

Report from Andrew Cominos

A fair turnout for this competition – eleven lifters in all, nine from Tretherras, and two from Treviglas. Both the Treviglas boys train at our gym.

There were no fewer than 12 **Club** records broken – 9 **South-West** records – and 6 **BRITISH** records.

The three powerlifters all did well. Despite not being able to get to the gym very regularly in recent weeks, **Elliot Way** nevertheless equalled his competition best on the squat, and comfortably broke his PBs on both the other two lifts. His dead lifting technique is one of the best in the gym. **Andy Burt** got off to a good start with a squat of 125.5 which beat the existing club & SW 75 kg records held by Steve France. He finished his session with a terrific 180 Dead Lift. Meanwhile **Steve France** himself now lifts in the 82.5 kg category, and this time made PBs on the squat with 135 and a new high of 395 on the Total. All three lifters were in the T2 (16-17) division.

Mikey Sutton did all 3 lifts this time, but as single events rather than the powerlifting set. He had a shaky start when he lost control of his 40 kg squat opener, but then succeeded with 45, just missing 50 on his 4th attempt. He went on to bench press 35 in competition style. The other single event benchers all lifted to a very high standard – with **Alex Heane**, **Brandon Pauls**, and **Beau Brennan** from Treviglas all breaking SW and British records in their respective classes. **Jamie Eastwood** coped well although lifting with a broken finger (rugby injury), and still managed to bench 70 in good form, just coming unstuck on 75. The other Treviglas lifter, **Jamie Morris**, did a PB this time, benching 65 in good solid style.

On the dead lift Mikey Sutton made a fine 82.5 for a new British record, and just managed to pull 90, although lost it on a technicality. Jamie Eastwood made a brave effort with his injury to hang on to his opener with 132.5 but then had to call it a day. He had high hopes of beating the British record, possibly with as much as 150, but it was not to be.

'Best Lifter' honours of the whole competition went to **Jordan Buchanan** for his outstanding Dead Lift of 185 – made at only 62 kg bodyweight, and in the T1 (14-15) division. The lift was an unofficial World & European high - about 30 kgs above the record held by a Slovakian lifter. Finally, **Will Keegan** made a bit of history by becoming the first club member to dead lift 200 kgs. His lift (actual weight 200.5) was a new British T2 record, and also a shade over the official World & European record of 200 held by an Irish lifter.

Well done to all lifters for putting up such a good show – and thanks to referees Vernon Wills (Saltash) and Graham Edwards (Truro) who made the effort to come along and referee. Thanks also to Charlie Buchanan, Jordan's dad, for loading throughout the whole afternoon.