

Report for the 2016 European Masters Competition held at Pilsen.

The competition was very polished and well run as expected at this venue, the hotel is very experienced in the needs of hungry powerlifters. The turnout was rather disappointing with much fewer lifters than I remember previously with several countries not represented at all.

The British team punched well above its weight in every respect, the lifters performed very well as outlined below with only Jean Maton unfortunately bombing out due to shallow squatting in spite of the advice given by her support team, with hindsight maybe a lower opener was indicated. The team spirit was outstanding and very supportive aptly described as "a very cohesive team". We also supplied a strong refereeing presence from Duke, Desi, Gary and I supplying two Cat.1 and two Cat.2 refs.

The British team results are as follows. (G S B = Gold, Silver, Bronze).

Ladies.

M1	B/Wt.	Squat	Bench	D/lift	Total	Points
Joanne Barnes	-72	150 G	85 S	155 S	390 S	9
Michelle Brand	-84	162.5 B	105 S	152.5 S	420 B	8
M2						
Jean Maton	-84	-	110 G	167.5 G	DSQ	0
Jackie Blasbery	+84	145 G	105 G	180 G	430 G	12
M3						
Marina Cornwall	-47	77.5 G	47.5 G	117.5 G	242.5 G	12
Total points						41
Men						
M1						
Phil Richards	-74	275 G	210 G	255 G	740 G	12
Dylan Hywel-Davies	-120	240	160	240	640	6
M2						
Allen Ottolangui	-74	217.5 S	137.5 S	210 B	565 S	9
Phil Frost	-120	245 B	190	242.5 S	677.5	7
M3						
Steve Walker	-74	225 G	160 G	230 G	615 G	12
M4						
Peter Barrett	-66	120 S	62.5 S	170 S	352.5 S	9
Desi Scott	-74	85 B	67.5 B	145 B	297.5 B	8
Mick Ellender	-93	160	125 S	220 S	505 B	8
Points Total.						71

Contd.

Congratulations go to Jackie Blasbery, Marina Cornwall, Steve Walker and Phil Richards all quadruple golds albeit Jackie and Marina were unopposed. Steve achieved Best M3 lifter and Phil 3rd Best M1 Lifter. We also achieved the best M4 team but no mention or award was deemed appropriate for this last achievement.

We welcome Pete Barrett and Dylan Hywel-Davies who were both competing in their first international, they both lifted very well with Pete coming 2nd out of 2 but lifting with great confidence and Dylan finished 5th out of 6 after a good fight to avoid the last place, again a very solid performance in spite of the inevitable nerves. I hope they are both inspired by their experience.

I was pleased to record a total at all as I have been unable to train for several weeks and have been distracted by a very stressful house move and ongoing pressure from my business closure. I was unaware of how worried Gary was until after I lifted. Apart from a disappointing total my last deadlift was the only casualty as I had completely run out of steam and allowed the line of the lift to drift so attracting the only 2 red lights of my day. Hopefully I can be more competitive at Tallinn.

The team stepped up to the table supporting and coaching without pressure, an inspiration to our new lifters and an example to the rest of the teams.

My personal thanks go to Charlotte who has burned much midnight oil in completing the administration work and cheered everyone from the balcony, to Gary who steered me to my lowly bronze and worked hard for the whole team as always, also to the experienced team members who worked tirelessly to help all the lifters where required, so making my job much easier.

I am confident that we will field a strong team to perform in Tallinn subject to the unknowns that inevitably rear their heads in life to spoil the "plan".

Report compiled by Mick Ellender July 19th 2016.