

World Single Lift Championships - Witney, Oxfordshire - Friday 14th - Sunday 16th October 2005

E/UE	Cat.	Name	Nat	B Wgt	Age	Squat	4th	Bench	4th	Points	Place
UE	44	Judy Gedney	USA	43.5	M6	87.5	90*			97.83	1
	52	Mickael Gisclon	SWI	49.3	T1	87.5	90*			88.69	1
	67.5	Peter Bedford	ENG	67.1	M1	160*				116.75	1
		David Mullen	IRE	61.7	T2	95				75.07	2/1
	75	Tommy Meredith	ENG	69.8	M2	165	167.5*			116.29	1
	82.5	Glenn Stephens	AUS	81.1	Snr	200				125.36	1
		Luke Stratford	AUS	80.5	Jnr	165				103.97	2/1
		Thomas Coyle	IRE	75.9	M1	130				85.58	3/1
	90	Georgy Zobach	RUS	87.9	M3	185				109.87	1
		Roger Murray	AUS	83	M5	142.5*				87.88	2/1
	100	Philippe Foire	FRA	97.9	M1	202.5				113.28	1
		Gianni Vermote	BEL	98.4	Snr	200				111.62	2/1
		TJ Meehan	IRE	96.6	T2	185*	200x			104.16	3/1
		John Auerbach	ENG	90.1	M1	180				105.3	4/2
	110	Les Pilling	ENG	108.8	M3	260*				139.88	1
		Claudio Rajmajer	SWI	106.	Snr	215				116.47	2/1
		Michel Ortega	SWI	106	Snr	200				108.42	3/2
	125	Mark Haydock	ENG	124.6	Snr	290*				151.26	1
		Nik Tribble	ENG	111.5	Snr	225				120.33	2
		Pascal Ronsin	FRA	119.9	M2	200				105.42	3/1
	145	Andrew Varley	ENG	132.1	Snr	227.5				116.59	1
	47.5	Nicole Debail	FRA	44.8	M1			50		54.61	1
		Judy Gedney	USA	44.2	M6			47.5	48.5*	52.44	2/1
	50.5	Luisa Piras	ITA	49.1	T2			35		35.52	1
	53	Danielle Pannier	FRA	52	M3			55*		53.27	1
		Maura Galietti	ITA	51.8	Snr			52.5		51.01	2/1
	55.5	Maria Teresa De Marzio	ITA	54.1	M2			67.5		63.29	1
	63	Cecile Reynes	FRA	61.3	Snr			87.5	90.5**	73.94	1
		Tania Brau	ITA	62.5	T1			62.5*		51.96	2/1
	70	Manon Bradley	ENG	68.7	Snr			70		53.77	1
		Maureen Sage	ENG	67	M6			47.5		37.23	2/1
	90+	Louissette Courtois	FRA	98.7	M4			85		51.23	1
	52	Mickael Gisclon	SWI	49.5	T1			57.5	60.5x	58.00	1
	56	Fabio Lupo	ITA	54.5	Snr			72.5		65.37	1
	60	Giorgio Veronese	ITA	59.1	Snr			125		103.21	1
		Giampaolo Serra	ITA	58.6	M6			107.5*		89.55	2/1
		Ryan Crook	ENG	59.1	Snr			90		74.31	3/2
		Matthew O'Grady	ENG	58.6	T1			55		45.82	4/1
	67.5	Scott McConnell	IRE	60.1	Snr			135		109.54	1
		Stuart Ford	ENG	66.7	Snr			135		99.05	2
Mauro Cosmai		ITA	66.9	Snr			130		95.12	3	

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E/UE	Cat.	Name	Nat	B Wgt	Age	Bench	4th	Points	Place
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UE	67.5	Jamie Bowlam	ENG	65	Snr	120		90.17	4
		Daniel Vallee	FRA	64.2	Snr	115		87.42	5
		Marco Volgare	ITA	66.8	T2	80		58.62	6/1
		Sean O'Grady	ENG	61.6	T2	65		51.45	7/2
		Hussain Patel	ENG	62.1	T1	55		43.18	8/1
	75	Peter Linnett	ENG	73.8	M1	140		94.22	1
		Carmelo Giunta	ITA	74.4	Snr	140		93.62	2/1
		Ben Thompson	IRE	68.5	Snr	135		96.71	3/2
		Daniele Gallieti	ITA	69.7	Snr	130		91.74	4/3
		Andre Roucou	FRA	74.2	M3	130	134x	87.11	5/1
		Daniel Orwin	ENG	73.6	Snr	127.5		86.00	6/4
		Ciro Credendino	ITA	69	Jnr	125		88.99	7/1
		Thomas Meredith	ENG	70	M2	125		87.89	8/1
		Pascal Bizon	FRA	74.3	M2	125		83.68	9/2
		Daniel Delaporte	FRA	72.2	M4	122.5		83.92	10/1
		Fabio Pelusso	ITA	72.6	Snr	120		81.84	11/5
		Mark Morren	ENG	74.3	Jnr	120		80.33	12/2
		David Wallis	ENG	71.8	M6	117.5*		80.86	13/1
		Lorenzo Telesca	ITA	73.2	Jnr	115		77.90	14/3
		Manuel Brau	ITA	71.3	T2	100		69.23	15/1
	Jean-Pierre Courtois	FRA	73.8	M5	100		67.3	16/1	
	Andre Charbit	FRA	73.7	M7	95		64.00	17/1	
	82.5	Mike Joseph	ENG	81	Snr	192.5	198*	120.76	1
		Maurice Roche	IRE	79	Snr	175		111.79	2
		Nicola Mulin	RUS	81.9	M1	160**		99.58	3/1
		John Christian Marrosu	ITA	80.8	Snr	150		94.26	4/3
		Thierry Leprovost	FRA	81.3	M2	145		90.73	5/1
		Thierry Mathieu	FRA	81.5	M1	137.5		85.88	6/2
		Lee Parkin	ENG	82.3	Snr	135		83.74	7/4
		Chris Langlet	FRA	79.2	T3	130		82.89	8/1
		Graham Edwards	ENG	80.1	M2	130		82.21	9/2
		Kevin Nunez	USA	80.5	Snr	130		81.91	10/5
		Rudy Smet	BEL	81.9	Snr	130		80.91	11/6
		Andrei Tushov	RUS	78.8	M1	125		79.99	12/3
Michel Rioland		FRA	81.4	M4	125		78.14	13/1	
Jacques Dumontois		FRA	79.1	M6	120*		76.58	14/1	
Joe Cook		ENG	80.4	T3	120		75.68	15/2	
Luke Stratford	AUS	80.6	Jnr	117.5		73.97	16/1		
Claude Rigot	FRA	77.8	M4	112.5		72.69	17/2		
Philip Tempest	ENG	79	Snr	140x		n/a	n/a		

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E/UE	Cat.	Name	Nat	B Wgt	Age	Bench	Points	Place
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UE	90	Cosimo Orlando	ITA	89.1	M2	172.5	101.59	1
		Georgy Zobach	RUS	88.1	M3	158*	93.39	2/1
		Fernando Innocente	ITA	86.5	M1	155	93.00	3/1
		Gilles Rondeaux	FRA	89.1	Snr	150	88.34	4/1
		Mike Carradine	ENG	87.4	M1	147.5	87.91	5/2
		Noel Vallee	FRA	88.9	M6	147.5*	86.98	6/1
		Marcello Paredi	ITA	86.8	M3	145	86.8	7/2
		Gilles Breton	FRA	87	M1	145	86.68	8/3
		Lionel Pacaud	FRA	88.8	M3	135	79.66	9/3
		Mark Haynes	ENG	89.2	Snr	130	76.51	10/2
		Bernard Lemoine	FRA	88.8	M6	125	73.76	11/2
		Mario Brau	ITA	88.5	M3	105	62.10	12/4
	100	Laurence Keen	ENG	93.5	Snr	190	108.81	1
		Philippe Belloncle	FRA	99.9	M2	175	97.00	2/1
		Philippe Foire	FRA	98.4	M1	150	83.72	3/1
		Maciej Wieckowski	IRE	98.8	Snr	150	83.55	4/2
		Jean-Louis Alain	FRA	98.1	M5	147.5	82.44	5/1
		Martin O'Grady	ENG	94.4	M1	140	79.76	6/2
		Steve Vincent	ENG	91.4	Snr	137.5	79.76	7/3
		David Meredith	ENG	96.8	M2	135	75.92	8/2
		Gianni Vermote	BEL	99.1	Snr	135	75.1	9/4
		John Auerbach	ENG	91.1	M1	100	58.12	10/3
	110	Philippe Sanchez	FRA	107.3	M2	180	97.22	1
		Mark Davies	WAL	108.9	M1	180	96.8	2/1
		Emmanuel Verel	FRA	109.8	Snr	180	96.61	3/1
		John Haynes	ENG	102.5	Snr	165	90.5	4/2
		Salvatore Vacca	ITA	105.6	Snr	165	89.55	5/3
		Claudio Rajtmajer	SWI	106.8	Snr	162.5	87.88	6/4
		Francesco Sudano	ITA	100.8	Snr	150	82.83	7/5
		Tom Chantler	ENG	108.5	Snr	150	80.76	8/6
		Graham Alway	ENG	107.9	Snr	145	78.18	9/7
		Roger Mealey	ENG	104.3	M5	115	62.68	10/1
	125	Peter Sutton	WAL	124.9	Snr	212.5	110.73	1
Kevin Sanders		ENG	121.2	Jnr	175.5*	92.28	2/1	
Mark Haydock		ENG	125	Snr	172.5	89.87	3/2	
Nik Tribble		ENG	110.7	Snr	165	88.39	4/3	
Matthew Goodwin		ENG	113.7	Snr	165	87.88	5/4	
Les Pilling		ENG	110.6	M3	150	80.37	6/1	
John Bevan		ENG	118.5	M5	130	68.68	7/1	
Aime Thioux		FRA	119.8	M1	160x	n/a	n/a	

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UE	145	John Dolan	USA	139.4	Snr	260*					131.04	1
		Andrew Varley	ENG	133.1	Snr	182.5					93.31	2
		Haydn Rowlands	ENG	128.3	M2	182.5	191*				94.35	3/1
		Markus Zumbuhl	SWI	133.7	M2	175					89.36	4/2
	145+	Dave Fitzhenry	IRE	159.4	Snr	230**					111.32	1
		Jason Rees	WAL	153.5	Snr	220					107.67	2
	44	Judy Gedney	USA	44	M6				112.5*		124.64	1
	63	Ann Thomas	SCO	61.7	Snr				120		100.85	1
	70	France Julien	FRA	67.5	Snr				152.5*		118.6	1
		Kath Goulden	ENG	70	M1				125		94.76	2/1
	90	Gladys Sausois	FRA	84.4	Snr				187.5		124.09	1
	90+	Christel Ortega	SWI	102.9	Snr				110		64.89	1
	52	Mickael Gisclon	SWI	49.5	T1				112.5	115*	113.48	1
		Bregdan Dignam	IRE	49.8	T2				100*		100.14	2/1
	60	Ryan Crook	ENG	59	Snr				150		124.07	1
	67.5	Peter Bedford	ENG	67.5	M1				205		148.79	1
		Scott McConnell	IRE	61	Snr				175		139.88	2/1
		Claude Baret	FRA	61.9	M5				170*		133.89	3/1
		Steve Williams	WAL	62.9	M3				155*		120.17	4/1
		Alfred Menard	FRA	66.5	M6				152.5		112.19	5/1
		David Mullen	IRE	60.9	T2				145		116.09	6/1
		Husain Patel	ENG	62.3	T1				145		113.48	7/1
	75	William Shaw	SCO	75	Snr				230		152.84	1
		Rahmani Abd-Erahmane	ENG	70.5	Snr				220		153.76	2
		Daniel Delaporte	FRA	72.5	M4				200		136.56	3/1
		Seb Madronal	ENG	73.5	Snr				195		131.66	4/3
		Thomas Coyle	IRE	74.4	M1				195		130.4	5/1
		Jean-Claude D'Heilly	FRA	74.5	M2				195	200*	130.26	6/1
		Guillaume Bernadin	FRA	68.4	T3				185		132.72	7/1
		Jean-Pierre Courtois	FRA	74.1	M5				175		117.39	8/1
		Matthew Ritson	ENG	70.5	Snr				125		87.36	9/4
	82.5	Glenn Stephens	AUS	81.5	Snr				260		162.4	1
		Lewis Graddon	WAL	75.3	T3				220	225*	145.73	2/1
		Joe Cook	ENG	80.6	T3				205		129.05	3/2
		Luke Stratford	AUS	81.1	Jnr				205		128.49	4/1
		Claude Rigot	FRA	78.6	M4				177.5	180*	113.81	5/1
	90	Chris Mackie	ENG	86.6	Snr				260		155.87	1
		Joseph Certain	FRA	87.6	Snr				260		154.75	2
		Lionel Pacaud	FRA	89.3	M3				230		135.26	3/1
		Matthew Kirwan	IRE	86.4	T2				180		108.07	4/1

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E/UE	Cat.	Name	Nat	B Wgt	Age	Squat	4th	Bench	4th	D/Lift	Points	Place
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UE	100	Terry Jex	ENG	97.7	M2					292.5*	163.77	1
		Ollie Hunter	ENG	96.6	Snr					260	146.38	2/1
		Dominique Corre	FRA	90.3	M1					240	140.21	3/1
		Eddie Bennett	ENG	97.3	M6					215*	120.62	4/1
		John Auerbach	ENG	92	M1					205	118.47	5/2
		Luc Fretel	FRA	96.1	M3					205	115.72	6/1
		TJ Meehan	IRE	96.6	T2					202.5	114.01	7/1
	110	Philip Berrio	USA	90.9	M2					182.5	n/a	n/a
		Les Pilling	ENG	110	M3					270*	144.86	1
		Simon Mansell	ENG	104.2	M2					242.5	132.21	2/1
	125	Tom Chantler	ENG	109.2	Snr					232.5	124.97	3/1
		Mark Haydock	ENG	125	Snr					312.5*	162.81	1
	145	Gareth Meyer	ENG	122.4	Snr					275	144.21	2
		Eddie Byrne	IRE	127.9	Snr					270	139.73	1
		Andrew Varley	ENG	13	Snr				255	130.1	2	
E	44	Judy Gedney	USA	43.5	M6	107.5*	110				120.19	1
	67.5	David Bevan	ENG	66.9	M1	165					120.73	1
		Paul See	FRA	66.4	M10	105*	110				77.35	2
	75	Dean Mikosz	ENG	74.2	Snr	260	275x				174.23	1
		Leon McCrary	USA	69.7	M6	122.5x					n/a	n/a
	82.5	Beny Verbeke	BEL	82.3	M1	262.5*					162.83	1
	90	Mark Lane	IRE	83.9	M2	260*					159.17	1
		Rick Meldon	IRE	83.2	M1	252.5					155.4	2/1
		Georgy Zobach	RUS	87.9	M3	210					124.72	3/1
		Nicola Zeccolella	ITA	88.3	M1	180					106.6	3/2
	100	Ollie Hunter	ENG	96.6	Snr	257.5					144.97	1
		Gianni Vermote	BEL	98.4	Snr	257.5					143.71	2
		TJ Meehan	IRE	96.6	T2	200*					112.6	3/1
		John Auerbach	ENG	90.1	M1	190					111.15	4/1
	110	Les Pilling	ENG	108.8	M3	302.5*					162.75	1
	47.5	Judy Gedney	USA	44.2	M6			52.5	55*		57.95	1
	67.5	David Bevan	ENG	67.5	M1			102.5			74.39	1
		Paul See	FRA	66.2	M10			85			62.79	2/1
	75	Dean Mikosz	ENG	74.7	Snr			155			103.32	1
		David Wallis	ENG	71.8	M6			130*			89.47	2/1
Andre Charbit		FRA	737	M7			95			64.00	3/1	
82.5	Mike Joseph	ENG	81	Snr			195**			122.32	1	
	Maurice Roche	IRE	79	Snr			180			114.98	2	
	Emanuel Chatelain	FRA	80.9	Snr			175			109.88	3	
	Rasheed Patel	ENG	81.7	M1			165			102.88	4/1	

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E	82.5	Lee Parkin	ENG	82.3	Snr	150			93.05	5/4	
		Andrei Tushov	RUS	78.8	M1	140			89.59	6/2	
		Rudy Smet	BEL	81.9	Snr	135			84.02	7/5	
		Michel Riolland	FRA	81.4	M4	130			81.26	8/1	
	90	Martin Green	ENG	89.6	Snr	216*			126.18	1	
		Mike Carradine	ENG	87.4	M1	160			95.36	2/1	
		Georgy Zobach	RUS	88.1	M3	150			88.95	3/1	
		Ged Hockevicius	LIT	88.6	Snr	182.5x			n/a	n/a	
	100	Neil Thomas	ENG	96.8	Snr	185			104.04	1	
		Mac Wieckowski	IRE	98.8	Snr	160			89.12	2	
		John Auerbach	ENG	91.1	M1	105			61.03	3/1	
	110	Jean-Louis Malotteau	BEL	105.9	M1	222.5*	225x		120.64	1	
		Mark Norton	ENG	105.1	M1	220			119.59	2	
		Claudio Rajtmajer	SWI	106.8	Snr	197.5			106.81	3/1	
		Graham Alway	ENG	107.9	Snr	140			75.49	4/2	
	125	Rob Mackereth	ENG	121.4	Snr	190			99.86	1	
		Les Pilling	ENG	110.6	M3	185**			99.12	2/1	
		Gareth Meyer	ENG	122	Snr	180			94.48	3/2	
		John Bevan	ENG	118.5	M5	145			76.6	4/1	
	145	Duncan Tanner	ENG	133	Snr	230			117.6	1	
		Haydn Rowlands	ENG	128.3	M2	192.5			99.52	2/1	
	145+	Dave Fitzhenry	IRE	159.4	Snr	280	300x		135.52	1	
	44	Judy Gedney	USA	44	M6			115	127.41	1	
	67.5	Saul Shocket	USA	66.3	M5			252.5	255*	186.27	1
		David Bevan	ENG	67.1	M1			195		142.29	2/1
		Paul See	FRA	66.3	M10			110*	115x	81.15	3/1
	75	Leon McCrary	USA	70.5	M6			165		115.32	1
82.5	Beny Verbeke	BEL	82.1	M1			300*		186.42	1	
	George Troullis	CYP	79.4	M2			275*		175.01	2/1	
	Glenn Stephens	AUS	81.5	Snr			255		159.27	3/1	
	Roger Murray	AUS	82.5	M5			220*		136.25	4/1	
90	Steve Maden	ENG	89.4	M1			235		138.11	1	
100	Ollie Hunter	ENG	96.6	Snr			265		149.2	1	
	Dominique Corre	FRA	90.3	M1			252.5		147.51	2/1	
	Derek Cope	ENG	96.9	M2			232.5		130.71	3/1	
	Philip Berrio	USA	90.9	M2			220		128.02	4/2	
	TJ Meehan	IRE	96.4	T2			192.5*		108.49	5/1	
	John Auerbach	ENG	92	M1			185		106.91	6/2	
	Frank Sinclair	SCO	96.9	M1			300x		n/a	n/a	
110	Les Pilling	ENG	110	M3			275*		147.54	1	
	John Shanahan	IRE	107.9	Snr			270		145.58	2/1	
	Claudio Rajtmajer	SWI	108.2	Snr			252.5		136.05	3/2	
	Brian Mitchell	ENG	103.5	M3			250		136.63	4/2	

World Single Lift Championships Continued

* = World Record ** = European Record

Best Overall Unequipped Female (based on Malone)

Squat - Judy Gedney (USA), - Bench Cecile Reynes (Fra), - Deadlift Judy Gedney (USA).

Best Overall Equipped Female (based on Malone)

Squat, Bench & Deadlift - Judy Gedney (USA).

Best Overall Unequipped Male (based on Swartz)

Squat 1. Mark Haydock (Eng), 2. Les Pilling (Eng), 3. Glenn Stephens (Aus).
Bench 1. John Dolan (USA), 2. Mike Joseph (Eng), 3. Dave Fitzhenry (Ire).
Deadlift 1. Terry Jex (Eng), 2. Mark Haydock (Eng), 3. Glenn Stephen (Aus).

Best Overall Equipped Male (based on Swartz)

Squat 1. Dean Mikosz (Eng), 2. Beny Verbeke (Bel), 3. Les Pilling (Eng).
Bench 1. Dave Fitzhenry (Ire), 2. Martin Green (Eng), 3. Mike Joseph (Eng).
Deadlift 1. Beny Verbeke (Bel), 2. Saul Sockett (USA), 3. Ollie Hunter (Eng).

Report from Neil Thomas

The venue for this year's world single lift was the excellent facility in Witney, the Windrush Leisure Centre. Before we talk about the lifting I would like to thank all the members of staff from the centre for all their help over the 3 days, without whom the event would not of been the success it was.

Equipment was purchased specially for the competition from FORZA Strength Systems – money well spent according to all of the lifters over the 3 days. Richard Hossack from FORZA attended the event over the second and third days and was very impressed with the event so much so he actually commented that it was probably the best event he had seen and would like to be more involved with the BDFPA if this was the standard of events it ran. Many thanks to Richard for providing T-Shirts for the loading crews at the competition.

Judy Gedney has been in touch with me prior to completing this report to tell me that there were 99 World Records broken at the event, a testament to the standard of the lifting over the 3 days from the 227 entries – not including endurance.

Squat Day 1

As par for the course on any single lift competition the squat day produced 36 entries from 9 different countries. Beny Verbeke, TJ Meehan and Mark Haydock started the competition as they meant to go on all setting world records in their classes. The Friday was actually attended by a lot of the local press; the Oxford Mail/Star was there along with a news team from BBC South Today to cover the event. Judy became a bit of a darling of the press by appearing on TV that night and many of the newspaper articles in the following days. The coverage by the press did exactly what we are trying to achieve in the sport – show that it is for every one!

Best Lifters:

Judy Gedney/Dean Mikosz – Equipped

Judy Gedney/Mark Haydock – Un-Equipped

Bench Day 2

This was the day of days 140 entries and the trial of the double platform. Despite a small issue at the beginning of the day with some late entries the event started at 11.30. The platform arrangement worked fantastically and 15 flights of bench were completed in less than 4 hours!!!!

Many new world and European records set over the second day – well done to Les Pilling and David Wallis for their records and Martin Green for at last getting his.

The double platform is appoint worth another mention as it was the first time it had been tried in the UK – as far as I am aware. The system worked almost perfectly the almost coming from the fact that some lifters kept coming to the table worried they could not find their name on the flights behind the platform - surely you would check both platforms before asking!!!!

That aside I was surprised myself that the 2 platforms did not create problems for each other in terms of announcements or space. This is without a doubt the way forward for events of this scale. It would appear we may have found the solution to the long days even at British Nationals.

Best Lifters:

Cecile Reynes/John Dolan – Un-Equipped

Judy Gedney/Dave Fitzhenry – Equipped

Endurance

This had 28 competitors and took almost as long as the proper competition did!!

Not a lot to say about this, lot of reps a bit of fun.

Well done however to Maria Teresa De Marzio and Scott McConnell in winning this event.

Deadlift Day 3

Again a double platform day. 51 entries today so with the double platform a very fast finish. The event started at 10.00 am and all were away by 1.00 pm, so perhaps a standard set.

Some monster lifting in the dead lift with particular mentions to Beny V, Mark H, Lewis Graddon, Terry Jex and Judy Gedney all setting records. It was very nice to have Paul See – a French lifter – still plucking out world records at the age of 85!, fair dos to the bloke if you are still going at that age you deserve them all.

Best Lifters:

Judy Gedney/Beny Verbeke – Equipped

Judy Gedney/Terry Jex – Un-Equipped

Many thanks required to all of the admin staff that helped out over the 3 days.

Sam, Andrew, Wim, George, Gemma and Steve for helping out to MC and score. Mark Lane for spending more time in the toilet drugs testing than watching the event!

All the referees from all the countries who helped out. But most of all the military guys who did all the loading for the 3 days. Nearly 1,000 loads and only 1 miss load – I will take those percentages anytime. Apologies to those who did not get a t-shirt, I now have some more so get in touch and I will send them on.

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Report from Saul Shocket forwarded from Judy Gedney

Could this particular single event format become a more widely accepted mode of future competition? Although I don't expect the single event format to soon, if ever, replace the conventional 3 event power meet, it certainly is more crowd friendly in regard to meet length. Additionally it allows the injured athlete or single lift specialist the opportunity to pick & choose their event(s). The WDFPF version of the Single Event World Championships involves competition in one event per day. Our schedule in Witney, England was as follows:

Friday's Schedule Included:, AM - Unequipped Squat, Afternoon – Equipped Squat

Saturday AM – Unequipped Bench Press, Afternoon – Equipped Bench Press, PM – Bench Press
Endurance

Sunday AM – Unequipped Deadlift, Afternoon- Equipped Deadlift

Although some lifters did choose to focus on a particular event, many lifters chose to compete in all three.

There were a number of inspirational lifts performed during the course of this competition. The beauty of our sport involves that moment of truth we have all experienced during each max or near max lift we attempt. In powerlifting, there is almost always that defining moment where we either make the commitment to succeed with the attempt, or fail to make that commitment. This all happens within a fraction of time, yet involves a number of personal factors. Serious competitors will know exactly what I'm talking about. Every competition offers each of us that opportunity & I believe that's what makes competition lifting so fulfilling. The 2005 WDFPF Single Event Worlds was again well represented by a host of 12 countries including: Australia, Belgium, Cyprus, England, France, Ireland, Italy, Russia, Scotland, Switzerland, Wales, & the USA. This year the grand total of competitors numbered 244. The team competition was won by England.

Listed below are the number of world records broken/set by each nation.

Australia	5	England	25	Italy	3	Switzerland
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Belgium	6	France	11	Russia	1	Wales	2
Cyprus	2	Scotland		USA	28	Ireland	11

A total of 99 world records were set during the competition between 244 drug-free athletes.

This was my 4th consecutive Single Event World Championships, the first two being held in Italy (Capiago & Como), while last years Worlds was held in Antwerp, Belgium. This meet, as the others, was well planned & executed. The heart & soul of a successful Power Meet directly revolves around the competency & fairness of the judging & to my view, the judging here was both knowledgeable & fair. Team USA, represented by the newly re-structured ADFPF, was particularly well received by the International Community. WDFPF President Andrew Cominos, Vice President Wim Backelant of Belgium, Meet Director Neil Thomas, & the ADFPF's indefatigable Judy Gedney did a great job for the lifters & for drug free sport in general.

The 2005 WDFPF World Powerlifting Championships will be held in Torino, Italy on December 10th & 11th. Torino will be hosting the 2006 Winter Olympic Games 2 months later, so this will be a very exciting place to be. The 2006 World Single Event Championships will be held in Bendigo, Australia on October 13th, 14th, & 15th, with the 2006 Powerlifting World Championships being held in Cork, Ireland November 11th, & 12th. Lifting heavy weights in exciting & exotic places sounds pretty good.

Report from Rasheed Patel on the West Midlands achievements

The W.D.F.P.F held their world single lift championships for 2005 over three days in Witney, Oxford from Friday 14th October. This annual championship was scheduled for November in Croatia but due to late cancellation was hosted by the British federation who out voted the proposed bid by the city of Chicago, U.S.A.

This is one of two world championships held by the W.D.F.P.F each year, the meet attracts lifters from as far as Australia to America, with male and female competitors as young as 14yrs to late 80s.

The competition involves the normal three lifts of powerlifting - the squat, the bench press and the deadlift. The difference is each lifts are treated as an individual event, so competitors can become a world champion in whatever event they are invited to compete in. The traditional powerlifting competition is the other event held by W.D.F.P.F each year and is scheduled for December in Turin, Italy for 2005.

To qualify for either of the two world championships, a competitor would have to be selected to represent England by invitation only from the British secretary. Usually this involves the competitor winning his / her age-weight class group from his divisional region i.e. Gloucester (West Midlands) championships, then qualifying and winning in the British finals. Normally the top three lifters in each class would be selected to represent England.

Three Barton & Tredworth locals competed in Oxford of which the youngest was Hussain Patel aged 15. Hussain currently holds two world records the squat and deadlift in the U16 60kg class and two British titles and several British records. This was Hussain's first world championships this time he competed in the slightly heavier class of 67.5kg, with a successful second day Hussain won the world title in the bench press which is his weaker event. On day three he lifted in his best event the deadlift and set a new world record with a impressive lift of 145kg at the bodyweight of 62kg.

Also competing was Hussain's father Rasheed (aka Ross) Patel in the Masters 1 category over 40s, weighing in at 80kg, Rasheed is the West Midlands divisional representative for the British Drug Free Powerlifting Association, and has set seven new British records in just over two years and was down to compete in four events, unfortunately he was nursing a cold and a old shoulder injury on the day of the competition. Rasheed still managed to retain his two world titles and defeat his Russian

opponents in the bench press.

The third lifter Gedimius Mockevicius from Tredworth, competed for his native country of Lithuania. In the 90kg open class it was Ged's only second competition and is a new comer to this sport, he was lifting in two events. Ged was up against the wall from the start; having the world champion in his class, unfortunately due to technical faults he did not get a good lift on the board. In the next event the bench press endurance, which is fairly new to this sport he came up trumps and clinched his first world title.

The next West Midlands divisional single lift championships will be held in Birmingham on the 26th November 2005