

Board Reports

21st July 2024

Masters Euro Equipped 2024

British Masters Equipped Powerlifting Team Managers report for the European Masters Equipped competition at Ham, Luxembourg 1st to 4th May 2024.

This competition got off to a bad start with Jenny Hunter turned back at the boarding gate as they do not recognise the unelapsed extra time allowed for UK passports (note to self). We then lost Faye Jordan {totally incapacitated by injury}, Alan Ottolangui and Doug D’Gama {who kindly stayed to support the team in spite of their injuries}. Kitty reported a back injury but opted to lift at a reduced level as she was unopposed.

The team performed extremely well, pulling together as only the Masters Equipped do. This is reflected in the below spreadsheet and team results. The final medal tally was 8 European Champions, 5 Silvers, 3 Bronze medals, 1 fourth, 1 Fifth, 1 Sixth and one Disq. 16 medals from a team of 20 is a fantastic result.

Final Ladies team awards were. M1 Team Silver, M2 Team Gold, M3 Team Silver. Jackie Blasbery got silver in the best M3 lifters. Final Gents team awards were: M2 Team Gold. M4 Team Silver. Scott Simon got M2 Best Lifter and Bernie McGurk got Bronze, Kevin Jane got a richly deserved M4 Best Lifter.

Kevin Jane reported that he is awaiting a partial knee replacement then opened on a 212.5kg squat, missed only one bench going 8 out of 9 for an impressive M4 World record total of 592.5Kgs. Kitty Burroughs produced a very gutsy performance while clearly in severe pain to secure a valuable, emotional 12 gold for the team. Nash Hunter must take the artistic prize for being spat out from under a squat in a very spectacular way. He was happily not badly injured in the process. Melissa Wall struggled with personal problems leading to a very marginal bomb as her deadlifts were deemed unacceptable. This was a first for Melissa but I am sure she will return stronger than ever with a bit of help from Steve and me.

My thanks to all the coaches and assistant coaches who worked hard to produce the above results. My special thanks to Paul Foran who brought his experience, system, dedication and military precision to make my life much simpler in doing my job as Team Manager. My personal thanks to all the team for watching my back in this difficult time. On behalf of the team I would like to thank Gaston for his moving speech and gesture with a one minute silence in respect for Phil Richard following his untimely passing.

It seemed strange to not see Charlotte there every day but it would have been dangerous for her. I had a constant stream of messages where she supported the team from afar even during a very gruelling 10 hour chemo session!



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In conclusion I would like to express my utmost respect for and pride in this very special team many of whom were on their first international, it has been an absolute privilege and honour to work with you all.

Medal Tally

Name Group B/wt Squat Bench D/lift Total Total (kgs) Gemma Salter M1 -57 Gold Gold Gold Gold 372.5

Amber Hinchelwood M1 -57 Silver Silver Silver Silver 295.0

Kitty Burroughs M1 -84 Gold Gold Gold Gold 305.0

Allison Rodney M2 -57 Bronze Bronze Bronze Bronze 297.5

Rita Shergold M2 -63 Bronze Silver 4th 4th 367.5

Catherine Gordon M2 -76 Silver Gold Gold Silver 460.0

Melissa Wall M2 -76 5th 4th Disq. Disq. 0.0

Jennifer Sherwood M2 -84 Gold Gold Silver Gold 445.0

Denise Westbrook M2 +84 Gold Gold Gold Gold 330.0

Jackie Blasbery M3 +84 Gold Gold Gold Gold 407.5

Nash Hunter M1 -74 6th 6th Bronze 5th 560.0

Kevin Fletcher M1 -74 5th 5th 6th 6th 545.0

Bernie McGurk M2 -74 Gold Gold Gold Gold 627.5

Jasvinder Cheema M2 -83 Bronze Silver 4th Silver 665.0

Scott Simon M2 -120 Gold Gold Gold Gold 855.0

Grant Sugarman M3 -83 Silver 4th Gold Silver 570.0

Jim Mutrie M3 -105 Silver Silver Bronze Bronze 612.5

Stan Macrow M4 -74 Silver Silver Gold Silver 487.5

Mahima Bolla M4 -83 Bronze Bronze Silver Bronze 410.0

Kevin Jane M4 -93 Gold Gold Gold Gold 592.5 World Record

Report composed by Mick Ellender

British Masters International Equipped Team Manager 09/05/24