

Report from Haydn Rowlands

Horncastle Community Squash Club hosted the North Midlands Powerlifting & Single Lift Divisional with 22 lifters attempting to qualify for the respective British Championships.

Lifting started promptly at 11am with new lady member Nicola Elding recording a 60kg bench and 105kg deadlift at 58.8kg. At 67.5kg class Roger Little at Masters 6 recorded 117.5kg deadlift. Ted Byrne M4 recorded a strong 165kg and Harry Sandbach at T2 130kg, Ben Clarke at T2 recorded 75kg bench a very good 150kg deadlift. First time Darren Spencer at 75kg recorded a 80kg bench. At 82.5kg class George King registered a 170kg equipped squat, Daniel Saunders a good 172.5kg deadlift and George Fletcher 205kg deadlift. At 90kg class Alex Sargent at T2 recorded a 180kg deadlift, Mike Davies at Masters 7 went 117.5kg, 80kg, 150kg to total 347.5 well done Mike age is clearly not holding him back. Two seniors Lee Parkin went 185kg 147kg 192.5kg to total 525kg to qualify for the unequipped British for the first time, it was good to see Lee 3 lift Powerlifting as well as single lifting. Andrew Bell went 120kg 90kg 176.5kg for a 375kg total keep up the good work, his total will show good improvement. 100kg Mathew Houldershaw recorded a good 215kg deadlift, bencher John Haynes recorded 137.5kg bench; John did well to turn up having suffered the dreaded Flu just a few days before the comp. In the 125kg the only bencher Paul Spencer pressed 170kg, junior Dean Allison 602.5 total with a PB bench of 152.5kg, Dean lifted at the NM as he was going to be helping out at his dad's divisional on the Sunday, well done Dean. Finally Phil Laing at M2 showed age is not slowing him down with a great 710kg total with a whopping 300kg deadlift to finish off. Two lifted at 145kg Alan Pearson back on the platform after very little training recording a 190kg bench to qualify for the British. Yours truly at M3 benched 197.5kg. Lastly at 145+ T2 Leland Duffus unfortunately bombed on the deadlift having trouble with finishing the lift a little more work and all will come good even the best lifters have trouble at some time.

Thanks go to Sharon Rowlands and Liz Mellors for manning the score desk, Sharon the Membership Secretary for also presenting trophies, a massive thanks to John Stokes for travelling from Bradford with equipment, loading refereeing and generally helping out, JOHN YOU'RE A STAR, Marc Giles for providing the venue, weights, loaders and a buffet after the event, THANKS MARC. Here's looking forward to the NM for 2010.