

British Powerlifting Championships - RAF Brize Norton, Oxon 7th & 8th May 2005

E/UE	Cat.	Name	Div	B Wgt	Age	Squat	Bench	D/lift	Total	Points	Place	
UE	50.5	Leslie Watson	SE	48.2	Snr	57.5	65	100	222.5	229.20	1	
	58.5	Helen Isaac	NW	58.2	Snr	90	65	145	300	264.75	1	
	63	Martine Haselden	EC	61.4	Snr	85	55	140	280	216.26	1	
	70	Melanie Golding	SE	65.5	M2	105	67.5	155	322.5	254.68	1	
	67.5		Peter Bedford	SC	66.3	Snr	165	130	210	505	272.54	1
			Tommy Meredith	SW	67.5	M2	170	122.5	195	487.5	353.83	2/1
			Budgie Mullen	SE	66.9	M5	110	95	170	365	267.07	3/1
	75		Chris Protheroe	WAL	73.8	Snr	185	120	235	540	363.42	1
			Abd -Eramane Rahmani	SE	73.9	Snr	180	115	240	535	354.68	2
			Stuart Ford	EC	73	Snr	170	135	215	520	303.03	3
			Felix Awuku	SC	70.2	M2	185	80	210	475	313.17	4/1
			Lewis Graddon	WAL	75	T3	150	90	207.5	447.5	297.36	5/1
			David Bevan	EM	68.8	M1	150	100	190	440	314.03	6/1
	82.5		Rob Hall	SC	80.7	Snr	195	140	245	580	364.82	1
			Matt Rowe	SC	81.9	Snr	192.5	137.5	242.5	572.5	356.32	2
			Victor Golding	WM	82.5	Snr	200	160	210	570	353.00	3
			Chris Lynch	WM	80.7	Snr	190	127.5	212.5	530	333.37	4
			Asare Boctang	EC	80.5	Snr	145	120	220	485	305.60	5
			Chris Empson	SCO	78.9	T3	150	95	185	430	274.94	6/1
	90		Mark Lowe	SW	89.2	Snr	215	166*	240	620	365.46	1
			Ed Van Niekerk	SC	89.1	M2	241*	137.5	232.5	610	359.23	2/1
			Selby Spicer	WM	89.9	M1	200	135	260	595	348.49	3/1
			Anthony Smith	WM	84.6	Snr	190	135	240	565	343.97	4/2
			Richard Banner	WAL	84.6	Snr	190	135	220	545	331.80	5/3
			Paul Golding	SE	85.4	M1	207.5	107.5	220	535	323.68	6/2
			Chris Mackie	SE	87.1	Jnr	160	130	280	520	340.46	7/1
			Delroy Thomas	EC	85.8	Snr	150	130	210	490	295.51	8/4
			Eric Morris	NW	84.5	M7	115	105	175	395	240.67	9/1
			Trevor Thomas	EC	86	Snr	150	125	/	n/a	n/a	/
	100		Terry Jex	SC	96.4	M2	230	155	290	675	380.43	1
			Stuart Robathan	WM	95.7	Snr	205	152.5	270	627.5	354.98	2/1
			Jean Pierre Ulldemolins	SE	91.4	Snr	215	127.5	250	592.5	343.71	3/2
			George Beevers	NE	96.9	Jnr	190	137.5	240	567.5	319.05	4/1
			James Bagot	EM	93.4	M2	210	135	220	565	323.75	5/2
			Andy Green	SC	90.5	M1	180	122.5	252.5	555	323.79	6/1
			John Auerbach	EM	93.7	M1	210	117.5	220	547.5	313.17	7/2
			Andy Davies	NW	93.5	M5	180	115	230*	525	300.67	8/1
			Alistair Christie	SCO	98	M4	180	115	227.5*	522.5	292.13	9/1
			Alistair Mealey	SE	98	Jnr	182.5	117.5	180	482.5	268.37	10/2
			Martin O'Grady	WM	93.3	M1	190	140	190	/	n/a	n/a

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UE	110	Stephen Fisher	EC	108.2	Snr	260	170		270		700	377.16	1
		Les Pilling	NW	109.1	M2	255	160		277.5		692.5	372.29	2/1
		Chris Jones	WAL	107.1	Snr	235	172.5		265		672.5	363.42	3/2
		Mark Davies	WAL	108.9	M4	225	175		275		670	360.33	4/1
		Dave Maynard	SW	107.4	Jnr	180	160		250		590	318.54	5/1
		James Beeby	NM	108.9	Jnr	180	155		240		575	309.24	6/2
		Alan Davies	WAL	105.1		170	115		200		485	263.65	7
	125	Mark Haydock	NW	122.1	Snr	275*	165		310*		750	393.60	1
		Tony Clark	SE	124.5	Snr	250	207.5		292.5		750	391.28	2
		Graham Crane	EC	122.1	Snr	255	170		275		725	380.48	3
		Chris Baker	NE	124.7	Snr	247.5	207.5		277		727	379.06	4
		Haydn Rowlands	NM	121.7	M2	200	180*		220		600	315.18	5/1
		Dean Allison	WM	123.5	Jnr	200	135		237.5		572.5	310.92	6/1
		John Payne	WM	117.1	Jnr	200	140		230		570	301.88	7/2
John Stokes	NE	124		192.5	135		227.5		555	289.93	8		
145	Peter Sutton	WAL	127.4	Snr	277.5*	200		282.5		760	393.76	1	
	Andrew Varley	NW	134.1	Snr	215	172.5		260		647.5	330.29	2	
E	44	Pat Reeves	WM	42.8	M4	60	35		100		195	220.8	1
	75	Chris Morgan	SE	74.9	Snr	210	107.5		242.5		560	372.51	1
		David Fairhurst	NW	72.7	M3	200	132.5		215		547.5	375.09	2/1
		Stephen Flower	NW	69.5	M3	190	102.5		240	247.5*	532.5	376.69	3/2
		Gary Fisher	NW	73.8	M1	205	117.5		197.5		520	349.96	4/1
		Dean Mikosz	SC	74.5	Snr	250	/		/		/	n/a	n/a
	82.5	Neil Abery	EM	82.4	Snr	280	155		257.5		692.5	429.21	1
		William Brown	SCO	81.8	Snr	250	130		245		625	389.38	2
		Scott Gosling	EC	80.5	T2	160	137.5	140*	200		497.5	313.47	3/1
	90	Rick Meldon	SE	85.7	M1	280	172.5		220		672.5	405.92	1
		Selby Spicer	WM	90	M1	210	150		270		630	368.74	2
		Steve Maden	SE	89.2	M1	215	165		235		615	361.93	3
		Tony Crump	SE	87	Snr	220	122.5		227.5		570	340.75	4/1
	100	Matt Saunders	EC	97.7	Snr	310	221*		310		840	470.32	1
		Philip Nosko	SC	96.6	Jnr	247.5	175		270		685	385.66	2/1
		Neil Thomas	EM	98.1	Snr	240	190		190		620	346.52	3/2
	110	Mark Norton	NE	106.3	M1	320	215		267.5		802.5	434.63	1
		Les Pilling	NW	110	M3	280	200		300		780	418.47	2/1
		Brian Mitchell	EC	103.5	M3	210	150		250		610	333.37	3/2
	125	Gerald Pilling	NE	123.3	Snr	300	195		300		795	416.10	1
Phil Laing		NM	120.1	M1	270	172.5		310		752.5	396.49	2/1	
Rob Mackereth		SC	107	Snr	220	180		227.5		627.5	339.16	3/2	
Hamish Davidson		SCO	112.4	M3	220	142.5		220		582.5	310.94	4/1	

Referees, A Cominos, A Davies, M Norton, G Troullis, I Lynch, D Tanner, S Haydock, M Lane, L Pilling

Report by Andrew Cominos:-

DAY 1 (Unequipped) - This turned out to be a “monster” day, with no fewer than 57 entries. The down side was a very late finish (the lifting went on till about 10.30 p.m. despite the best efforts of everyone to keep delays to a minimum). On the plus side, it could be said that we were victims of our own success - with a higher lifting membership than ever before in the BDFPA, more lifters than ever had qualified for this event. A number of suggestions have already been made regarding how we solve this problem in the future – ranging from raising qualifying totals in order to keep numbers down, to

having separate events for the Open and age group categories. The second of these ideas has found favour with many people, and there is even a possible venue in the north of England where one of these two competitions could be run next year. More news about all this as soon as it becomes available.

On to the lifting – a good showing from the women, with ‘best lifter’ title going to Helen Isaac, who got 8 from 9 to put together a terrific 300 total at 58.5. At just over 48 kgs bodyweight, Leslie Watson’s 65 kg bench press was a real achievement, following an initial failure at this weight. Martine Haselden made an impressive debut on a national platform, and after some trouble on the bench recovered well to finish with 3 good dead lifts up to 145 and a creditable 280 total. Mel Golding got off to a shaky start on the squat, but rounded off her day with a superb 155 on the dead lift.

The mens’ 67.5 was an interesting affair. Peter Bedford was having terrible problems making the weight, and this left him lifting well below par. Cornwall’s Tommy Meredith usually lifts as a very light 75, but got into the lower class this time, and at M2 managed a PB total at the same time. This meant that Bedford was just 2.5 ahead at the sub-total stage, but a 210 dead lift on his second attempt was enough to clinch the overall class once again. At M5 Budgie Mullan needed three attempts to get his 95 bench press for a new record, and went on to a fine dead lift on 170.

The 75s were expected to be hotly contested this time, though some of the heat was taken out of the class due to the non-appearance of David Hannah, and Chris Lynch going up into the 82.5s. There was a terrific battle at the finish, however, with Chris Protheroe putting a good 540 together to take the title. In his last year as a junior lifter, Abd-Eramane Rahmani was just 5 kgs behind, and tried 250 to win, a weight which was too heavy on this occasion. Stuart Ford would normally have been right up with the leaders, but he was having a rather tough time of it and finished on 520. Felix Awuku normally also tops the 500 mark, but a nagging shoulder injury left him down on his best. Impressive Welsh T3 lifter Lewis Graddon and David Bevan (M1) both added depth to this division.

The result of the 82.5s was in doubt right up to the last dead lift. Newcomer Victor Golding had a comfortable lead at the ST stage with 360, against 335 for Rob Hall and 330 for Matt Rowe. Golding’s success with his 3rd dead lift at 210 gave him an impressive debut total of 570. Rowe’s good second attempt at 242.5 put him just ahead at 572.5, but a third go on 250.5 for a new record proved too much. Hall clinched the title with his second (also 242.5), and went on to get 245 and finish on 580. A great class and a worthy winner. Chris Lynch was lifting in the heavier category this time and had a fair day, getting 7 from 9, including all three dead lifts. Another newcomer, Asare Boateng, has loads of potential, and should soon top the 500 mark.

A big field (10 lifters) in the 90s. A tough time for the Thomas twins, with Delroy getting just his openers this time, and Trevor bombing on the bench after making the same opening squat. Much more to come from these two talented lifters in the future, though. At 72 years, Eric Morris got 9 from 9 and a WR M7 dead lift into the bargain, and duly became the first winner of the ‘Ron Cluer Trophy’. Creditable performances from both Richard Banner and Paul Golding, and Tony Smith edging ever closer to the 600 mark. Junior Chris Mackie is knocking on the door of the magic 300 dead lift, making 280 but finding a WR 292.5 a bit much on this occasion. Selby Spicer got off to a fair start, and rounded his day off with 3 good dead lifts up to 260, and third place overall. The contest for 1st place could not have been closer. Eddie Van Niekerk has always been one of the world’s leading drug-free squatters, and was having quite a good day. After an initial failure on 240 he went on to succeed at his 3rd attempt on 241 for a WR at M2. A bench of 137.5 gave him a sub-total of 377.5, just 2.5 behind Mark Lowe, who had benched a British record 166. It all hinged on the dead lift, and with Lowe getting all 3 lifts to finish on 240, it left Van Niekerk to make 242.5 to win on bodyweight. This proved too much, and Mark Lowe took the class by 10 kg, having succeeded with every attempt.

With 11 lifters taking part, the 100s was the most heavily subscribed class (even allowing for a couple of

absentees). A good day for junior Alasdair Mealey, who made all three squats and bench presses, but with his dead lift tailing off a bit at the finish. The elusive 500 is bound to go soon. Junior honours went to George Beevers (in his last year in this age group). He managed to amass an impressive 567.5 on just 5 good attempts. A fistful of master lifters in this class, with Andy Davies in his first year at M5 notching up a super 525, which included a WR dead lift of 230. Perennial rival Alastair Christie (still at M4) was close behind on 522.5, which included British records on the bench press, dead lift & total. Good performances from Andy Green & John Auerbach (both M1), with Green finishing just 7.5 ahead. James Bagot at M2 also showed well with a solid 565.

In third place overall, Jean-Pierre Ulldemolins had a tough time on the bench but more than made up for this on the other two lifts to end up on 592.5. Terry Jex started his quest for another title with a hefty 25 kg. lead over Stuart Robathan on the squat, and added another 2.5 after the bench press. Robathan is known as one of the leading dead lifters in the WDFPF, and it was no real surprise when he called for a massive 317.5 to try and take the title on bodyweight. It was going nowhere on this occasion, however, and Jex duly won the overall Open championship as well as the M2 title.

No fewer than three Welshmen in the 110s, with M4 Alan Davies putting 485 together for 7th place overall. Mark Davies had a better day than for a while, scoring well on all 3 lifts to finish on 670. Chris Jones just ahead on 672.5 and 3rd position. Junior Dave Maynard has only been competing for a few months, and looks to have around 640 at his disposal when everything goes according to plan. Much more to come from him, no doubt. The same is true of fellow junior James Beeby, who finished just 15 kgs behind Maynard this time. It is very encouraging to see so many talented young lifters rising through the ranks at present. An off-colour Les Pilling had to work hard to pull 692.5 together on this occasion, and had to be content with runner-up spot overall. Steve Fisher was not to be denied this year, and his 700 total was better than he has done for a while.

The 125 class had the makings of a real “corker” – and so it proved, with the result in doubt until the last lift. Juniors Jon Payne and Dean Allison just keep on getting better, Dean taking the title by just 2.5 kg. A good day too, for Chris Baker, who put together a solid 727.5. It was good to see Haydn Rowlands back on the competitive platform again after several years’ absence due to ill health. At M2 his 600 represented a great start to his comeback. More power to your elbow, Haydn. One of the projected “big four” Pete Sutton, was weighing in at just over the class limit, so lifted in the 145s again, where he ended on 760, the biggest total of the day, including a WR squat of 277.5. Nice showing from Andrew Varley, who made 8 from 9 on his way to a useful 647.5. This left Graham Crane, Tony Clark & Mark Haydock to battle it out for the 125 title. Crane managed to get only his first squat onto the score sheet, so had a lot of ground to make up. However, he is an outstanding all-rounder, and so was considered still in with a shout. At the sub-total stage Clark was 7.5 up on Crane, who in turn was 10 kg ahead of Haydock. The latter was known to be a seriously good dead lifter, however, so anything could happen. Graham got all 3 dead lifts to finish on 275 and a 725 total. Tony went on to get 292.5 - the best lift of his life - and 750. This left Mark with the awesome task of making 310 to win on bodyweight. rounding off an exciting and hotly contested class, and finishing the day’s lifting with a bang.

Best Lifter (Unequipped):-

(1) Pete Sutton 393.8 pts (2) Mark Haydock 393.6pts (3) Tony Clark 391.3pts

DAY 2 (Equipped) - We got off to a wonderful start on the Sunday, with an inspirational performance by Pat Reeves, lifting at M4 and under 43 kgs.– she had only one failure, and completed her session with a dead lift of 100 – about two and a half times bodyweight. Unfortunately, the favourite to win the mens’ 75s, Dean Mikosz, bombed on his squat, which left the title open for the rest of the field. The day will surely come before too long when everything will fall into place for Dean, and he will more

than make up for the disappointment of this meet. Three NW lifters were in contention in this class, and at the sub-total stage David Fairhurst (M3) was in a slight lead over Gary Fisher, with another M3 lifter, Steve Flower not far behind. Also in the frame was Londoner Chris Morgan, and the outcome was always going to be quite close. Morgan's 242.5 set the seal on a good win with 560, with Fairhurst not far behind at 547.5, followed by Flower who on his 4th attempt, made the biggest dead lift of the class with 247.5, a new record.

A comfortable win at 82.5 for Neil Abery, whose 55 kg lead at the sub-total stage meant that barring accidents he was certain to take the class. So it proved, with Abery getting 692.5 together at the finish, though Scotsman William Brown gave Neil a good run for his money on the dead lift. A satisfying performance from junior Scott Gosling, which included a new BR on the bench with 140.

A similar situation occurred in the 90s, with Rick Meldon building up an unassailable lead at the sub-total stage, to take the class overall. He had a particularly good day on the bench press, getting all 3 to finish on 172.5. A fair day too, for Selby Spicer, who got all 3 squats & dead lifts including his 3rd on 270. Steve Maden made 8 from 9 to end up with 615, while Tony Crump got every attempt though it was hard work due to having to qualify just a week or so before.

A day of mixed fortunes for Matt Saunders in the 100s. Following a WR 320 squat turned down for depth, he nevertheless kept himself focused and broke the WR on the bench press with 221. Matt had to be satisfied with his opener on 310 on the dead lift, as 335 proved too much this time. His final total of 840, done on 6 successful attempts, was not far off being 875. Junior lifter Philip Nosko is knocking on the door of a 700 total, and should be a real force to be reckoned with in the Open ranks. He got 8 from 9. Championship promoter Neil Thomas had a good day on the bench press succeeding with a whopping 190, but running around getting things organised inevitably took its toll, and he called it a day after just registering his opener on the dead lift. Les Pilling made up for a disappointing first day at 110 with 9 well judged successes, ending up on 780, including a 200 bench press – for the M3 title and runner-up overall in this class. Mark Norton was slightly below par but still managed to top the 800 mark on six good attempts for his win. In 3rd position Brian Mitchell continues to deliver the goods at M3, and after a dodgy start on the squat Brian dug deep and managed his final attempt to stay in the competition. He got back on the rails on the other lifts, where he made 150 bench and 250 DL.

In the 125s Hamish Davidson was a bit “off colour” – possibly from the very long drive from Scotland. No doubt we can expect more from him the next time he competes on “home turf”. Rob Mackereth continues to improve. He has always been a useful bencher, and it is gratifying to see his other lifts moving up as well. It is likely that he will join the ranks of the 700 kg club ere too long. In runner-up position, Phil Laing (M1) impressed with some high class all-round lifting ability. His 310 dead lift was, together with Matt Saunders’ – the highest of the day. Finally, the class winner Gerald Pilling was not in best shape, but nevertheless did enough to reclaim the 125 title he won last year in Grangemouth.

Best Lifter (Equipped):-

(1) Matt Saunders 470.3pts (2) Mark Norton 434.6pts (3) Neil Abery 429.2pts

This was my first visit to Brize Norton, which is a great venue for competitions. An excellent physical layout, and some spectacular ‘best lifter’ trophies. Special thanks to Neil Thomas for all his efforts & to all others who helped – not least the team of loaders who came forward to take over the platform on the second day, and who did a super job.