

Report from Rasheed Patel West Midlands Divisional Bench Press & Deadlift & Bench Endurance - 5th December 2004 - Gloucester

The day was well subscribed with a total of 36 lifters competing, many of which entered in more than one event.

As in most cases the bench press was the most popular, 34 in all, divided into 5 flights. There was a good variety of age groups and weight classes with many newcomers, especially in the 'T' (teenage) classes. The most popular of the light classes was the 67.5kg class T2 which had 4 competitors. Andrew Baldwin, current British Champion was pipped to the post by a very impressive bench of 90kg from newcomer Kane Georgiou. Unfortunately, being a new member Kane was unable to claim this as a British record, but he will certainly be one to watch at the British championships.

In the 67.5kg 'Senior' Paul Morris and Nick Malloy battled it out for top spot. Nick ended up with a bench of 122.5kg to claim a new British Record. In the 75kg class the eldest competitor on the day in the M6 class was Luis Lopes with an 87.5kg bench at the young age of 68 years old!! Top spot in the 75kg class Open went to newcomer Peter Macguire with an outstanding lift of 150kg. In the 125kg class Open it was a 'battle of giants'! Between Mark Haydock, Daniel Butterworth and our own West Midlands Matt Goodwin. Top prize went to Mark with a 170kg bench. In total there were 8 British records set in the unequipped section of the bench press while in the equipped bench I set a new British record with a personal best of 67.5kg. In the equipped bench press there were 5 lifters in total. In the 90kg Open Jediminus Mockevicus of Lithuania, who I personally coach, came out with an impressive 180kg bench and I feel as capable of 200kg+ by the Nationals. Gareth Meyer (originally from South Africa) competed in the 125kg Open class with a win of 200kg bench and is capable of much more also. The overall best lifter in the bench press equipped and unequipped unfortunately to my disappointment ('cos I wanted it!!) went to Peter Macguire with a very powerful bench of 172.5kg equipped matching Mike Joseph's British record (unofficially) at a body weight of only 73.9kg. Jed and Peter were both drug tested and the results are still pending.

In the deadlift section we had a total of 22 lifters. In the 67.5kg Open Paul Morris got his revenge on Nick Malloy from the bench with an outstanding lift of 200kg. In the 82.5kg Open it was a fight between Chris Lynch, Junior Esson and Tony Smith. Tony just about clinched first place by 5kg from Junior with a personal best of 230kg. If his benching and squatting was as good as his deadlift he could well be in contention for the British power 2006. While in the 90kg class our own World Champion Selby Spicer did well to beat Jed with a great lift of 252.5kg. Once again in the 125kg Open, Mark Haydock broke the British record lifting 307.5kg, only just missing out on the 320kg, but I am sure that will soon be in the bag! Best overall for the deadlift not surprising went to World Record holder Mark Lane with an unbelievable lift of 270kg. This is my que to say a big thank you to Mark for sitting in on all the British attempts "thanks Mark", and for the drug testing which he and Selby carried out. Whilst thanking Mark I would also like to say a big thank you to Neil Thomas who went out of his way to come and help out and to Malcolm Coles also for referring for the entire day. All eyes were on the bench press endurance, being held for the first time, which proved very popular with a total of 14 lifters. The best overall in this event went to Paul Morris who repped 36 times with a weight of 65kg. For people who don't know out there it is an event where you rep out with a weight based on the nearest 2.5kg to your body weight. It is nice to know that some powerlifters have go endurance as well as power. Finally, a big thank you to the loader/spotters who did a tremendous job - "you are all hired for the next comp!" Thanks also go to Andy Smallwood and Selby Spicer who I can always rely on!