (even if you are using the shirt incident as an excuse for your second deadlift!!).

We also had more women and teenagers competing than normal, all putting up some great lifts. Both ladies especially put up some great lifts and showed great composure when some of their lifts were failed yet came right back at it and hit bigger lifts.

One T3 stood out in particular. Paul "can't remember his surname"(sorry) in his first contest, and being training under the watchful eye of John Williams put up a great 170 kg deadlift in the 75's to round off a great day of lifting for him. Trust me when I say that he will be a great talent in the coming years.

John himself did some great lifting, and it is good to see him back lifting. He took best Raw Lifter and Best overall lifter whilst setting a new British record on the deadlift with 235 (might have been 237.5 actually).

There was also one trophy hunter from the midlands, who despite not making his weight class (again!), came home with 6 trophies and set a new deadlift record in the 100's Jnr equipped single lift with 238 Kg (despite having to do it Raw) - can't think who that was ;-p

The standard of refereeing, which often comes under scrutiny and poor comments from lifters was this time of the highest order. The refereeing was great and although I was failed on the squat for depth (ba\*\*\*rds!) they were all fair and all rules were adhered to in a truly competent and highly regarded fashion.

The spotters also did a great job on their first attempt at doing it, and composed themselves very well after I gave them a scare as the bar rolled over my head on my final squat!! Well done guys and thanks for your help.

I think that the biggest thanks of the day should go however to our meet organiser, Roy Olson. Roy put on a truly excellent meet, well organised, good people helping out, good venue and most of all good fun. Thanks Roy.