

Welsh Powerlifting Championships 2003

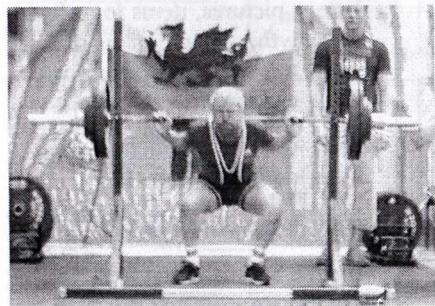
April 6th St Clears Leisure Centre
St Clears, Carmarthenshire

Report

All lifters were unequipped.

This was our second competition at St Clears, this time however we ran it using 'age groups' and not just as an open event. Because of this the only class that was actually contested was the 82.5 kg class, which I competed in myself. On paper it looks like a very close fought battle with myself coming out as eventual winner by virtue of a much lighter bodyweight. Had we run the event solely as an open competition the 67.5's and the 110 kg classes would also have been contested! As it was we had nothing more than a demonstration event, however I still need to mention one or two outstanding performances.

Our sole female lifter, Rhonnie Owens, totalled 302.5 kg's, which is 50 kg up on her previous outing last October – not bad for someone who was pushed into the sport and finds the training extremely boring, not surprising really given that she has represented Wales at athletics & boxing and played international rugby through two World Cups!



Steve Williams with 110 kg's

In the 82.5 kg class we saw a much improved (*over his first outing in December*) Rob Jones totalling 475. Rob's main mission was to bench press more than I did. He almost did it but was unlucky to fail his 127.5 third attempt – next time Rob?

In the 100's and 110's we had Stephen Beechey and Alan Thomas respectively who both put up performances that would not look out of place on an international platform. Also in the 110's was Mark Davies who totalled 615 to win the best masters award. In the 125's we had Jim Horner who also totalled 615 and to top the day we had Pete Sutton totalling 720, which included an easy looking 200 kg bench, to win the overall best lifter award.

As usual I need to give thanks to those people without who's help the event wouldn't have run so well. First off, Andy Bonner and Rob Mackereth who travelled over from Reading to referee. An extra special thanks to Rob who found himself loading all day instead (*usually my job but I was trying to lift this time*). Thanks to Steff who helped me set everything up on the Saturday and loaded all day on Sunday, Brydie who scored, Arwen who left a training session to come and help load and Gary (*the manager of the leisure centre*) for yet again allowing me to 'take over' his centre for a weekend. 'Oh' and everyone who helped tidy up at the end.

I also need to say a special thanks to Glamorgan Services from Neath who very kindly sponsored the trophies and S.E.E Electrical Installation Engineers from Merthyr Tydfil who supplied our referee lights. Without the help of companies such as these the entry fees to competitions would be considerable higher – Diolch yn fawr lawn am eich cymorth!

Results

Class	Name	B/WT	Age	Squat	Bench	Sub T	D Lift	Total	Pos
Women									
70.0	Rhonnie Owens	67.6	s	107.5	60	167.5	135	302.5	1
Men									
67.5	David Foxwell	61.7	T2	85	57.5	142.5	107.5	250	1
	Andrew Foxwell	66.3	T1	92.5	75	167.5	105	272.5	1
	Steve Williams	66.3	M2	120	90	210	165	375	1
75.0	Chris Protheroe	74.7	s	160	120	280	210	490	1
82.5	Rob Jones	82.0	J	140	125	265	210	475	1
	Richard Banner	82.5	s	200	120	320	200	520	2
	John Williams	75.1	s	180	125	305	215	520	1
100	Stephen Beechey	93.7	s	215	145	360	240	600	1
110	Alan Thomas	107.9	s	190	160	350	250	600	1
110	Mark Davies	105.0	M1	210	165	375	240	615	1
125	Jim Horner	117.5	M1	240	155	395	220	615	1
145	Peter Sutton	127.7	s	260	200	460	260	720	1