

South West Divisional Championships

Sunday May 25th 2003: Newquay, Cornwall

Report By Andrew Cominos

As expected, a smaller turnout than the December event, with just 14 lifters (17 entries – all unequipped). For a change it was decided to try a different venue, and this time the competition was run at a local secondary school. The venue proved popular, with changing rooms etc., all “on tap”, and we are hoping to use the school on a regular basis in future.

Only three in the P/L section, with Tom Meredith putting up a similar showing to last December. He won “best lifter” this time around. Steve Reynolds had a rotten day, his platform performance falling well short of his training. Probably letting his bodyweight find its higher level will allow him to fire on all five cylinders next time. A much-improved Darren Robb came down again to guest from London, along with Lawrence Farncombe, who has now moved there (our loss – the South-East’s gain!).

Lawrence just missed 200 on the squat, a weight he has done in training, whilst at 110 Graham Alway made just 165, but coming close with a PB on 190. Stuart Masters showed well this time with a good 177.5. Darren Robb, lifting on the Single Squat as well as P/L increased his lift to 160, and with more contest experience has a bright future in the BDFPA.

Two women benchers, Jane Boyce and Pauline Rowe, finished on 50 kgs apiece, both just failing record attempts. Two juniors made the trip down from Bristol to take part. Stuart Alway (no relation at all to Graham) and James Bell both lifted well at T3, with Alway just ahead at the finish by 115 to 110. Ben Mitchelmore, now just out of the juniors, made his “crucial” target of hitting three figures, finishing on 100, with room to spare. Ben lives just over the fence from the school (about 100 yds away), and must hold the record for one of the easiest journeys ever to a BDFPA championships venue! Another local lifter Chris Stephens repeated his 140 of last December, whilst Graham Alway made only his opener of 145 on this occasion. Top performance in the Single lifts this time was from Renzo Carullo, who got all 3 benches to 160, and then made a good 4th with 162.5 – all at 90 kgs.

Just two dead lifters, with Graham Alway struggling a bit at the finish to get 220, and Simon Masters (Stuart’s big brother) repeating his 250 from the last comp. The 255 he failed for a 4th might have gone if he tried it earlier.

South West Divisional Championships: Results

POWERLIFTING

Name	County	Class	Age	Squat	Bench	D Lift	Total	Schw
Tommy Meredith	Cornwall	75.0	M2	160	117.5	190	467.5	334.5
Steve Reynolds	Cornwall	82.5	Snr	150	122.5	180	452.5	284.1
Darren Robb	(Guest)	82.5	Jr	150	110	180	440	281.8

SQUAT - UNEQUIPPED

Name	County	Class	Age	Squat	Schw
Darren Robb	(Guest)	82.5	Jr	160	102.48
Lawrence Farncombe	(Guest)	90.0	Snr	190	117.57
Stuart Masters	Cornwall	90.0	Snr	177.5	105.94
Graham Alway	Cornwall	110	Snr	165	89.5

BENCH PRESS - UNEQUIPPED

Name	County	Class	Age	Bench	Schw
Pauline Rowe	Cornwall	70.0	M2	50	40.4
Jane Boyce	Cornwall	70.0	M1	50	38.2
Ben Mitchelmore	Cornwall	82.5	Snr	100	62.9
Renzo Carullo	Somerset	90.0	Snr	160 (162.5)	95.6
Stuart Alway	Bristol	90.0	T3	115	69.8
James Bell	Bristol	90.0	T3	110	64.4
Chris Stephens	Cornwall	100	Snr	140	78.5
Graham Alway	Cornwall	110	Snr	145	78.6

DEAD LIFT - UNEQUIPPED

Name	County	Class	Age	D Lift	Schw
Simon Masters	Cornwall	100	Snr	250	138.7
Graham Alway	Cornwall	110	Snr	220	119.3

All in all an enjoyable championship, if a bit under-subscribed. Thanks to Jack Teague for refereeing, and for Colin Michelmore (Ben’s dad) for helping me with all the “donkey-work”. The school kindly let us have their hall free, and lent us their minibus to move equipment from the gym to the school – again free. In return I will give their PE dept. an occasional hand to coach some interested older kids in competitive lifting, involve the youngsters in the BDFPA incentive award schemes, and hopefully recruit a referee or two from the staff of the PE dept. (If) - it all works according to plan – everyone will be a winner. Watch this space.

Andrew Cominos