

**Report by Rasheed Patel West Midlands Divisional Powerlifting & Single Lift Squat  
- 5th February 2005 -**

The final total of lifters was 25 of which 21 competed in the power. The day kicked started with the only female lifter Pat Reeves in the Masters 4 class at 44kg her total was an impressive 185kg. Next up Hussain Patel ( my younger half ) T1 60kg class, with a total of 265kg not too bad considering he's been lying on a beach for the last 2 months. A battle between friends with Kane Giorgiou and Andrew Bricknell in the T2 67.5kg class, both with amazing potential. Kane came out on top with a total of 372.5kg a future champion in the making. Late entry Tas Iqbal a jnr 67.5kg finished with 340kg. Andy Smallwood performed well with another consistent total of 440kg in the 75kg open. The biggest line up of the day was in the 82.5kg open 4 competitors, and I believe the year for new comers, another fantastic prospect in the winner Victor Golding 9 out of 9 to achieve a 560kg total while still holding back. Second place went to Malek Moradi , who in the past could not do what he is capable of on the day, but this time went all out with a good total of 545kg. Tony Smith with third place managed to beat his personal best, but has his work cut out in this very tough class. Selby Spicer had problems with his back the night before but still gave a gutsy effort with a total of 585kg (roll on 600). Stuart Robathan 632.5kg looked easy ( playing safe for the British ) The only equipped lifter was Phil Laing at 120kg body weight with the huge total of 770kg and once again another lifter who still had a lot more in him; he proved this by unofficially matching the World Record? On the deadlift with ease, no wonder he walked away with the best overall lifter award.

In the single squat event the majority of the lifters came from the northwest region, Mark Haydock topping the bill and winning the best overall squat with a lift of 260kg.

A respectable turnout and an excellent venue, with a definite possibility for the home of the W.M. Powerlifting Championships.

Another successful day for the West Midlands Division, it helps when you have a good team behind you, thanks to Martin O'Grady for his efforts and for keeping this winning streak running, big thanks to the Power Point Gym, spotters and loaders, Malcolm Coles (W. M. ref.) and especially to Cath considering she was thrown in at the deep end at the last minute and as always Selby and Andy for their hard work and support