

19th RAF Powerlifting & Bench Competition - 5th August 2006

E/UE	Cat.	Name	B Wgt	Age	Squat	4th	Bench	D/Lift	4th	Total	Points	Place
U/E	55.5	Ann Thomas	55		50		42.5	110		202.5	187.29	6/1
	70	Caroline Grey	64		72.5	80	57.5	127.5	132.5	257.5	209.81	5/1
	67.5	Chris Hill	62		135		85	165		385	302.76	2/1
	75	Stephen Wilkinson	75		180		117.5	232.5		530	359.81	1
		Tom Bright	70		100		95	142.5		337.5	237.29	4/2
	90	Dave Hall	87		157.5		97.5	202.5		457.5	273.49	3/1

Single Lifts

E/UE	Cat.	Name	B Wgt	Age			Bench				Points	Place
U/E	75	Rob Denner	68				82.5				59.49	5/1
	82.5	Phil Tempest	78				145				93.49	1
		Ed Narramore	78				120				77.37	4/2
	90	Phil Denner	85				90				54.62	6/1
	100	John Gordon	99				145				82.79	2/1
		Mark Haines	93				142.5				81.85	3/2
E	82.5	Phil Tempest	78				152.5				98.33	1

Referees: Matt Saunders, Andy Smallwood, Selby Spicer

Report from John Gordon on RAF Powerlifting & Bench Press Championships

A reduced turn out was expected due to a large number of lifters currently being away on overseas service but we still had lifters who made some long trips to get here. For those present there was the benefit of having both Matt Saunders and Neil Thomas on hand to provide coaching advice and explanation of referees decisions.

Squat: As per 2005, we had a battle in the ladies category of the squat with Ann Thomas and this time, 1st timer Caz Gray, with Caz travelling down from Kinloss in Scotland and Ann fresh from the European's. Both went on to set new records for the RAF women's category in both their respective weight classes, with Caz pushing out a series of super low squats, which were done with ease. In the men's event there was a straightforward battle between Chris Hill and Dave Hall (both down from Kinloss) with Dave taking the best novice squat. However, in a class of his was Stephen Wilkinson lifting unequipped at 75kg with a final 180kg squat, an improvement of 20kg over the previous year and despite his best efforts, narrowly missing out on a 200kg squat.

Bench Press: As ever, the bench press continues to be the most popular event with the single event

and powerlifters mixing in one flight of lifters. Highlights amongst the bench presses were Ed Narramore who took the best novice bench press with 120kg after, travelling over from Northern Ireland and Phil Tempest taking the honours in the open bench with a creditable 145kg, another lifter who had recently lifted in the Europeans. Phil was pushed hard with Mark Haines and John Gordon hitting 142.5 and 145kg respectively but, Phil taking it on lighter bodyweight.

Deadlift: Back to the powerlifters and a cracking series of lifts from Caz Gray saw a 4th attempt clear 132kg (twice bodyweight) for a personal best and new RAF ladies record at the same time with Ann Thomas also hitting the twice bodyweight mark with a final 110kg lift.

Amongst the men all lifters put in creditable lifts with Dave Hall and Tom Bright fighting it out amongst the novices with Dave edging it with a final 202.5kg lift. However, it was the aggressive Stephen Wilkinson who took the honours with a 2nd lift of 232.5kg at 75kg bodyweight and who narrowly missed out on a 240kg final lift, which I'm sure will come.

Summary: Ladies overall Powerlifting went to Caroline Gray who in her first ever comp achieved a 257.5kg total with Ann Thomas taking the 55kg title. Men's Open bench was taken by Phil Tempest (who also took time to try out his new bench shirt and do a series of equipped benches), with Ed Narramore taking the novice honours. Dave Hall took the honours with the novice Powerlifting while Stephen Wilkinson standing apart with a fine 530kg total.

It was again good to see such a diverse set of lifters many of whom travelled a fair distance and whom it is hoped will continue to lift with the BDFPA. A big thanks to the referees and loaders for the day who were; Matt Saunders, Neil Thomas, Andy Smallwood, Selby Spicer and James Beeby.

Thanks to Phil Denner who took on the duties as MC and scorer and even found time to lift.