

South West Divisional - Newquay, Cornwall - 22nd May 2005

E/UE	Cat.	Name	Div	B Wgt	Age	Squat	4th	Bench	4th	D/lift	Total	Points	Place
UE	70	Sarah Treloar	SW	63.5	Snr			32.5				26.66	1
	67.5	Ryan Crook	SW	62.4	Jnr			95*				74.23	3/1
		Rotha Al-Rufaiee	SW	61.2	T3			82.5	85			65.72	7/1
		Brad Rossborough	SW	62.5	T1			60	85			46.81	9/1
									65				
	82.5	Robert MacIntyre	SW	75.3	T2			90				59.62	8/1
	90	Renzo Carullo	SW	87.2	Snr			160				95.5	1
		Steve Vincent	SW	89.4	Snr			120				70.52	4/2
	100	David Meredith	SW	97.1	M2			125				70.2	5/1
		Isaac Scoble	SW	98.3	T3			125				69.79	6/1
	125	Kevin Sanders	SW	117.8	Jnr			168*				88.61	2/1
	67.5	Ryan Crook	SW	62.4	Jnr					160*		125.02	2/1
	90	Tom Endean	SW	83.5	Jnr					185		113.63	4/1
	100	Isaac Scoble	SW	98.3	T3					205		114.45	3/1
110	Simon Mansell	SW	103.8	M1					250		136.48	1	
E	110	Graham Alway	SW	109.7	Snr			160			85.89	1	
UE	67.5	Tommy Meredith	SW	67.3	M2	155		127.5	130	190	472.5	343.89	2/1
								127.5	130				
	82.5	John Kirkpatrick	SW	82.1	Snr	172.5		127.5		235	535	332.45	4/1
	90	Mark Lowe	SW	89.8	Snr	217.5		162.5		242.5	622.5	364.85	1
		Sean Slaney	SW	88	Snr	170		127.5		235	532.5	316.04	5/2
	100	Andy Underwood	SW	98.5	Snr	145		105		190	440	245.43	6/1
		Jack Hooper	SW	99.6	T3	140	160	127.5	135	170	437.5	242.81	7/1
110	Dave Maynard	SW	108	Jnr	210		160	135	250	620	334.24	3/1	

Referees: Jack Teague (plus Andrew Burden, Andrew Cominos for BR)

\* Denotes British record

### Report from Andrew Cominos:-

A fair showing for the SW mid-year divisionals, with 20 lifters and a total of 22 entries. Two lifters from Somerset, one from Devon – the rest were all from Cornwall. There were seven newcomers, and half the total number of entries were from teen or junior participants. These lifters are the stars of tomorrow, and it is always good to see youngsters taking up the sport – especially the drug-free variety offered by the BDFPA. Once again we were lucky enough to get the use of the PE facilities at the local secondary school in Newquay – an ideal venue.

Tommy Meredith (M2) lifted at 67.5 again, his “natural” weight class. A nagging injury meant that he was unable to give 100% on the squat, but he made up for this with a terrific bench press of 127.5, a weight I don’t think he has done in competition before. At 82.5, John Kirkpatrick had his best-ever day’s lifting – making 9 good lifts to finish on 535. A newcomer to competition, Sean Slaney is an “old hand” where weight training is concerned, and sports a fine physique in the 90 kg class, very “ripped” and very strong. I predict he will be quite a factor in future competitions. There was no stopping Mark Lowe, however, and fresh from his British Championships victory in this class he retained both the 90kg title and the best lifter award. The refereeing throughout was tight (as it should be) and a number of first-timers were unfamiliar with some aspects of the rules,

and were experiencing a few problems as a result. T3 lifter Jack Hooper has loads of untapped power and will do well in future competitions. He had a dodgy start to his day, but kept his act together to avoid “bombing”, ending up with a respectable 437.5 total in the 100s. He was just 2.5 behind the overall class winner Andy Underwood, back on the BDFPA platform after a couple of years’ absence.

One of the most impressive of the current crop of SW juniors is Somerset’s Dave Maynard, also just back from Brize Norton where he won the British Junior title in this weight class against tough opposition. This time he got all 3 squats, coming unstuck only on his 3rd lifts on the Bench and dead lift.

On to the single event bench press, and lone woman competitor Sarah Treloar making her championship debut with 32.5 in good style. Like a number of other novices, Sarah was unaccustomed to the pause at the chest, but adapted well.

In the mens’ competition, local Newquay Teen lifters Brad Rossborough and Rob Macintyre (both students at the school where the meet was run) – did well on their first-ever official outing. Brad got all 3 lifts to a new SW (T1) record on 60, just missing a 4th with 65. He exceeded the old record by 7.5 kg. Rob made just his opener at 90, but it too goes on the record books, in his case at 82.5 (T2). Rotha Al-Rufaiee continues to get stronger, and his 82.5 at T3 represented about a 30kg increase on his debut competition a couple of years back. Still just a fraction over 60 kgs bodyweight. The other 67.5 kg bencher was Ryan Crook, who broke the British Junior record at 95, just failing on the “magic ton”.

In the 90s a slightly off-day for Steve Vincent, who made only his opener of 120, failing twice on 135. No doubt he will make up for this on another occasion. Class winner Renzo Carullo did better than at the previous competition, this time getting all three to finish on 160 – a bit more like his true potential. He also won the best lifter award in the bench press. Dave Meredith (younger brother of Tommy, but also M2) recovered well from a technical fault which cost him his opener on the bench, going on to get a bigger lift at 125. Also in the 100s, 18 year old newcomer Isaac Scoble impressed with 3 good lifts to finish on 125. At 110 Graham Alway used this meet to experiment with his new bench shirt (he was the only equipped lifter in the competition), and got 160 nicely in the groove, though 170 was a tad heavy. Finally, after more than a year’s absence, Kevin Sanders came back (this time as a junior) – and duly broke the British junior 125 record at 168 kg. At only 21 he has more than two years left in this age group, and is chasing the world junior record which stands at 175. Ryan Crook back for the single dead lift, and British junior records at 155 and then 160. Newcomer Tom Endean (another junior) made 185 at just over the 82.5 limit, just failing 200. Much more to come from him in the future. Isaac Scoble also back for the dead lift, this time pulling 205 with room to spare. Finally, three good lifts from Simon Mansell at 110, to finish on 250, which along with Dave Maynard’s 2nd lift, was the highest weight of the day.

As part of the BDFPA’s ongoing programme of drug testing at divisional level, two lifters were tested – Dave Maynard and Kevin Sanders. It is worth mentioning again, that our testing programme is funded entirely out of members’ subscriptions. The Association gets no grant aid, subsidy or government funding of any kind.

Thanks to the following: newly qualified ref Nick Osborne for helping me to take the weights over and set the hall up the previous day, and to Jack Teague for helping me unload it all back over to the gym after the competition. To Sheila for looking after refreshments the entire day after returning from her holiday - not forgetting to my wife Georgina for actually getting the rolls prepared! To the school for the free use of their hall – and their minibus for transporting the equipment to and from

the gym. A big thank you to Andrew “Trigger” Burden and Paul, for an outstanding day’s loading & spotting – very professional. Also to Andy Stevens for standing in on the big squats. All in all an enjoyable day.