

Report from Martin O'Grady

What was initially a gym competition became a qualifier for the British Championships, with lifters coming from as far a field as Devon and Oxfordshire.

Twenty three lifters of which 6 were bench pressers only. A lot of the helpers were new to powerlifting competitions and at the beginning were a little shaky but with assistance from the lifters things began to run more smoothly.

The 56kg and 67.5kg classes saw Kader Khalfev and Guy Grant both qualify for the nationals unopposed.

The 75kg class was contested with Robin Mihrishi winning with 522.5kg and Dills Singh taking second with 460kg both qualifying.

The 82.5kg class saw newcomer Dewayne Brown bomb on squat leaving Jacob Gieseke to take 1st place with 500kg to qualify. Second place went to Chris Welcome in his first competition.

The 90kg class saw some big bench pressers clash with Danny Percival 2007 Junior World Champion taking 1st place 610kg with Mark Fletcher 570kg in second.

The 100kg class proved interesting Dave Harding a senior won the class with 620kg however one for the future James Perry a 20 year old with an amazing physique total 540kg qualify for the British almost getting a 180kg bench press! Leon Brewster another promising junior came third also qualifying for the nationals in his first competition.

At 110kg Alex Holgate qualified unequipped with Ian Hawkins lifting equipped with some big lifts and qualified with ease.

The bench press competition attracted 6 lifters, the 82.5kg class had three first timers all qualify for the British.

In the 100kg class Martin Green posted an easy 152.5kg qualifying lift and Cory Brookes an exceptional junior pressed 182.5kg but with not enough referees wouldn't count as a record.

Martin Catton qualified equipped at 110kg on his own.

Thanks to all the helpers and lifters, and special thanks to Martin Green who helped referee.

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